

Dr. *Ro*™ Presents

My Weight Loss Meal Plan

GETTING STARTED GUIDE



*America's Nutrition Coach
Member, Dr. Oz Show
Medical Advisory Board*



- *Healthy Detox Plan*
- *Recipes*
- *Clean Eating*
- *Tips to Succeed at Weight Loss*

Get the tools to finally lose those extra pounds for GOOD!

Dr. Ro Presents

Getting Started Guide

Your Companion Guide to Dr. Ro's Meal Plans

By Dr Ro
America's Nutrition Coach

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Disclaimer.

Please consult with your physician before embarking on this or any weight loss diet, meal, or exercise plan.

The suggestions, information and resources in this report are made in a general nature and towards the benefit of individuals seeking weight loss. By no means are they representative of the exact steps YOU should take in order to lose weight. Please take them as examples and samples and do your due diligence before implementing anything suggested.

The statements, testimonials, and examples in this report are exceptional results, and are not intended to represent or guarantee that anyone will achieve the same or similar results. Each individual's success depends on his or her desire, dedication, health, effort and motivation to work and follow programs and advice. There is no guarantee you will duplicate the results stated here. You recognize any weight loss endeavor has inherent risk of not providing results.

Hello my Friend & Welcome!!

I'm so excited that you have chosen to embark on this journey with me. This guide will provide valuable information to support you for maximizing your success and participation in using the meal plan(s) you have purchased.

To download your Meal Plan(s) please visit _____. You have the option of downloading one week at a time or one month at a time. In addition to downloading the meal plans to refer back to, I recommend printing them out for ease and convenience.

IMPORTANT! Please note:

No one has access to your meal plan but you. Please do NOT copy, share or otherwise distribute these meal plans to anyone who has not also purchased the plans.

After downloading your meal plan and shopping list- Study them to mentally lock in your food choices whether at home, a friend or family member's house, a church social, or an office party. **Remember -You are making this BOLD step for You!**

Do not allow yourself to be persuaded by anyone to deviate from this plan because you have made a commitment to yourself that you are doing this to feel, look, and be better!

1. Your Meal Plan- It's What's Great

Your meal plan is based on 1,100-1,300 calories a day. You can adjust to your desired caloric needs by eating more non-starchy, leafy green vegetables.

If you are male and 5'8" or taller you may increase the serving size of meat, fish, and poultry from 3 or 4 ounces to 5 or 6 ounces. Try to consume the bulk of your calories and starchy carbs at breakfast and lunch, then double your servings of leafy greens at lunch and dinner to prevent hunger and to ensure that your body gets adequate calories for fuel.

For women 5'8" or taller you may increase your servings of meat, fish, and poultry from 3 to 4 ounces or from 4 to 5 ounces at one meal per day if needed. If you are active, (you workout vigorously an hour a day 3 or more days per week) use this formula and double leafy green veggies as well. Eating most of your starchy carbs at breakfast and lunch will also be helpful.

Vegetables

Your vegetables include:

Broccoli	Celery
Brussels sprouts	Onions
Cabbage	Garlic
Turnip	Zucchini & summer squash
Collard and mustard greens	Tomatoes
Kale	Leeks
Spinach	Bell peppers
Asparagus	Carrots
Green beans	Cucumber
Cauliflower	

Fruits

Fruits should be eaten as prescribed in the meal plan. Your fruits may include:

Lemon
Lime
Melon
Berries (strawberries, raspberries, blueberries, etc.)
Nectarines
Kiwi fruit

Spice it Up!

Use your favorite spices and herbs to your heart's content. You are not limited to spices or herbs. Use them generously to season your food and to replace salt and sugar. Some spices you may want to include:

Thyme	Ginger
Sage	Cinnamon
Fennel	Saffron
Rosemary	Parsley
Tumeric	Cilantro
Chili Powder / Cayenne	

2. Drink Up to Rev Up

Drink the number of ounces of water **DAILY** that is equal to half your body weight (in pounds). It will help to speed up your metabolism.

Example: If you weigh 150 pounds, your DAILY optimal intake of water is 75 ounces

Drink the water cold, which makes the body use more energy in the process of returning to its normal temperature. Drink your cold water with a squeeze of lemon (lemons and juice are anti-inflammatory & reduce inflammation throughout the body).

3. Snacks

You have 2 to 3 snacks built in to your meal plan. If you are **not** physically hungry **Do Not** eat them.

If you find that you require more food between meals ALWAYS snack on veggies (from the list provided) and drink more water.

Your Fitness

It's true. Diet accounts for 80 % of the weight loss process while physical activity accounts for the remaining 20%. I've been a Nutrition Coach for so long that I remember when it was 70% due to food & 30 % due to movement. The reason is this. It takes a caloric deficit of 3,500 calories to lose a pound of fat, which means you must either burn those calories or consume fewer calories that equal the same 3,500 to lose that same pound of fat. So if I told you that you could save 500 calories a day just by leaving food on your plate and cutting your usual portions in half vs. walk on a treadmill for an hour a day, 7 days a week, which would you be more willing to do?

If you answered "leave the food on the plate" you're in a large group because as it turns out, that's what the majority of would-be dieters and desiring weight losers would also opt for, according to leading authorities in the field. So you know where we are going from here, right? Exercise! Of course! The most successful weight-loss stories are of people who do both, my clients included. Adopting a new healthy lifestyle means treating your body to the fulfilling & life-sustaining power of physical activity, which not only burns more fat and calories but also adds to the quality of your life and lengthens your life span too!

You may not have an hour to spend in the gym but if you can make 15 minutes a priority I can help you to get your workout on. First, I ask that you make the commitment of just 15 minutes to get healthy and to save your life. I will be sending 15 minute exercises your way once you join my F-15 Community. As an on-going member of our community you will gain access to all of the new developments in tools, tips, & info to help you to achieve weight-loss success. To begin your 15 minutes start by putting one foot before the other and hitting the pavement for a quick, brisk walk. Each day do one more exercise. Here is Your First 15 Minute AMRAP routine to get started:

Add any or all of these doing (as many reps as possible) within your 15 min. time limit:

- 50 crunches
- 50 side leg raises (each leg)
- 50 Bicep curls (each arm)
- 50 tricep kickbacks (each arm)
- 50 front arm raises (each arm- using 5 lb. weights)
- 50 side arm raises (each arm, using 5 lb. weights)

4. Keeping On Track

In order to achieve lasting weight-loss success you must strengthen your Discipline muscle. Follow the plan to the letter- no deviation. To stay on track use a calorie tracker, fit bit, or keep a journal of what you ate including the time and place. These are important to your understanding of the reasons you make the food choices that you make.

Don't judge yourself. If you slip up for one meal get back on the plan by the next meal and re-commit to staying the course from that time on. Don't make excuses for yourself- BE HONEST. But also be patient with yourself. I am patient with my clients and advise that they do so with themselves. This seems to give them permission to love themselves a little more and you know what? It works!

5. Join the Club

You have a private Facebook group (request to join here: <https://www.facebook.com/groups/855056457914915/>) at your disposal to use for support. There other people who, just like you, struggle with weight woes and who have taken this plan by storm to lose the weight and gain a healthy relationship with food.

I strongly urge you to get in this group and feel the love, get, & give answers to your frequently asked questions. I will be joining you sometimes LIVE to answer your questions and to provide feedback for motivation and growth as you embark on this journey.

Let's do it together!

With Love and Happiness

About Dr. Ro

Author of Dr. Ro's Ten Secrets To Livin' Healthy and the soon to be released "The Final 15" diet book helping readers to lose weight 15 Servings, 15 Pounds, & 15 Days at a time on (Rodale Press).

Dr. Ro is the Dr. Oz Show Nutrition Coach who helped over a half-million Americans lose more than 5 million pounds and serves on the Dr. Oz Show Medical Advisory Board. Dr. Ro also serves as a nutrition coach to the Meredith Vieira Show and has held the same post on The View, helping Sherri Shepherd lose weight for her infamous on-camera swimsuit reveal. She has contributed to numerous national media and is known for her easy and accessible advice delivered by her vibrant and relatable personality.

As a leading nutrition coach for over 2 decades, Dr. Ro was named by More and Consumer Health Magazines as one of the nation's top 5 nutritionists. She joins President Barack and First Lady Michelle Obama and Oprah Winfrey on the Ebony Power 100 List of the Most Influential African Americans in the country (2010 and 2011).

Dr. Ro holds a PhD in Nutritional Sciences, a MS Degree in Community Nutrition and Broadcast Journalism from Howard University, and a BS degree in Foods and Nutrition from Virginia State University.

For more on Dr. Ro's healthy lifestyles platform visit www.everythingro.com.

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