

# Xantrax

## Weight Loss Program

*Easy as 1 2 3!*

**natur**OPATHICA

# **Xantrax Weight Loss Program** ***Easy as 1 2 3!***

Welcome to the Xantrax Weight Loss Program, *Easy as 1 2 3!*

***First of all congratulations on taking the first steps to a healthy and happy future!***

The Xantrax Weight Loss Program has been developed by a team of highly skilled and motivated health care professionals from Naturopathica, with the goal of improving your health and wellbeing through healthy and maintainable weight loss.

At the heart of the Xantrax Weight Loss Program are 3 easy and maintainable steps to help you reach your weight loss goals and maintain a healthy weight & body for the long term.

## ***Easy as 1 2 3!***

***1: Less in***

***2: More out***

***3: Xantrax High Potency Tablets***

Naturopathica is committed to providing the support for a comprehensive approach to weight loss which is ***realistic for the long term.*** We have centred our program on the latest scientific research and years of clinical and field experience.

It is vital that ***education*** is a key element of your weight loss journey and our goal is to:

***Empower you with the knowledge to continue to maintain healthy weight throughout your life!***

## Easy as 1 2 3!

### 1: Less in

***It is realistic to begin & continue a healthy & balanced eating plan that caps calories between 1200 – 1500 per day, without feeling hungry or tired!***

The first step to weight loss success involves ensuring calorie intake does not exceed the amount of calories used by the body per day. Sticking to 1500 calories per day is a realistic and simple way to kick-start a weight loss program. Simple right? Well that depends on the food choices you make. It can be simple, realistic, tasty & balanced when done correctly. On the other hand if the food choices we make are unbalanced, sticking to below 1500 calories per day can be difficult and unhealthy! The example below shows 2 daily meal plans – both take in around 1500 calories – which one would keep you full and satisfied?

#### **Daily Meal Plan 1 = 1500 calories**

##### Breakfast – 8am

1 small glass (200mL) orange juice = 84 calories  
1 cup (30g) Crunchy nut corn flakes cereal with ½ cup skim milk = 160 calories  
1 slice white bread with 2 teaspoons butter = 160 calories.

**Breakfast Calories = 404 calories**

##### Lunch - 12.30pm

2 pieces of medium sized fruit (Apple & banana = 200 calories

**Lunch calories = 200 calories**

##### Dinner – 6pm

1 large Chinese take away meal – beef with noodles = 800 calories

#### **Daily Meal Plan 2 = 1500 calories**

##### Breakfast – 8am

1 Large egg poached, = 74 calories  
1 slice Whole grain toasted bread = 73 calories  
½ cup Muesli, with dried fruit & nuts = 145 calories  
½ cup Yogurt plain fat free = 68 calories  
½ cup Blueberries = 40 calories

**Breakfast Calories = 400 calories**

##### Snack – 10.30am

30 grams (2 heaped tablespoons) of mixed nuts (Almonds, brazil nuts, walnuts and pecans) and seeds (pumpkin and sunflower) = 170 calories

**Snack calories = 170 calories**

##### Lunch - 12.30pm

Stir fry -100g of lean protein (Seafood, Chicken, Lamb, beef or Tofu) with 3 cups vegetables (carrots, snow peas, red capsicum, purple cabbage, mushrooms & onion) with small amount of garlic, ginger, olive oil and soy sauce.

**Lunch calories = 316 calories**

##### Snack – 3.30pm

1 piece of medium sized fruit (Apple or banana = 100 calories

**Snack calories = 100 calories**

##### Dinner – 6pm

100g fish (salmon, barramundi, flathead) baked steamed, or grilled with boiled vegetables (carrot

**Dinner calories = 800 calories**

Snack – 8pm

1 piece fruit (orange or grapes) = 75 calories

**Snack calories = 75 calories**

**TOTAL DAILY CALORIES = 1479**

and green beans) & a small baked potato. Dash of olive oil dressing with pinch of salt and pepper.

**Dinner calories = 454 calories**

Snack – 8pm

1 cup fruit (strawberries or watermelon) = 46 calories

**Snack calories = 46 calories**

**TOTAL DAILY CALORIES = 1486**

The example above shows that a 1500 calorie per day diet can be a healthy and maintainable (meal plan 2) and it can also be no so healthy and difficult to maintain (meal plan 1).

***But it's not just about counting calories!*** It can be difficult and impractical to maintain counting calories for the rest of your life. So it's important that fundamental, healthy eating habits are learnt and maintained, to make it easier to maintain your weight after you have lost it...

### **Tips for healthy eating**

- **Choice;** make healthy eating a lifestyle choice not a boring and annoying “diet”. The fact is that once we start to eat well and enjoy our foods we start to dislike the manufactured taste of processed foods!
- **Size does matter;** Portion sizes are important, make sure most of your plate is vegetables and a small portion (size of your palm) is quality lean protein (such as fish and lean meats).
- **Prepare;** shop for fresh food regularly and keep your pantry stocked with good healthy staples to make it easier to eat a healthy diet. Shop after you have eaten and stick to a prepared list of things to buy.

### **Foods to avoid: increase your chances of success!**

- White flour & anything made from it (breads, crackers, pasta, pastry)
- Sugar & anything made from it (biscuits, cakes, jams, soft drinks, sports drinks)
- Salt (do not add any salt to foods & stay away from salty processed foods)
- High Sugar products such as fruit juices.
- Processed foods such as white flour products as in white bread.

### **Foods that are encouraged: increase your chances of success!**

- Chicken breast (no skin and grilled)
- Egg esp. whites (not fried)
- Seafood (grilled oily fish)
- Turkey breast (no skin)
- Lamb fillets (lean)
- Duck (no skin)
- Fresh & frozen Vegetables
- Fresh Fruit

- Nuts and seeds

**TRY THIS! Use smaller plates! Why? Did you know that using smaller plates at meal times encourages less food to be served and then eaten. It also makes the person (and their brain) feel more satisfied with what they have eaten, even if it is less!**

**FAST FACT**

The glycemic index (GI) of foods is a number ranking system relating to carbohydrate foods. The higher the number (highest 100, table sugar) the faster the food will spike your blood sugar levels (not ideal). Stick to low GI foods.

**FAST FACT**

All fats are not the same. Try having more vegetable fats and less animal fats (exception is fish). The healthy fats from vegetables will aid your weight loss and health. Animal fats and saturated fats pile on the weight and are inflammatory to the body (not good).

**FAST FACT**

Protein keeps you full and is fuel for muscle health, making it ideal for weight loss!

**FAST FACT**

If you feel hungry you may be dehydrated. Try having a glass of water and if the hunger is still there after 10 minutes try having a healthy snack (see the foods to encourage list).

***What is a healthy choice?***

**Healthy breakfast choices;**

- **Muesli;** raw and natural with no sugar added. These can be home made and therefore tailored to your own personal preferences or bought. Add fresh fruit if you desire!
- **Cooked Cereals;** eg. porridge made with oats or rye, millet, polenta, brown rice - suitable toppings include a combination of the following : mixed berries, stewed fruit, grated apple, cinnamon, Linseed, Sunflower and Almonds (LSA), yoghurt, soy, almond or hazelnut milk.
- **Eggs;** soft poached, boiled or omelet, with mushrooms, tomato, onion, garlic, avocado, olive oil & balsamic vinegar dressing.
- **Eggplant roll;** eggplant, olive oil, tomatoes, basil leaves and balsamic vinegar, roll up and grill.
- **Toast;** whole grain (rye, wheat, spelt) with avocado, lemon and smoked salmon / honey and tahini / sardines, tomatoes, onion.
- **Smoothies;** can be made with soy, almond or hazelnut milk, fresh or frozen fruit, raw nuts, psyllium husks.

**Healthy lunch choices;**

- **Salad;** avocado, red onion, spinach with polenta croutons, pepper & apple cider vinegar or olive oil dressing.
- **Stir fry;** vegetables with nuts and seeds, marinated tofu/tempeh, lean chicken, lean beef or fish.
- **Vegetable soup;** root vegetables with olive oil, sprouts, garlic & beans.

- Lemon, Thyme and adzuki bean stuffed mushrooms (olive oil, onion, garlic, lemon, pine nuts & parsley).
- **Burger**; lentil burger with lots of fresh salad and a spicy tomato salsa.
- **Tuna**; with olive oil, carrots, tomatoes, onion, sprouts & broccoli and vinegar dressing.

### **Healthy dinner choices;**

- Jerusalem artichoke soup with garlic rye toasts (olive oil, onion, celery, home made vegetable stock, almond milk).
- White bean salad (canellini & flageolet) with roasted red pepper dressing, olive oil, parsley, balsamic vinegar.
- Fish (small variety), baked, grilled or steamed with vegetables or salad with a apple cider vinegar dressing!
- Large mixed salad with green leafy vegetables and assorted raw or steamed vegetables with protein such as eggs, legumes, nuts & seeds, tempeh/tofu, fish, chicken/turkey, lean meat.
- Bean and vegetable casserole with brown rice or barley, lentils, add spices like turmeric, cinnamon and garlic!

### **Healthy snacks;**

- Raw, unsalted, almonds, walnuts, hazelnuts, pine nuts, sunflower seeds & peptitas.
- Raw vegetable sticks with a protein dip (hummus)
- Ryvitas, seaweed rice crackers or corn cakes with; avocado, hummus, tahini, nut spreads (ABC, almond, hazelnut), pesto (always include some protein).
- Fruit; fresh in season fruit.

### **Healthy Beverages;**

- **Herbal Teas**; loose leaf and organic. Also dandelion root is a good coffee substitute!
- **Water**; filtered!

A healthy and nutritious diet will consist of one choice from each main meal section with a maximum of 2 snack choices per day. The goal is to achieve 1200-1500 calories per day. Of course alternate food choices are available and can be consumed as long as totally daily caloric intake is below 1500 calories. Alternatively you can exceed 1500 calories but you will need to balance out the difference with some calorie burning physical activity.

### ***But which foods contain the most calories?***

There are a number of books and free websites where you can find out how many calories are in the foods you are eating. Examples include [www.nutritiondata.com](http://www.nutritiondata.com) & [www.calorieking.com.au](http://www.calorieking.com.au) . You also easily find out how many calories you burn during various physical activity.

### **Breakfast options**

#### Cereal

Whole grain wheat bix, 1 biscuit = 67 calories

All Bran, 1 cup = 160 calories

Bran flakes, 1 cup = 125 calories

Corn flakes, 1 cup = 100 calories

Puffed rice, 1 cup = 60 calories

Rolled oats, 1 cup = 300 calories

Quinoa, cooked w. water, 1 cup = 254 calories

Muesli, dried fruit & nuts, 1 cup 289 calories

Cow milk, fat free skim, 1 cup = 91 calories  
Cow milk, light or low fat (1%), 1 cup = 105 calories  
Cow milk, whole full fat (3.25%), 1 cup = 147 calories  
Soy drink, 250mL = 134 calories  
Soy drink low fat, 250mL = 94 calories

### Fruit

Apple medium = 95 calories  
Banana medium = 105 calories  
Blueberries 1 cup = 83 calories  
Pear medium = 96 calories  
Strawberries, 1 cup = 46 calories  
Watermelon, 1 cup = 46 calories

### Other

Psyllium Husks, 1 table spoon = 16 calories  
Large egg poached, = 74 calories  
Scrambled Egg, 1 large egg w. 1 tbsp non-fat milk = 80 calories  
Yogurt fruit flavoured fat free, 1 cup = 233 calories  
Yogurt plain fat free, 1 cup = 137 calories  
Wheat bread toasted, 1 slice = 65 calories  
White bread toasted, 1 slice = 79 calories  
Whole grain toasted, 1 slice = 73 calories  
Butter unsalted, 1 tablespoon = 34 calories  
Margarine unsalted, 1 tablespoon = 34 calories  
Avocado, 1 tablespoon = 7 calories  
Fruit smoothie with low fat dairy base, 1 cup = 93 calories  
Fruit smoothie with no fat yogurt base, 1 cup = 146 calories

### Lunch options

Sandwich, Breaded Chicken & Salad on Bread = 482 calories  
Sandwich, Turkey Breast w. mayo, on Bread = 450 calories  
Pasta 1 cup cooked with 4 tablespoons tomato sauce = 282 calories  
Tuna Salad = 400 calories  
Subway 6 inch Chicken Teriyaki = 370 calories  
Rice 1 cup = 185 calories  
Mixed vegetables 1 cup = 25 calories

### Snacks

Almonds raw, 1 serve (23 almonds) = 164 calories  
Brazil nuts, 1 serve (6-8 kernels) = 186 calories  
Hazelnuts, 1 serve (10 nuts) = 88 calories  
Peanuts raw, 1 serve (nuts) =  
Pecans raw, 1 serve (20 halves) = 196  
Pistachios raw, 1 serve (49 kernels) = 158  
Walnuts raw, 1 serve (7 nuts) = 183  
Pumpkin seeds, 1 serve (142 seeds) = 153  
Sunflower seeds, 1 serve () =  
Psyllium Husks, 1 table spoon = 16 calories

Large egg poached, = 74 calories  
Scrambled Egg, 1 large egg w. 1 tbs non-fat milk = 80 calories  
Yogurt fruit flavoured fat free, 1 cup = 233 calories  
Yogurt plain fat free, 1 cup = 137 calories  
Wheat bread toasted, 1 slice = 65 calories  
White bread toasted, 1 slice = 79 calories  
Whole grain bread toasted, 1 slice = 73 calories  
Butter unsalted, 1 tablespoon = 34 calories  
Margarine unsalted, 1 tablespoon = 34 calories  
Avocado, 1 tablespoon = 7 calories  
Fruit smoothie with low fat dairy base, 1 cup = 93 calories  
Fruit smoothie with no fat yogurt base, 1 cup = 146 calories

### **Fruit**

Apple medium = 95 calories  
Banana medium = 105 calories  
Blueberries 1 cup = 83 calories  
Pear medium = 96 calories  
Strawberries, 1 cup = 46 calories  
Watermelon, 1 cup = 46 calories

### **Dinner options**

Baked / grilled lean protein (fish, chicken, lean red meat or tofu) with  $\frac{3}{4}$  potato, 1 carrot and  $\frac{1}{2}$  cup green beans + Olive oil (1 tablespoon) = 454 calories  
Stir fry 100g of lean protein (Chicken, Lamb, beef or Tofu) with 3 cups veggies (carrot, snow pea, red capsicum, purple cabbage, mushrooms, onion) cooked with garlic (1/2 tablespoon garlic, 1/2 tablespoon ginger, 1/2 teaspoon olive oil + dash soy sauce) = 316 calories  
Pizza (pan base) Pepperoni 2 slices = 580 calories  
Subway 6 inch Roast beef = 300 calories  
Pasta 1 cup cooked with 4 tablespoons tomato sauce = 282 calories  
Dinner bread roll = 85 calories  
Chicken salad with mayo = 580 calories  
Grilled chicken burger = 475 calories  
Potato wedges small = 240 calories  
Low fat casserole = 300 calories

### **Drink options**

Cappuccino w. non fat milk, 1 cup = 40 calories.  
Instant coffee powder, 1 teaspoon = 2 calories.  
Apple juice no added sugar, 1 cup = 107 calories  
Orange juice no added sugar, 1 cup = 121 calories  
Cow milk, fat free skim, 1 cup = 91 calories  
Cow milk, light or low fat (1%), 1 cup = 105 calories  
Cow milk, whole full fat (3.25%), 1 cup = 147 calories  
Soy drink, 250mL = 134 calories  
Soy drink low fat, 250mL = 94 calories

<b><u>FAST FACT</u></b>
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**Not drinking enough can reduce your weight because dehydration can slow down your metabolism! Keep hydrated to boost your weight loss efforts!**

## ***Easy as 1 2 3!***

### **2: More out**

Numerous studies have demonstrated that regular physical activity is key to weight loss and is vital in keeping the weight off. The goal is to burn more calories than you eat so you lose weight!

Aerobic exercise that works large muscle groups helps to keep body fat content in a healthy range. Aerobic activities include:

- Walking
- Running
- Swimming
- Dancing
- Skipping
- Bike riding

**Moderate physical activity for 90 - 150 minutes per week will kick start and maintain your weight loss efforts. Flexibility is the key to success here, you can choose to this over**

***The more you do, the more you burn, the more you lose!***

### **But I hate Exercise!**

No problems! Any form of movement is physical activity and general day to day activities burn calories. For example walking, bike riding, playing with the kids are all forms of exercise which burn calories. So you don't have to hit the gym to burn calories. Of course you will need to do more of the less intensive activities for longer periods but you may just prefer to do this for the same result!

It's all about balance, and what suits you and your lifestyle! It is important that you choose activities that are sustainable and realistic for you...

There are many forms of exercise that can contribute to your weight loss efforts and any type of movement expends energy and will help you burn those calories such as:

**Shopping:** Pushing a trolley for an hour will burn 243 calories.

**Dusting:** 30 minutes will Burn 80 calories.

**Ironing:** 30 minutes will Burn 76.5 calories.

**Folding clothes:** 30 minutes will burn 72 calories.

**Mopping:** 30 minutes will burn 153 calories.

**Mowing lawn:** One hour burns 324 calories.

**Vacuuming:** 20 minutes will burn 56 calories.

**Gardening:** one hour of gardening will burn 352 calories (more than lifting light weights for an hour which burns 211 calories).

**Stretching:** 1 hour will burn 281 calories.

**Washing car, with vigorous effort:** 1 hour will burn 316 calories.

***Remember that you have to expend more calories than you put in to lose weight!***

Incidental physical activity is also a great way to burn those extra calories for a better and faster weight loss result. Incidental activity involves turning everyday chores and habits into physical activity, and this doesn't have to be difficult or time consuming! Habits are easy to develop and include:

- Taking the stairs at every possible chance.
- Take the dog for a walk everyday.
- Park your car a few hundred meters from your destination and walk the rest of the way.
- Take up a social sport that you have always enjoyed (tennis or dancing maybe?)

Resistance training is another great way to enhance your fat burning efforts. And you don't have to join a gym! Utilize your home by doing resistance exercises (using your body weight) to perform exercises on chairs or benches. Also by purchasing a cheap large rubber band you can use a doorway for different resistance exercises.

## **Easy as 1 2 3!**

### **3: Xantrax High Potency Tablets**

**Xantrax High Potency** tablets are designed to help support your diet and exercise efforts. By adding Xantrax High Potency tablets you can actively support your weight loss by helping the metabolism of carbs and fats as well as boosting energy and exercise performance!

#### **Support while you diet & exercise!**

Xantrax can help:

- Support diet & exercise
- Fat and carbohydrate metabolism
- Support metabolism
- Maintain healthy energy levels
- Support exercise performance
- Support the body when under stress
- Support general vitality and performance

*Always read the label. Use only as directed. Contains 60.84mg caffeine per tablet. Vitamins can only be of assistance if the dietary vitamin intake is inadequate. The medicine should be used in conjunction with a calorie/kilojoule controlled diet & physical activity/exercise. To help with weight loss, consult a healthcare practitioner.*

#### **Herbal extracts dry conc. equiv. to dry:**

<i>Coffea Canephora</i> (Coffee Robusta) extract	
dry conc. equiv dry seed	469mg
Standardised to chlorogenic acids calculated	
as 5-caffeoylquinic acid	31.83mg
<i>Camellia sinensis</i> (Green Tea) leaf	2g
<i>Citrus aurantium</i> (Bitter Orange) fruit	2g
<i>Paullinia cupana</i> (Guarana) seed	1.5g
<i>Panax ginseng</i> (Korean Ginseng) root	500mg
<i>Ilex paraguariensis</i> (Mate) leaf	500mg
Ascorbic Acid (Vitamin C)	75mg
Thiamine Nitrate (Vitamin B1)	2mg
Riboflavine (Vitamin B2)	5mg
Pyridoxine Hydrochloride (Vitamin B6)	5mg
Folic Acid	50mcg
Cyanocobalamin (Vitamin B12)	100mcg
Biotin	10mcg
Inositol	5mg
Copper (as Cupric sulfate anhydrous)	50mcg
Zinc (as Zinc oxide)	2mg

Magnesium (as Magnesium oxide-heavy)	25mg
Citrus Bioflavonoids Extract	