

# Jorie Weight Loss Center

*Eigram, Inc.*

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## *For better success in weight loss and optimal nutrition*

Drink six to eight glasses (eight ounces) of water daily. Maintain some daily exercise, walking remains the best. Other activity should be low impact. Avoid alcohol.

### **Proteins**

One egg or cholesterol free substitute

*Choose one:*

Fish, any type. Shellfish. Tuna/Salmon (white solid in water, then rinse out.) Chicken / Turkey (white, without skin)

*Choose one:*

Cottage cheese (fat free, one cup). Skim milk (one cup),  
Yogurt (fat free, with or without fruit with Nutrasweet.)

### **Vegetables (unlimited)**

Asparagus  
Beet greens  
Broccoli  
Brussel sprouts  
Cabbage  
Cauliflower  
Celery  
Cucumber  
Carrots

Dandelion  
Eggplant  
Endive  
Escarole  
Kale  
Lettuce  
Mushrooms  
Onions  
Okra

Bell Peppers  
Radishes  
Sauerkraut  
Spinach  
Squash  
String Beans  
Tomato

*(No peas, cooked carrots or corn)*

### **Carbohydrates**

Two fruits only, grapefruit juice only (no other). Popcorn plain or air-popped (use diet butter substitute). \*Three slices diet whole wheat bread (45 calories each).

### **Unlimited Foods**

All herbs and spices, (Horseradish, Garlic, Lemon / Lime, Vinegar\*\* Mustard), Iced tea / Crystal Lite, Diet soda pop (caffeine free), Coffee/tea-decaffeinated, Jell-O gelatin with Nutrasweet.

### **Special Instructions:**

Medication should be taken within one hour of waking before food or one hour after food. This diet is totally well balanced with quantities adjusting to individual's requirements. To promote better sleep **caffeine** should be avoided. Also, avoid white starches such as: white bread, pasta, white rice and sugary cereals with low fiber.

\* After first month breads can be exchanged for one cup cereal such as Shredded Wheat, Whole Wheat Total, Grape Nuts or a small baked potato with skin or ¾ cup of brown rice.

\*\* Bottled salad dressing should be 20 calories per serving or less in addition to being fat free.

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## NOTES

[illegible]

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## DIET EXPLANATION AND RECOMMENDATIONS

*Welcome to the Jorie Weight Loss Center Program for Weight loss.*

Taking the prescribed medication given to you today is important. The purpose of taking it is to suppress your appetite. This will allow you to follow the diet with more success than with previous efforts.

For maximum benefits and safety, it is advised that you follow the instructions given to you by the **Physician**. Your goal is to lose excess weight in a comfortable and consistent manner and feel well as you are doing so. Our goal is to assist you in achieving your goal safely and help you maintain and promote **better** health.

The medication is to be taken daily, in the dosage recommended to you, never to exceed one tablet or capsule in one day.

As with all medications some patients may experience side effects. Taking medication correctly and in a lower dosage will help to minimize some.

However, if you should experience any side effects or have any questions regarding the medication, contact your evaluating **Physician** here at **Jorie Weight Loss Center** as early as possible.

### **DO NOT:**

- ❖ **Do not** share medication with your friends, as they will not be replaced.
- ❖ **Do not** leave your medication unattended where it might be taken from you, as they will not be replaced.
- ❖ **Do not** carry with you in a pocket or purse to chance losing. Keep at home in safe place, out of reach of children.
- ❖ **Do not** leave **J.W.L.C.** without first making sure that it is in the proper dosage recommended for you and your preference of either tablet or capsule form. Once you leave the office and the medication is in your possession, it cannot be exchanged.

### **DO:**

- ❖ **Do** return before you run out of medication.
- ❖ **Do** come every month, as it is **essential**.
- ❖ **Do** follow the diet given to you as well as taking the medication.
- ❖ **Do** implement a regular activity program.

*See reverse for diet and menu recommendations.*

**GOOD LUCK! SEE YOU IN 28 DAYS.**

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### DIET AND MENU RECOMMENDATIONS

In addition to taking the medication it is essential that you follow your diet closely. Provide your environment with the right foods. Shop for groceries with your diet sheet in hand. Have the correct foods readily available for preparation, snacking and to take to work. These foods were chosen for you for specific reasons. First of all, they are high in nutrition, fiber and low in fat and cholesterol. It will provide you with essential protein, calcium and the best form of carbohydrates for optimal appetite control and weight loss.

There are two very important effects these foods will achieve for you;

1. An even-keel glucose level. High Glucose levels (sugar in your system) has been linked with hunger and cravings. With a moderate glucose level in your system, without quick rises and quick drops, you will feel less hungry. A quick rise in your sugar level causes the excretion of insulin from your Pancreas, thus creating a quick drop in your sugar level. When your sugar level is low then you want to eat again. This is called a **glycemic reaction**.
2. Since there is not an excess of sugar in your system, then you will be more prone to burn the stored fat as your fuel for energy instead of the sugar present in your system. Glucose (sugar) is the first fuel the body chooses to burn. In the absence of sugar, **fat** will be the next choice. This is what we would like to achieve.

All of the food on your **Diet Sheet** is your choices for **one day**. If you wish, you could have eggs every day, especially the egg substitutes without cholesterol. You can have up to two because they contain half the calories. Scrambled eggs, omelets, French toast, etc. Use Pam spray or diet butter spray.

Choose one from the protein list. The quantity is about the size of your hand. This is a good guide because each hand size is different according to the size of the person. Therefore, the quantity adjusts to the person's size and protein requirements.

One to two from the dairy list is o.k. When you are having cereal in the morning with skim milk, you could still have a diet yogurt or cottage cheese, one cup. This provides you with essential calcium.

Vegetables are unlimited, since they are not **glycemic**. A pot of vegetable soup can be prepared in advance and eaten with each meal and also in between. No oils or starches in the preparation.

Your starches consist of three slices of diet whole wheat bread (45 calories). Cereals like Shredded Wheat, Whole Wheat Total and Grape Nuts. Also potato, brown rice, two fruits and popcorn.

*Avoid* white starches such as white bread, pasta, white rice, crackers, bagels, wrong cereals, fruit juices such as orange juice, apple juice or pineapple, etc. These are **glycemic** foods

*Avoid* oils of any kind. Even the mono-unsaturated oils contain up to 120 calories per spoon. Balsamic vinegar and equal makes a very tasty dressing. Otherwise, any store bought with 20 calories per portion is o.k.

**See meal suggestions**

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### MENU AND MEAL SUGGESTIONS

The original diet sheet will provide you with **choices for one day**. Combine these foods to make all kinds of tasty, nutritional and low calorie dishes.

#### *SOME SUGGESTIONS*

##### **BREAKFAST**

Scrambled eggs  
One slice diet whole wheat toast  
Half fruit  
Coffee or tea  
6 oz. Grapefruit juice

Vegetable omelet  
One slice diet w.w. Toast  
Half fruit  
Coffee or tea  
6 oz Grapefruit juice

French toast (1 or 2)  
Half fruit  
Coffee or tea  
6 oz. Grapefruit juice

1 to 1 ½ cups cereal  
1 cup skim milk  
Half fruit  
Coffee or tea  
6 oz grapefruit juice

*Pam spray or diet butter spray can be used to prepare eggs, French toast and to spray after preparation. One tablespoon of 100% fruit spread can also be used.*

##### **LUNCH**

Salad with variety of vegetables  
One piece diet w.w. bread  
Half fruit

Sandwich, turkey  
Sliced cucumber, lettuce,  
Half fruit

Vegetable soup  
Half fruit, cottage cheese  
One piece w.w. bread

##### **DINNER**

Baked chicken, garlic, paprika  
Baked potato  
Salad  
Half fruit

Stir-fried chicken with  
Pre-cooked brown rice  
Salad  
Half fruit

Baked fish, spices  
Broccoli spears  
Salad  
Half fruit

##### **SNACKS**

Pop corn, Jell-O gelatin, half fruit, raw vegetables, diet yogurt, cottage cheese, vegetable soup.

\*Bake, broil, grill, stir fry with Pam spray or butter spray and ¼ cup chicken broth. Vegetable soup with any vegetables from list, garlic, green peppers and tomatoes for flavor. Chicken cacciatore with crushed tomatoes and peppers. Chicken Parmagiano with one slice Alpine lace cheese melted on top. Use cholesterol free egg substitutes and w.w. bread crumbs for breading. A sugar free beverage with every meal is o.k.

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TO ALL PROSPECTIVE CLIENTS:

*Please read carefully*

- It is strongly recommended that you consult/inform your personal physician of the medication and diet.
- **The Medication**  
*Phentermine*  
To be taken within the first hour when you wake up, before breakfast. Take only one unit per day! If you cannot remember taking the medication, wait until the next day. **DO NOT** "guess", and possibly take two in one day. For optimal results it is imperative to eat three meals per day.
- **Side Effects**  
No appetite  
Dry mouth; thirst  
Hyperactivity; a slight increase in blood pressure which should, nevertheless remain within normal limits.  
Sleep patterns may be altered especially with Phentermine in combination with caffeine.

I \_\_\_\_\_ have had the medication, instruction, side effects, dosage, and diet explained to me. I fully understand if I misuse the medication, do not eat a balanced diet daily, or if I have given wrongful information concerning my medical history, Jorie Weight Loss Center will not be responsible.

**SIGNED** \_\_\_\_\_ **DATE** \_\_\_\_\_

This is your copy.