

TIPS & TRICKS

Congratulations! By adopting Medical Nutrition Therapy as treatment for your symptoms and disease, you are one step closer to feeling your best and eliminating medications. We are here to make it as easy for you as possible. We have compiled some information and tips to help make starting simple.

Commit this to memory: TEN CALORIES OR LESS PER SERVING = OK!

What can I drink?

- WATER (You can add water enhancers that are ten calories or less per serving, ex: Crystal Light, Mio, etc..)
- Black coffee (Artificial sweeteners like Stevia, Splenda, Sweet-n-Low, etc... are permitted. Non-dairy coffee creamer that is 10 calories or less per serving is permitted)
- Unsweet tea
- Diet drinks

How do I prepare my foods?

- Non-stick cooking spray
- Fat-free butter
- Spice blends (Tony's, blackening seasoning, Cavender's, Chef Paul's Magic Seasoning Blend, salt, pepper, etc..)
- Lemon Juice (great for seafood)
- Fat-free chicken broth
- Fresh garlic
- Water (Preparing foods with the above and "steaming" them can keep foods moist and delicious without all the added fat of oils).

What type of condiments can I use?

- Hot sauce
- Mustard
- Siracha
- Soy sauce
- A serving of salsa
- Calorie-free salad dressings

****Walden Farms* is a brand that makes calorie-free just about everything. You can find coffee creamers, salad dressings, cocktail sauce, barbecue sauce, mayo, coleslaw dressing, veggie dip, you name it. You can find the line in some grocery stores or online at www.waldenfarms.com.

How do I make food-preparation easy?

- Frozen, pre-cooked grilled chicken strips
- Frozen, pre-cooked shrimp
- Individually frozen filets of fish
- Frozen, pre-made turkey burgers
- Steam-able, bagged veggies
- Whole fruits and veggies (grocery stores are carrying everything in on-the-go portions now!)
- Canned tuna or other fish (packed in water)
- Soups or stews that can be made in big batches and frozen in portions are great for busy weeknights or lunches (as long as the ingredients fit into the food phase you're currently in).

Shake It Up!

- If you're on the go, you can blend your shakes ahead of time and keep them in an insulated cooler. They will stay cold for up to 3-4 hours, just shake and enjoy. **This works best when shake is blended thick, with extra ice.
- The lactose-free chocolate shake mix makes a great hot cocoa during the cold months- just whisk a packet with hot water! You can also blend the packet with lukewarm water to get a smooth consistency, then microwave until desired temperature.
- Try adding iced coffee to your shake in place of water for a "Frappuccino", or have your shake first thing in the morning and leave about an inch in the bottom of the cup. Add your coffee to the end of your shake!
- Add flavors to your shakes! Anything that is 10 calories or less per serving is permitted. We suggest LorAnn's Flavor Fountain (found on www.dr diet.com), sugar-free jello mix (about a tsp per shake), sugar-free coffee flavors, ground cinnamon, etc...
- The PrescriptFit soup mix can be made into a gravy/sauce by adding a tablespoon of water or two to each scoop. It goes great on top of your chicken, seafood, and even veggies.
- PrescriptFit Soups are great with veggies and proteins added in! Once you have gotten to the vegetables phase, try sprucing up your soups! You can add shrimp, chicken, mushrooms, diced tomatoes, bell peppers, onions, carrots, spinach, mushrooms... the possibilities are endless!
- Try 'breading' your chicken or fish in a mixture of seasonings and crushed nuts! (as long as the phase you're currently in permits the use of nuts).

Check out *PrescriptFit Medical Nutrition Therapy* and www.dr diet.com for more resources, tips, and recipes.

Shopping List

Phase 1 - Amino Acids Only

PrescriptFit Shakes
PrescriptFit Soups
PrescriptFit Puddings

Phase 2 - Seafood

- Individually frozen fish steaks
- Fresh fish
- Fresh shrimp
- Frozen shrimp
- Scallops
- Oysters

Phase 3 - Poultry

- Frozen chicken
- Fresh chicken
- Pre-cooked grilled chicken breast
- Ground turkey
- Turkey burgers
- Ground Chicken
- Ground chicken patties
- Wild game
- Rotisserie chicken (take skin off before eating)

Phase 4 - Vegetables

(aside from corn and potatoes and starchy beans)

- Any whole veggies
- Steam-able bagged veggies
- Canned veggies

**Sweet potatoes, quinoa, and plain whole oats ARE permitted in the vegetables phase.*

Phase 5 - Eggs

- Eggs
- Egg whites

Phase 6 - Nuts

- Almonds
- Cashews
- Hazelnuts
- Walnuts
- Pistachios
- Chestnuts
- Brazil Nuts
- Macadamia Nuts

Any and all nuts are permitted, as long as they are

unsweetened (no honey roasted, cinnamon-sugar, etc...)

Phase 7 - Fruit

- Any whole fruits
- Canned fruits (must be no sugar added)
- Frozen fruits

Phase 8 - PrescriptFit Snacks

Our high-protein, low-carb snacks can be found on:

www.drdiet.com

All items on this list are suggestions only. Feel free to contact a PrescriptFit Health Educator with questions regarding specific foods or products.

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