

A woman with her hair in a high ponytail is captured in a dynamic pose, jumping rope. She is wearing a purple long-sleeved top, black leggings, and pink sneakers. The background is a plain concrete wall with a shadow of the rope cast on it. The overall lighting is bright, suggesting an outdoor setting.

# 7-Day Weight Loss Jump Start



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Today is the day. No more waiting – it's time to get a jump start on weight loss. No matter where you're at in your weight-loss journey, our 7-Day Weight Loss Jump Start Program is here to help guide you to a healthier and happier version of yourself.

This printable program is a workbook, fitness tracker and meal tracker all in one! Here you can map out your goals, measurements and meals. We are also including valuable health tips, a wellness challenge each day and three nutritious sample recipes. Try it out for 7 days or continue to use it week after week. By taking time to focus on your fitness, health and wellness, you'll start seeing real, sustainable results.



# Contents

- Goals . . . . .4
- Measurements . . . . .5
- Tips for Success . . . . .6
- 7 Day Weight Loss Calendar . . . . .7
- Recipe – Baked Egg Muffins . . . . .8
- Recipe – Skinny Turkey Taco Bowls . . . . .9
- Recipe – Buffalo Chicken Casserole . . . . .10
- Grocery Shopping List. . . . . 11
- Next Steps . . . . . 12

# Short Term Goals

**For the next 7 days...**

*Example: I will drink a glass of water with every meal.*

1.

2.

3.

# Long Term Goals

**What comes next?**

*Example: I will work my way up to 30 minutes of exercise at least 5x per week.*

1.

2.

3.

# Measurements

## Before

*Weight:*

*Bust:*

*Arms:*

*Waist:*

*Hips:*

*Thigh:*

## After

*Weight:*

*Bust:*

*Arms:*

*Waist:*

*Hips:*

*Thigh:*

## Non-Scale Victories

*Victory:*

*What it means to me:*

*Victory:*

*What it means to me:*

*Victory:*

*What it means to me:*

# Tips for Success

## Plan ahead!

Meal prep will help you stay consistent with your nutrition plan, and it will keep you from grabbing fast food on your lunch break or for dinner. Taking time to batch cook once a week provides you with an option that is healthier and more convenient than the drive-thru. Plus, meal prep gives you ultimate control over ingredients, making it easier for you to avoid any food allergens or intolerances.

## Exercise!

Regular physical activity can help combat high blood pressure, arthritis and depression. For some, it can even help relieve symptoms of anxiety. The CDC recommends 150 minutes of exercise each week – that breaks down into 30 minutes of exercise 5 days a week. If you're struggling to find the time, take short activity breaks throughout the day to achieve your goal.

## Switch it up!

Refined carbs (like white bread, pasta, breakfast cereals and other processed foods) are one of the main deterrents of weight loss. Filling your body with healthy, fiber-rich carbs (oats, bananas and sweet potatoes) will keep you full longer – helping you lose weight!

## Stay hydrated!

Hungry between meal times? Before you reach for a snack, try drinking some water. Increasing your water intake is a simple and effective trick to speed up weight loss, multiplying the amount of calories you burn for up to 90 minutes.

## Increase protein!

Eating more protein can reduce your appetite, cut cravings and boost your metabolic rate. By adding this filling nutrient to your diet, you will also increase the amount of calories you burn.

## Accountability!

Buddy up by inviting a friend or family member to do this 7-Day Weight Loss Jump Start with you.

# 7 Day Weight Loss Calendar

Log your meals and exercise here. Don't forget your wellness challenge!

|                              |           |       |        |                 |
|------------------------------|-----------|-------|--------|-----------------|
| <b>Wellness Challenge</b>    | Breakfast | Lunch | Dinner | <b>Exercise</b> |
| Drink 8 glasses of water.    |           |       |        |                 |
| <b>Wellness Challenge</b>    | Breakfast | Lunch | Dinner | <b>Exercise</b> |
| Try a new workout.           |           |       |        |                 |
| <b>Wellness Challenge</b>    | Breakfast | Lunch | Dinner | <b>Exercise</b> |
| No screen time after dinner. |           |       |        |                 |
| <b>Wellness Challenge</b>    | Breakfast | Lunch | Dinner | <b>Exercise</b> |
| 10 minutes of meditation.    |           |       |        |                 |
| <b>Wellness Challenge</b>    | Breakfast | Lunch | Dinner | <b>Exercise</b> |
| 20 minutes of journaling.    |           |       |        |                 |
| <b>Wellness Challenge</b>    | Breakfast | Lunch | Dinner | <b>Exercise</b> |
| Spend 30 minutes outside.    |           |       |        |                 |
| <b>Wellness Challenge</b>    | Breakfast | Lunch | Dinner | <b>Exercise</b> |
| Try a new recipe.            |           |       |        |                 |

# Baked Egg Muffins



**Prep Time: 10 minutes**

**Cook Time: 20 minutes**

**Servings: 12 individual muffins**

## Ingredients:

6 large eggs  
1 cup egg whites, or another 6 eggs  
1/2 teaspoon sea salt  
1/2 teaspoon ground pepper  
1 teaspoon olive oil  
1/2 red bell pepper, chopped  
1/2 cup yellow onion, chopped  
1 cup broccoli, chopped into small pieces  
1 cup mushrooms, sliced  
1/3 cup crumbled feta or goat cheese  
2 tablespoons fresh parsley  
cooking spray

## Instructions:

**Preheat:** Preheat oven to 375° F.

**Prep muffin tin:** Spray twelve-cup muffin tin with cooking spray or line with silicone baking cups. You can spray the silicone baking cups with spray, just to be on the safe side.

**Whisk eggs:** Place eggs and egg whites into a large bowl and whisk to combine – season with salt and pepper.

**Sauté vegetables:** Meanwhile, heat a skillet over medium heat with 1 teaspoon of oil. Add in chopped veggies (bell pepper, onion, broccoli and mushrooms) and cook for about 5-6 minutes, until they're a little soft and the onions are fragrant.

**Add mix-ins:** Add sautéed veggies into the bowl with the whisked eggs. Add in feta and parsley and mix well.

**Divide mixture:** Pour egg mixture into muffin cups evenly. You can use a 1/3 cup measuring cup to pour each one.

**Bake:** Bake for 17-20 minutes, or until the egg cups are no longer jiggly and an inserted toothpick comes out clean. Allow cups to cool and enjoy immediately.



# Skinny Turkey Taco Bowls



**Prep Time: 20 minutes**

**Cook Time: 10 minutes**

**Servings: 4 meal prep containers**

## Ingredients:

- 1 clove garlic minced
- 1/2 small brown onion peeled and finely chopped
- 1 tbsp olive oil
- 1 lb lean ground turkey
- 1 packet light taco seasoning
- 1 (15-oz) can black beans rinsed and drained
- 2 large tomatoes diced
- 1 large avocado cubed
- 1/2 cup shredded cheddar cheese
- fresh cilantro for garnish
- Homemade or pre-packaged cauliflower rice (1-2 bags)

## Instructions:

**In a large skillet:** Add garlic, onion and oil. Bring the pan to medium-high heat. Stir and cook until onions are halfway done, and the aroma of the garlic has been released. Add in ground turkey and cook until browned. Add in taco seasoning packet and water amount specified in instructions. Stir the seasoning into the ground turkey mixture and cook until the turkey is completely cooked. Drain any excess fat. (If you are using very lean ground turkey, you may not have any excess fat.)

**In a separate skillet:** Prepare the cauliflower rice according to the package.

**To meal prep:** When rice and turkey have cooled, you can package them into your containers. First, divide the cauliflower rice evenly across four containers. Add ground turkey to one side of each of the containers. Add rows of black beans and tomatoes. You can also add avocado now, or you can wait until the day of eating if you don't want your avocado to brown. Sprinkle cheese across or add as another row. Garnish with cilantro. Add lime wedges to squeeze on right before eating.

# Buffalo Chicken Casserole



**Prep Time: 20 minutes**

**Cook Time: 30 minutes**

**Servings: 9**

## Ingredients:

- 2.5 cups shredded chicken
- 1 spaghetti squash medium-large
- 3/4 cup ranch
- 1 cup hot sauce
- 2 stalks celery finely diced
- 3 eggs
- 2 tbsp ghee
- 1 red bell pepper diced
- 1 jalapeno

## Instructions:

**Preheat:** Preheat the oven to 425°.

**For spaghetti squash:** Using a sharp knife, cut your squash in half (length-wise) and scoop out the seeds. Place face down on a baking sheet.

**Bake:** Place in oven for 15-20 minutes or until it is fork-tender (cooking time may vary depending on the size of the squash. Set squash aside to cool.

**Once cooled:** Add shredded squash to cheesecloth or nut milk bag and squeeze out excess moisture.

**For casserole:** Melt the ghee and hot sauce in a saucepan over low heat, then toss the shredded chicken.

**In a large bowl:** mix the chicken, celery, bell pepper, ranch, and 1/2 jalapeno diced. Add the squash noodles to the chicken mixture, season with salt if needed and pepper to taste, then pour into an 8x8 baking dish.

**In a small bowl:** beat the eggs and then pour over the mixture in the baking dish. Gently move the mixture around to help the eggs settle and top with remaining jalapeno cut into slices.

**Bake:** Place in oven at 425° for 20-30 minutes, then broil on high for an additional 5 minutes or until golden and bubbly on top (watch to make sure it doesn't burn).

**Cool:** Let sit for 10-15 minutes before slicing into servings. Top with more ranch and hot sauce as desired.

# Grocery Shopping List

## Produce

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## Meat

## Bakery

## Pantry

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## Dairy

## Frozen

## Household

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## Miscellaneous



## Next Steps

While we hope this kickstart guide was helpful, major life changes don't happen in just 7 days.

Are you looking for more? Advanced Practice is the leader in medical weight-loss services in Southwest Missouri. Whether you're looking to lose 50 pounds or get rid of some stubborn fat, medical weight loss will help you reach your goals. We offer a comprehensive, medically guided and personalized approach based on nutrition, exercise and prescriptive medical treatment options.

Take the next step in your weight-loss journey now.



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