



Your Low-Calorie Nutrition & Lifestyle Plan

A friendly, practical guide to the four pillars we'll build your plan around — nutrition, activity, behavior, and medication — explained simply, with real food ideas you'll actually want to eat.

PREPARED FOR

DATE

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• **WELCOME**

Glad you're here.

This packet is yours to keep — write in it, highlight it, stick it on the fridge. It's meant to be a working reference as you get started, not homework.



Go at your pace

Pick one or two changes to start with this week. You don't have to do everything on day one.



Bring it with you

We'll reference these pages at your visits, so keep it handy in your bag or car.



Follow along

New recipes and tips are posted weekly on our Facebook and Instagram — see page 12.

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• **THE BIG PICTURE**

The 4 Pillars of Weight Loss

Every plan we build leans on all four pillars together — sustainable weight loss is never just one thing.

1 Nutrition

Start the 3 steps of our nutritional plan:

- Low calorie
- High protein, spread throughout the day
- Limit processed carbs — eat natural carbs instead

2 Physical Activity

- Cardio (swimming, walking, cycling) at least 3 days/week
- Strength training at least 2 days/week, 20 minutes

3 Behavioral

- Log all food — journal or an app (MyFitnessPal or Lose It)
- Weigh regularly — don't chase the daily ups and downs, watch the trend
- *The Diet Trap Solution* by Judith Beck

4 Medication

We'll talk through: how weight-loss medications work, how much weight loss to expect, and what side effects look like — together, at your visit.



● **NUTRITION • PILLAR 1**

3 Steps to Your Nutrition Plan

1. Calories

Limit your calories to per day. Track with MyFitnessPal or Lose It. Skip snacks, use portion control, or think in calorie density — we'll figure out what works for you.

Watch these calorie-dense foods:

- Fatty meats — bacon, sausage, pepperoni, pork, beef
- Peanut butter & nuts
- Cheese (fat-free is much better)
- Coffee creamer — try a low-cal like Chobani Zero
- Oils & butter — use spray for less
- Salad dressing — ranch is very high; go light or fat-free

2. Protein

3 times a day, about the size of your hand — 80g/day for a female, 120g/day for a male.

- Keeps you full longer than anything else
- Helps protect muscle & metabolism while you lose weight

3. Smart Carbs

Limit processed carbs, eat natural carbs instead.

- **Processed:** chips, crackers, cereal, snack bars, most breads & pastas — these drive reward eating and rebound hunger
- **Natural:** fruit, vegetables, beans, peas, potatoes, corn, brown rice, steel-cut oats, whole grain bread & pasta

6 great protein sources

Lean Meats

Chicken, turkey, shrimp, fish, lean beef, deer

Eggs

Egg whites are even better

Beans & Peas

Yogurt

Chobani Zero Sugar, Dannon Light & Fit, Oikos Triple Zero

Fat-Free Cheese

Protein Shakes



• NUTRITION • SMARTER CARBS

Swap It: Processed for Natural

A processed carb has already been broken down into simple sugar before it even reaches your stomach — your body barely has to work, which triggers a reward response and rebound hunger about 2 hours later. Natural, whole-food carbs keep the fiber and structure intact, so they digest slower and keep you fuller.

WHOLE GRAIN

Bran — fiber, B vitamins · Endosperm — starchy core ·
Germ — B/E vitamins, healthy fats

REFINED GRAIN

Bran and germ are stripped away during processing —
what's left digests fast and spikes blood sugar, with little
fiber or nutrition left behind.

INSTEAD OF White Rice

Try: Riced cauliflower · Brown or wild rice · Quinoa

INSTEAD OF Regular Pasta

Try: Spaghetti squash or zucchini spirals · Whole grain pasta

INSTEAD OF Cereal

Try: Whole grain cereal with < 2g sugar

INSTEAD OF Chips

Try: Baby carrots, cauliflower, broccoli, bell pepper · Oven-baked
tortilla

INSTEAD OF Crackers

Try: Baked potato or sweet potato · Baked kale · Oven-baked
whole grain tortilla

INSTEAD OF White Bread

Try: Whole grain or whole wheat bread · Dave's Killer Bread

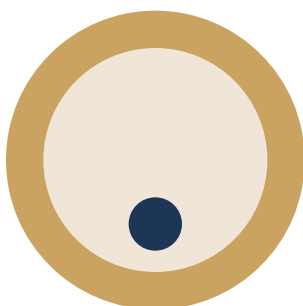
INSTEAD OF Instant Oatmeal

Try: Steel-cut or rolled oats with cocoa powder, cinnamon &
monk fruit

INSTEAD OF Nutri-Grain / Breakfast Bars

Try: Blueberries, blackberries, strawberries · Protein bars or
shakes

HOW MILLING CHANGES THE GRAIN



Whole Grain

- **Bran** — outer layer — fiber, B vitamins
- **Endosperm** — starchy core
- **Germ** — B/E vitamins, healthy fats



Refined Grain

Bran & germ removed



• NUTRITION • FULLNESS

How Filling Is Your Food?

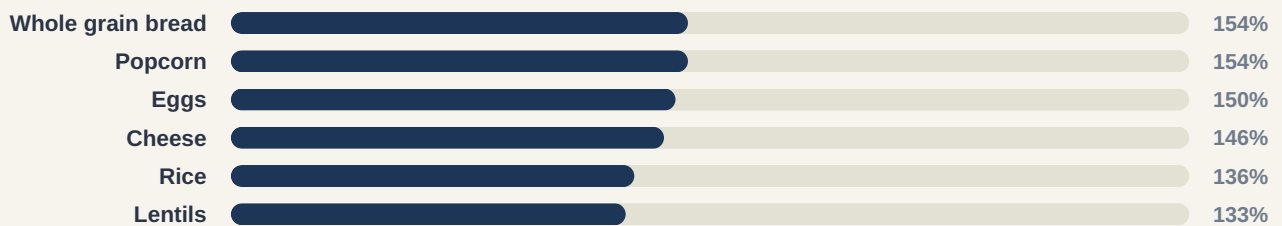
Every food below is scored against white bread (100%) for how full it keeps you. The higher the number, the longer you stay satisfied. Foods high in **protein, water, and fiber** almost always win.

MOST FILLING — LEAN ON THESE



Notice the drop-off: a boiled potato is one of the most filling foods on this list — but fry it in oil and it keeps you full for barely a third as long. The fat/oil is what changes it. Go easy on oil and butter when you're cooking starchy carbs like potatoes.

GOOD — SOLID EVERYDAY CHOICES



LEAST FILLING — EASY TO OVEREAT





● **NUTRITION • PILLAR 1**

Build Your Plate

A simple way to picture portions at any meal — no scale or app required. Start with protein, fill in around it, and leave a little room for flexibility.



■ **Protein — 1/2 — half the plate**

Lean meats, fish, eggs, or a protein shake. This is the base of every meal — it keeps you full longest and protects muscle while you lose weight.

■ **Natural Carbs — 2/5 of the plate**

Vegetables, fruit, beans, potatoes, brown rice, whole grains. A fiber-rich choice here is a bonus — it slows digestion and helps you stay satisfied longer.

■ **Sweet / Processed Carb — up to 1/5, if you want it**

Optional, not required. A small amount of dessert or a processed carb can make the plan sustainable long-term — just keep it in check so it doesn't crowd out the protein and natural carbs doing the real work.

Think of these fractions as a **guide, not a formula** — the goal is a plate that's mostly protein and natural carbs, with room for something sweet now and then so the plan actually sticks.



• **QUICK & EASY • BREAKFAST**

Breakfast Ideas

Fast, low-calorie, high-protein starts to your day — nothing fancy required.



Overnight Oats

Equal parts steel-cut oats and almond milk or water. Add cocoa powder, sweetener, cinnamon. Fridge overnight; make a big batch for the week.



Egg Muffins

1 egg per muffin tin slot with deli turkey, tomato, mushrooms. Bake 425°F for 12 min. Fridge & microwave as needed.



English Muffin & Egg

Whole grain, broiled, with a fried egg (using Pam), tomato, and arugula.



Yogurt & Berries

Chobani Zero, Dannon Light & Fit, or Oikos Triple Zero with strawberries, blueberries or raspberries.



Turkey or Chicken Bacon

A leaner swap for regular bacon.



Jimmy Dean Turkey Sausage

Heat in the microwave for a quick protein hit.



Eggs, any style

Boiled, scrambled, or muffin-tin baked — use Pam instead of butter.



Protein Shake

See our favorite brands on page 11.



Breakfast Tacos

Whole grain tortilla, scrambled eggs, chopped tomato, arugula/spinach. Bonus: salsa verde or chipotle sauce.



Turkey Biscuits & Gravy

See our Instagram or Facebook for the recipe video.



• **QUICK & EASY • LUNCH & DINNER**

Lunch



Turkey Sandwich

Whole grain bread, lettuce, pickle, sliced turkey, mustard.



Turkey or 93/7 Beef Burger

Whole grain bun, lettuce, pickle, mustard.



Tuna Sandwich

Canned tuna with mustard, low-fat mayo, or yogurt.



Salad + Protein

Smoked turkey, chicken, steak, shrimp, salmon, or tuna on greens.



Wraps

Meat, lettuce, beans — choose whole grain tortillas.



Chicken, Rice & Veg

Chicken, brown rice, green peas or broccoli. Pro tip: batch-cook and freeze.

Dinner



Tilapia, Rice & Asparagus

Tilapia bakes fast, prepackaged brown rice in the microwave, asparagus roasted or grilled.



Chili

Ground deer, turkey, or 93% beef with red beans, mushrooms, chili powder.



Spaghetti

Lean ground meat with a low-cal sauce (Rao's, Prego). Add onion & bell pepper.



Lean Steak

Sirloin or filet mignon.



Chicken Breast

Baked, grilled, or a quick sheet-pan dinner.



Asian Stir-Fry

Beef, shrimp, or chicken with vegetables.



Rotisserie Chicken

Paired with steamable frozen vegetables.



Caesar Salad + Protein

Chicken, beef, or shrimp with a light dressing (Skinny Girl, Walden Farms).



Baked Veggie Side

Carrots, beets, cauliflower, broccoli — light coat of spray oil, bake at 450°F.



● **BUILDING BLOCKS**

Sides & Lean Meats

Mix and match — a lean meat plus one or two of these sides is a complete, low-calorie meal.

SIDES (STEAMABLE / FROZEN-FRIENDLY)

Riced Cauliflower
Steamfresh • 180 cal

Brussels Sprouts
Simply Steam • 170 cal

Mediterranean Quinoa
Greenwise • 380 cal

Asparagus Spears
Steamable • 60 cal

Green Beans
Steamfresh • 105 cal

Cauliflower
Steamfresh • 80 cal

Veggie Spirals (Zucchini)
Pasta replacement • 60 cal

Baked Sweet Potato
Or sweet potato fries

Baked Potato
Salt, pepper, lime/lemon juice, or
Tabasco

Seasoned Mushrooms

**Pan-Seared Peppers &
Onions**
Banana pepper, squash, zucchini
— use spray oil

LEAN MEATS

Chicken — baked, grilled, smoked, rotisserie

Turkey — baked, grilled, smoked

Fish — tuna, salmon, tilapia (baked/broiled, not fried)

Lean steaks — tenderloin, filet mignon, sirloin

Beef, 93%/7% fat

Shrimp

Deer / venison

Eggs (whites are even better)

Turkey or chicken bacon

Turkey or chicken sausage



● **BUILDING BLOCKS**

Protein Shakes & Snacks

Favorite Protein Shakes

Optimum Nutrition Protein Powder

Orgain Protein Powder

Ascent Whey Protein Powder — no artificial sweeteners

Premier Protein Shakes

Fair Life Protein Shakes — Dr. Jarrell's favorite (Sam's Club pharmacy section)

Grab-and-Go Snacks

Cucumber with lemon or lime juice

Cauliflower

Grape or cherry tomatoes

Blueberries (fresh or frozen)

Blackberries (fresh or frozen)

Strawberries (fresh or frozen)

Apples

Pears

Oranges

Deli turkey wrapped around a pickle

Deli turkey wrapped around fat-free cheese

Fat-free mozzarella string cheese

Fat-free cheddar cheese cubes

Cup of tea

Coffee with low-cal creamer

Beef jerky (Jack Links multi-pack, Sam's Club)

Hard-boiled eggs

Muffin-tin eggs with ham, mushroom, bell pepper

Skinny Girl popcorn

Celery

Baby bell peppers

Protein shake



● FROM OUR KITCHEN TO YOURS

Recipes from Dr. Jarrell's Kitchen

Follow along on Facebook or Instagram for weekly recipe videos — scan a code below or search the links on the next page.



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A few fan favorites

Cajun Shrimp · Aldi Kebabs · Turkey Biscuits & Gravy · Pizza Steak · Shepherd's Pie · Korean Beef Bowl · Fancy Nachos · Spicy Jerk Shrimp — the full list is on the next page, with direct links.



● THE FULL COLLECTION

Tap to Watch

Every recipe is a real video from our Instagram — tap any title (or find it by searching the name on our page).

Tuna Salad

[Watch the recipe →](#)

Cajun Shrimp

[Watch the recipe →](#)

Aldi Kebabs

[Watch the recipe →](#)

Turkey Biscuits and Gravy

[Watch the recipe →](#)

Rick's Pork and Potatoes

[Watch the recipe →](#)

Atomic Wedge

[Watch the recipe →](#)

Pizza Steak

[Watch the recipe →](#)

Shepherd's Pie

[Watch the recipe →](#)

Korean Beef Bowl

[Watch the recipe →](#)

Mexican Caesar Salad

[Watch the recipe →](#)

Romaine, Crispy Chicken & Potatoes

[Watch the recipe →](#)

Taquitos Y Mas

[Watch the recipe →](#)

Salmon, Rice & Green Beans

[Watch the recipe →](#)

Smoked Pork & Sweet Potatoes

[Watch the recipe →](#)

Fancy Nachos

[Watch the recipe →](#)

Spicy Jerk Shrimp

[Watch the recipe →](#)

3 C's

[Watch the recipe →](#)

Teriyaki Vegetables with Beef

[Watch the recipe →](#)

Tuna Salad with a Crunch

[Watch the recipe →](#)

English Muffin and Eggs

[Watch the recipe →](#)

Whole 30 Chili, Kabobs, Ramen & Shrimp Pasta

[Watch the recipe →](#)



• **MORE RESOURCES**

Other Cookbooks & Apps

A few outside tools our patients love — tap a card to visit the app's site.

M

Mealime

FREE APP

Made by dietitians. Load groceries straight from recipes into Walmart or Publix for curbside pickup.

MD

Mediterranean Diet Cookbook

550 quick, easy, and healthy Mediterranean recipes for everyday cooking.

FO

Fit On App

FREE APP

Tell it what equipment you have and which muscles to target — it builds your workout for you. (More on page 17.)

MFP

MyFitnessPal / Lose It

Our go-to apps for logging food and tracking calories day to day — tap either name to visit its site.



● ON THE GO

Low-Calorie Fast Food Guide

Life happens — here's how to make a solid choice when you're not cooking.



Breakfast

D Dunkin': Wake Up Wrap	190	S Starbucks: Sous Vide Egg Bites	170
S Starbucks: Egg & Cheddar Sandwich	280	M McDonald's: Egg McMuffin	300



Salads

A Arby's: Roast Turkey Farmhouse	240	W Wendy's: Apple Pecan Chicken	340
W Wendy's: Mediterranean Chicken	320	PA Panera: Fuji Apple w/ Chicken	280
C Chick-fil-A: Grilled Market Salad	320	C Chick-fil-A: Spicy Southwest	260
DQ Dairy Queen: Grilled Chicken BLT	270		



Soups

PA Panera: Turkey Chili	280	PA Panera: Chicken Noodle Soup	120
W Wendy's: Chili (large)	270		



Wraps, Sandwiches & Subs

C Chick-fil-A: Grilled Cool Wrap	350	BK Burger King: Grilled Chicken, no mayo	370
M McDonald's: Artisan Grilled Chicken	380	SW Subway: Roast Beef 6"	290
H Hardee's: Low Carb BBQ Chicken	190	SO Sonic: Grilled Chicken Wrap	440
JJ Jimmy John's: Slim 2 Roast Beef	480	FG Five Guys: Veggie Sandwich	440
JJ Jimmy John's: Club Lulu Unwich	320		



• ON THE GO

Fast Food, Continued

Nuggets & Tenders

 Popeyes: 3pc Blackened Tenders	170	 Chick-fil-A: Grilled Nuggets	140
 Popeyes: Green Beans	55		

Bowls

 Starbucks: Quinoa & Chicken Protein Bowl	420	 Panda Express: Broccoli Beef	150
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Tacos

 Taco Bell: 2 Fresco Soft Tacos, Steak	300	 Taco Bell: Black Beans & Rice	190
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Pizza

 Papa John's: Mediterranean Veggie Slice	170	 Pizza Hut: Veggie Lover's Slice	230
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chick-fil-a

LOW-CALORIE OPTIONS FOR WEIGHT LOSS

Egg White Grill Breakfast Sandwich, no cheese	250 kcal · 27g protein
Bacon & Egg Muffin, no cheese	250 kcal · 16g protein
Market Salad w/ Grilled Filet & Light Italian	215 kcal · 28g protein
Cobb Salad w/ Grilled Filet & Light Italian	325 kcal · 42g protein
Spicy Southwest Salad w/ Grilled Filet	250 kcal · 33g protein
Grilled Chicken Sandwich, no sauce	270 kcal · 28g protein
Cool Wrap, no dressing	350 kcal · 43g protein
Grilled Nuggets	130 kcal · 25g protein
Chicken Noodle Soup	170 kcal · 10g protein
Kale Crunch Salad	170 kcal · 4g protein

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● PILLAR 2

Get Moving

Cardio and strength training are **both** important — and muscle is metabolism.



Cardio

Walk, swim, cycle, jog — pick something you actually enjoy. Aim for at least **3 days a week**. This is where the bulk of your calorie burn comes from.



Strength Training

2 days a week, 20 minutes a day is a great starting point — it protects the muscle (and metabolism) you've worked hard to keep.

Don't neglect the 5 major muscle groups

Google “Nerd Fitness 42 Best Bodyweight Exercises” and pick 5 exercises that target these areas:

1

Gluteus Maximus
Butt

2

Quadriceps
Thighs

3

Pectoralis Major
Chest

4

**Upper Back &
Shoulders**

5

Core
Abs, lower back &
obliques

FO

Fit On App — Free

Tell it what equipment you have at home or the gym and which muscles you want to target — it builds the workout for you, no guesswork required. Tap to visit fitonapp.com.



● **PILLAR 3**

Behavioral

Small, steady habits make the biggest difference over time — how you track, how you weigh in, and how you sleep all matter.

Track Your Food

Log everything you eat in a journal or an app such as MyFitnessPal or Lose It.

Aim to weigh regularly — at least twice a week.

Watch the Trend, Not the Day

Don't chase the daily ups and downs on the scale. Weight can shift from water retention alone — a high-carb meal, salty food, or many other everyday changes can cause it. Look at the trend over weeks, not the number each morning.

Protect Your Sleep

Aim for at least 7-8 hours a night. Sleep plays a real role in appetite, cravings, and how your body manages weight.

Recommended Reading

The Diet Trap Solution by Judith Beck

A practical, evidence-based guide to breaking the all-or-nothing dieting cycle.



● **PILLAR 4**

Medications

We'll talk through how weight-loss medications work, how much weight loss to expect, and what side effects look like — together, at your visit.

WHY CRAVINGS HAPPEN

Your brain has two systems that drive eating — naming which one is talking helps you make the call that fits your goals.



Responds to a real physical need for fuel.



Responds to sugar & processed carbs.

Use the space below to take notes or sketch with your provider.

A large, empty rectangular box with rounded corners, intended for taking notes or sketching during the visit.



Jarrell Weight Management Specialists

Follow along & tell a friend.

We post new recipes, tips, and patient wins every week — and we'd love to see you (and your progress) there too. Tap a code below or scan it with your phone's camera.



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VISIT US

204 Ana Dr, Suite B · Florence, AL

HOURS

Mon–Thu, 8:00am–4:00pm

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