

# Cityline Weight Loss Food Journal

Join the 2016 Cityline  
**Weight Loss Challenge**

with *Dr. Joey*



**Cityline**

Name: \_\_\_\_\_

Date: \_\_\_\_\_

## Hormonal steps to boost metabolism for \_\_\_\_\_ days

1. Frontload your day - eat breakfast with protein
2. Eat protein rich foods at every meal
3. Eat 1 selection of high fiber grain at breakfast or lunch (i.e 2 slices of whole grain bread or 1 small whole wheat wrap)
4. Eat colorful fruits and vegetables - no potatoes, squash, corn or parsnips permitted
5. Eat 3-4 fats per day (ground flaxseeds, fish oils, walnuts and almonds)
6. Drink a minimum of 2 liters of water per day (8 glasses)
7. No alcohol for \_\_\_\_\_ days
8. Pick 2 treats per week - 2 pieces of chocolate, 2 alcoholic beverages, 2 extra slices of bread
9. Stop eating by 7pm
10. Minimize toxic stress - work out 3-5x a week

Special restrictions include:

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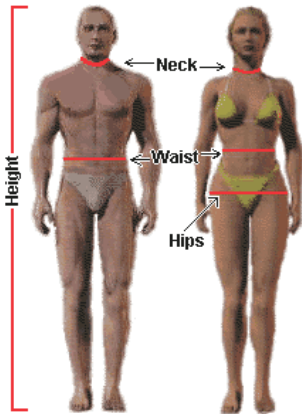
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Starting weight: \_\_\_\_\_

Waist: \_\_\_\_\_

Hip: \_\_\_\_\_

Chest: \_\_\_\_\_



You are at increased risk for health problems if you are:

- A man with a waist measurement greater than 40 in. (101.6 cm).
- A woman with a waist measurement greater than 35 in. (88.9 cm).

## Weight loss tracker

|     | Weight | Waist | Hips | Chest | Total weight lost | Total inches lost |
|-----|--------|-------|------|-------|-------------------|-------------------|
| W1  |        |       |      |       |                   |                   |
| W2  |        |       |      |       |                   |                   |
| W3  |        |       |      |       |                   |                   |
| W4  |        |       |      |       |                   |                   |
| W5  |        |       |      |       |                   |                   |
| W6  |        |       |      |       |                   |                   |
| W7  |        |       |      |       |                   |                   |
| W8  |        |       |      |       |                   |                   |
| W9  |        |       |      |       |                   |                   |
| W10 |        |       |      |       |                   |                   |
| W11 |        |       |      |       |                   |                   |
| W12 |        |       |      |       |                   |                   |

## Proteins



Ideal protein options include:

- 4 ounces of turkey - ground or nitrate free deli slices
- 4 ounces of chicken (or 1 chicken breast) = 28 grams of protein
- 4 ounces of fish = 28 grams of protein
- 6 ounces (1 can) of tuna = 40 grams of protein
- 4 ounces of lean beef = 28 grams of protein
- 1 large egg = 7 grams of protein
- 1 cup of milk = 8 grams
- 1 ounce of cheese = 7 grams
- ½ cup of cottage cheese = 15grams
- 1 cup of yogurt = 11 grams
- ½ cup of Greek yogurt = 10 grams
- ½ cup of tofu = 20 grams
- 1 ounce of tofu = 2.3 grams
- 1 cup of soy milk or almond milk = 6 -10 grams
- ½ cup of Tempeh = 15 grams
- ¼ cup of lentils, black beans, chickpeas and kidney beans = approximately 5 grams
- 1 scoop of protein powder - varies (approximately 15-20 grams)
- 3 tbsp of Hemp Hearts

## Fruits



Maximum 2 fruits (servings) per day. Ideal fruits include blueberries, raspberries, strawberries, apples and pears. A serving of fruit is equivalent to:

- 1 small piece of fruit
- ½ cup raw (cut up) fruit
- ½ cup (4 ounces) of pure, unsweetened fruit juice
- ¼ cup dried fruit
- ½ cup of canned fruit
- ½ a banana
- 2 small kiwis, apricots or plums
- 2 small prunes

## Vegetables



Vegetables are considered “free foods”. Eat as many vegetables as you like with the exception of potatoes (white, red and sweet) and squash. Optimal vegetable choices are broccoli, spinach and mesclun mix. A serving of vegetables include;

- ½ cup cooked vegetables
- 1 cup vegetable soup
- 1 cup raw, leafy vegetables
- ½ cup (4 ounces) vegetable juice

## Fats



Fats are necessary for weight loss. However, they do have more than 2x the calories of carbohydrates and proteins (9 calories per gram vs. 4 calories per gram) and therefore, must be used sparingly. Ideal fat options that can be used 3-4x per day include;

- 1/3 cup low sodium pistachios in shells (40)
- 1 tbsp. of olive oil or coconut oil for sautéing vegetables or other foods.
- 8-10 nuts such as almonds or walnuts
- ¼ of an avocado on a salad or in a sandwich or wrap
- 1 tbsp. of flaxseed oil in a dressing over a salad
- 2 tbsp. of toasted sesame seeds over a salad or on chicken
- 1 tbsp. of ground flaxseeds or chia seeds over salad, in a morning shake, or in a yogurt for a snack.
- 1 tsp. of butter

## Grains



In addition to whole grain cereal in the morning, you are allowed one serving of grain at lunch (no grain permitted in the evening). A serving of grain is equivalent to:

- 2/3 cup of slow cooking oatmeal
- 2 slice of whole grain bread
- ½ cup of whole grain pasta (kamut, spelt)
- ½ cup of brown rice
- ½ cup cooked quinoa
- 1 wrap (100% whole wheat or whole grain)

**Breakfast** \_\_\_\_\_

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**Snack** \_\_\_\_\_

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**Lunch** \_\_\_\_\_

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**Snack** \_\_\_\_\_

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**Dinner** \_\_\_\_\_

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**How do you feel today?** \_\_\_\_\_

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**Water intake**



**Exercise** \_\_\_\_\_

**Vitamins** \_\_\_\_\_

Fats (3-4) ○ ○ ○ ○

Proteins (3) ○ ○ ○

Grains (1) ○

Coffee (1) ○

Vegetables – FREE!

Fruits (2) ○ ○

Cheese – 1 ounce/ day (optional) ○

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Grains (1)

Coffee (1)

Vegetables – FREE!

Fruits (2)

Cheese – 1 ounce/ day (optional)

**Breakfast** \_\_\_\_\_

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**Snack** \_\_\_\_\_

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**Lunch** \_\_\_\_\_

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**Snack** \_\_\_\_\_

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**Dinner** \_\_\_\_\_

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**How do you feel today?** \_\_\_\_\_

\_\_\_\_\_

**Water intake**



**Exercise** \_\_\_\_\_

**Vitamins** \_\_\_\_\_

Fats (3-4) ○ ○ ○ ○

Proteins (3) ○ ○ ○

Grains (1) ○

Coffee (1) ○

Vegetables – FREE!

Fruits (2) ○ ○

Cheese – 1 ounce/ day (optional) ○

Date \_\_\_\_\_

**Breakfast** \_\_\_\_\_

\_\_\_\_\_

**Snack** \_\_\_\_\_

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**Lunch** \_\_\_\_\_

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**Snack** \_\_\_\_\_

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**Dinner** \_\_\_\_\_

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**How do you feel today?** \_\_\_\_\_

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**Water intake**



**Exercise** \_\_\_\_\_

**Vitamins** \_\_\_\_\_

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**Snack** \_\_\_\_\_

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**Lunch** \_\_\_\_\_

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**Snack** \_\_\_\_\_

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**Dinner** \_\_\_\_\_

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**How do you feel today?** \_\_\_\_\_

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**Water intake**



**Exercise** \_\_\_\_\_

**Vitamins** \_\_\_\_\_

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Proteins (3) ○ ○ ○

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Cheese – 1 ounce/ day (optional) ○

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**Breakfast** \_\_\_\_\_

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**Snack** \_\_\_\_\_

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**Lunch** \_\_\_\_\_

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**Dinner** \_\_\_\_\_

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**How do you feel today?** \_\_\_\_\_

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**Water intake**



**Exercise** \_\_\_\_\_

**Vitamins** \_\_\_\_\_

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**Lunch** \_\_\_\_\_

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**Snack** \_\_\_\_\_

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**Dinner** \_\_\_\_\_

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**Water intake**



**Exercise** \_\_\_\_\_

**Vitamins** \_\_\_\_\_

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**Snack** \_\_\_\_\_

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**Dinner** \_\_\_\_\_

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**How do you feel today?** \_\_\_\_\_

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**Water intake**



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**Exercise** \_\_\_\_\_

**Vitamins** \_\_\_\_\_

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Vegetables – FREE!

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**Snack** \_\_\_\_\_

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**Dinner** \_\_\_\_\_

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**How do you feel today?** \_\_\_\_\_

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**Water intake**



**Exercise** \_\_\_\_\_

**Vitamins** \_\_\_\_\_

Fats (3-4) ○ ○ ○ ○

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**Vitamins** \_\_\_\_\_

Fats (3-4)

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***Nutritional recommendations:***

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***Supplement recommendations:***

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***Lifestyle recommendations:***

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***Grocery list items:***

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***“We are indeed much more than we eat, but what we eat  
can help us to become much more than who we are”***

Adele Davis, nutritional pioneer