



Accurate Clinic

2401 Veterans Memorial Blvd. Suite 16
Kenner, LA 70062 - 4799
Phone: 504.472.6130 Fax: 504.472.6128

www.AccurateClinic.com

Your level of activity is:

- Sitting/Lying all day (1.2)
- Seated work, no exercise (1.3)
- Seated work, light exercise (1.4)
- Moderately physical work, no exercise (1.5)
- Moderately physical work, light exercise (1.6)
- Moderately physical work, heavy exercise (1.7)
- Heavy physical work, heavy exercise (1.8)
- Above average physical work, heavy exercise (2.0-2.4)

Your: Basal Metabolic Rate (BMR): _____ calories

Estimated daily calorie expenditure: _____ calories

Daily calorie deficit: _____ calories

Daily calorie allowance: _____ calories

Meal protein allowance: _____ ounces (cooked)

Straight Medical Lab (SML) Program Guide provided Multivitamins recommended

Fluids: You must drink **at least** eight 8-ounce glasses (64 ounces or 2 quarts) of non-caloric liquid every day. This will help to keep you well hydrated and reduce the incidence of lightheadedness. SML water flavorings are available to break the monotony of plain water. Two flavors are available: Peach-Mango and Acai-Pomegranate.

YOUR FLUID CHOICES INCLUDE:

- **Unlimited:** Water (tap, spring, mineral, seltzer or soda water), decaffeinated beverages, such as black coffee, green or black tea, herbal teas. (Limit caffeinated beverages; see below)
- **Limited:**
 - Diet soda (only with Stevia sweetener (such as Zevia sodas). Limit to 2 cans or 24 ounces per day)
 - Regular black coffee or tea (limit to one cup/day due to caffeine content).
- **Special use:** Salted broth or bouillon may be used when lightheadedness is a recurring problem. Dissolve 1 cube or packet of bouillon in 8 ounces of hot water. Drink this slowly and then drink a second glass of cool, fresh water. This can help to boost your blood volume and your blood pressure.
- 1 tsp. olive or flax oil daily to dress vegetables • artificial sweeteners (Stevia ONLY)
- **Fluids Not allowed:** Regular soda and tonics, alcoholic beverages, juices, milk, sport drinks, tonic water and “ade”-type drinks. Read labels carefully. Many “clear” beverages contain sucrose, fructose, or corn syrup as sweeteners (these are types of sugars). Also, avoid caramel coloring in sodas

WARNING:

AVOID ALL ALCOHOL. DO NOT DRINK ANY BEER, WINE, LIQUOR, LIQUEURS, OR MIXED DRINKS.

When this diet is combined with alcohol, blood sugar can drop and blood alcohol levels will rise rapidly, causing you to feel and appear drunk. In addition, alcohol blocks fat breakdown and will arrest your weight loss for up to 24-36 hours.

Food Preparation Guidelines:

- Lightly salt your food, if desired. If you have high blood pressure, limit your intake of sodium to 2 gms/day
- **Misc Not allowed:** Gum or mints - they will stimulate your appetite.

YOUR FRUIT & VEGETABLE CHOICES INCLUDE: eat at least 3 but preferably 5 servings of vegetables/day

Leafy greens: unlimited **Not allowed:** NO FRUIT, potatoes, corn, legumes, peas, chickpeas, kidney beans



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YOUR PROTEIN CHOICES INCLUDE (*Organic is always preferred, when possible*):

Baked, broiled, grilled, boiled, roasted, steamed or poached; no sauces or gravies added, or fats, except where indicated

• **Very Lean Protein:** 25 Calories per ounce

FISH: (white) haddock, sole, flounder, cod, scrod

SHELLFISH: (use sparingly as they may contain small amounts of carbohydrates) shrimp, lobster, clams, crab, scallops

TOFU; COTTAGE CHEESE: plain or with chives, "low fat" or "non-fat" (2 ounces = 1 ounce protein)

EGGS: whites only (2 large egg whites = 1 ounce protein) EGG SUBSTITUTES: 1/4 cup = 1 ounce protein

• **Lean Protein:** 50 Calories per ounce

FISH: salmon, bluefish, porgies, swordfish, halibut, tuna POULTRY: (skinless) chicken, turkey

MEATS: ostrich, bison or buffalo ORGAN MEATS: liver, kidney (note: high in cholesterol)

CHEESE: those labeled "fat free" (note: these are often high in sodium)

*******DO NOT CHOOSE FROM THE FOLLOWING ITEMS*******

• **High Fat Protein:** 100 Calories per ounce • **Very High Fat Protein** 125 Calories per ounce

MEAT: beef, lamb and pork; regular ground meat

MEAT: prime rib, sausage, hot dogs, bologna, salami,

CHEESE: all cheeses, unless marked "fat free" or "low fat"

pepperoni, mortadella, spare ribs, short ribs,

kielbasa, pate é