

LOSE WEIGHT AND EAT PIZZA

DR JEFFREY SANTOS

LOSE 25LBS IN 12 WEEKS



The foods you choose make difference

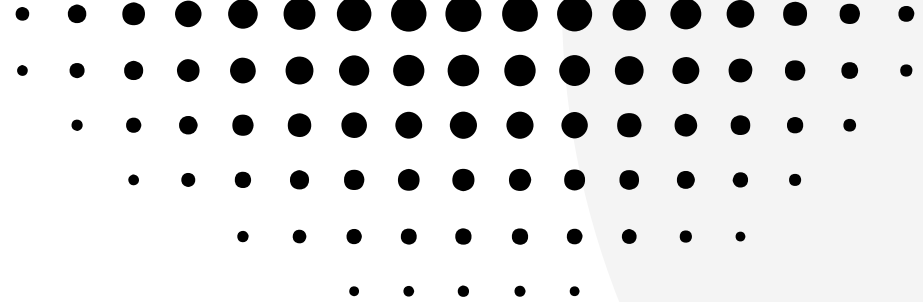
– You are what you eat





WHAT DO I EAT?

IN ORDER TO FIGURE OUT WHAT YOU
CAN EAT WE NEED TO MAKE SOME
CALCULATIONS



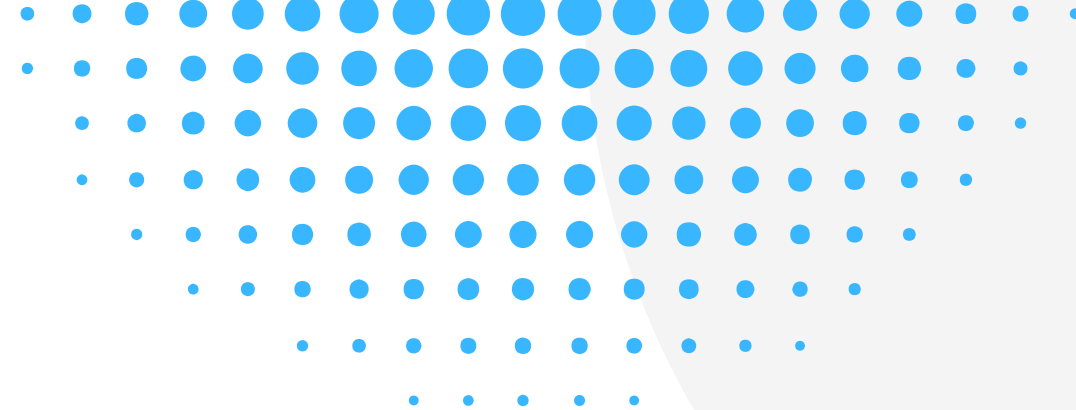
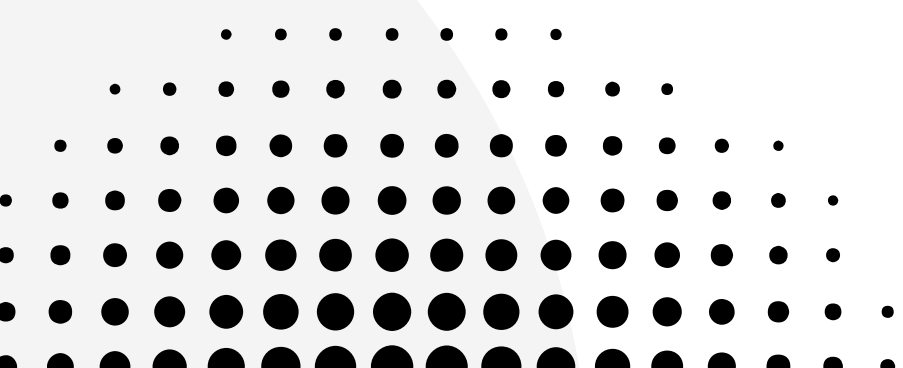
AN EASY WAY TO FIGURE OUT HOW
MANY CALORIES YOU CAN EAT PER
DAY WE CAN USE THESE FORMULAS:

- Male: $(88.4 + 13.4 \times \text{weight in kilograms}) + (4.8 \times \text{height in centimeters}) - (5.68 \times \text{age})$
- Female: $(447.6 + 9.25 \times \text{weight in kilograms}) + (3.10 \times \text{height in centimeters}) - (4.33 \times \text{age})$



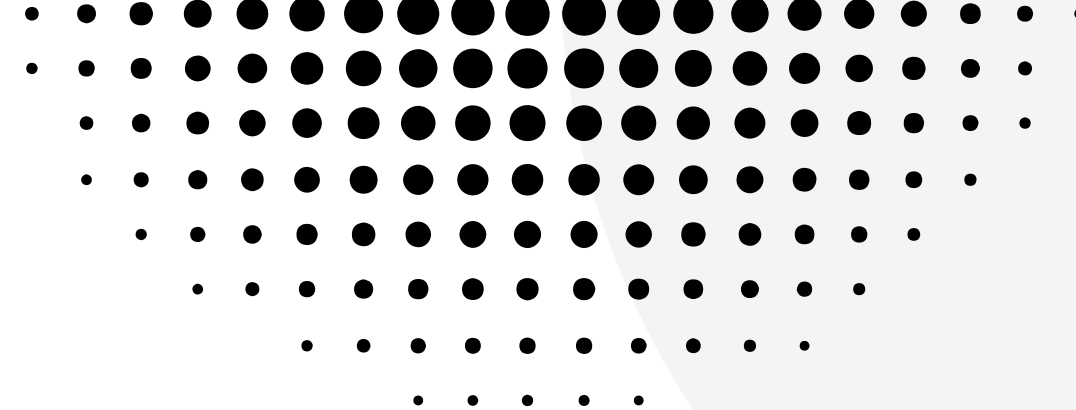


WHAT CAN YOU EAT???



ONCE YOU FIGURE OUT WHAT YOUR BMR(BASAL METABOLIC RATE) IS, YOU CAN SUBTRACT 250CAL'S EVERY WEEK UNTIL YOU FEEL YOUR AT A GOOD PACE.

- FOR EXAMPLE: IF YOUR BMR IS 2000CAL'S PER DAY, SUBTRACT 500 CALORIES AS YOUR IN YOU SECOND WEEK WHICH EQUALS 1500 CAL'S PER DAY.
 - THIS MEANS YOU HAVE A BUDGET PER DAY OF 1500CAL'S
- 



BEST PLAN OF ACTION

01

FIGURE OUT WHAT TO EAT FOR EVERY MEAL OF YOUR DAY.

02

RESEARCH HAS SHOWN THAT IS IS VERY BENEFICIAL TO DO A 16 HR FAST.

– IF A FAST IS IN PLACE YOU CAN EAT MORE LATER IN THE DAY.

03

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04

AIM FOR FOODS HIGH IN FIBER, AND PROTEIN AND THE REST WILL SORT ITSELF OUT.

05

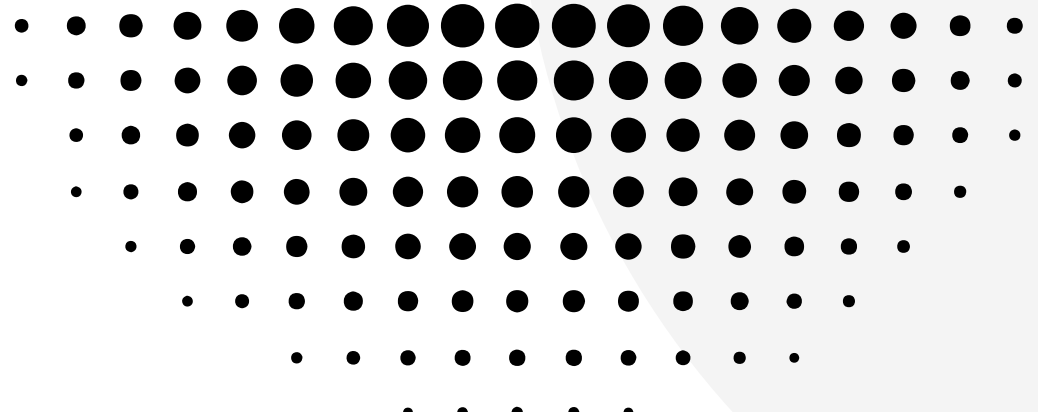
EAT WHAT YOU ENJOY.



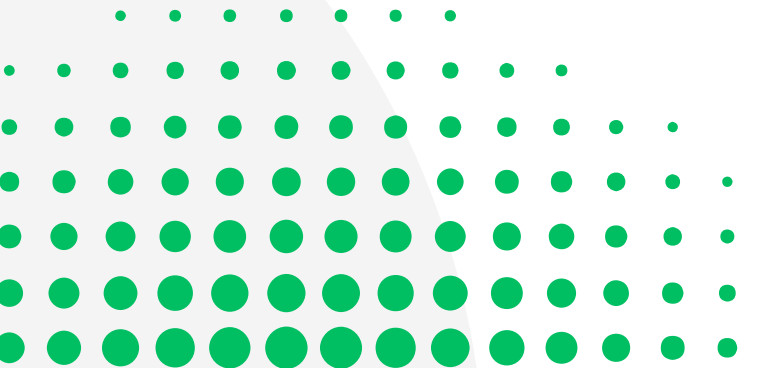
What else?

YOU WILL FIND THAT EATING LIKE THIS ALSO FORCES YOU TO EAT HEALTHIER AND SOON YOU WONT HAVE TO TRACK WHAT YOU NEED TO EAT. YOUR DIET HERE WILL SHOW YOU PROGRESS WHICH WILL ALLOW YOU TO FEEL HAPPY AND EXCITED TO CONTINUE.





HOW CAN I SPEED UP THE WEIGHT LOSS?



- THE BEST WAY TO SEE AS MUCH PROGRESS AS POSSIBLE IS TO ACCOMPANY A GOOD DIET WITH AN EXERCISE PLAN.





THE BEST AND MOST EFFICIENT EXERCISE PLAN!

FIND SOMETHING THAT BURNS
400-500CAL IN SHORTEST
AMOUNT OF TIME.

- GET ON A TREADMILL.
- INCLINE 10.5
- SPEED 3.5

IF YOU CAN GET CLOSE TO
THOSE NUMBERS YOU SHOULD
BE BURNING 300-500CAL FOR
30-40 MINS OF WORK



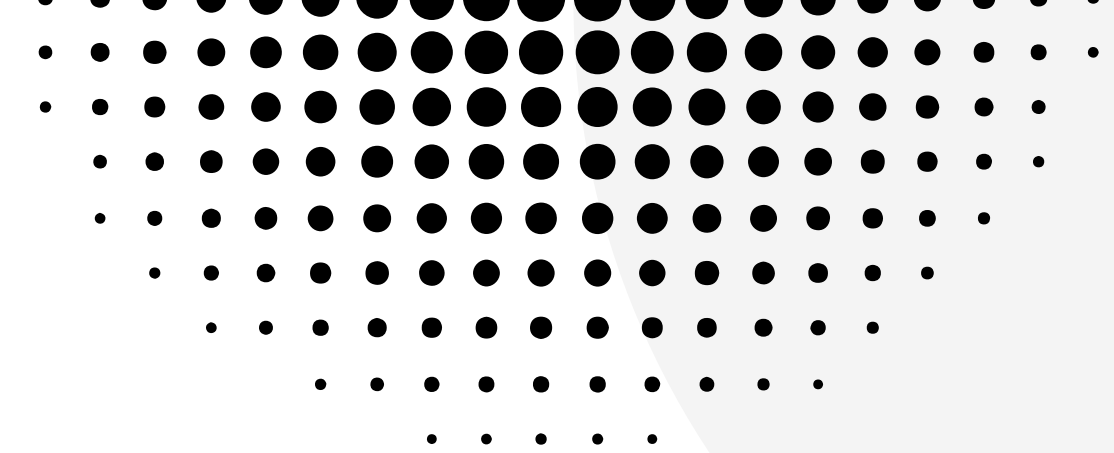
HOW IMPACTFUL IS THE TREADMILL?

THE TREADMILL ALLOWS YOU TO BURN 500 CALS AT 45 MINS OF SLOW-MEDIUM PACED WALKING.

IF YOU DO THIS 3 TIMES A WEEK AND YOUR CALORIC INTAKE PER DAY IS 1500 CALS

YOU ERASE ONE WHOLE DAY OF EATING OUT OF YOUR WEEK.

THIS IS AN AGGRESSIVE WEIGHT LOSS PLAN.



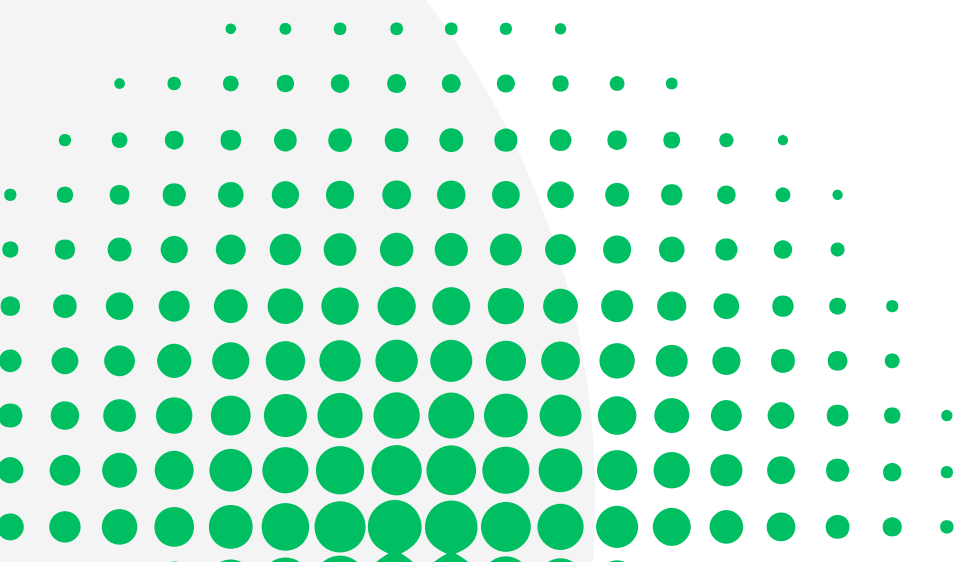
Thank You

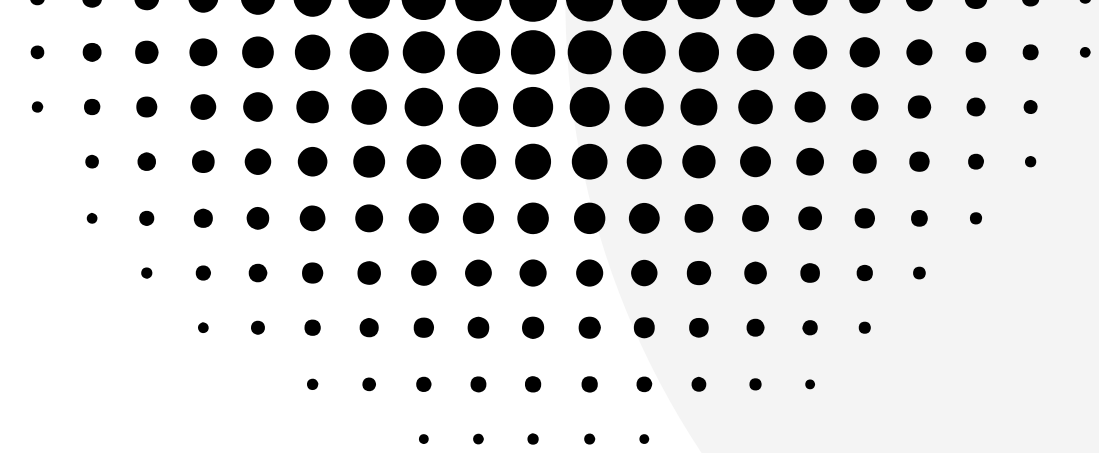
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What to eat recipe book

