

CALORIES IN & OUT MONTHLY LOG

DRPENNY WEIGHT LOSS SERVICES INC. INFO@DRPENNY.CA

Present Weight: _____ Goal Weight: _____ Age: _____ Height: _____ BMI: _____

Supplements: _____

MY Body Specifications: Monitor Your Progress

Present Weight:	Weight Classification: Level 1 2 3
Goal Weight:	Body Fat Percentage:
Ideal Weight:	Body Fat Goal:
WLGO Goal Weight:	Training Target Heart Rate:
Target Date:	Fitness Level: Beginner Intermediate Advanced
Body Mass Index:	Measurements:
Daily Calories _____ for weight loss	Chest _____ Hips _____ Waist _____ Thighs _____ Arms _____
PH Test: _____ Glucose & Ketone Strip _____	Physical Limitations:
DietSmart Plan: Group Home Workshop	BP: _____ Pulse: _____ RDA: _____

Eating Well while EATING OUT

1. Watch for descriptive fattening words such as "fried", "in batter", "pan roasted", "in cream sauce" because this can mean there is fat added to the recipe and cooking process.
2. Watch for descriptive words that offer less fat such as "grilled", "poached", "baked", "steamed", and ask to have your foods cooked in one of these ways.
3. Ask questions before ordering, such as how is "this dish" prepared? Knowing more about the fat content of different items will help you better balance your choices.
4. For dessert, crème, caramel, sherbet, angel food cake, meringue with fruit, frozen yogurt and fresh fruit salad all make refreshing and lean endings to a meal.
5. Appetizers, choose other foods that are lower in fat to balance that special treat in your meal.

If you choose a high fat appetizer, it's better to order a low fat entrée and vice versa. Either way eat low-fat meals for a couple days to achieve a balance over time.
DietSmart! Flexible eating.

DietMATH: Daily Recommended Allowance is Goal Weight X 10 = _____ Calories

(DRA for Weight Loss)

Gain = happens when you over consume in calories and your body does not expend the overconsumption.

Loss = happen when you burn more calories than you consume.

Same = happens when you have a balance intake and output of calories.

Week #1 Caloric Totals	Diet – Calories IN	Exercise – Calories OUT	Gain	Loss	Same
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					
Answer	_____	_____			
Week #2 Caloric Totals	Diet – Calories IN	Exercise – Calories OUT	Gain	Loss	Same
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					
Answer	-----	-----			
Week #3 Caloric Totals	Diet – Calories IN	Exercise – Calories OUT	Gain	Loss	Same
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					
Answer	-----	-----			

Week #4 Caloric Totals	Diet – Calories IN	Exercise – Calories OUT	Gain	Loss	Same
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					
Answer	-----	-----			
1 Month Weight Loss	-----	-----			

Tips to TRIM FAT from your RECIPES

1. Cook meats, vegetables, and eggs in a non-stick frying pan with little or no added butter/margarine.
2. Lower fat by lightening up your baked goods by using lower-fat milk and substitute with yogurt for sour creams. Nobody will notice!
3. Remove all visible fat from meat before cooking. Chicken will taste just as great if you remove the skin before cooking it on the grill, basting frequently with a light marinade such as a mixture of soy sauce, bouillon and honey.
4. Discover the full flavor of fresh fish and vegetables. Sprinkle with your favorite herbs and add a touch of lemon juice; wrap in foil and cook fat-free in the oven or barbecue.
5. Choose quality over quantity, just a few drops of flavorful oil such as sesame or walnut will add "flair" to salads and steamed vegetables.
6. Try this if you're a cream sauce lover. Beat a fresh egg with 50 mL (1/4 cup) milk and stir the warmed mixture into hot pasta instead of using cream for fettuccini Alfredo. Or thicken with pureed vegetables.
7. Want icing on your cake? Cake icings can be fat-free or almost. You can make a tasty lower-fat icing using egg whites and sugar. Or whip up lower-fat ricotta cheese with a touch of orange juice and zest and some icing sugar. Or you can substitute liqueur for juice.
8. Bake your favorite muffins with raisins or chopped apricots instead of chocolate chips and nuts. Line your muffin tins with paper cups instead of cooking sprays or greasing them.
9. Mozzarella cheese made with partly skimmed milk (15% 17% fat) is a great choice for pizza, lasagna or omelettes.
10. Go crust less with quiches and pies or line your dish with slices of bread or biscuit dough instead of pastry dough. You'll save as much as 2 teaspoons (10 grams) of fat per serving.

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