Eating to Live

Debra McCurtain-Murry, FNP/MSN
A medically supervised weight management program
www.rocklinweightloss.com

Patient Booklet: Eating To Live

6512 Lonetree Blvd., #200
Rocklin, Ca. 95765
P: 916-772-1441

Email: rocklinweightloss@gmail.com
Facebook: rocklinweightloss@ facebook.com
Pinterest: http://www.pinterest.com/RocklinWL/

ACKNOWLEDGEMENTS

Author: Debra McCurtain-Murry
Founder RocklinWeightLoss
RN/BSN/MSN/FNP

Mentor: Linda McCurtain
Lifetime Weight Watchers Member

DISCLAIMER

This patient booklet was designed for your personal use only. It is intended as an adjunct to the medically supervised weight loss program provided by this clinic. This booklet is not a reprint or duplication of information from any weight loss program. It is intended as a simple nutritional guide to enable you to achieve your weight loss goals and maintain them. I encourage you to never stop learning about healthy eating habits, weight loss and exercise!
I used to be a binge eater. I was a good twenty pounds overweight. Very athletic. I would go long periods without eating then over eat late at night. No amount of food could satisfy me. Luckily I wasn’t very good at purging! All I thought about was food.

Then I became the classic Monday through Friday dieter. Eating what I wanted to on the weekends. Wondering why I wasn’t losing weight.

Two things changed my life forever: Overeaters Anonymous or OA and the book and movie Hungry for Change, by James Colquhoun and Laurentine ten Bosch.

OA recommends no white flour, no sugar, no fried foods or fast foods. Two complex carbohydrates servings a day.

Lunch is the biggest meal and dinner the lightest. It was simple. I began thinking more about what I ate and meal planned no matter how busy I was. I lost 36 pounds in six months and began walking on my lunch hour.

Hungry for Change has taken me on a journey that continues today. Juicing, superfoods, clean eating, reading nutritional labels to reduce toxic chemicals, knowing and understanding the importance of where my food comes from and what it is!

I feel incredible.

I juice for breakfast.

Run 6 miles a week.

My exercise routine is yoga, spin, running, hiking, strength training. I ran my first half marathon in March of this year at the age of 53 and am running my second soon!
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The Wall

WHAT PREVENTS YOU FROM ACHIEVING YOUR WEIGHT LOSS GOALS? WHAT IS THAT WALL?

To answer that question you must ask yourself this one: “What is my relationship with food?”

- Do you go long periods without eating?
- Do you rush through meals?
- Do you mindlessly eat?
- Do you binge eat?
- Do you stress eat?
- Do you let fast food rule your world?
- What were your family patterns of eating?

Achieving your weight loss goals begin here. Being honest with yourself is important. My goals are for you to have a healthy relationship with food. Make better choices! Our bodies are perfect machines whose fuel is food that has nutrient value.

- Start listening to the signals your body gives you.
- When you are hungry Eat!
- Do not skip meals.
- Hydrate yourself: 2 liters of water daily.
HOW TO IMPROVE YOUR RELATIONSHIP WITH FOOD

Be inspired by your food. Think before you put food into your mouth!

Ask yourself two questions:

1. Should I be eating this?
2. Am I hungry or bored?

The decision is yours.

When you are eating and first feel satisfied—not full—stop eating!
Start meal planning! Get on that scale every Friday!

- No high fructose corn syrup
- No partially hydrogenated oils
- No white flour

“Every single person in the world, every culture, every language, every country, every person in the world knows it. You are what you eat. Food does matter”

- David Wolfe

Food is fuel for the body. Plants and vegetables contain phytonutrients that help our the cells of our bodies repair themselves, prevent cancer and the aging process.

Pay attention to your food!
Ask yourself:

- What is it?
- Read the ingredient list. If it has over 5 ingredients and none do you recognize it isn’t food and you shouldn’t be eating it!
- If you eat fast food it contains no nutrient value. You might as well be eating dirt which will contain more nutrients!!
- Where does it come from?
- How many pesticides are in it?
DIRTY DOZEN

These are a list of the top 12 most contaminated and pesticide sprayed fruits and veggies. You must buy these organic:

- Apples
- Celery
- Tomatoes
- Cucumbers
- Nectarines/Peaches
- Potatoes
- Spinach
- Strawberries
- Blueberries
- Sweet Bell Peppers
- Green Beans
- Kale

Go to the local farmers markets in your area.
Get to know the local farmers.

Bottom line: buy Local; start a garden.

Our food supply has changed.
Watch this movie on Netflix: GMO OMG
A Balanced Diet

DO NOT GO ON A RESTRICTIVE DIET, LISTEN TO YOUR BODY

FRUIT
- 2-4 servings a day
- Time your fruit to when you need energy!
  Morning and late afternoon snack is a must.
  Combine it! Juice/Smoothie it! Meal plan for it!
- Superfood: Blueberries

VEGETABLES
- Unlimited
- Really you can’t get enough of this food group in your diet. Think rainbow: green, red, orange, yellow.
- Combine them. Juice them. Grill the veggies, sauté or steam them.
- ½ of your plate for lunch and dinner should be this food group.
- Superfood: Kale
Tip: The sugar content in a red potato is much lower than a Russet

WHOLE GRAINS
- What is a whole grain? Bread, rice, pasta, quinoa, oatmeal, tortillas, cereal.
- Wasa cracker and/or popcorn
- Find your balance. I am 54 and I eat this group maybe 2x a week.
- Whole wheat flour is a must.
- Stick to serving sizes. Read the package!
- Limit this group at dinner.
- Superfood: Quinoa

NUTS, SEEDS, LEGUMES (BEANS)
- stick to portion size
- Dry roasted unsalted nuts are a source of good fat
- Beans are super healthy.
- Flax is a great source of Omega 3
**LEAN PROTEIN**
- 4-6 oz
- You need this group for lunch and dinner
- Go organic!
- Vegetarian options: tempeh, tofu, black beans

**DAIRY**
- Avoid!
- Studies recently have shown that milk doesn’t prevent osteoporosis. It causes inflammation in the body.
- NO CREAMER!
- NO CHEDDAR CHEESE—it’s loaded with salt and saturated fat.
- 1oz of Feta, blue, parmesan is OK

**HEALTHY FATS**
- Fish
- Avocado
- Nuts
- Olive oil
- Coconut oil
- No partially hydrogenated oils

**WATER**
- 2 liters daily
- NO DIET SODA (toxic combination of aspartame and caffeine)
- No high fructose corn syrup

**GUT HEALTH**
- Probiotics
- Fermented foods (Kimchi, sauerkraut)
The 2 Day Cleanse

A GREAT WAY TO DETOXIFY & HIT THE RESET BUTTON.
EAT EXACTLY WHAT’S LISTED ON BOTH DAYS OF THE CLEANSE.

**BREAKFAST**

Light Shake

1. Blend 1 cup soy, almond, rice or coconut milk
2. 1 cup berries
3. 1 tsp flaxseed oil
4. 1 cup ice (until frothy)

Bonus: Add a dash of cocoa powder!

**SNACK**

1. 1 cup sliced cucumbers
2. 1 cup green tea

Bonus: Add a little vinegar & fresh dill to your cucumbers.

Bonus: Drink your green tea straight up and hot--or brew a whole pot, toss in some fresh mint leaves or slices of peeled, fresh ginger, and let steep for a few hours.

**LUNCH**

1. Steamed or raw greens (romaine, spinach, bok choy, arugula, watercress, firsee, endives, etc.)
2. 4oz lean protein (white meat chicken, firm tofu, lean beef, fish)
3. 2 tsp oil (olive, sunflower, walnut)

Bonus: Mix-and-match your greens! You can get a lot of flavor by simply adding arugula or watercress for a peppery kick, Or toss in a handful of fresh basil, cilantro or flat-leaf parsley.

**SNACK**

1. 10 asparagus spears, blanched
2. 1 cup green tea

Bonus: Dip the asparagus into non-fat yogurt swirled with Dijon mustard.
DINNER

1. Steamed or raw greens
2. 4 oz lean protein
3. 2 tsp oil

Bonus: Be creative with your oil at both lunch and dinner. Whisk it with a teaspoon of vinegar and some herbs for vinaigrette; use it to saute bite-size pieces of white-meat chicken, lean beef, tofu or fish; or mix it with a flavourful spice mix to use as a meat rub.

Source: Look Better Naked
Meal Plan 1

**CALORIES:** 1216  **CARBS:** 106G  **FAT:** 52G  **PROTEIN:** 69G  **SUGAR:** 31G

### BREAKFAST

**Calories:** 289  **Carbs:** 36 g  **Fat:** 15g  **Protein:** 8g  **Sugars:** 15g

Blend together:
- Almond milk, unsweetened, 1 c.
- 1 Banana
- Almond Butter, 1 tbsp.
- Flaxseed, 1 tsp.

### LUNCH

**Calories:** 359  **Carbs:** 31g  **Fat:** 8g  **Protein:** 30g  **Sugars:** 1g

- Chicken breast roasted, chopped, ½ c.
- Diced tomatoes, ¼ c.
- Diced Cucumbers, ¼ c.
- Avocados, ¼ c.
- Hummus, 4 oz.
- Spinach raw, ½ c.

Olive oil and Vinegar homemade dressing 1 tsp.

### DINNER

**Calories:** 412  **Carbs:** 22g  **Fat:** 23g  **Protein:** 31g  **Sugar:** 8g

- Baked pork chop with bone, 6oz.
- Green salad (½ c. diced tomatoes, ¼ c. cucumber, ¼ c. sliced carrots, ¼ c. dried cranberries, 1 tbsp. olive oil + vinegar dressing)

- 1 tsp garlic salt
- 1 tsp pepper

### SNACKS

**Calories:** 125

- 1 Apple
- 2L Water
- Popcorn
# Meal Plan 2

**CALORIES: 1065 CARBS: 26G  FAT: 42G  PROTEIN: 78G  SUGAR: 22G**

<table>
<thead>
<tr>
<th>MEAL</th>
<th>Calories</th>
<th>Carbs</th>
<th>Fat</th>
<th>Protein</th>
<th>Sugar</th>
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<tbody>
<tr>
<td><strong>BREAKFAST</strong></td>
<td>229</td>
<td>4g</td>
<td>16g</td>
<td>16g</td>
<td>1g</td>
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<td>1 egg, scrambled</td>
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<td>Turkey sausage breakfast links, 2</td>
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<td>Spinach, raw, 1 c.</td>
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<td>Mild salsa, red, 2 tbsp.</td>
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<tr>
<td><strong>DINNER</strong></td>
<td>387</td>
<td>26g</td>
<td>14g</td>
<td>44g</td>
<td>7g</td>
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<td>Organic baked chicken breasts, 4 oz</td>
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<td>Lemon juice ¼ c + dried rosemary 1 tsp.</td>
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<tr>
<td>Green salad (½ c diced tomatoes, ½ c diced cucumber, 1 Tbsp. olive oil + red wine vinegar dressing)</td>
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<tr>
<td>Grilled asparagus 4 oz.</td>
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<tr>
<td><strong>LUNCH</strong></td>
<td>359</td>
<td>31g</td>
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<tr>
<td>1 Turkey burger patty</td>
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<tr>
<td>¼ tsp. garlic salt</td>
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<tr>
<td>Green salad (¼ c diced cucumber, ¼ c diced tomatoes, ¼ c diced celery, unsweetened dried cranberries 1 tbsp.)</td>
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<tr>
<td>olive oil + red wine vinegar dressing, 1 tbsp.</td>
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<tr>
<td><strong>SNACKS</strong></td>
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<tr>
<td>1 Banana</td>
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<tr>
<td>2L Water</td>
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</tr>
<tr>
<td>1 Starbucks Grande Iced Green Tea (Unsweetened)</td>
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<tr>
<td>1 medium apple</td>
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</table>
# Meal Plan 3

**CALORIES:** 1039  **CARBS:** 122G  **FAT:** 37G  **PROTEIN:** 84G  **SUGAR:** 41G

<table>
<thead>
<tr>
<th>BREAKFAST</th>
<th>LUNCH</th>
<th>DINNER</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories: 227  Carbs: 31g  Fat: 4g  Protein: 28g  Sugar: 13g</td>
<td>Calories: 193  Carbs: 31g  Fat: 4g  Protein: 19g  Sugar: 15g</td>
<td>Calories: 396  Carbs: 42g  Fat: 15g  Protein: 28g  Sugar: 5g</td>
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<tr>
<td>Yogurt (non-fat, plain, Greek) 1c.</td>
<td>Multigrain Pocket Thins</td>
<td>Kale Turkey Rice Bowl (recipe on Page 10)</td>
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<tr>
<td>Blueberries ½ c.</td>
<td>Deli Turkey 1oz/1 slice</td>
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<tr>
<td>Strawberries ½ c.</td>
<td>Deli Ham, 1oz/1 slice</td>
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<tr>
<td>Flaxseeds 1 tbsp.</td>
<td>Spinach raw ½ c.</td>
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<tr>
<td>Maca ¼ tsp. (energy)</td>
<td>Low fat mayo, 1 tbsp.</td>
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<td>1 medium apple</td>
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</table>

<table>
<thead>
<tr>
<th>SNACKS</th>
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<tbody>
<tr>
<td>1 Banana</td>
<td></td>
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<tr>
<td>2L Water</td>
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<tr>
<td>1 Starbucks Grande Iced Green Tea (Unsweetened)</td>
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<tr>
<td>Planters Peanuts Unsalted Dry Roasted (39 pieces)</td>
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</table>
Meal Plan 4 (Vegan)

CALORIES: 1257  CARBS: 159G  FAT: 28G  SUGAR: 30G

BREAKFAST
Calories: 355  Carbs: 50g  Fat: 15g  Protein: 11g  Sugar: 8g
- Oatmeal (Quick 1-minute) ½ c.
- Cinnamon ½ tsp.
- Walnuts, 7
- Blueberries raw ½ c.
- Flaxseed 1 tbsp.
- Almond milk (unsweetened), 1 c.
- Truvia, 1 pkt.

LUNCH
Calories: 392  Carbs: 40g  Fat: 8g  Protein: 15g  Sugar: 10g
- 1 serving of Three Bean Vegetarian Chili (Recipe p.11)

SNACKS
- ½ Banana
- 2L Water
- 1 Starbucks Grande Iced Green Tea (Unsweetened)
- 1 medium apple

DINNER
Calories: 392  Carbs: 46g  Fat: 5g  Protein: 21g  Sugar: 6g
- Black Bean Burgers with Mango Salsa (Recipe p. 13)
Dinner Recipes

KALE TURKEY RICE BOWL
POTASSIUM BALANCING SOUP
VEGAN 3 BEAN CHILI
BLACK BEAN BURGERS
KALE TURKEY RICE BOWL

Ingredients

- 1 bunch cilantro, tough stems removed
- 1 jalapeno pepper, halved (remove seeds for less heat)
- Kosher salt
- 1 tablespoon vegetable oil
- 1 pound 93 percent lean ground turkey
- 1 onion, finely chopped
- 2 cloves garlic, finely chopped
- 1 teaspoon ground cumin
- ½ pound red-skinned potatoes, cut into ½-inch pieces
- 1 5-ounce package chopped kale (about 6 cups packed)
- 2 ½ cups cooked white brown rice

Instructions

Heat the vegetable oil in a large pot or Dutch oven over medium-high heat. Add the turkey and ½ teaspoon salt; cook, stirring and breaking up the meat with a wooden spoon, until browned, about 4 minutes.

Add the onion, garlic and cumin and cook, stirring occasionally, until softened, about 6 minutes. Stir in 1 ½ cups water, cilantro, jalepeno, kale, and potatoes. Cover and bring to a boil, then uncover and reduce the heat to medium. Simmer, stirring occasionally, 15 minutes.
POTASSIUM BALANCING SOUP

Ingredients

- 4 cups spring water
- 4 zucchinis chopped
- 3 celery stalks chopped
- 1 c green beans chopped
- 1 large bunch parsley chopped
- 3 medium tomatoes chopped
- 3 garlic cloves chopped
- 2 tsp. sea salt or 1 Tbsp. organic miso paste
- 2 tsp thyme, rosemary, oregano.

Optional: tofu, chicken, turkey sausage

Instructions

Put all ingredients in a large pot and bring to a boil. Lower the heat and cover, simmering gently for 30 minutes. Enjoy!

This is one of my favorite soups.

Tip: Vegetable soup can be a quick go to light meal. Wasa crackers are a light, whole grain option instead of saltines or croutons. A piece of whole wheat toast is also an option.
VEGAN/VEGETARIAN 3 BEAN CHILI

Ingredients

- 2 bellpeppers
- 1 (15oz) can cannellini beans, rinsed and drained
- 1 (15oz) can red kidney beans, rinsed and drained
- 3 tablespoons extra-virgin olive oil
- 1 cup chopped onion
- 2 teaspoons ground cumin
- 1 teaspoon crushed red pepper
- 1 teaspoon paprika
- ¼ teaspoon salt
- 4 garlic cloves, thinly sliced
- 2 cups organic vegetable broth
- 1 1½ cups (⅛-inch) cubed, peeled, butternut squash
- 1 (28oz) can no-salt-added tomatoes, undrained & chopped
- 1 (15oz) can pinto beans, rinsed and drained
- ½ cup thinly sliced green onions

Instructions

Preheat broiler. Cut bell peppers in half lengthwise. Remove and discard seeds and membranes. Place pepper halves, skin sides up, on a foil-lined baking sheet. Broil 15 minutes or until blackened. Place pepper halves in a zip-top plastic bag; seal. Let stand 15 minutes. Peel and chop peppers.

Heat a Dutch oven over medium-low heat. Add oil to pan; swirl to coat. Add onion; cook 15 minutes, stirring occasionally. Stir in cumin and next 4 ingredients (through garlic); cook 2 minutes, stirring frequently. Add bell peppers, broth, squash, and tomatoes; bring to a simmer. Cook 20 minutes, stirring occasionally. Add beans; simmer 25 minutes or until slightly thick, stirring occasionally. Sprinkle with green onions.
BLACK BEAN BURGERS

Ingredients

- 2 (15oz) cans black beans, rinsed and drained
- ⅔ cup finely chopped fresh cilantro, divided
- ⅔ cup (3 ounces) shredded Monterey Jack cheese
- ¼ cup panko (Japanese breadcrumbs)
- 2 teaspoons ground cumin
- 1 teaspoon dried oregano
- ½ teaspoon sea salt
- ½ medium jalapeño pepper, finely chopped
- 2 large egg whites
- Cooking spray
- 1 ¼ cups chopped peeled mango (about 1 medium)
- 3 tablespoons chopped shallots
- 1 ½ tablespoons fresh lime juice
- 1 avocado, peeled and chopped
- 1 garlic clove, minced

- 6 (2oz) whole-wheat hamburger buns, lightly toasted
- 6 green leaf lettuce leaves
- 1 (28oz) can no-salt-added tomatoes, undrained & chopped
- 1 (15oz) can pinto beans, rinsed and drained
- ½ cup thinly sliced green onions

Instructions

Preheat oven to 350°. Place black beans in a medium bowl; mash with a fork. Stir in ½ cup finely chopped cilantro and the next 7 ingredients (through egg whites). Shape bean mixture into 6 (½-inch-thick) patties. Arrange patties on a baking sheet coated with cooking spray.

Bake at 350° for 20 minutes, carefully turning once. Combine remaining 1/4 cup cilantro, mango, and the next 4 ingredients (through minced garlic) in a medium bowl. Place a patty on bottom half of each hamburger bun; top each with 1 lettuce leaf, 1/3 cup salsa, and top half of bun.
# Weightloss Record

<table>
<thead>
<tr>
<th>DATE</th>
<th>WT.</th>
<th>WT. LOSS</th>
<th>WT. GAIN</th>
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Notes

Why do you want to lose weight?
________________________________________________________________________________________________________________________________

What gets in the way of your weight loss?
_______________________________________________________________________________________________________________________________
_______________________________________________________________________________________________________________________________

What is your action plan to achieve your goals?
_______________________________________________________________________________________________________________________________
_______________________________________________________________________________________________________________________________

MEAL PLAN
Breakfast: ________________________ Lunch:___________________________  Dinner:___________________________

Snacks at what time? ______     ______     ______
WEEK ONE PROGRESS: GAINED OR LOST?

Issues:___________________________________________________________

What is going well?__________________________________________________

What is your action plan for week 2?____________________________________

WEEK TWO PROGRESS: GAINED OR LOST?

Issues:___________________________________________________________

What is going well?__________________________________________________

What is your action plan for week 3?____________________________________

WEEK 3 PROGRESS: GAINED OR LOST?

Issues:___________________________________________________________

What is going well?__________________________________________________

What is your action plan for week 4?____________________________________
WEEK 4 PROGRESS: GAINED OR LOST?

Issues: _____________________________________________________________________________________________________________________________

What is going well? __________________________________________________________________________________________________________

What has this journey taught you? __________________________________________________________________________________________

KEEP GOING.
IF YOU STUMBLE GET UP AND GET GOING AGAIN.
DON’T EVER GIVE UP!