

# *Weekly Summary*

## *Week One*

Monday Dinner

Tuesday Dinner

Wednesday Dinner

Thursday Dinner

Friday Dinner

Saturday Lunch

Saturday Dinner

Sunday Lunch

Sunday Dinner

**Vegetarian Stir Fry**

**Chicken Parmigiana**

**Shrimp Fettuccini**

**Steak with Herb Sauce**

**Spaghetti Ragu**

**Super Sandwich**

**Chicken Marsala**

**Harbor Bay Scallops**

**Mediterranean Salad**

## *Food For Thought*

### **Body Composition**

When you step on the scale, you read a number; but the scale can't tell the difference between you and a sack of potatoes. The scale can give you **total** body weight, but it can't tell you the composition of that weight. So, what makes up total body weight?

There are two major components: **lean** body mass (which consists of muscle, water, bone and essential fat) and body **fat**.

Losing body fat is the true goal of any individual who attempts to lose weight. The best way to lose this fat is to "rev" up the muscles to burn more calories. A physically fit body has a higher ratio of muscle to fat when compared with an unfit body. It burns more calories, and at a faster pace because muscle is metabolically active.

In order to increase muscle and decrease body fat, muscle must somehow be stimulated to grow. How do we do this? Exercise!

Biometrics is different than other weight loss programs because it incorporates what so many programs have ignored -- **exercise!** More importantly, Biometrics focuses on exercise for maximum lean tissue development. The outcomes are a higher resting metabolism, an increased level of physical fitness, and a healthier way of living!