

Maximum Metabolism

WEIGHT LOSS PLAN™



What is "The Maximum Metabolism Plan"?

The Maximum Metabolism plan is designed for you to safely:

- ◆ Increase your Basal Metabolic Rate (BMR)
- ◆ Lose excess body fat
- ◆ Build and tone muscles
- ◆ Create a positive change in your appearance
- ◆ Develop healthy lifestyle habits
- ◆ Achieve a greater feeling of personal well-being

The plan embodies a few basic steps for you to achieve the kind of body that you've always known was there. By following these steps toward your personal goal, you'll soon be seeing results, and feeling proud of the healthy new you.

The Maximum Metabolism plan allows you to eat healthy, delicious and filling food – while reducing fat and calories. You'll increase your basal metabolic rate (BMR... the lying down, resting rate) to burn fat more efficiently on a daily basis. You'll develop a simple daily exercise regimen to maintain muscle tone – while still burning more fat. You'll acquire the good habits so all-important in maintaining a leaner, healthy body.

What we "do" is what we "get."

The key to weight-loss is multi-faceted. It embodies more than simply "going on a diet" if you hope to make it permanent. The long-term answer lies in changing our eating habits and exercising properly. (Most of us know how to eat right...we just don't do it.) There are generally deep emotional issues around our being overweight. So a strong "will" and determination is necessary to make the required changes in our lifestyle. That's why it's important for you to decide just how much weight you should lose – not somebody else. It's good to ask for support from those significant others in your life. (Though sometimes those nearest and dearest to you can inadvertently sabotage your earnest efforts to achieve well-being.) So learn to feel good about the steps you are taking towards your goal. Acknowledge yourself every day.

Steps to change your life:

- ◆ Exercise for 20 to 60 minutes, preferably in the morning, 5 to 7 times a week.
- ◆ Eat a low-fat, balanced diet of three meals and two snacks every day.
- ◆ Take a complex multi-vitamin supplement daily.
- ◆ Eat at least two servings of fruit and three servings of vegetables every day.
- ◆ Drink six to eight glasses of water every day.
- ◆ Limit or stop drinking alcohol.
- ◆ Stop eating two to three hours before bedtime.
- ◆ Reach for your walking shoes before reaching for the fridge.
- ◆ Acknowledge yourself and the steps you took towards your goal each day.

What kind of exercise is required?

A combination of a regular walking program with appropriate aerobic and weight exercise is essential for best results. The Maximum Metabolism exercise plan takes only a short time each day, and is designed to help you reduce stress, increase energy levels, burn calories, lose unwanted fat and gain muscle tone. And remember, the more muscle tissue you have...the higher your basal metabolic rate (BMR)...and the more calories you'll burn.

It's best to exercise in the morning so that you get the higher BMR benefit all day long. Another important, though less known, benefit of daily exercise is that it causes the release of endorphins, or "feel good" hormones in the brain.

Walking & aerobics:

Walking has become a very popular aerobic exercise simply because it works. One only needs good shoes, comfortable clothes and several minutes a day. It will improve both leg strength and toning, preserve lean muscle mass, and help you lose fat.

The average optimum walking distance and pace ranges from 1-4 miles a day at about 3-6 miles per hour. This translates to between 10 and 20 minutes to walk one mile. After stretching your leg muscles for a few minutes, start with a short distance and gradually work your way up to longer and more swiftly-paced walks. The object is to walk at a brisk pace, so that you'll start burning calories immediately, and after approximately 18 minutes, begin to burn fat.

Beginner's walking program:

- ◆ Total exercise time: 45 minutes.
- ◆ Warm-up: 3-4 minutes of stretching.
- ◆ Total walk time: 35-40 minutes.
- ◆ Aerobic workout: Mileage - 1.5 miles.
- ◆ Pace: 2.5 miles per hour.
- ◆ Cool-down: 3-4 minutes of after-walk stretches.
- ◆ Frequency: 5 times a week.
- ◆ Weekly mileage: 7.5 miles.

Advanced walking program:

- ◆ Total exercise time: 60 minutes.
- ◆ Warm-up: 5 minutes of stretching.
- ◆ Total walk time: 45-50 minutes.
- ◆ Aerobic workout: Mileage - 3 miles.
- ◆ Pace: 4 miles per hour.
- ◆ Cool-down: 3-4 minutes of after-walk stretches.
- ◆ Frequency: 5 times a week. (You can walk 3 miles a day for 5 days or 2 miles every day.)
- ◆ Weekly mileage: 15 miles.

For a change, you can switch certain days of your walking plan with other aerobic exercises such as jogging, biking or dance aerobic workouts. You can use an exercise bike, rower, treadmill, stepper or swim laps. You could join a health club, or do it with a friend. The point is to exercise regularly on an established, weekly basis.



Weight training.

Another very important aspect to regaining a healthy new you, is getting involved in some form of appropriate weight training. Whether you decide to join a club, or check out some of the excellent books on the subject for in-home use, weight training can be a significant part of your attaining a healthy body. If you wish to regain the same youthful appearance we all previously enjoyed, this is especially true. And it is definitely achievable. We simply need to understand that as we get older and less physically active in our daily lives, it's increasingly necessary to reverse the sedentary process that got us here in the first place.

A good weight training program can rebuild, reshape and continually increase the size of your muscles. Muscle makes you look and feel thinner, as muscles take up 20% less space than fat. Adding muscle will:

- ◆ Raise your metabolism further to melt more fat away.
- ◆ Tighten flabby body areas.
- ◆ Allow you to eat more calories of favorite foods.

So get out there and enjoy your surroundings, the weather, the new day, and a newly emerging healthy you.

The diet program:

The major purpose of the Maximum Metabolism plan is to limit the amount of fat we eat and maximize the amount of healthy nutritional intake. Each week's menu is based on an average of 1400 - 1500 calories a day. Of this, approximately 50% - 60% are carbohydrate, 20% - 25% fat, and 25% - 30% protein calories – with an average of over 22 grams of fiber each day. This level of calories can help you lose weight without slowing your metabolism, or losing muscle mass, as so many of the "starvation" diets do. And since your calorie intake is not being severely restricted, regular aerobic exercise is extremely important to your success.

The plan also includes such serotonin-containing foods as avocado, banana, eggplant, pineapple, plum and tomato that the body naturally uses to control appetite, maintain a positive mood, and feel satisfied after a meal.

A healthy weekly weight loss is about 2 - 3 pounds. More than that could mean you are losing protein (muscle tissue), which you don't want to do.

If your weight plateaus (a common occurrence), you should try to increase daily exercise in terms of time and/or intensity. It's usually a result of water retention, bodily adjustments to weight loss, metabolism and lifestyle changes. You might reevaluate your food intake to make sure you're not getting extra calories from somewhere. And drink plenty of water.

Individuals with a small body frame may want to eat one less snack per day if they find they are not losing 1 - 2 pounds per week.



*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease.



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THE MAXIMUM METABOLISM FOOD PLAN™

WEEK ONE

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Breakfast <i>12 oz. of water before breakfast</i>	3/4 oz. multi-grain cereal 1/2 sliced banana or 3/4 cup sliced strawberries 1/2 cup nonfat milk	1/2 cup oatmeal 1/2 tbs. raisins 1/2 cup nonfat milk 1 medium apple	2 lite pancakes (4" diameter); use non-stick pan; top with 1/2 cup peaches or 1/2 banana 1 tbs. reduced calorie syrup 1/2 cup low fat maple yogurt 1/2 cup nonfat milk	1 slice of wheat toast; top with 1/2 cup nonfat cottage cheese and 1/2 sliced apple; sprinkle with 1 tsp. cinnamon	1 1/2 oz. low fat granola 1 cup nonfat milk 1/2 medium banana	Apple cinnamon crepe: 1 wheat tortilla, 1/3 cup nonfat ricotta cheese, 1 apple (sliced), 1 tsp. cinnamon, 1/2 tsp. vanilla extract; heat in skillet over low flame	Omelet: 3 egg whites, 1 cup mixed zucchini, green peppers, onions, and tomatoes, 2 oz. reduced calorie cheese, and salsa 1 slice wheat toast 1 tsp. butter
Mid-Morning Snack	12 oz. water 1/2 bagel 1 tbs. nonfat cream cheese	12 oz. water 1/2 cup nonfat yogurt	12 oz. water 1/2 cup low fat cottage cheese 1/2 cup pineapple chunks	12 oz. water 1 cup nonfat flavored yogurt with 1 tsp. sliced almonds 1/2 medium papaya	12 oz. water 1 cup flavored nonfat yogurt 1 tbs. mixed dried fruit 1 tsp. almonds	12 oz. water 1 cup flavored nonfat yogurt 1 tbs. dried cranberries	12 oz. water 1 cup flavored nonfat yogurt 1 tangerine
Lunch <i>12 oz. of water before lunch</i>	1 medium baked potato with topping; blend 1/2 cup plain nonfat yogurt, 2 oz. tofu, 1 tsp. Dijon mustard & spices; sprinkle w/ chives 1/2 cup broccoli or zucchini salsa 1 medium orange	6 oz. tuna on a bed of lettuce with tomato slices and 1/4 avocado 1 tbs. nonfat mayonnaise 1 oz. pretzels 5 baby carrots 1 cup low fat chocolate pudding	1 cup vegetable soup 2 oz. Monterey jack cheese 6 saltine crackers 1 cup nonfat yogurt 3/4 cup sliced strawberries	3/4 cup black bean soup; top with 2 oz. baked chicken (no skin), 1 oz. reduced calorie cheese and 1/4 avocado small green salad: 1 cup lettuce and mixed vegetables 1 tbs. nonfat dressing	Chef's salad: 1 cup lettuce, 1/2 cup mixed vegetables, 1 oz. turkey, 1 oz. reduced calorie cheese, 1/4 avocado, 1 hard boiled egg white (grated) 1 tbs. nonfat dressing 2 breadsticks	1/2 large pita pocket stuffed with 1/4 cup mashed garbanzo beans and cumin, 1/8 avocado, lettuce, tomato, red onion and cucumber slices 1 orange	2 oz. cooked lentils 1/3 cup couscous 2 oz. firm tofu 1 tbs. curry sauce small green salad: 1 cup lettuce and assorted vegetables 1 tbs. olive oil Italian dressing
Afternoon Snack	12 oz. water 3 graham crackers (2 1/2" squares) 1 medium apple 1/2 cup nonfat milk	12 oz. water 2 cups air popped popcorn with nonfat seasoning	12 oz. water 1/2 cup applesauce 1/4 tsp. cinnamon 1 tsp. sliced almonds	12 oz. water 3 graham crackers (2 1/2" squares) 2 tsp. peanut butter	12 oz. water 1 cup cantaloupe/honeydew chunks 1/2 cup nonfat cottage cheese	12 oz. water 1/2 cup nonfat cottage cheese 1 tsp. Dijon mustard 1 tbs. green onions celery sticks	12 oz. water 1/2 cup pineapple chunks
Dinner <i>12 oz. of water before dinner</i>	6 oz. broiled trout spinach salad: 1 cup spinach, 1/2 cup mixed raw vegetables, 1 hard boiled egg 1 tbs. nonfat dressing 1/2 cup cooked brown rice	1/2 cup cooked pasta with 1/3 cup nonfat tomato sauce, 2 oz. ground turkey, 1/2 cup zucchini and summer squash 1 tsp. butter small green salad: 1/2 cup lettuce and 1/4 cup mixed vegetables 1 tbs. nonfat dressing 1/2 cup sliced peaches sprinkled with cinnamon 2 tsp. almonds	3 oz. baked chicken (no skin) 1 cup cooked spinach with garlic 1 1/2 tsp. butter 1/2 cup cooked brown rice 2 small red plums	Vegetable stir fry: 1 cup assorted vegetables, 2 oz. firm tofu, 1 tbs. low sodium soy sauce, non-stick cooking spray 1/2 cup cooked brown rice 1 cup nonfat milk 1 oz. dried dates	Eggplant parmigiana: 1 cup cooked pasta, 1 cup sliced eggplant, 1/2 cup fat-free tomato sauce, 1 oz. reduced calorie mozzarella, 1 tbs. parmesan 1/2 cup broccoli with 1 tsp. crushed garlic	5 oz. broiled salmon 1/2 cup asparagus 1 tsp. butter 1/3 cup cooked brown rice 1/2 cup low fat vanilla pudding 3/4 cup raspberries	Pasta primavera: 3/4 cup cooked pasta, 2 oz. baked chicken (no skin), 1/4 cup nonfat milk, 1 tsp. butter, 1 cup mixed carrots, zucchini, yellow squash, onion, broccoli, and spices 1/2 oz. pine nuts 1 tbs. parmesan cheese 1 cup nonfat vanilla yogurt 3/4 cup raspberries

WEEK TWO

Breakfast <i>12 oz. of water before breakfast</i>	Low fat waffle 1 cup nonfat vanilla yogurt 3/4 cup blueberries	1 toasted English muffin, topped with 1 poached egg, tomato, onions and 1 oz. reduced calorie cheese 1 cup orange juice	3/4 oz. bran flakes 1 cup nonfat milk 3/4 cup blueberries	Breakfast burrito: 3 egg whites scrambled with tomato, onion and green pepper; add 1 oz. reduced calorie cheese and 1 tbs. salsa; wrap with 1 whole wheat tortilla	1/2 toasted bagel 1 tbs. low fat cream cheese 1 banana	Strawberry-orange Smoothie: in a blender, mix 1/2 cup orange juice, 1 cup nonfat strawberry yogurt, 1 cup frozen strawberries and ice cubes	Bran muffin 1 tsp. butter 1 cup nonfat vanilla yogurt 1/2 cup fresh blueberries
Mid-Morning Snack	12 oz. water 1 medium apple 1 tbs. peanut butter	12 oz. water 1 cup nonfat milk 6 graham crackers (2 1/2" squares)	12 oz. water 1 cup low fat chocolate pudding 3/4 cup raspberries 1 tbs. almonds	12 oz. water 1 cup nonfat flavored yogurt	12 oz. water 1/2 cup nonfat cottage cheese	12 oz. water 1 cup nonfat cottage cheese 3/4 cup peaches	12 oz. water 1 medium apple 2 oz. reduced fat cheese
Lunch <i>12 oz. of water before lunch</i>	Chinese Chicken Salad: 1 cup romaine lettuce, 1/2 cup combined bamboo shoots, carrots, and water chestnuts, 3 oz. grilled chicken breast (no skin), 1/2 cup mandarin oranges Dressing: 1 tbs. sesame oil, 1 tsp. sesame seeds, 1 tbs. reduced sodium soy sauce	1 cup lentil soup with seasoning 1 cup tomato cucumber salad; add red wine vinegar, cilantro and onion 8 wheat crackers	Chicken salad: 3 oz. baked chicken (no skin), 1/8 cup celery, 1/8 cup onion, 2 tbs low fat mayonnaise and seasonings; serve over romaine lettuce with tomato slices and 1/4 avocado	1 cup low fat vegetable soup with 2 oz. tofu small green salad: 1 cup lettuce and mixed vegetables 1 tbs. fat free ranch dressing	Turkey frank; top with mustard and pickle relish 1/2 cup baked beans 1 cup steamed mixed vegetables 1 tsp. butter	1 cup split pea soup 1 tbs. parmesan cheese 8 wheat crackers small green salad: 1 cup lettuce with 1/2 cup mixed vegetables 1 tbs. oil and vinegar dressing 1 tbs. peanut butter	1 cup minestrone soup small green salad: 1 cup lettuce, 1/2 cup mixed vegetables 1 tbs. low fat dressing
Afternoon Snack	12 oz. water 2 nonfat fruit bar cookies	12 oz. water carrot and celery sticks 2 tbs. low fat cream cheese	12 oz. water 1/2 cup low fat cottage cheese 1 orange	12 oz. water 1 apple 1 tbs. peanut butter	12 oz. water 1/2 cup pineapple chunks 8 oz. nonfat frozen yogurt 1 tsp. almonds	12 oz. water 1 medium banana	12 oz. water 10 baby carrots 1 tbs. low fat cream cheese
Dinner <i>12 oz. of water before dinner</i>	tuna noodle Casserole: bake 3 oz. tuna with 2 oz. cooked pasta noodles, 1 cup mixed onions, yellow squash and zucchini, and 1/2 cup nonfat milk; top with 1 tbs. parmesan cheese	4 oz. broiled halibut with 1 tbs. lemon juice; sprinkle with basil and oregano 1/2 cup brown rice spinach salad with 1/2 cup mandarin oranges, 2 tsp. olive oil and 1 tsp. balsamic vinegar	6 oz. cooked red beans; add 2 oz. ground turkey, 1/4 cup onions, 1 tsp. chili powder and 1/2 tsp. black pepper 1/2 cup rice small green salad: 1 cup lettuce, 1/2 cup mixed raw vegetables, 1 tbs. low fat dressing	3/4 cup cooked pasta: combine with 2 oz. baked chicken (no skin), 1/4 cup sun-dried tomatoes (dry or packed in water), 1/4 cup eggplant, 1/4 cup zucchini, 1/8 cup onions and 1 tsp. olive oil 1 tbs. parmesan 1 cup low fat vanilla pudding 1/2 cup fresh strawberries	3 oz. barbecue chicken corn on the cob (5") 1 tsp. butter small green salad: 1 cup lettuce with 1/2 cup mixed vegetables 1 tbs. low fat dressing 1/2 cup applesauce 1/2 tsp. cinnamon	Sweet and sour shrimp: 4 oz. boiled shrimp, 2 tbs. sweet and sour sauce, 2 tsp. sesame oil, 1/2 cup pineapple, 1 tbs. soy sauce, 1 1/2 cups mixed snow peas, bean sprouts, peppers, zucchini, mushrooms and onion 1/2 cup brown rice	4 oz. baked turkey baked sweet potato (6 oz.) 1 tsp. butter 4 oz. steamed asparagus 1/2 cup low fat chocolate pudding



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