



WEIGHT LOSS PROGRAMS

Chapter 4 – Cheat Sheets

MY BODY IS A TEMPLE...BUT WITH
LIMITED SQUARE FEET!

The 8 Principles

1. Eliminate excess sugar (and certainly after 4pm)
2. Always combine Carbohydrates with Protein + Fat
3. Visualize your new YOU often (every morning and night)
4. Recognize and practice your PATs
5. Celebrate EACH victory
6. Play the experiments
7. Apply the CogniDiet 8 Principles
8. Stay positive and enjoy life

Are You Stuck?

- Still eating (drinking) too much
- Cheating
- Not enough protein and good fat – too many carbs
- Too many fruits, cheese, nuts, dairy...
- Too much processed foods
- Portion still too high
- Eating too much after exercising (the reward!)

[illegible]

Treats vs. Triggers

Treats = New You & Pleasure

- Satisfied
- Content
- One is enough
- Will go a long way
- Will not create more cravings
- Sustained energy vs. just for pleasure

Triggers = Addiction

- Automatic – no purpose
- Will create new cravings
- Vicious circle
- Can't stop
- No control
- High in sugar or white/empty carbohydrates
- Not linked

Your Treats

A large light blue rectangular area containing ten horizontal dashed lines, intended for writing.

BASAL METABOLIC RATE (BMR)

Most Women Do Not Need More Than
1,100-1400 Calories a Day to Survive

- Know Your BMR (Table is next)
- Add calories when exercising
- Cut 300-500 Calories
- Usually 1,200 – 1,400 calories a day to lose weight

Your BMR Formula

(There are also automated formula calculations on line. Just Google “BMR”)

How to Calculate Your Calories

Basal Metabolic Rate (BMR) is the number of calories you would burn with NO activity

MEN

$BMR + 66 + (6.23 \times \text{weight in lbs}) + (12.7 \times \text{height in inches}) - (6.8 \times \text{age})$

Women

$BMR + 655 + (4.34 \times \text{weight in lbs}) + (4.7 \times \text{height in inches}) - 4.7 \times \text{age}$

Your Target Daily Calorie Needs

1. Little or no exercise: $BMR \times 1.2$
2. Light exercise/sports 103 days per week: $BMR \times 1.375$
3. Medium Exercise/sports 3-5 days a week: $BMR \times 1.725$
4. Intense exercise/sports, physical job or twice a day training:
 $BMR \times 1.9$

Most women I have seen in my practice oscillate between 1,000 and 1,400 calories as a basic BMR. This is also what shows up on my professional body composition Rice Scale.


Calculate your base BMR. Here is the magic formula for women

$655 + (4.35 \times \text{weight in pounds}) + (4.7 \times \text{height in inches})$
 $- (4.7 \times \text{age in years}) = \underline{\hspace{2cm}}$

My BMR

My Base BMR	I don't exercise at all	I exercise lightly
Example: 1,200 calories	$1,200 \times 1.2 = 1,440$	$1,200 \times 1.375 = 1,650$
I cut 300-500 calories a day for weight loss	1,200 calories (not recommended to go under 1,200 a day however, see how you are doing)	1,150-1,350 calories
Insert your numbers: _____ calories	_____	_____
Now cut 300-500 calories a day _____ calories	_____	_____

Ex: Macro-Nutrient Split

- 40% carbohydrates/30% fat/30% protein for example
 - 1,200 calories =
 - 40% = 480 cals carbohydrates (4cals/g) = 120g carbohydrates
 - 30% = 360 cals protein (4cals/g) = 90g protein
 - 30% = 360 cals fat (9cals/g)= 40g fat
- 

You could decide to lower your carbs for a higher fat intake, especially if you are already insulin-resistant, or you could go higher to 65% but beware, do not exceed 150-100g of carbs if you want to lose weight

Calculate Your Macronutrient Plan

My needs	Percentage and total calories
Carbohydrates <ul style="list-style-type: none">• Starchy• Other• Fruits (not more than 2 a day)	Is it 45 or 60%? <hr/>
Protein	You will learn in a later chapter that women need an average of 50-60g a day
Fat – preferably non saturated and no trans fats	

All You Need to Know (Cheat Sheet)



$\frac{1}{2}$ cup



1 cup



3oz./21g
protein

Fat Content in Food / 1g = 9 Calories

Source	Fat Content	Comments
Meat and Poultry	Beef extra lean: 3oz = 14g , lean 16g and regular 18g Lamb is fattier: Chicken meat / white 3oz = 3g Chicken dark meat = 9g Chicken skin 1oz: 12g	-Fats in meat are mostly saturated -Fats are healthier when beef is grass fed. Bison, venison are better options.
Fish/seafood	Salmon (high in fat) 3oz = 10g Trout 3oz = 4 to 6g Cod (very low in fat) 3oz = 3g / Fry your fish and add 10g of fat	-Fats are only half saturated -Dark flesh fish are higher in good fat (Omega 3)
Nuts and seeds	20 almonds = 12g Any nut butter/ 1tbsp. = 10g 20 full walnuts = 51g or 20 cashews = 20g	Fats are mostly unsaturated
Milk, yogurt and cheese group	1 cup whole milk = 8g fat, 2% milk = 5g fat 1 egg: 4 to 5 g fat mostly from the yolk 7oz 2% Greek yogurt = 4g Cheese: 1 slice of 1oz = 9g fat	The fat in milk is 63% saturated fat
The extra little fat in your meal...	There are 5g of fat or 45 calories in: -1tsp. any oil -1.5tsp. mayonnaise, butter or nut butter -1 tbsp. of regular salad dressing, cream cheese or heavy cream -1.5 tbsp. of sour cream	Most animal fat is saturated fat. Olives, olive oil , avocado and avocado oils are mostly unsaturated.
Vegetables and fruits	Almost no fat (except in minimal quantities in the kernels)	!!! Avocados are high in fat (one medium avocado is up to 30g of unsaturated fat)

Protein Content in Food/ 1g = 4 Calories

Source	Protein Content	Comments
Meat , poultry and fish	As a rule of thumb a deck of card is approximately 30z and contains 21g of protein no matter the origin	
Dairy	1 cup milk = 8g 1 cup almond milk = 1g 6oz Greek yogurt (fat or non fat) = 17g 1 oz cheese (soft or hard) = 7g 1 large chicken egg = 7g	Milk and yogurt are rich in carbohydrates in the form of lactose.
Nuts and seeds Top nuts in protein are almonds, walnuts and pistachios	20 almonds = 5g 20 walnuts = 12g 20 cashew nuts = 5-6g (high in carbohydrates...) 20 pistachios = 2-3g	Nuts are a “dangerous” source of protein because they are so high in fat. So watch your calories
Legumes such as lentils and beans, soy beans and tofu/tempeh	1 cup cooked chickpeas = 15g 1 cup cooked lentils = 18g 1 cup cooked black beans = 15g 1 cup soy beans or edamame = 5g 1 cup tofu = firm is 40g , silk is 7g 1 cup tempeh = 31g	This is the source of protein, besides protein powder based on plants for most vegetarians (especially vegans)
Other vegetables, and fruits	Usually low in protein As an example a medium tomato is 1g, an apple is 0.5g etc.	

Source	Carbohydrates Content (Includes Sugar)	Comments
Starches	1 cup quinoa = 40g 1 cup white rice = 53g 1 cup cooked pasta = 43g 1 piece of bread = 12-15g, one large bagel = 70g!!! one croissant = 26g 1 cup cooked oatmeal = 27g 1 cup dry cereals = 30-40g and more when sugar is added	Do not let yourself be fooled by the fact that whole rice, or whole wheat is healthier than white. Yes it is, but it is almost as high in carbohydrates with just more fiber.
Starchy vegetables	Lowest: 1 cup turnips (11g) or 1 cup cooked carrots (13g). Higher are parsnips (34g), peas (25g), potatoes (31g) and sweet potatoes are a little bit less but higher in fiber, celeriac (25g)	Beware the starchy vegetables... They have less carbs when eaten raw of course.
Non starchy vegetables	All the green leaves 1 cup cooked is +/- 3 to 4g and uncooked chopped 1g One medium tomato uncooked = 5g One cup cauliflower /broccoli = 5g cooked or uncooked One celery stalk = 0.1g One medium cucumber = 10g One medium zucchini = 6g	You can see here the difference between starchy and non starchy
Fruits	Most fruits are high in carbs/sugar (form of carbs). An orange is 23g (and this includes 16g of sugar), an apple is 25g (with 18g sugar), a pear is 23g etc. An apricot is 4g. Very high in carbs/sugar are banana (32g for a large) and mango (one is 36g incl. 30g sugar!) Lowest in sugar: One strawberry is 1g carbs, one raspberry or one blueberry is 0.2g carbs	Very high in sugar, please limit in general to max two per day
Dairy	1 cup 2% milk = 12g or 1 cup fat free milk = 14g . Almond milk – 8g per cup Cheese = Almost NO carbs, all fat and protein	All dairy contains a form of sugar = lactose or galactose. The less fat in a milk, the more lactose, therefore the more sugar
Other foods such as meat/poultry/fish	Zero carbohydrates / but some industrialized meat/poultry, fed with mostly corn can taste sweeter...	2013-2019 The CogniDiet® Programs. All Rights Reserved

Track Your Calories!

- It will help you become more educated and aware
- It will keep you on track
- Even if you don't do it every day
- It is easy, there are many apps (MyFitnessPal, LoseIt...)
- It will help you course correct
- It will guide you for portion control
- It will rewire your brain!

2 experiments I Want You to Conduct

- Deconstruct a not so healthy food on a plate
 - Separate carbohydrates/protein source and vegetables–
Imagine the 50% vegetables/25% starch/25% protein plate rule
 - Use a calorie counter or learn to assess visually
- Count your “bites” between meals one day
 - 30 to 40 calories each if you want to keep it simple (only 5 calories for vegetables and 10 calories per bite for fruits)
 - You can add 500 calories so easily in one day...
 - Count the liquid calories as well!