



STREAM[®]
**STRATEGIES FOR REAL WEIGHT
MANAGEMENT**

LEAF
WEIGHT MANAGEMENT CLINIC
LIVE.EAT.ACTIVITY.FOREVER.

Getting Started Guide
&
Course Overview

GETTING OFF TO A GREAT START

At LEAF™, we believe in creating and maintaining supportive environments.

This means that everyone can share their experiences and opinions without worrying about being judged.

Respect is very important. We strive to ensure that staff and participants work together to maintain the dignity and self-esteem of each other.

Before you start the STREAM® program, please take a moment to review the following statements of understanding:

The STREAM® Program contains group classes. Reflecting on our experiences together can help us learn and change. We can learn and change when we:

- Welcome new group members
- Value the contributions of all members
- Respect others when they are talking by giving them your attention
- Participate – our learning depends on the inclusion of everyone’s voice
- Understand that others may have a different experience than you and that is OK
- Share important details while staying on topic
- Ask questions and focus on ideas
- Are conscious of body language
- Maintain confidentiality – please do not share details discussed on the group outside of the group

If you have any questions, concerns or comments outside of your regularly scheduled visit times, we can be reached during regular office hours, Monday to Friday from 8:30 am to 4:00 pm at **(613) 701-1222** or at **info@leafwmc.com**.

For any urgent medical concerns, please visit your nearest urgent care center or contact your family doctor.

In case of emergency, contact 911 or proceed to your nearest emergency department.

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Welcome Program at a Glance

The STREAM® program is a 24-week weight management program which includes:

- Weekly group workshops via video meeting
- Supervision and monitoring by a LEAF doctor
- Full meal replacement for 12 weeks
- Transition to a food based structured meal pattern for weight management
- Skill building for long term success based on the cognitive behaviour change approach

This is an intensive weight management program that uses Optifast® 900 meal replacement shakes and group workshops to support your success.

The cost of the program does not include the cost of the Optifast® shakes.

The workshops focus on building self-management skills and support to manage weight and health over the long term.

The STREAM® program is best suited for people who:

- Are concerned about their weight and overall health
- Ready to make a change
- Have a body mass index (BMI) of 30 or more OR
- Have excess weight with weight-related health complications
- Can commit to virtual weekly group workshops for 24 weeks in a row
- Are medically appropriate to participate in a meal replacement program supervised by a doctor
- Are able to drink a shake that contains milk, sucralose, and stevia

NOTE: STREAM® is delivered virtually with limited in clinic appointments.

Participants must be able to access video meeting software to attend their group workshops and doctor appointments. Other support elements of the program are also digital tools requiring computer or mobile device access and familiarity.

STREAM® Program Delivery

- Weekly virtual group workshops taught in real time via video meeting on Wednesday evenings.
- Weekly individual doctor visits via video appointment
- Twice monthly 'office hour' check ins with the group facilitator for extra support as needed (self-scheduled video link)
- On demand video recap modules, downloads and additional resources via www.leafwmc.academy

Throughout your STREAM® Program, you will have access to [leafwmc.academy](http://www.leafwmc.academy)

Here you will find:

1. Resources organized into four courses including
 - Getting Started
 - How to make Optifast® 900
 - STREAM Live – including weekly modules resources
 - Transition Guide
2. Downloadable PDFs of weekly modules
3. Video versions of all the live lessons
4. Dates & registration link to the twice monthly 'office hours' drop in for optional extra support.

The STREAM® Program has two phases:

- Meal Replacement (weeks 1-12)
- Transition and Structured Meals (weeks 13 – 24)

Each phase:

- Is 12 weeks long for a total of 24 weeks
- Has weekly facilitated group workshops and individual doctor visits as noted above
- Requires your attendance:
 - On Wednesday evenings
 - 5:00 to 6:15 pm workshop in weeks 1-12
 - 6:30 to 7:45 pm workshop in weeks 13-24.
 - At your weekly individual doctor visits scheduled by the clinic (often Wednesdays)

Meal Replacement Phase:

- Weeks 1-12
- Optifast® 900* is used to replace meals
- 4 Shakes are consumed daily

Transition and Structured Meal Phase:

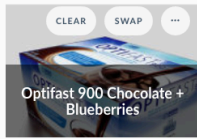
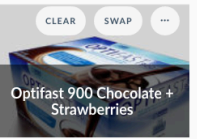
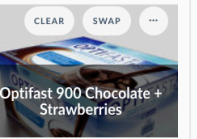
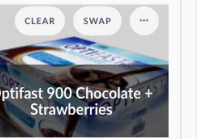
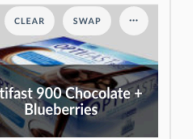
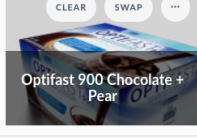
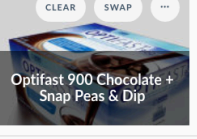
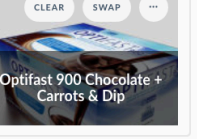
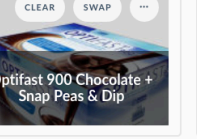
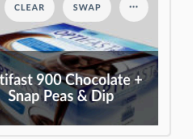
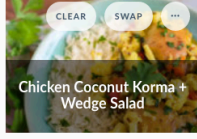
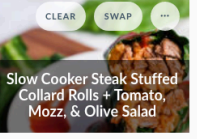
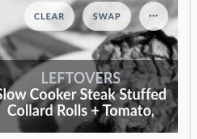
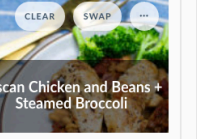
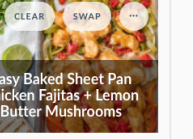
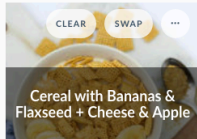
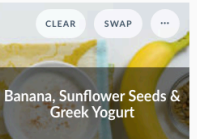
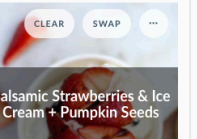
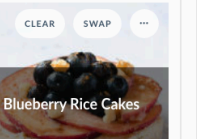
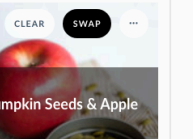
- Weeks 13-24
- Gradual reduction of Optifast® 900 and introduction of meals
- Transition occurs over weeks 13-16 as you slowly reduce use of shakes

*Optifast® 900 is a low calorie, high protein nutritionally balanced medical food. More details on Optifast® 900 are available on page 10 of this guide.

STREAM® program includes access to an interactive meal planning portal in the transition phase and two individual sessions with the dietitian for supporting your use of the portal. Our dietitians will tell you what to eat!

You can swap meals, create favorites boards, schedule your plans, generate grocery lists and more all via the web or your mobile device. These meal plans are designed to be flexible while satisfying your taste preferences and meet your individual nutrition needs.

Sample of a STREAM® program meal plan in transition via the portal:

Chicken Coconut Korma and more ...					
	Day 1	Day 2	Day 3	Day 4	Day 5
BREAKFAST	 <p>Optifast 900 Chocolate + Blueberries</p>	 <p>Optifast 900 Chocolate + Strawberries</p>	 <p>Optifast 900 Chocolate + Strawberries</p>	 <p>Optifast 900 Chocolate + Strawberries</p>	 <p>Optifast 900 Chocolate + Blueberries</p>
LUNCH	 <p>Optifast 900 Chocolate + Pear</p>	 <p>Optifast 900 Chocolate + Snap Peas & Dip</p>	 <p>Optifast 900 Chocolate + Carrots & Dip</p>	 <p>Optifast 900 Chocolate + Snap Peas & Dip</p>	 <p>Optifast 900 Chocolate + Snap Peas & Dip</p>
DINNER	 <p>Chicken Coconut Korma + Wedge Salad</p>	 <p>Slow Cooker Steak Stuffed Collard Rolls + Tomato, Mozz, & Olive Salad</p>	 <p>LEFTOVERS Slow Cooker Steak Stuffed Collard Rolls + Tomato</p>	 <p>Tuscan Chicken and Beans + Steamed Broccoli</p>	 <p>Easy Baked Sheet Pan Chicken Fajitas + Lemon Butter Mushrooms</p>
SNACK	 <p>Cereal with Bananas & Flaxseed + Cheese & Apple</p>	 <p>Banana, Sunflower Seeds & Greek Yogurt</p>	 <p>Balsamic Strawberries & Ice Cream + Pumpkin Seeds</p>	 <p>Blueberry Rice Cakes</p>	 <p>Pumpkin Seeds & Apple</p>

Workshops

This program contains educational workshops to help you build the skills needed to maintain the lower weight achieved through meal replacement.

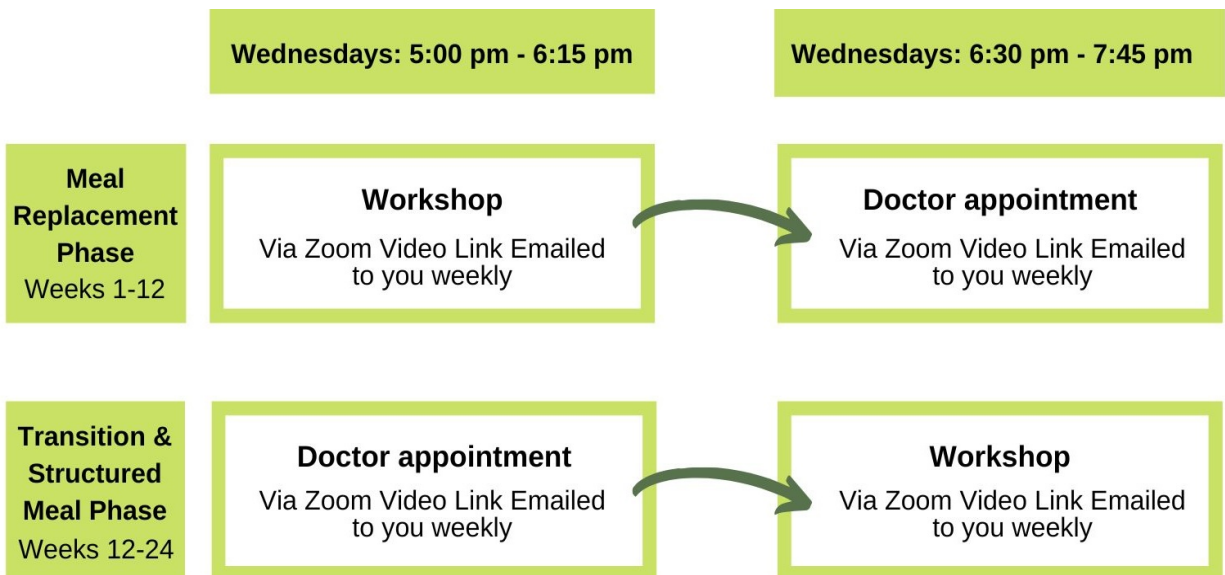
Attendance at the weekly group sessions is strongly correlated to program success. To enhance your learning and success, we have created a video recap of each module and supplemental material including worksheets and slides related to the presentations. These are accessible on our learning portal in the STREAM Live course. When registered, the clinic will provide you with login details to be entered at www.leafwmc.academy

**MEAL
REPLACEMENT
SHAKES ALONE
WILL NOT RESULT IN
LONG TERM WEIGHT
LOSS AND HEALTH
BENEFITS**

These workshops are very important for long-term success as they:

- Build behavioural skills
- Enhance motivation
- Provide peer to peer support
- Build confidence to practice healthy habits

STREAM® Live Program Schedule



Note: you will have two different video links weekly. One link to attend the group, a different link to attend your doctor visit

Please plan to attend as many of your live workshops as possible and arrive on time at the start of your session. Sessions include facilitated discussions that are not recorded. Missing a live session is not fully made up for by viewing online content. Please advise the clinic if you will not be attending a session.

These workshops focus on building key skills of self-management. The group leader will prepare presentations and activities to get you thinking and working with your group members.

Schedule of Topics

Meal Replacement Modules		Transition and Structured Meals Modules	
1 Setting Goals	7 Strategies for Change	13 Nutrition Essentials	19 Maintaining Motivation
2 The Science of Weight	8 Keeping the Change	14 Portion Distortion	20 Timely Nutrition
3 Journaling	9 Strength Training	15 Planning Structured Meals	21 Balanced Fitness
4 New responses to challenging feeling	10 Mindfulness & Stress	16 Nutrition: fuel for success	22 Low Carb? Or Low Fat?
5 Aerobic Activity	11 Problem Solving	17 Flexibility & Stretching	23 Eating Out and Special Occasions
6 Challenge of Change	12 Challenging Your Thinking	18 Savvy Shopping	24 The Science of Weight Revisited

When you complete the meal replacement phase, you will move on to the transition and structured meal phase. This ensures that you will continue to be supported by members in the same phase of the program as you.

We kindly remind you that:

- ONLY registered participants are permitted in the virtual workshop. Please ensure your screen name clearly identifies you.
- We strongly recommend you are in a private place with limited distractions for the duration of your appointment. Using headphones to keep the discussion private is encouraged.
- Participants under the influence of drugs or alcohol or who are otherwise excessively disruptive or inappropriate are not permitted in the workshop and will be removed from the virtual meeting.

The Live STREAM® program operates on a flow entry basis. This means that new members can join the group at any week once deemed ready by the doctor. This has many advantages.

For existing members, this means there will be:

- New contributors to the group discussions
- Fresh perspectives and insights to the challenges of managing weight

For new members, this means there will be:

- Expertise shared by those already in the program
- Guidance and advice from those further along in the program

The topics are rotated over 12 weeks so you will complete every workshop no matter when you start the Live STREAM® program.

Doctor Appointments

We want to provide you with a safe and healthy weight management program.

The STREAM® doctor reserves the right to discharge you from the program if you are not regularly attending either the medical visits or workshops.

There are several measurements that you can do at home that are valuable in assessing your health and progress in the program. There is a chart at the end of this guide that you can use for recording these measurements.

These include:

- Weight
- Waist measurement
- Blood pressure

Weight

Measuring your weight once a week may be helpful to you and provides helpful information to your care team at LEAF. Measure your weight in the morning, after you use the toilet and before you dress. Record the measurement with the date. There is a chart at the end of this booklet.

If you do not have a home scale and wish to purchase one you might consider the following options available for modest prices for purchase online or local retailers:

- Renpho Body Fat Scale – Digital, Bluetooth, Body Composition (396 lb Capacity)
- Etekcity Body Fat Scale - Digital Bluetooth Body Composition (400 lb Capacity)
- EatSmart Products Extra Wide Digital Scale (550 lb Capacity)
- My Weigh SCMXL700T Talking Bathroom Scale (700 lb Capacity)

Waist measurement

Using a flexible measuring tape

- Stand up straight and remove clothing from around your waist
- Wrap the tape measure around your middle using the small of your back as a guide. This should help position the tape about halfway between your lower rib and the top of your hip bone. The belly button is not the best landmark for a waist measure.
- Check that the tape is level all around and snug against but not pressing into your skin.
- Take a deep breath, then let it out to relax your muscles and finally measure.
- You may want someone to assist you in taking a waist measure.

Blood Pressure

If you have a home blood pressure cuff you can follow the directions below to monitor your pressure. Do not smoke or drink caffeine 30 minutes before you plan to take your blood pressure

- Rest quietly for 5 minutes before starting.
- Sit with your feet flat on the floor and your back and arm supported. Keep your arm at heart level.
- Apply the cuff on a bare arm.
- Take the measurement and record the value – you may want to take more than one reading in one sitting and record the average value.

If you would like to get a blood pressure cuff for home use, Hypertension Canada’s website recommends devices you could consider. See <https://hypertension.ca/bpdevices>

Blood Work and ECG/EKG

Before starting the program, all participants must have initial blood work and ECG completed. If you have not done this, please tell your STREAM® doctor.

Initial blood tests may be done at any community laboratory. Patients may be required to fast for 8 hours (nothing to eat or drink for 8 hrs).

FOR SAFETY REASONS:
IF THE SCHEDULED TESTS
ARE NOT COMPLETED, THE
DOCTOR MAY NOT
AUTHORIZE STARTING OR
CONTINUING THE MEAL
REPLACEMENTS

Please take the requisition provided by LEAF® Weight Management Clinic to the laboratory. This will ensure the STREAM® doctor receives the test results they require.

Lab tests may be requested according to the following schedule:

Week	Note
6	Complete before week 7
12	Complete before week 13
22	Complete before week 24

The final lab work is very important, as this test is the only other test after Week 1 where your cholesterol is measured. Your STREAM® doctor may choose to minimize the need for blood work and will discuss this with each individual.

These results will be part of the final report from LEAF® Weight Management Clinic to your family doctor. Both the STREAM® doctor and your own family doctor or Nurse Practitioner will need these blood tests to assess how your lab values have changed over the program.

Your LEAF® doctor appointments are focused on managing your care related to your participation in the STREAM® program and should not replace any appointments made with your family doctor or other specialists.

Meal Replacement Phase

Optifast® 900 Meal Replacement:

- Is the total meal replacement used for weight loss in the STREAM® program
- Is a powder that is mixed with water
- Comes in chocolate or vanilla flavour
- Contains milk
- Is gluten free
- Is sweetened with sucralose and stevia
- Contains 225 Calories, 22.5 g of protein, and 18.8 g of carbohydrates with 4 g of fibre in each shake



Note: The cost of Optifast® 900 shakes is NOT included in the cost of the STREAM® program

It is very important to drink **all 4** Optifast® 900 packets per day, unless otherwise advised by your LEAF® doctor.

If you don't, you risk losing lean body mass. This can make it harder to keep weight off long term.

Drinking 4 shakes per day provides:

- 900 calories (40% protein, 30% carbohydrate and 30% fat)
- Your daily vitamin and mineral requirements

We recommend having a shake within 2 hours of waking and every 4-5 hours throughout the day until you have consumed all 4 shakes.

If you are struggling with drinking your shakes, please speak with your STREAM® doctor or registered dietitian.

VITAMINS AND MEAL REPLACEMENT

Please discuss ALL vitamin and mineral supplements with your STREAM™ program doctor before starting your meal replacements.

Vitamin C

Using vitamin C supplements while taking meal replacement shakes is known to cause kidney stones.

Bariatric Surgery

If you had bariatric surgery before starting the STREAM™ program, talk to your STREAM™ program doctor about which supplements you should continue to use while taking meal replacement shakes.

Where to purchase Optifast® 900:

Optifast® 900 prescriptions are written by the STREAM® program doctor. These prescriptions can ONLY be filled at the pharmacy in the Loblaws at Gloucester Centre.

Please try a sample of Optifast® 900 (available from a LEAF® doctor) before purchasing.

The cost of the Optifast® shakes is not included in the cost of the STREAM® program. **All sales of Optifast® 900 are final (no returns or exchanges) as per the policy of Loblaws Pharmacy.**

Preparing and consuming Optifast® 900 Meal Replacement:

- Add 300 ml (just over a cup) of water to the shaker (or a blender)
- Pour 1 packet of Optifast® 900 meal replacement on top.
- Shake vigorously for 15-20 seconds or blend at lowest speed for 5 seconds until dissolved and enjoy!

Once mixed, Optifast® 900 is best consumed right away or it may settle and form clumps.

If you like a pudding texture:

- Add ½ to ¾ cup of water to shaker or blender
- Add 1 packet of Optifast® 900 to water and shake or blend
- Refrigerate for 2-3 hours

OPTIFAST® 900 CAN BE MIXED WITH DIFFERENT AMOUNTS OF WATER TO REACH DESIRED CONSISTENCY, IF YOU USE LESS WATER TO MAKE A THICKER SHAKE, MAKE SURE TO DRINK MORE WATER THROUGHOUT THE DAY.

REMINDER:
OPTIFAST® 900
CONTAINS MILK,
SUCRALOSE, AND
STEVIA

Avoiding Spoilage:

Optifast® 900 contains milk.

- It should not be mixed and left at room temperature for more than 2 hours
- It can be only be kept in the refrigerator for 24 hours once it is mixed with water

Optifast® 900 is sensitive to extreme heat:

- Do not store the formula in a hot place such as the glove compartment of your car
- Do not boil the mixed shake

You can add warm drinks but do not add extremely hot liquids to the powder.

You can also use any zero-calorie, sugar free fluid or flavour enhancers to change the flavour of your shake. More details can be found in the How to Make Optifast video in your course portal via leafwmc.academy

Caution: If you are adding diet pop, stir it instead of shaking. Add the powder to a small amount of water to make a paste before stirring into the diet pop.

Add-ins:

Crushed ice	Sugar Free Flavour Syrups (such as Torani®)	Instant Coffee
Mint Extract	Coco powder - such as Frys® <i>limit to 2 tsp</i>	Diet Pop
Maple Extract	Mio	Spices - ginger, nutmeg, allspice, cinnamon, cloves
Almond Extract	Crystal Light	Pumpkin pie spice

Meal Replacement Recipes

Café au Lait

Ingredients:

3/2 cups prepared coffee, hot (not boiling)

1/4 tsp cinnamon

1 packet Optifast®900 Vanilla

Optional: noncaloric sweetener (Splenda, Stevia, etc.) equal to 1/2 tsp of table sugar



Directions:

Pour coffee, cinnamon, and sweetener (if using) into a blender.

Add packet of Optifast®900 Vanilla.

Blend on lowest speed on 5 seconds or until dissolved.

For an iced version, follow the directions above but use chilled coffee instead of hot coffee.

Serve over ice and enjoy!

Creamy Root Beer Float

Ingredients:

1 packet Optifast®900 Vanilla

1 can diet root beer



Directions:

Combine ingredients and mix or blend until smooth.

Mint Chocolate

Ingredients:

1 packet Optifast®900 Chocolate

3-5 drops (1/2 tsp) mint extract

Directions:

Combine ingredients and mix or blend until smooth.



Additional Fluids

You should consume a total of 3 liters (3000 mL) of water or zero-calorie, sugar free fluid per day.

If you mix each packet of meal replacement with 1 cup of fluid (250 mL/packet), you will have consumed 1 L (1000 ml). You need to consume 2 more litres (2000 mL) of zero calorie fluid. **If you are thirsty - more fluid is fine.**

Acceptable fluids:

- Water (see below for flavouring ideas)
- Sparkling Water – club soda, mineral water, diet tonic water
- Water enhancers - Crystal Light, Mio, PC Liquid Enhancer etc.
- Coffee or tea – hot, iced, or decaf (can add up to ¼ cup skim or 1% milk to this per day)
- Diet pop
- Broth - chicken, beef, vegetable (does **not** need to be low sodium)
 - You can freeze any of these fluids in a popsicle mold to make a frozen treat

You can use artificial sweeteners, and sugar-free gum or mints.

- Use gum and mints sparingly – they contain a small amount of sugar that can affect your hunger while on the meal replacement

If your intake of caffeinated beverages increases during the program, please choose the decaf or caffeine-free versions

Natural Water Enhancers	You can use one or mix a few together to make a flavour you enjoy		
Lemon wedge or peel	Grapefruit	Ginger	Cherries
Lime wedge or peel	Mint	Cucumber	Berries
Basil	Melon	Pomegranate Arils	Mandarin

Managing the Fast

This section addresses common concerns during the meal replacement phase. If you have any additional questions or concerns, your STREAM® program team is happy to help.

Possible Side Effects

Constipation/Diarrhea:

When you begin a liquid meal replacement, you may notice a decrease in your bowel movements. This is normal and to be expected. About 20-30% of participants will have constipation or diarrhea. Be sure to report any problems with constipation and diarrhea to the LEAF® doctor to reduce your risk of developing problems such as hemorrhoids.

Managing Constipation:

Optifast® 900 contains 4 g of fibre but you may still experience constipation, If you do, you can add a fibre supplement such as Metamucil®/psyllium, Benefibre®, or ResoraLAX to your shakes. This will help with bowel movements and keep you feeling full.

Managing Diarrhea:

Diarrhea is most likely caused by the change to your diet rather than the shake. If you have symptoms of diarrhea or irritable bowel syndrome before starting the meal replacement phase, it is possible that you may experience diarrhea. This can also be managed with the fibre in Metamucil®, Benefibre®, or psyllium. Fibre absorbs the extra water in your intestines to create a formed stool.

Follow these instructions for a fibre supplement:

- Take **1-2 Metamucil® (psyllium) capsules** or **1-2 tsp of Metamucil® Original Smooth Texture with no added sugars** or **1 teaspoon of Benefibre®** with each Optifast® 900 shake.
- Make sure you are consuming plenty of fluids (3 or more litres per day)
- Allow 3-4 days for it to work (if it isn't working, please contact your LEAF® doctor)
- Acceptable formulas for fibre:
 - Metamucil® Capsules
 - Metamucil® Original Smooth Texture with no added sugars
 - Store brands such as Exact® Natural Source Fibre Laxative Capsules

Avoid other flavours and formulations as these may have added sugar that can affect your hunger and energy level.

You can also manage constipation by taking 2 tablespoons of Milk of Magnesia for 2 nights in a row.

If these do not work for you, you can also try Dulcolax, or glycerine suppositories.

Gallstones:

People with weight challenges and a family history of gallstones are more likely to get gallstones. In similar weight loss programs, less than 2% of participants have required gall bladder surgery. To reduce your risk, you must take all the daily recommended meal replacement. If you drink less than 4 shakes daily, you may not get enough fat in your diet to have your gallbladder work properly and increase your risk of gallstones.

You are strongly advised to take 4 packages of Optifast®900 per day.

Hair Loss:

Approximately 20% of participants experience some hair loss. This usually happens in month 4 of the program after weight loss from the meal replacement phase. Hair follicles have a growing, resting, and shedding phase. Weight loss can shift hair follicles into the rest or shedding phase. As your weight stabilizes, hair follicles shift back to growth phase and hair begins to regrow. It is not uncommon to see more hair on your brush or pillow but know that the hair grows back.

Dry Skin and/or Brittle Nails:

This is temporary and is caused by changes to your metabolism. Growth of skin and nails returns to normal when you start eating a healthy meal plan. Use moisturizing lotion after bathing, avoid scented soap, and keep nails well-trimmed.

Bad Breath:

The shakes used for the meal replacement are high in protein and low in carbohydrates. During the meal replacement phase, you will also be burning fat tissue as part of your weight loss. When you burn fat, your body makes a by-product called ketones. Ketones help decrease appetite and increase energy (see page 14 for more information). Your body gets rid of these ketones through the lungs, which may give your breath an odd odour. You may need to brush and floss your teeth more often to avoid bad breath. Use mouthwash, chew sugarless gum, and drink water after consuming the meal replacement supplement.

Dry Mouth:

If you become dehydrated, your mouth could feel dry. Drink more zero-calorie fluids.

Fatigue:

During the meal replacement phase, you are consuming less calories than your body is used to. Until your body adjusts, you may feel more tired, weak, or feel like you have less energy. Get a lot of rest, eat/drink all the prescribed items in your plan (meal replacement, transition, and structured meals), do only moderate activities and drink plenty of fluid. After a few days, you can start being more active.

Cold Intolerance:

During the program, you will be losing fat. Our fat acts like an electric blanket by making heat in your body. When you lose fat, you tend to feel cold.

Dizziness:

During weight loss, your body will be getting rid of a lot of water and salt. One benefit is lower blood pressure, but it can become a problem if it makes you feel dizzy. Try to drink an extra 2-4 cups of zero-calorie fluids every day and get up slowly from sitting or lying to allow your blood pressure to adjust.

Frequent Urination:

This is because you are losing more water. Be sure to drink at least 8 cups of zero-calorie fluids per day in addition to meal replacements.

Headache:

Many things unrelated to your eating habits can cause headaches. Follow your recommended meal replacement/eating plan, don't skip meals, and see page 17 for a list of acceptable medications for headache and pain relief.

Muscle Cramps:

Cramps in the legs and feet may be due to changes in the amount of water in your body or to increased physical activity. Increase your intake of zero-calorie fluids. You may also try drinking regular (not low sodium) broth, as it contains sodium, which will help you retain more water. Gentle stretching will also help ease cramps. Do not take any supplements without the approval of the physician.

Food Cravings:

It is normal to experience strong thoughts and feelings about food during the program. We have very strong learned behaviours that involve food and eating. We also have strong body signals that work to prevent us from losing weight. Together, these signals can lead to cravings and fantasies. The behavioural skills taught in the program will help manage cravings and replace old behaviours with new, healthier ones. Reducing your exposure to signals to eat and distracting yourself are just two ways to manage cravings – more will be covered in the program.

Maintaining the Fast

During the meal replacement phase, you may experience reduced hunger and a boost in energy. This is caused by lower calories and carbohydrates, and higher level of protein in the meal replacement and occurs after 3-5 days on the meal replacement.

Both hunger reduction and energy improvement may be a result of a mild state of ketosis. Ketones are a byproduct made by your body when it burns fat for energy. The presence of ketones in the blood is called ketosis. Mild ketosis is safe and tends to suppress hunger and boost energy levels.

Foods or drinks with calories that are eating with the meal replacement may reduce or prevent the mild ketosis. You will still be in a caloric reduction and will still be able to reduce weight but you may feel more hungry or tired.

Can I eat “free foods” while on the shake?

Because the meal replacements are drinks, some people miss chewing. Including a small amount of low calorie, low carbohydrate vegetables may be a way to satisfy the urge to chew while fasting. If you choose to do this, select your vegetables carefully and limit to ½ to 1 cup daily.

A list of free vegetables is provided in the section on planning low calorie meals.

Caution: Some participants find that adding foods is challenging as it may make it harder to stick to the shakes. You know yourself best, so make informed and careful choices.

Managing Hunger:

- Consume only Optifast® 900
- Limit or choose additional foods with care as this can result in hunger
- Eat at regular times – every 4 hours (keep a journal of mealtimes and your mood)
- Increase water intake – ice chips may help
- Add fiber supplements to manage hunger. Fibre, from the previously noted sources, forms a gel in the stomach and slows digestion to keep you full longer.
- Limit food cues such as other people eating, smells of foods etc. Consider taking a walk or doing something else during snack or mealtimes.
- Use behavioural techniques including journaling, renovating your environment to reduce cues, or distraction to keep yourself on track
- Discuss any concerns with your LEAF® doctor or dietitian. Sometimes the number of shakes needs to be adjusted.

Medications

You may need to use an over-the-counter medication while you are on the meal replacement. For example, when you have a headache or a cold. You should discuss any concerns with your STREAM® doctor. However, it is generally okay to use over the counter medications that are sugar-free and suitable for a person with diabetes.

Always follow package directions and do not take more than the recommended dose. Tell your STREAM® doctor if you are taking any over the counter medications or supplements.

Headache/Pain Relief:

Tylenol
Advil
Motrin

Cold Symptoms:

Ask your pharmacist for medications that are sugar-free and suitable for a person with diabetes

Constipation:

Metamucil®

- Capsules
- Original Smooth Texture; No added sweeteners

Gentle ExLax (pills)

Milk of Magnesia

Restoralax

Laxaday

Suppositories

- *Glycerin or Dulcolax*

Hemorrhoids:

Tucks
Anusol

Diarrhea:

Immodium
Kaopectate
Pepto-Bismol

Indigestion/Heartburn:

Maalox
Rolaids
Pepto-Bismol
Mylanta
Riopan

Structured Meal Plan Phase

The STREAM® program introduces the meal replacement in Week 1. Before starting the program, it is helpful to have practiced a structured meal plan that is lower in calories. This helps to bring your intake closer to the 900 calories per day you will be consuming while taking the Optifast® 900 meal replacement.

Practicing the following meal pattern ahead of starting your program is also helpful for building confidence to enter the Transition and Structured Meal Plan Phase. Many participants said that it is easier to enter the meal replacement phase after following a low-calorie eating pattern in the week(s) leading up to the start of the program.


Build structure not complication!


We recommend using the Plate Method for structuring meals. This practical approach to meals will help you during and after the STREAM® program .



Plate Method

Start with a plate that is 8-9 inches in diameter

Fill $\frac{1}{2}$ the plate with vegetables 

Fill a $\frac{1}{4}$ of the plate with a grain or starch 

Fill a $\frac{1}{4}$ of the plate with protein 

You can add a fruit and a dairy food to complete the balanced meal  



Stepping Up the Structure

For additional structure to the Plate Method, you can try a food exchange or meal plan system. In this approach, foods are grouped based on their nutrients and calories.

Each day you begin with a recommended number of food choices from each group. The number of food choices works together to give you a good balance of nutrition within a specific calorie range.

How to use this approach:

- Portion sizes for “1 choice” are provided below. Measures are for cooked foods where appropriate (pasta, meats etc.)
- Spread these choices out over the day
- Aim for at least 3 of the 4 food groups at each meal.
 - Food groups: Vegetables, Fruit, Grains and Starches, Proteins
- Eat every 4-6 hours to manage hunger
- Use herbs, spices, fresh garlic and ginger, lemon juice, wine, and vinegars for flavour instead of added fats
- See below for sample menus

30 grams = 1 ounce
1 cup = 250 mL = 8 ounces
1 Litre = 1000 mL = 4 cups = 32 ounces

This is a quick guide to get you prepared for the STREAM® program. Please follow it as best as you can. Your LEAF® Registered Dietitian will help you understand meal plans better in the Transition and Structured Meal Phase and in your individual sessions to setup and modify your meal planning portal. You will have an individual session with the dietitian scheduled just ahead of the start of your transition and again about 4 weeks into your transition just ahead of using a full food-based pattern.

You will receive weekly meal plans via your meal planning portal (<https://www.eatlove.is/meals>) starting in week 13 to support your transition. Access will continue until the end of your program.

1 Choice Equals...	Non-starchy vegetables ~30 calories/1 cup	Condiments ~30 calories
	Asparagus, green beans, beets, bok choy, broccoli, Brussels sprouts, cabbage, carrots, cauliflower, celery, cucumber, greens, eggplant, kale, leeks, lettuce, mixed vegetables, mushrooms, onion, parsnips, peas, peppers, pumpkin, radishes, snow peas, spinach, squash, tomato, turnip, zucchini.	<ul style="list-style-type: none"> • 2 dill pickles • 1 tsp BBQ sauce • 1 tsp low sugar fruit spreads • 1 Tbsp salsa • 1 Tbsp ketchup or mustard • 2 Tbsp low calorie Italian dressing
CARBOHYDRATE	Fruit ~65-70 Calories; 15 g Carbohydrate	Grain & Starch ~80-100 Calories; 15 g Carbohydrate
	<ul style="list-style-type: none"> • 1 medium (tennis ball) size fruit: apple, orange, pear • 1 small banana (4" or ½ large) • ½ grapefruit • 2 kiwis • 2 small plums • 1 cup berries (strawberries, blueberries) • 2 Tbsp dried fruit - raisins, cranberries, cherries 	<ul style="list-style-type: none"> • 1 slice bread • ¼ – ¾ cup cold cereal* • ½ c cooked hot cereal • ½ cup potato - white or sweet • ½ cup cooked pasta • ½ small bagel or ½ English muffin • 1 – 6 inch whole wheat tortilla • 6 crackers* • ⅓ cup cooked rice • ½ cup corn • 3 cups plain popcorn <p>* Depends on brand. Please refer to Nutrition Facts on product package for serving size to provide 80-100 Calories</p>
PROTEIN	Milk & Alternatives ~ 90-100 Calories; 8 g Protein	Meat & Alternatives ~50-100 Calories; 8 g Protein
	<ul style="list-style-type: none"> • 1 cup skim or 1% milk • ¾ cup yogurt 0-2% milk fat (regular or Greek; plain or artificially sweetened) • 1 cup of fortified soy or rice beverage 	<ul style="list-style-type: none"> • 30 g/1 oz any lean meat, fish or poultry (remove skin and visible fat) • 30 g/1 oz shellfish (lobster, crab, scallops, shrimp) • ¼ cup canned fish, drained • 1 egg or 2 egg whites • 1Tbsp peanut butter • 30 g/1 oz lower fat cheese (< 20% milk fat = M.F.) • ¼ cup cottage or ricotta cheese • ½ cup firm or regular tofu • ½ cup chick peas, beans, lentils
FATS	<ul style="list-style-type: none"> • 1 tsp canola, olive, sunflower or peanut oil • 1 tsp non-hydrogenated margarine • 1 tsp reg. salad dressing/mayo • 2 Tbsp low-fat, calorie-wise salad dressing 	<ul style="list-style-type: none"> • 1 Tbsp light mayonnaise • 3 Tbsp light sour cream (5% M.F.) • 2 Tbsp light cream cheese • 1 Tbsp nuts or seeds* • 1/6 of an avocado • 8-10 olives <p>*Average serving for nuts and seeds</p>
<p>Fluid milk and yogurt provide about 15 g of carbohydrate per serving. Beans, peas, and lentils also provide about 15 g of carbohydrates per serving.</p> <p>Unlimited use of low calories items including: herbs, spices, seasonings, flavoured vinegar, broth, bouillon, non-sugar sweeteners, and calorie free beverages</p>		

Sample Menu for a Calorie reduced Meal Plan

1200-1500 calories/day:

Unlimited vegetables

2-3 Fruit

4-5 Grains and starches (G&S)

8-10 Protein

2-3 Fats & oils

2-4 Condiments

Meal	Food	Veg	Fruit	G&S	Protein	Fats	Condiments
Breakfast	1 egg				✓		
	1 slice of whole wheat toast			✓			
	1 tsp. margarine					✓	
	2 tsp. ketchup						✓
	¾ cup low fat vanilla yogurt				✓		
	1 cup berries		✓				
	Coffee or tea						
Lunch	Chicken wrap: 1 small whole wheat tortilla 3 oz. chicken breast Lettuce, tomato, pepper, cucumber 1 tsp. light mayonnaise)	✓		✓	✓✓✓		✓
	1 small banana		✓				
	1 cup skim milk				✓		
Snack	1 cup vegetable cocktail	✓					
	6-10 whole grain crackers			✓			
Dinner	Grilled vegetables or salad	✓					
	2 tsp. light Italian dressing						✓
	3 oz. meat (fish, poultry, beef)				✓✓✓		
	1 tsp. BBQ sauce						✓
	1 medium baked potato with 3 tsp. light sour cream			✓✓		✓	
	1 cup skim milk				✓		
Snack	½ cup fruit salad	✓					
	6 almonds					✓	
Total daily food choices:		3	3	5	10	4	3

Meal Plan Tracking Sheet

Date:	Vegetables	Unlimited	Notes	Fluid ○○○○○○○○
	Fruit	○○○		
	Grains & Starches	○○○○○		
	Protein	○○○○○○○ ○○○		
	Fats	○○○○		
	Condiments	○○○○		

Date:	Vegetables	Unlimited	Notes	Fluid ○○○○○○○○
	Fruit	○○○		
	Grains & Starches	○○○○○		
	Protein	○○○○○○○ ○○○		
	Fats	○○○○		
	Condiments	○○○○		

Date:	Vegetables	Unlimited	Notes	Fluid ○○○○○○○○
	Fruit	○○○		
	Grains & Starches	○○○○○		
	Protein	○○○○○○○ ○○○		
	Fats	○○○○		
	Condiments	○○○○		

Date:	Vegetables	Unlimited	Notes	Fluid ○○○○○○○○
	Fruit	○○○		
	Grains & Starches	○○○○○		
	Protein	○○○○○○○ ○○○		
	Fats	○○○○		
	Condiments	○○○○		

Date:	Vegetables	Unlimited	Notes	Fluid ○○○○○○○○
	Fruit	○○○		
	Grains & Starches	○○○○○		
	Protein	○○○○○○○ ○○○		
	Fats	○○○○		
	Condiments	○○○○		

Sample Meals

Here are some sample meals. These meals provide approximately:

	Breakfast	Lunch	Dinner
Energy (Calories)	300	400	500
Protein (g)	20	25	30
Carbohydrate (g)	40	55	50

For a 1200 calorie day, choose:

- Any breakfast,
- Any lunch, and
- Any dinner

For a 1500 calorie day, choose:

- Any breakfast,
- Any lunch, and
- Any dinner
- Add one of each during the day
 - 1 grains & starch choice
 - 1 fruit choice
 - 1 protein choice

Breakfast:

Option 1 – Breakfast Parfait

¾ cup plain, 0% M.F. Greek Yogurt
 3 tbsp Kellogg's All Bran Buds
 1 cup frozen mixed berries
 12 almonds, unsalted

Add ingredients to a cup, stir and enjoy!



Option 3 – Breakfast Sandwich

1 whole egg (see easy microwave scrambled egg instructions)
 1 English muffin, whole wheat, toasted
 1 slice of ham or other cold cut
 15 g low fat cheddar cheese (18% M.F. or less)

Assemble sandwich and enjoy!



Option 2 – Blueberry Smoothie

In a blender, combine:
 1 medium banana
 1 cup skim or 1% milk,
 ¼ cup frozen blueberries

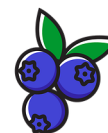
Add water and/or ice for desired texture.

Optional flavours:

¼ tsp vanilla

Dash allspice

Non-sugar sweetener



Easy Microwave Scrambled Eggs

- Spray a microwave safe dish with oil
- Crack egg(s)
- Add 1-2 tsp of water
- Add seasoning to taste
- Scramble together eggs, water, and seasoning with a fork
- Microwave on high for 60 seconds, stopping at 30 seconds to scramble again.

Option 4 – Apply Cinnamon Oatmeal

2 pouches of instant oatmeal, made with water
¼ cup skim or 1% milk
½ scoop whey protein isolate, unflavoured
½ medium apple, raw (with or without skin)
Add cinnamon and non-sugar sweetener to taste.



Option 6 – Portable Veggie Omelette

2 egg omelette made with lots of vegetables (bell pepper, onion, mushroom, etc.)
1 small whole wheat tortilla
1 tbsp salsa
1 tbsp shredded cheddar cheese



Put omelette, salsa and cheese in tortilla, roll and enjoy!

Lunch:

Option 1 – Pita Pizza and a Salad

1 pita bread, whole wheat
3 tbsp tomato sauce
2 tbsp shredded mozzarella cheese
½ cup sliced veggies (bell peppers, mushrooms, tomato)
14 g pepperoni (pork, beef or turkey)

Preheat oven to 350°F.

Top pita with sauce, cheese, vegetables and pepperoni.

Bake on baking sheet until cheese is melted.



2 cups garden salad (lettuce and chopped vegetables)
1 tbsp Italian salad dressing

Option 5 – Open face pear and cheese sandwich

1 slice of whole grain bread, toasted
15 g soft, spreadable cheese (ex: goat)
1 medium pear, sliced and cored

Assemble sandwich and sprinkle ginger, cloves, and/or non-sugar sweetener on top to taste.

1 cup skim or 1% milk



Option 7 – Protein Topped Waffles

½ cup cottage cheese (1% M.F.)
½ frozen strawberries
1 Nature's Path Flax Plus Waffle (or similar toaster waffle), toasted
1 tbsp maple syrup

Put cottage cheese, strawberries, and maple syrup on waffle and enjoy!



Option 2 – Chickpea Salad

Note: Makes two lunches

2 tbsp red wine vinegar
1 tbsp olive or canola oil
1 clove garlic, minced
¼ tsp each salt and black pepper
1 can chickpeas, drained and rinsed
¼ cup each diced red bell pepper, cucumber, onion
¼ cup pitted black olives
1 tbsp fresh parsley, chopped
1/2 tsp each dried oregano, rosemary, and thyme

In a bowl, whisk vinegar, oil, garlic, salt and black pepper.

In a separate bowl, mix chickpeas, red pepper, cucumber onion, olives, parsley, oregano, rosemary, and thyme.

Pour vinegar mixture over salad and mix.

Option 3 – Beans and vegetables

180 mL baked beans, canned in tomato sauce
10 baby carrots, raw
1 sliced cucumber
Bell pepper strips, red, yellow, and/or orange
¼ cup hummus
1 stick string cheese, marble or mozzarella

Option 5 – Turkey Cranberry Wrap

1 large tortilla wrap, whole wheat
60 g/2 oz turkey, rotisserie, deli cut
1 tbsp cranberry sauce, canned
1 tbsp mayonnaise, light
½ cup chopped lettuce

Mix cranberry sauce and mayonnaise together and spread evenly on tortilla. Add sliced turkey and top with lettuce. Roll and enjoy!



Option 7 – White Bean with Rosemary and Kale Soup

To make soup, see recipe on p. 28
Eat with:
½ cup cottage or ricotta cheese
½ cup honeydew
2 crackers, Ryvita dark rye
1 cup skim or 1% milk



Option 4 – Easy Egg Salad Sandwich

2 slices whole grain bread, toast if desired
1 hard-boiled egg
1 tbsp light mayonnaise
1 dash each dry mustard, salt, and pepper

Dice egg and mix with mayonnaise and spices.
Spread on bread and top with other slice

½ cup mixed fresh or frozen fruit
125 g yogurt, fat free sweetened with low calorie sweetener



Option 2 – Spicy Beans on Toast

4 small tortillas, whole wheat
1 can kidney beans, drained and rinsed
¾ cup salsa
1 tsp chilli powder
¾ cup shredded cheddar cheese
1 green onion, sliced

Bake tortillas in oven for 10 min at 350°F. In a saucepan, mash beans and stir in salsa and chilli powder. Heat on low on stovetop until warm. Fill each crisp tortilla with ¼ of the beans, top with ¼ of the cheese and onions. Bake in 350°F oven for 10 minutes or until cheese is melted. Serve warm.
Note: makes 4 lunches



Sliced cucumber and cherry tomatoes
1 cup skim or 1% milk

Dinner:

Option 1 – Salmon with quinoa and vegetables

1 serving roasted salmon (see recipe on p. 29)
125 mL grains, quinoa, cooked
1 cup green beans, steamed

Option 3 – Dijon Chicken with Broccoli and Potato

1 serving Dijon chicken (see recipe on p. 29)

Eat with:

1 cup chopped broccoli, cooked
1 tbsp light sour cream
1 medium potato



Option 5 – Coconut Curry Tofu with Mango and Spinach Salad

1 serving coconut curry tofu (see recipe on p.32)
1 serving mango and spinach salad (see recipe on p. 32)



Option 7 – Thai Steak Stir Fry with Rice Noodles

113g beef steak, top sirloin, boneless (raw weight)
10 pods snap peas, snow or sugar, raw
15 mL sesame seeds
1 cup chopped broccoli, cooked
1 large green onion
1 tbsp Thai sweet chilli sauce
50 g rice noodles, dry



Cook rice noodles according to package.
Panfry all other ingredients separately.

When all ingredients are cooked, add Thai sauce in the pan and cook for 1 minute on low.

Serve stir fry over rice noodles and enjoy!

Option 2 – Broccoli and Barley Stuffed Bell Peppers

1 serving stuffed pepper (see recipe on p. 30)



Option 4 – Butternut Squash, Barley and Cheddar Bake

1 serving butternut squash bake (see recipe on p.31)

Eat with:

2 cups garden salad (lettuce and chopped vegetables)
1 tbsp Italian salad dressing



Option 6 – Tofu Stir Fry with Brown Rice

6 oz. extra firm tofu, cubed
1 cup broccoli florets
½ cup red pepper, chopped
½ cup snow peas
1 tsp sesame oil
1 tbsp reduced sodium soy sauce
1 cup cooked brown rice

Cook brown rice according to instructions. Press tofu between paper towels to remove water.

Heat sesame oil in pan over medium heat. Add drained tofu and cook until lightly browned on all sides (5 min). Remove tofu from pan and set aside. Sauté broccoli and red pepper in same pan for 2-3 minutes. Add snow peas and sauté for 1 additional minute.

Add tofu and soy sauce to pan. Stir to combine.

Serve over rice and enjoy!



Recipes

White Bean with Rosemary & Kale Soup

8 Servings

Ingredients:

2 cups cannellini beans, soaked overnight
325 mL chopped kale
4 plum tomato, seeded and diced
10 cups water
2 tbsp olive oil
2 tbsp balsamic vinegar
1 large yellow onion, raw
8 clove garlic, raw, minced
1 tbsp salt
1 dash black pepper
4 bay leaves
15 mL rosemary, fresh, minced (or 5 mL dried)
1 mL hot red chilli pepper flakes, dried

You can purchase cannellini beans that are in a jar in order to skip the soaking process.

Directions:

1. Drain and rinse the soaked beans and place them in a pot with bay leaves, 2tsp rosemary and cold water. Bring to a boil, reduce heat and simmer until the beans are tender. In the last 15 minutes of cooking, add salt to the beans.
2. When the beans are tender, heat olive oil in a soup pot and add the onion and chilli flakes. Sauté until the onions are lightly golden, and then add the garlic and the remaining rosemary. Cook several minutes, and then add the cooked beans and their cooking liquid. Bring to a simmer, add the tomatoes and simmer for 20 minutes.
3. Remove the stems from the kale and tear or roughly chop the leaves. Rinse kale leaves in cold water. Add the leaves to the soup and cook until wilted. Season the soup to taste with balsamic vinegar, cracked pepper and more salt.

Simple Roasted Salmon

2 Servings

Ingredients:

260 g salmon, sockeye, raw, with skin
2 tbsp olive oil
1 tbsp chives, chopped
1 tsp, tarragon leaves, dried (optional)

Directions

1. Preheat oven to 425°F. Line a baking sheet with foil. Rub salmon with 2 teaspoons of olive oil. Roast the salmon with skin side down on foil lined baking sheet until fish is cooked through (about 12 minutes). Check if fish flakes easily with fork after it bakes 10 minutes. Continue baking only if it doesn't.
2. Lift salmon off skin using a metal spatula and place it on a serving plate. Discard skin. Sprinkle salmon with herbs and serve.

Dijon Chicken

1 Serving

Ingredients:

160 g chicken breast, boneless, skinless (raw weight), cut into 1 inch strips
2 tbsp chopped onion
1/4 clove garlic, crushed
2 tbsp chicken broth, reduced salt
1 tsp olive oil
1 dash each salt and black pepper
1/2 tsp dijon mustard

Directions:

1. Heat the olive oil in a nonstick skillet over medium heat. Add the onion and cook until the onion becomes tender (about 4 minutes). Add the garlic and cook for 1 additional minute.
2. Turn the heat up to medium high. Season the chicken with salt and pepper and add it to the skillet. Sauté the chicken until it is golden brown on all sides (about 4 minutes).
3. Quickly add the chicken broth and stir with a wooden spoon to release any onions that are stuck to the pan. Cook until the chicken broth has reduced by half. Stir in the Dijon mustard.

Broccoli and Barley Stuffed Red Peppers

Serves 4

Ingredients:

Stuffed Peppers

- 1 cup pear barley, uncooked
- 4 large bell peppers, any colour
- 1 ½ cups broccoli florets, stems removed and roughly chopped
- 1 cup grape tomatoes, quartered
- 4 oz fresh mozzarella, sliced
- 2 oz shredded mozzarella (about ½ cup)
- 3 cups vegetable broth, low sodium
- 1 tbsp olive oil
- 2 cloves garlic, minced
- 2 shallots, diced
- ½ fresh basil, chopped

Marinara Sauce

- 1 can tomatoes, no salt added
- 1 clove garlic, minced
- 2 tbsp olive oil
- 2 tbsp fresh basil, chopped
- ½ tsp kosher salt
- ¼ tsp crushed red pepper
- ½ tbsp. brown sugar

Directions:

1. Combine the barley and broth in a sauce pan. Bring to a boil. Reduce heat to low, cover, and simmer for 45 minutes.
2. Preheat the oven to 350°F.
3. Cut peppers in half and take out the ribs and seeds. Keep the stem on to prevent the filling from spilling out of the pepper
4. Boil a large pot of water. Add the peppers and bring water back to a boil. Boil for 3 minutes. Remove peppers from the pot and set aside.
5. To make the filling: Heat 1 tablespoon of olive oil in a large pan over medium heat. Add the garlic and cook until fragrant (about 30 seconds). Add the shallots, salt, and cook for 2-3 minutes. Add the broccoli and grape tomatoes. Cook until broccoli is bright green and tomatoes get soft (about 5 minutes). Transfer to a large bowl, pour in cooked barley, add basil and shredded mozzarella.
6. Place boiled peppers in a 9 x 13 inch baking dish filled with ½ cup water. Stuff peppers with filling. Top peppers with a slice of mozzarella, Bake for 35 minutes.
7. To make the marinara: Heat olive oil over medium heat, add garlic and cook until fragrant. Pour in tomatoes, salt, red pepper flakes, fresh basil, and brown sugar. Bring to a boil, reduce to a simmer and let mixture cook for 15 minutes.
8. When peppers are done baking, pour sauce over them and add more fresh basil if desired.

Butternut Squash, Barley, and Cheddar Bake

Serves 6

Ingredients:

1 cup pearl barley, uncooked
3 ½ cups butternut squash, cubed
1 cup extra-sharp cheddar cheese, shredded
¾ cup Parmesan cheese, shredded
½ red onion, diced
2 cloves garlic, minced
3 cups water
2 cups 1% milk, room temperature
2 tbsp olive oil
2 tbsp butter
2 tbsp all-purpose flour, unbleached
½ tsp fine sea salt
¼ tsp black pepper
2 tsp rosemary, dried
1/8 tsp freshly grated nutmeg

Directions:

1. Preheat oven to 350°F.
2. Combine the barley and water. Bring to a boil, reduce to a simmer, cover for 35-40 minutes, until most of the water is absorbed. Drain remaining water.
3. While the barley is cooking, heat olive oil in a large frying pan. Add garlic and cook until fragrant (about 30 seconds). Add onion and cook until translucent (about 3 minutes). Pour in squash and cook for 10 minutes, stirring occasionally until squash feels tender when you poke it with a fork.
4. While the squash is cooking, melt the butter in a separate saucepan. Whisk in flour and cook until it forms a paste (for 30-45 seconds). Pour in the milk, salt, pepper, rosemary, and nutmeg and bring to a boil. Whisk constantly for 5 minutes until sauce thickens. Remove from heat and stir in cheddar until smooth.
5. Combine barley, squash, and cheese sauce in a large bowl. Stir until sauce is well distributed. Pour into an 8 x 8 inch baking dish and top with Parmesan. Cover with aluminum foil and bake for 25 minutes. Uncover, put the oven on broil, and broil for another 5 minutes, or top is golden.
6. Let sit for 10 minutes before serving.

Coconut Curry Tofu

2 Servings

Ingredients:

160 mL firm or extra firm tofu, firm or extra firm, raw
1 plum tomato
3 medium mushrooms, raw, chopped
1 cup chopped bok choy, regular or baby
1/4 large yellow bell pepper, thinly sliced
3 medium green onions
150 mL light coconut milk, canned,
1 tbsp soy sauce, reduced sodium
1 mL ginger root, raw
1/4 tsp garlic, minced
1 tbsp basil, fresh
1 dash salt
2 g brown sugar
1/2 tsp curry powder
Chilli paste

Directions:

1. Finely chop green onions into 2 inch pieces. Remove bulbs.
2. In a large heavy skillet over medium heat, mix coconut milk, 3/4 tablespoon soy sauce, brown sugar, curry powder, ginger, and chilli paste. Bring to a boil.
3. Stir tofu, tomatoes, yellow pepper, mushrooms, and green onions into the skillet. Cover, and cook 5 minutes, stirring occasionally. Mix in basil and bok choy. Season with salt and remaining soy sauce. Continue cooking 5 minutes, or until vegetables are tender but crisp. Garnish with remaining green onion.

Mango & Spinach Salad

1 Serving

Ingredients:

1/2 mango, raw
3 cups baby spinach, raw
1 1/2 tbsp poppy seed salad dressing light

Directions:

1. Dice mango.
2. Wash baby spinach and dry with paper towel.
3. Toss mango, 2 cups baby spinach, and dressing together in a bowl. Enjoy!

Note: If you don't like mango, you can substitute with strawberries or any other fruit.

Snacks

Consider eating a vegetable, fruit or whole grain choice with a protein to keep you full longer.

Vegetable, Fruit, or Whole Grain	Protein
1 piece fruit	1 skim milk cheese string
Vegetables and 2 Tbsp low fat dip or salad dressing	1 mini Babybel® cheese (light)
1 cup vegetable soup	¼ cup soy nuts, dried peas or wasabi peas
½ cup canned pineapple or canned fruit	¼ cup 1% cottage cheese and
2 Ryvita® crackers	2 triangles of Laughing Cow® cheese (light)
1 cup berries	½ cup low fat Greek yogurt
½ 6" inch whole wheat pita	¼ cup hummus
All Bran® bar	1 boiled egg
2 small brown rice cakes	1 tbsp nut butter
Low sodium vegetable cocktail	30 g/1 oz lean sliced deli chicken, turkey, ham, beef
Nature Valley® granola bar	Latte made with 1 cup 1% milk
½ c whole grain cereal	1 cup skim or 1% milk
2 tbsp dried fruit (apricots, cherries, mango)	10 walnut halves or 8-10 dry roasted almonds
¼ cup salsa	30 g/1 oz cooked chilled shrimp
6 melba toast	1 small can flavoured tuna

Measurement Tracking

Each week before your doctor appointment, please measure and record your weight. If you have the ability, you can record additional measures below and report to the doctor. Have these tracking charts available when you meet with the doctor.

WEEK	DATE	Weight	Waist	BP Blood Pressure	Heart Rate	Other Notes
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