

3 & 2 Program



JourneyLite Physicians 3 & 2 Program

You may feel like you hit a wall from time to time in your weight loss journey. The 3 & 2 program is a sure fire way to get your weight loss on track again!!

- Here are the basics of the program:
 - This program is designed to get your weight loss moving again!
 - You will choose 3 boxes of product per week.
- **3 & 2 Program:** You consume 3 supplements (limit 1 bar per day) throughout the day and then have 2 meals that are considered “Lean and Green”. This is basically a lean protein and non-starchy vegetable.
- It is essential to keep a thorough food journal while on the program so that you can review it with your dietitian at each visit!
- It is also important to exercise 3-5 times per week for a minimum of 30 minutes per session to maximize your results.
- For optimal outcomes we recommend utilizing the CurryCare app, scale, and tracker. For more info go to LoseWeightCincy.com/CurryCare

3 & 2 “Lean Options”

Choose two protein servings per day from any of the three categories. Make sure to pay attention as the portion size and fat allotment for each category is different.

1st Choice Lean meat with <6 grams of fat per serving	2nd Choice Lean meat with 6-9 grams of fat per serving	3rd Choice Lean meat with >9 grams of fat per serving
Choose a 7 oz portion and 2 additional fat servings	Choose a 6 oz portion and 1 additional fat serving	Choose a 5 oz portion and NO additional fat servings
<p>Fish: Cod, Flounder, Haddock, Orange Roughy, Grouper, Tilapia, Mahi Mahi</p> <p>Shellfish: Crab, Scallop, Shrimp, Lobster</p> <p>Game Meat: Deer, Buffalo, Elk</p> <p>Meatless Options:</p> <ul style="list-style-type: none"> ●14 egg whites ●2 cups of Egg Beaters ●2 soy burgers (Morning Star Farms, Boca Burger) with <6 carbs/serving 	<p>Fish: Swordfish, Trout</p> <p>Chicken: Breast or white meat without skin</p> <p>Pork Tenderloin</p> <p>Ground Turkey or other meat 99% lean</p> <p>Light Meat Turkey</p> <p>Meatless Options:</p> <ul style="list-style-type: none"> ●Tofu, extra firm, 15 ounces ●2 whole eggs plus 4 egg whites 	<p>Fish: Salmon, Tuna</p> <p>Lean Beef: Beef steak, roast, and ground beef</p> <p>Lamb</p> <p>Pork Chop</p> <p>Ground Turkey or other meat 80-98% lean</p> <p>Dark Meat: Turkey or Chicken</p> <p>Meatless Options:</p> <ul style="list-style-type: none"> ●3 whole eggs (limit to 1 time per week) ● Tofu, firm and soft variety, 15 ounces

Fat Servings

Each choice below = 1 fat serving
Add 0-2 servings daily based on your meat choices

- 1 tsp of canola oil, flaxseed, walnut, or olive oil
- 5 black olives or 10 green olives
- Up to 2 Tbsp of low carbohydrate dressing (<5gm carb per serving)
- 1 tsp of trans fat-free margarine

Vegetable Servings

(Select ANY combination of three (3) servings at each of your Lean and Green Meals. So 6 servings total for the day.)

One serving = 1 cup raw salad greens or ½ cup of vegetables (cooked or raw) other than salad greens. **So serving size is ½ cup unless specified.**

Lowest Carb Choices	Medium Carb Choices	Highest Carb Choices
<ul style="list-style-type: none"> ➤ Mustard greens (1 cup) ➤ Collards, fresh/raw (1 cup) ➤ Romaine Lettuce (1 cup) ➤ Endive (1 cup) ➤ Lettuce, Butterhead (1 cup) ➤ Spinach, fresh/raw (1 cup) ➤ Turnip greens ➤ Celery ➤ Cucumber ➤ Mushrooms, white ➤ Radishes ➤ Sprouts: Alfalfa or Mung Bean 	<ul style="list-style-type: none"> ➤ Asparagus ➤ Cabbage ➤ Cauliflower ➤ Eggplant ➤ Fennel Bulb ➤ Kale ➤ Mushroom, portabella ➤ Spinach, cooked ➤ Summer squash: Zucchini and Scallop 	<ul style="list-style-type: none"> ➤ Broccoli ➤ Cabbage, red ➤ Collard or Mustard Greens, cooked ➤ Green or Wax beans ➤ Kohlrabi ➤ Okra ➤ Peppers: Green, Red, Yellow ➤ Scallions ➤ Summer Squash: Crookneck/Straightneck ➤ Tomato, red ripe or canned ➤ Turnips ➤ Winter Squash: Spaghetti Squash

Free Foods

You can have the following “free foods” in unlimited amounts:

- Sugar-Free/Calorie Free beverages
- Sugar-Free gelatin
- Sugar-Free popsicles
- Sugar-Free gum or mints
- Broth or strained broth soups

Optional Snacks

You can have ONE of the following optional snacks daily as needed.

- 3 celery stalks
- 2 dill pickle spears
- ½ oz of nuts: almonds (10 whole), walnuts (7 halves), or pistachios (20 kernels)
- 1 Carbmaster Yogurt (Kroger ONLY carries this)
- 1 Lite String Cheese

Seasoning Options

You have the option to add any of the following ingredients to your Protein Supplements to add some variety to the flavors or spice them up!!!

Shakes and Puddings: Sugar-free syrups (found in coffee aisle), 1/8 tsp Sugar-free powdered gelatin, Sugar-free baking extracts.

Journeylite Soups: Add broth instead of water to add flavor, use seasonings like garlic powder, onion powder, cumin, curry, Mrs. Dash, etc

Proti Soups: Add the soup base with the flavor pack to make a hearty and delicious soup. Season as needed.

Oatmeal: Add any sugar substitutes, Splenda brown sugar, Sugar-free maple syrup, spray butter (I Can't Believe it's Not Butter or Parkay)

Proti Eggs: Follow directions on the box. You can add 1 egg or 2 egg whites to the packet and make scramble or omelet.

Proti Vegetarian Chili: If you like spice, add hot sauce to spice up this flavorful chili.

Proti Protein Orzo: Once cooked you can put them in hot broth to make “orzo” soup or use spray butter(I Can't Believe it's Not Butter or Parkay) and fresh herbs and a seasoning mix (no sugar added).

Proti Protein Bread: Toast it or eat it plain, you can use spray butter (I Can't Believe it's Not Butter or Parkay) , sugar free jelly (1-2 tsp)

Protein Pancakes: Can use Sugar Free syrup and Spray butter.

Sample Menus:

Sample Menu 1	Sample Menu 2
<p>Breakfast: 1st Protein Supplement ➤ Maple and Brown Sugar Oatmeal</p> <p>AM Snack: Sugar Free Gelatin</p> <p>Lunch: “Lean and Green” Meal ➤ 7 oz grilled tilapia -1 ½ cup celery sticks -2 Tbsp Ranch Dressing</p> <p>Afternoon: 2nd Protein Supplement Peanut Butter Crunch Bar</p> <p>Dinner: “Lean and Green” Meal ➤ 6 ounces grilled chicken breast -1 ½ cup of cooked zucchini -1 tsp margarine</p> <p>Evening: 3rd Protein Supplement ➤ Hot Chocolate w/ Marshmallows.</p>	<p>Breakfast: 1st Protein Supplement ➤ Cheese and Chives Eggs</p> <p>AM Snack: Sugar Free Popsicle</p> <p>Lunch: “Lean and Green Meal” ➤ 5 ounce pork chop ➤ 2 cups mixed salad greens, ½ cup total of diced tomatoes and cucumbers ➤ 2 Tbsp Low Carb salad dressing.</p> <p>Afternoon: 2nd Protein Supplement ➤ Caramel Crunch Bar</p> <p>Dinner: “Lean and Green” Meal ➤ 5 oz Sirloin Steak ➤ 1 ½ cup steamed broccoli</p> <p>Evening: 3rd Protein Supplement ➤ Lemonade Fruit Drink.</p>

If you have any questions please reach out to our dietary team by:

- Calling any of our main office numbers and selecting extension 5
- Emailing rd@curryweightloss.com
- Sending a secure message to a dietitian directly from your CurryCare app