



Weekly Questions for Dieters

In this document, you will find a schedule of questions that you, the coach, should ask your dieter during their time on the Ideal Protein Weight Loss Method.

First and foremost, during each visit, ask your dieter how their week went. Ask your dieter to share any accomplishment or challenge they faced during the week.

Week One – *This is the first 15-minute follow-up appointment at the end of their first week.*

1. In order to lose weight, one should:

- a. Eat a more balanced diet
- b. Eat less
- c. *Reduce the intake of all carbohydrates**
- d. Exercise

2. Eating fruit:

- a. Will make you gain weight
- b. Will help you lose weight
- c. Is healthy and has **no** effect on weight gain/loss
- d. *Can inhibit weight loss**

3. Moderate to heavy exercise during the first month of Phase 1:

- a. Is encouraged and will accelerate your rate of fat loss
- b. Can make you feel more energetic and help you increase your muscle mass
- c. Is necessary for optimal results on the Ideal Protein Weight Loss Method
- d. *Is discouraged and should be replaced with a light workout (1/3 the intensity of your existing program if you are exercising) and a 4th packet of unrestricted IP food**

Week Two

1. Wine and alcohol:

- a. *Encourage weight gain**
- b. Have no effect on weight loss
- c. Are great energy drinks

2. You would follow the Ideal Protein Weight Loss Method because eating protein makes you lose weight:

- a. True
- b. *False**

Coach: Protein is only a tool; it is the method that enables you to lose weight.

3. During the Ideal Protein Weight Loss Method, consuming carbohydrates above the recommended amount of the method will:

- a. Hinder your weight loss for 2 to 3 days
- b. *Compromise your overall success with the method**
- c. Have little effect on your weight-loss

Coach: It may compromise your weight loss for 2-3 days that week but more importantly, the dieter will not be resetting the pancreas.



Week Three

1. **In order to lose weight, one must reduce:**
 - a. Simple sugars
 - b. Complex sugars
 - c. *Both**

2. **The term protein method is used because:**
 - a. We eat only protein
 - b. We are eating a diet high in protein
 - c. *We are eliminating most of the fats and carbohydrates from our diet**

3. **The emphasis on protein in the Ideal Protein Weight Loss Method is:**
 - a. Dangerous because it may tax our liver
 - b. Dangerous because it may tax our kidneys
 - c. *Not dangerous, because the amount of protein is not excessive**

Coach: 1/2 gram of protein per pound of lean body mass is the minimum amount required.

4. **Once in Phase 4, one's MINIMUM daily protein intake should be:**
 - a. *1/2 gram per pound of body weight**
 - b. 1 gram per pound of body weight
 - c. 2 grams per pound of body weight
 - d. It really does not matter in Phase 4

Week Four – Ensure that your dieter includes Cal-Mag and Multi-Vita with their weekly order.

1. **In order to lose weight, you must eliminate from your diet:**
 - a. Foods that make you gain weight
 - b. *Foods that make you gain weight and prevent you from losing weight**

Coach: Simple sugars can make us gain weight and complex sugars may prevent us from losing weight, but ARE important in maintenance.

2. **Consuming 1/2 gram of protein per pound of lean body mass is:**
 - a. *The minimum required**
 - b. An amount not to be exceeded
 - c. Only a suggested amount

3. **Would a dieter be allowed to consume two restricted Ideal Protein foods in the same day in Phase 1 and 2?**
 - a. Yes, it would be great for extra energy.
 - b. Yes, only because they are both Ideal Protein foods.
 - c. *No, it will definitely hinder weight loss.**

4. **During Phase 4 Maintenance, the key concept to remember is:**
 - a. Exercise
 - b. Moderation
 - c. Balanced meals
 - d. *Dissociation**



Week Five

1. **What is made up of protein in our bodies?**
 - a. Only our muscles and skin are made of protein
 - b. *Everything that is vital is made of protein**

2. **Essential amino acids are:**
 - a. Naturally produced by our body.
 - b. *Obtained through our food intake, as they are not naturally produced by our body.**

3. **Essential amino acids are found the most in:**
 - a. Fruits
 - b. Legumes
 - c. *Animal protein**

Coach: Explain what a legume is and provide examples: beans, chickpeas, peanuts, and lentils.

4. **In Phase 4, an appropriate snack would be:**
 - a. A piece of fruit
 - b. A handful of almonds
 - c. A hard-boiled egg
 - d. 1 oz of a hard cheese (i.e. Swiss, parmesan or pepper jack)
 - e. *All of the above would be appropriate**

Week Six

1. **If you lose weight quickly, you will risk regaining the weight quickly.**
 - a. True
 - b. *False**

Coach: Gaining weight has nothing to do with how fast weight was lost in the past. It has more to do with lifestyle, eating habits, bad food combinations, level of physical activity, and pancreatic function.

2. **We often hear: "I know someone who lost weight and they gained it all back." This:**
 - a. Was because of the diet they were on
 - b. *Had nothing to do with the diet they were on**

Coach: Gaining weight has nothing to do with how you once lost it. It is the result of bad food combinations, poor eating habits - such as skipping meals, or emotional issues, and alcohol intake.

3. **It is sometimes more difficult to lose weight the second time with the same method because:**
 - a. Your body has become accustomed to the method and has adapted
 - b. *We are not in the same psychological state that we may have been the first time**

Coach: Once the emergency is over (ex: 60 lb is lost) priorities change and you are not as psyched. You feel like the kid who is flunked the class and has to take it over again. You are less strict; "I will have a little cheese now and then", or "I will have a little meat with my lunch and my Ideal Protein food as well" and "It's not a carbohydrate, so it is OK."



4. **During Phase 4 Maintenance, eating starchy foods for the evening meal is:**
 - a. A bad idea as you cannot burn them off while sleeping and you will regain.
 - b. It is OK if you just do it a couple of times per week and it does not become a habit.
 - c. Bad, as they should be eaten at breakfast or lunch so you can burn them off.
 - d. *Essential as you need to recharge your glycogen for energy for the next day.**

Week Seven

1. **When grocery shopping, one should:**
 - a. Never go to the store hungry
 - b. Always have a precise shopping list
 - c. Shop primarily around the perimeter where fresh produce and most proteins are found
 - d. *All of the above are good rules to follow when grocery shopping**
2. **The glycemic index should be a consideration in any weight loss method:**
 - a. *True**
 - b. *False*
3. **The Ideal Protein Weight Loss Method:**
 - a. Is not based on the glycemic index
 - b. *Follows the glycemic index logic completely**

Coach: Ideal Protein is the weight loss method LOWEST on the Glycemic Index.
4. **During Phase 4 Maintenance, a hot soup loaded with vegetables is a great supper because:**
 - a. Hot foods are more satisfying and filling than cold foods.
 - b. Eating soup forces the person to sit down and not eat standing up (a bad habit).
 - c. Hot foods make the person eat more slowly, which is better for digestion, satiety and relaxation.
 - d. *All of the above are true**

Week Eight – Ensure that your dieter includes Cal-Mag, Multi-Vita and Potassium with their weekly order.

1. **Weight gain results from consistent bad eating habits rather than occasional excesses:**
 - a. *True**
 - b. *False*
2. **Which of the following behaviors would most likely lead to weight gain?**
 - a. One very large portion of ice cream once a week
 - b. *A very small bowl of ice cream every night**
3. **During Phases I and II, dairy products with 0% fat:**
 - a. Are permitted during these phases
 - b. *Are not permitted**

Coach: They contain lactose: meaning they have sugar and calories.



4. **During maintenance, we say the dieter is now on a balanced diet. We mean:**
- Each of the three main meals of the day is a balanced meal with respect to fats, carbohydrates, and protein, as recommended by nutritionists.
 - Each main meal is not necessarily balanced with respect to the 3 macro nutrients, but at the end of the day, the person is getting a balanced diet. **
 - Their diet now allows 3 main meals, plus up to 2 to 3 snacks in between meals.

Week Nine

1. **During the Ideal Protein Weight Loss Method, why do dieters lose more weight during the first week of the method?**

- The body is shocked by the sudden restriction of calories and hasn't adapted to this new low calorie diet yet.
- They are very, very excited in the beginning and do not cheat at all!
- Glycogen is depleted during this week and for each gram of glycogen lost, 4 grams of water are also lost. Most dieters will lose 3 to 5 'extra pounds' during the first week. **

Coach: Make sure the dieters understand that they will gain a few pounds back in Phase 3. Reassure them that this is not fat it is water.

2. **During the Ideal Protein Weight Loss Method, you lose:**

- More weight than inches (volume)
- More inches (volume) than weight**

3. **With the Ideal Protein Weight Loss Method you lose:**

- More muscle than fat
- As much muscle as fat
- More fat than muscle**

4. **During Phase 4 Maintenance, we encourage exercise. Eating some healthy complex carbohydrates like fruit, whole grain toast or cereal, an hour before exercising, is a great way to make sure you have enough glycogen for your workout.**

- True
- False**

Coach: These are not available for energy for many hours as it takes time for digestion and absorption.

Week Ten

1. **It is easier to achieve weight loss than to maintain weight loss:**

- True**
- False

Coach: It is a natural process to gain weight, not to lose weight. It is important to reset the pendulum every year.

2. **Even if the Ideal Protein Weight Loss Method is not definitive, why does the dieter have a better chance of maintaining their weight in the Maintenance Phase of the method than with other methods?**

- The dieter gains a lot more muscle mass with Ideal Protein and can burn more calories.
- Ideal Protein has a much better exercise program for the maintenance phase.
- The dieter maintains their muscle mass AND the problem of the dysfunctional or insulin-overproducing pancreas has been addressed. **



3. After weight loss is achieved, the Maintenance Phase should include:

- a. Between 800 and 1200 Kcal per day
- b. Between 1200 and 1800Kcal per day
- c. *1800 Kcal or more, depending on the individual**

Coach: Emphasize the importance of using the BCA periodically during maintenance.

4. In maintenance, after a major dietary deviation, the client should:

- a. Go back on Phase 1 for 3 days
- b. Go back on Phase 1 until their goal weight has returned
- c. *Do one day and one day only of Phase 1 with or without the packets.**
- d. Do one or two days of Phase 1 depending how big the cheat was, and should use the packets to ensure success.

Week Eleven

1. Weight gain is primarily due to:

- a. What one eats; in particular, bad food combinations
- b. Changes in the emotional state of the person
- c. Changes in the hormone levels of the person
- d. How much alcohol the person consumes
- e. *All of the above can contribute to weight gain**

2. Ideal dieters will normally gain 3 to 4 pounds between Phases 3 and 4, why?

- a. They start eating carbohydrates again and carbohydrates make you gain weight
- b. They did not start the exercise program they were supposed to
- c. *Glycogen stores have been replenished and 4 grams of water are attached to each gram of glycogen.**

Coach: This is a one-time gain of water, NOT a gain of fat and the dieter may continue to lose inches.

3. It is more difficult to lose weight than to gain weight because:

- a. *Losing weight is an unnatural process**
- b. Gaining weight is an unnatural process

4. During maintenance, how should a minor cheat be handled?

- a. *Nothing needs to be done so long as this does not become a habit**
- b. The client needs to do just one day of Phase 1 the following day.
- c. They should go back on Phase 1 for a week to reset their pancreas.
- d. Tell them this is a waste. If you want to deviate then 'go all out' and do one day of Phase 1 the following day.



Week Twelve – Preparing for Phase 4 Maintenance – Ensure your dieters includes Cal-Mag and Multi-Vita with their weekly order. If they are finishing up, suggest using Enzymes, Anti-Oxy and Omega-3 Plus supplements in Phase 4.

1. In the Maintenance Phase, it is mandatory to try to consume protein with each major meal of the day.

- a. True
- b. False*

Coach: If a person chooses to have protein with each meal, that is fine; however, it is not necessary. What is important is that they ensure they are getting at least the minimal adequate amount of protein every day (lean body weight divided by 2 = minimum amount of protein in grams).

2. In our Maintenance Phase, complex carbohydrates are:

- a. Optional
- b. Avoided
- c. Not consumed
- d. Essential*

Coach: Complex carbohydrates do not necessarily make us gain weight, and they help preserve muscle mass by decreasing gluconeogenesis. They are also an excellent source of fiber and micronutrients.

3. During maintenance, 1 oz of hard cheese is preferable to 1 oz of a soft cheese:

- a. True*
- b. False

Coach: Hard cheeses contain less fat and carbohydrates; Swiss cheese is a better choice than Brie or Camembert.

4. After reaching your goal, the Maintenance Phase should last:

- a. One month per pound lost
- b. One year per pound lost
- c. For life*
- d. Dependent of the individual

5. Studies have shown, that after a dieter loses 30 lb or more, they are more likely to maintain their new weight if they:

- a. Use a protein-based meal replacement supplement such as *Ideal Complete* for **one main meal during the day**.
- b. Maintain a food journal to track what they eat daily.
- c. Start a regular exercise regimen (this does not have to be strenuous); walking is fine, as long as they are consistent.
- d. All the above are correct.*