

## The Key To JumpstartMD Success

### Rationale

There is a strong, direct correlation between success on the JumpstartMD program and being organized—the more organized you are in planning and preparing your meals each week, the better your results are likely to be. Left to chance, it's hard to follow a low-carb lifestyle in our carb-rich world. Beyond that, investing a few hours a week to plan, shop, and prepare actually saves you time from otherwise having to shop and cook more frequently. Here's how to get organized in three simple steps.

### Step 1 - Prepare Your Kitchen

#### **Purge food temptations.**

- Discard carb-rich foods. Alternatively, if those foods are eaten by others in your household, move them to out-of-the-way spaces in your refrigerator or pantry.
- Create specific spaces in the pantry and refrigerator for your JumpstartMD foods. Place them front and center so they are the first food items you see.

#### **Stock up on helpful supplies. Locate or buy these helpful kitchen supplies for preparing, storing, and packing food:**

- 1 ½ cup container for a typical meal of 2-3 ounces of meat and a cup of non-starchy vegetable
- 4-cup container for a large green salad
- ¼ cup container for salad dressing, condiments or peanut butter
- Ziploc bags in snack, sandwich, and quart sizes for individual servings of nuts, beef jerky, berries, sliced apples, deli meat, Quest bar, and the like.
- Insulated lunch bag or small cooler to keep perishable food cold for the day
- Food scale to ensure proper portion size
- Measuring cups (1 cup, ½ cup, 1/3 cup and ¼ cup)
- Measuring spoons (1 tablespoon, 1 teaspoon)

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### Step 2: Adopt a Shop-Once, Cook-Twice Weekly Approach

A few well-planned hours can set you up for eating success for the entire week.

1. Take a few hours on the weekend (or your non-work days) to meal plan, shop, and prep food.
2. “Batch cook” two big meals during the week—once on the weekend, once midweek.
3. For most of your meals, eat leftovers from “batch” meals or meals “assembled” from fresh, prepared foods you find at your grocery store.
4. Keep breakfasts, lunch, and snacks simple. Focus your cooking energy on providing variety at dinner.

#### Tips for shopping and preparing food

- On the weekend, plan your meals for the week, make a corresponding shopping list, and go to the grocery store. (Note: See Step 3 that follows for detailed suggestions for meal planning.)
- Once back from the store, wash and chop all the vegetables and fruit for the week.
- Place prepped and pre-portioned produce in individual containers for easy “grab-and go” or as components for recipes or “assemblies” during the week. Use a marker to write how many JumpstartMD “boxes” your portioned amounts will count as to help you track.
- With vegetables you plan to cook later in the week, use Ziplock steamer bags so you can simply pull them from the refrigerator, place them directly in the microwave, and cook for 60 seconds.

#### Tips for “batch” cooking

- Grill or cook enough meat for 3 meals to just shy of desired doneness. That way, when you re-heat it for a meal later in the week, it will be the appropriate doneness.
- Build variety by adding one flavorful ingredient to your leftover protein. For example, add feta cheese as a condiment to your leftover lamb. Or, put salsa and avocado chunks on your leftover steak.
- Cook a whole chicken or buy a rotisserie chicken already cooked. Eat a portion that night while hot and fresh. Use leftovers to make:
  - Chicken salad
  - Chicken Caesar salad
  - Fajitas w/ lettuce wrap
  - Soup

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- Try “one-pot” meals. Take advantage of a Crockpot or stew pot for easy, one-pot meals. Prep ingredients, and then simply put into the pot before you leave for work. Many delicious meals—chili, pot roast, meatballs, corned beef and cabbage, stuffed green peppers, and the like—can be prepared this way.
- If you are cooking for a family, all JumpstartMD-friendly meals can be augmented for other family members with healthy carbs as a side dish, such as brown rice, quinoa, potatoes, or fresh bread.
- Hard boil and refrigerate a dozen eggs (for breakfasts, for egg salad, for adding to a green salad, and the like).

### Tips for leftovers and “assemblies”

- Divide your prepared meals into JumpstartMD portions sizes and place into plastic containers or Ziplock bags. Put three days' worth in the refrigerator and any leftovers in the freezer.
- Take advantage of already cooked or prepared foods for assemblies. Almost all produce can be bought pre-washed and prepared, such as lettuce, kale, cabbage, celery, green beans, broccoli, and the like. If you're pressed for prep time, take advantage of this option.
- Spend 5 minutes each night gathering your pre-portioned lunch and snacks for the next day.

## Step 3: Plan and Shop for Your Weekly Meals

Many successful JumpstartMD patients find it easy and satisfying to think of their weekly meals as follows: keep breakfast, lunches, and snacks simple and familiar, with a handful of “go to” options that you rotate through, with variation in dinner meals. Others bore quickly with a fixed-meal routine and desire variety in all their meal types.

As you plan your weekly meals, be clear on the relative importance to you of convenience and simplicity versus variety. Regardless of your preference, these two things are equally true: JumpstartMD meals can be simple and “no fuss,” and JumpstartMD meals can be widely variable.

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### Breakfast Considerations

- Consider making eggs and Greek yogurt your breakfast “foundations”
- Eggs: Poach, scramble, fry, or hard-boil. Make into omelet or frittata with vegetables and cheese. Add different condiments for more variety, such as sour cream, chives, salsa, or parsley.
- Greek Yogurt: Add fresh or frozen fruit, slivered almonds, flax seed, or chopped nuts. Flavor with vanilla extract, lemon extract, Splenda, 1 teaspoon of sugar-free preserves, or unsweetened cocoa powder.
- Protein bars or shakes: Convenient, pre-portioned and effortless. Many flavors to choose from for variety.

### Lunch Considerations

- Leftovers from dinner: Pack leftovers directly into individual container for the next day. Consider leftover meat/protein, cooked vegetables, chili, soups, and the like that can be reheated.
- Salads: Use salad greens as a foundation, and simply change toppings and dressings for variety:
  - Protein: shrimp, steak, tuna, salmon, bacon, hardboiled egg, cheese, cottage cheese, tofu, pork, deli meats
  - Vegetables: cucumbers, mushrooms, tomatoes, celery, onion, pea pods, broccoli, cauliflower
  - Salad dressings: Blue Cheese, Ranch, Italian, Caesar, Olive oil & vinegar
- Sandwich Substitutes: Substitute large lettuce leaves for bread to make a low-carb sandwich with deli meat and cheese or try wrapping deli meat and cheese around a dill pickle as a sandwich alternative.
- Protein bars or shakes: Convenient, pre-portioned and effortless.
- Eating out: When eating out for lunch, review the restaurant menu before you go to identify the best low carb options.

### Dinner considerations

Whether eating at home or at a restaurant, “build” your dinner plate as follows:

- Choose a protein that will be the foundation of dinner. Think beyond chicken and fish. Eating “low carb” is a lifestyle, and it is important to expand your protein repertoire beyond the typical “diet” protein options. Consider steak, roast beef, beef tenderloin, pork chops, lamb, duck, oysters, tofu, tempeh, lobster, and the like.

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- Choose a non-starchy vegetable as a side.
- Consider adding leafy green salad for additional bulk.

Add a whole grain, such as quinoa, whole wheat pasta, or brown rice, or starchy vegetable, such as carrots, potatoes, green peas, or beans, if family members desire.

Get inspired to cook delicious, low-carb dinner recipes on the JumpstartMD Patient Portal or on these reliable websites:

- [Allrecipes.com](http://Allrecipes.com)
- [Foodnetwork.com](http://Foodnetwork.com)
- [Lowcarbcooking.org](http://Lowcarbcooking.org)
- [Cookinglight.com](http://Cookinglight.com)

### Snack considerations

Maintain a “stash” of non-perishable, JumpstartMD-friendly snacks in these locations so you always have access to healthy snacks:

- Home
- Workplace
- Car
- Purse or briefcase
- Gym bag

Stock up on snacks that appeal to you, such as:

- Hardboiled eggs
- Cheese sticks
- Nuts
- Greek yogurt
- Cottage cheese
- Beef or turkey jerky
- Half of a Quest protein bar
- Small apple with sliced cheese
- Celery and peanut butter

Here is a shopping guide, organized by grocery store departments, to help you stock your kitchen as you transition to JumpstartMD-friendly foods during your initial weeks. Keep in mind:

- For each week, you'll need enough food for the equivalent of 70 Protein "boxes" and 28 Carbohydrate "boxes". This is based on daily allotment of 10 Protein boxes and 4 Carbohydrate boxes. If your individual plan allows more boxes, adjust your buying accordingly.
- If you are a vegetarian, refer to the Protein list in the Program Guide for more options.
- Shop the perimeter of the grocery store to find fresh, whole foods.
- This list is suggestive only. Feel free to substitute any preferred fruit and vegetable, dairy from the "Preferred" list or meat item from our food lists in your Program Guide.

**Produce Department:** Your 28 Carbohydrate "boxes" for the week will come from the "Preferred" list of fruits and vegetables in your Program Guide. Here's a suggested list. Feel free to substitute other favorites.

- 3-4 small pieces of whole fruit ~ 8 carb boxes
- 1 .5 lbs of berries ~ 5 carb boxes
- *Salad makings:*
- 2-3 heads of lettuce or equivalent loose greens ~ 6 cups/head (0 boxes)
- 2 medium tomatoes or 1 container cherry tomatoes ~ 2 carb boxes
- 1 large cucumber ~ 2 carb boxes
- 1 bell pepper (green, red or yellow) ~ 2 carb boxes
- 1 small avocado ~ 2 fats servings
- 1 bottle of salad dressing, sugar-free ~ 0 boxes
- *Side Vegetables:*
- 2 lbs of asparagus (- 30 spears) ~ 2 carb boxes cooked
- 1 lb fresh green beans ~ 3 carb boxes cooked
- 1 /2 lb non-starchy vegetable (yields vary)

**Dairy Department:** You'll find many delicious protein options in the dairy section. Unless you are a vegetarian, we recommend that 3 or 4 of your daily Protein "boxes" come from dairy products to ensure adequate calcium intake. For the week, you'll need a combination of dairy products that comprise about 21 to 28 "boxes." Here's a suggested list.

- 4 (8 oz) containers of Plain Greek Yogurt, low- or full-fat ~ 8 protein boxes
- 1 pint low- or full-fat cottage cheese ~ 8 protein boxes
- 1 bag of string cheese ~ 12 protein boxes
- 1 dozen eggs ~ 12 protein boxes

**Meat Department:** Except for vegetarians, we recommend that 6 or 7 Protein "boxes" each day come from meats and fish. For the week, you'll need a combination of meat products that comprise about 42 to 49 "boxes."

Feel free to choose the meats, poultry or fish that you prefer. Below is a simple buying guide to help you determine quantities of your favorites. (Note: You'll notice that cooked meat and fish weighs less than it does in its raw form. This is due to a natural loss of moisture with cooking.)

- 1 lb of chicken broiler-fryer ~ 6 oz (6 protein boxes) cooked without bone
- 1 lb of ground meat ~ 12 oz (12 protein boxes) of cooked meat
- 1 lb of meat with minimum bone ~ 9 oz (9 protein boxes) of cooked meat
- 1 lb pork/beef ~ 6 oz (6 protein boxes) of cooked without bone
- 1 lb fish fillets ~ 10 oz (10 protein boxes) of cooked fish
- 1 lb shrimp, frozen in shell ~ 9 oz (9 protein boxes) of cooked shrimp
- 1 lb scallops, shucked ~ 10 oz (10 protein boxes) cooked scallops
- 1 lb deli meat, sliced ~ 16 oz (16 protein boxes)

**Grocery Department:** We encourage you to stock up on healthy fats and flavor enhancements to ensure your meals are varied and delicious. Examples include nuts, nut butters, olive oil, butter, coconut flakes, flax seeds, herbs and spices, garlic, ginger and salsa. Consult the full list in your Program Guide for additional ideas.

**Beverages:** Your goal is to drink at least 100 ounces of fluid each day, of which 60 ounces or more should be water. We recommend that you limit yourself to one caffeinated beverage per day. Here's a suggested list.

- Decaffeinated herbal tea and coffee
- Diet seltzer water
- Bouillon or broth
- Non-dairy milk, unsweetened ~ Consult Program Guide for limits
- Milk, whole or low-fat ~ Limit to 8 oz per day and count as 1 Carb box