

PAIN INSTACARE-INSTASLIM

WEIGHT LOSS PROGRAM

INSTASLIM

Weight Loss Program

Its not only about losing but also about keeping it off. We are not just looking for giving you a light but also a perfect body. Our weight loss program is designed to target multiple aspects including

DETOX

Diet

Exercise

Supplements



DETOX: This is an important aspect of the program. Its like resetting your body to adapt to new changes.

Diet: Its about eating what you need not what you want. It includes proper portion eating and also mixing the nutrients which are required on a daily basis.

Exercise: I believe that you don't have to run a marathon to lose weight. Simple exercise on a regular basis can do wonders. Too much exercise can be harmful for weight loss program.

Supplements: Sometimes it's just impossible to burn the calories even if you try hard. You would need supplements which would help hasten the process of burning the weight.

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DIET: Remember Calorie Count is the most important. Goal is to keep calorie intake to 1200 or less every day. We encourage you not to eat heavy food or food to avoid on a regular basis. If you do eat that type of food just limit it to a small quantity. **Remember your body is not a trash can.** There are better trash cans out there.

Food to avoid

Processed / Canned food / Cheese / Pizza / Bread / cookie / Cake / ice cream / fruit juices / artificial sugar / butter

Food to take

Vitamins / Raw vegetables and fruits / salad / soup / watermelon / water

Lime / honey / ginger / carrot are very good for daily consumption with many benefits

Your breakfast should be in the range of 200-300 Cal

Pick three: Coffee-60 / 1 bread-60 / 1 egg-60 / fruit serving-100 / yogurt serving-60

Your lunch should be in the range of 300-400 Cal

6" sandwich with chicken, turkey or tuna without cheese -350 / water

Salad with meat with small amount of dressing -350 / water

Soup-150 / water / chips -150 / 3" sandwich

Remember cookies are heavy in Cal the bite size should be one fourth – 75 Cal

Your dinner should be in the range of 300-400 Cal

6" sandwich with chicken, turkey or tuna without cheese -350 / water

Salad with meat with small amount of dressing -350 / water

Soup-150 / water / chips -150 / 3" sandwich

Remember cookies are heavy in Cal the bite size should be one fourth – 75 Cal

You can take small snacks in the middle each of 50-100 Cal

Drink milk – 1 cup-80 Cal at night preferably warm milk

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Weekly Planner

Day	Breakfast	S	Lunch	S	Dinner
Day 1					
Day 2					
Day 3					
Day 4					
Day 5					
Day 6					
Day 7					

Weigh yourself in the morning. Remember usually night weight is more and there could be a range of 2-4 lb difference.

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Supplements

We recommend following

Vitamin B complex

B12 injections are given weekly

Vit D / calcium

Lime (good source of vit C)

Honey 1 tsp- good source of antioxidant

Carrot- good source of carotene, vit A

Ginger –good source to increase digestion and metabolism

Water- commonly ignored, makes 60% of your body, so drink
at least 4-8 glasses of water every day

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Exercising

I believe that heavy exercise is not important for weight loss. In fact that could have a negative effect. Increased exercise will increase your metabolism and will make you hungrier which in result will cause harder to lose weight.

I recommend after each meal 10 min walking is the best exercise with small amount of stretching.

Toning of muscles is good as it will make you feel good and will produce endorphins in your body.