



Weight Lose Eating & Exercise Program

Breakfast: Selection #1

- Oatmeal or Bran cereal w/ low fat milk or soy milk w/ honey or raw sugar to sweeten
- Glass water

Breakfast: Selection #2

- 1-2 scramble eggs w/ pepper
- 1-2 slices of turkey bacon
- 1 piece of whole-wheat toast w/natural jelly or honey
- Glass of water

Snack:

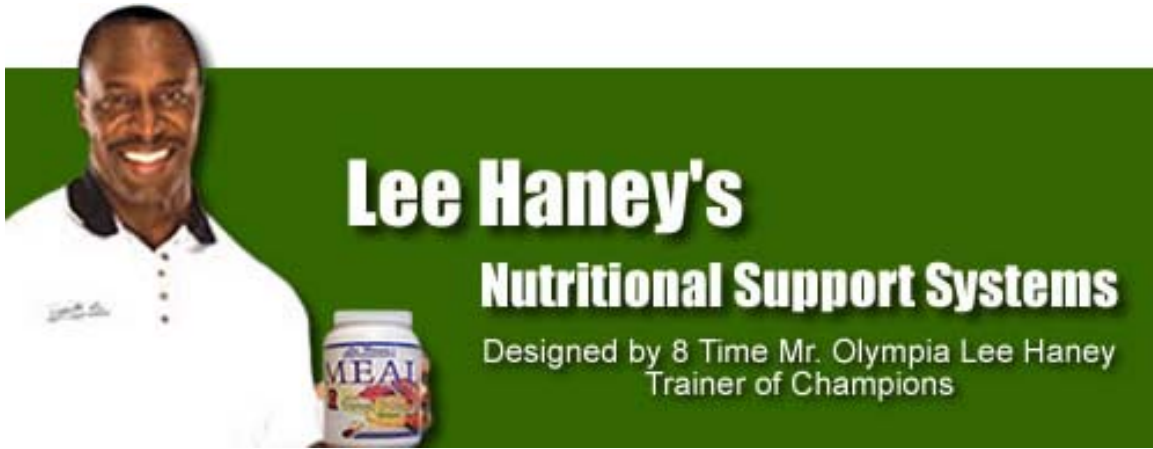
- Apple or pear w/skin on it

Lunch: Selection #1

- Grilled chicken or salmon salad (mixed greens) w/vinaigrette dressing
- Medium baked potato or brown rice or whole-wheat bread w/low fat butter
- Glass of water

Lunch: Selection #2

- Beans: Medium serving of Field peas, black eye, pinto beans, kidney beans, black beans, butter beans, or navy beans
- Large serving of collard greens, squash, okra, or cabbage
- 1 slice of corn bread
- Glass of water



Lunch: Selection #3

- Meal Support (meal replacement)

Snack:

- Mixed green salad w/vinaigrette

Dinner: Selection # 1

- Grilled or baked chicken or fish
- Mixed medium to large serving of cooked veggies (squash, carrots, green beans, onions, etc.) or spinach and onions sautéed w/vegetable oil & garlic)
- Glass of water

Note: Smoked turkey can be used for flavoring, pepper, garlic, and other spices that are lower in sodium. If you must have salt, the better choice is sea salt (in small quantities)

Note: Start by setting small goals like cutting back on a soda here and a pack of chips there.

Note: Take in the majority of your calories before 3:00PM. This means that breakfast and lunch should be your two major meals.

Recommended supplements are the following:

1. **7-Day Detox Program:** This product will help you get rid of waste and bloat and should be used first on the list of your lifestyle change. Complete the Detox before adding the other supplements
2. **Fat Metabolism Enhancer:** Helps the body burn fat more efficiently.
3. **Meal Support:** The perfect meal replacement. Can be used as a meal 1-2 times a day.



4. **Multi-Vitamin:** This gives your body quality vitamins that are important for energy and recovery.

Note: You can get all of these products plus the exercise DVD for only \$98.00 w/Free Shipping included. **All Vitamins are available at: www.leehaney.com**

The Last and most important part of weight loss is exercise.

1. If you're just getting started I recommend walking 30-45 minutes a day. However, if you have problems with your knees, I recommend exercising on a recumbent bike and or doing water aerobics. Both are much easier on the joints.
2. I strongly recommend getting my Total Body workout DVD (Monday, Wednesday, and Friday. On the off days I recommend 30 -45 minutes of walking, treadmill, gardening, golf, washing the car, etc. to burn extra calories.

Note: Be sure to visit: www.leehaney.com for more tips about weight lose and exercise.