



Dr Penny.ca
Weight Loss Services Inc.
The DietSmart Plan

DietSmart Nutrition Training

- Group Clinic
- Private Clinic

Get the 80% grant REWARD for your Weight Loss SUCCESS and DEDICATION.

| Weight Class | BMI | Plan |
|--------------|----------------|----------|
| Normal | 20 – 24.9 | NIL |
| Caution ZONE | 25.0 – 29.9 | 6 Weeks |
| Class I | 30.0 – 34.9 | 3 Months |
| Class II | 35.0 – 39.9 | 6 Months |
| Class III | 40.0 + greater | 1 Year |

You're Health Profile:

| | |
|--|---|
| Start: Wt: BMI: BF%: Goal Wt.: | Finish: Wt: BMI: BF%: LOST: |
|--|---|

DietMATH: You're Daily Recommended Allowance for your weight loss goal.

Let's convert Calories to GRAMS:

_____ X 10 = _____ Calories
Goal Weight DRA for Weight Loss

Accelerate Fat Burning with these DietSmart Principles

- | | | |
|---------------------------------|---------------------------------|---------------------------------|
| Macronutrients | Portion Control | Dietary Supplements |
| The Food Pyramid | The Metabolic Cycles – Hormones | Set Backs and Plateaus |
| DietMath – Macronutrients | Inverted Pyramid – Hormones | How to stay Motivated |
| 80/20 Principle | F.I.T.T & Training Heart Rate | Behavior Modification – staying |
| Fabulous 5 Principle | The Fat Burning Zone - Insulin | of track for long term success. |
| Glycemic Index- Glucose Control | Leptin Patch – Appetite Control | Smart Track – Journaling |

USA Food Pyramid: The DIETSMART Plan

| Macronutrients | DRA | Grams |
|----------------|-----|-------|
| Carbs | | |
| Proteins | | |
| Fats | | |



BALANCE IS KEY TO SUCCESS

CARBS

- All fruits
- All vegetables
- All Grains:
- Breads
- Pasta
- Rice
- Cereal
- Nuts & Seeds
- Beans & Lentils
- Quinoa
- Couscous
- Bad Carbs: baked goods, all refined & processed junk

PROTEIN

- All meats, poultry and fish
- All Milk and Dairy Products:
- Yogurt
- Cheeses
- Buttermilk
- Eggs
- Tofu
- *Nuts & Seeds
- *Beans & Lentils
- High Recommend 25 – 50 grams of Protein Powder daily.

FATS

- Healthy Fats
- Butter
- Sour Cream
- Half & Half
- Salad Dressing
- Avocado
- Olive Oil
- Coconut Oil
- Seeds & Nuts
- Flax Seeds
- Mayonnaise
- Dark Chocolate
- Cocoa Powder
- Bad Fats: Trans, Saturated, and Tropical Fats

The Leptin Weight Loss Patches

Benefits of Leptin:

- Lowers body weight
- Lowers percentage of body fat
- Reduces insulin resistance
- Increases metabolic rate
- Increases body temperature
- Reduces cravings
- Reduces overeating
- Reduces hunger
- Feel full sooner
- Natural fat burner

The 5 Leptin Diet Rules:

1. Never eat after dinner
2. Eat only 3 meals a day
3. Do not eat large meals
4. Eat Protein at Breakfast
5. Reduce simple and refined carbs.

What is Leptin Resistance?

The hormone Leptin is produced in the fat cell, where it regulates metabolic function for the entire body, especially weight.



The most basic Leptin problem is called Leptin Resistance, this means Leptin does not enter the brain due to excessive eating, triglycerides in the blood, chronic stress & poor sleep, causing weight gain.

**Enroll Now @ www.drpenny.ca
Order Leptin Patches @ www.drpenny.ca**

"Thank you for the greatest weight loss experience ever, and I've tried everything from Tammy M 31 Lbs in 10 weeks from the DIETSTART CLINIC IN Belleville 2017"