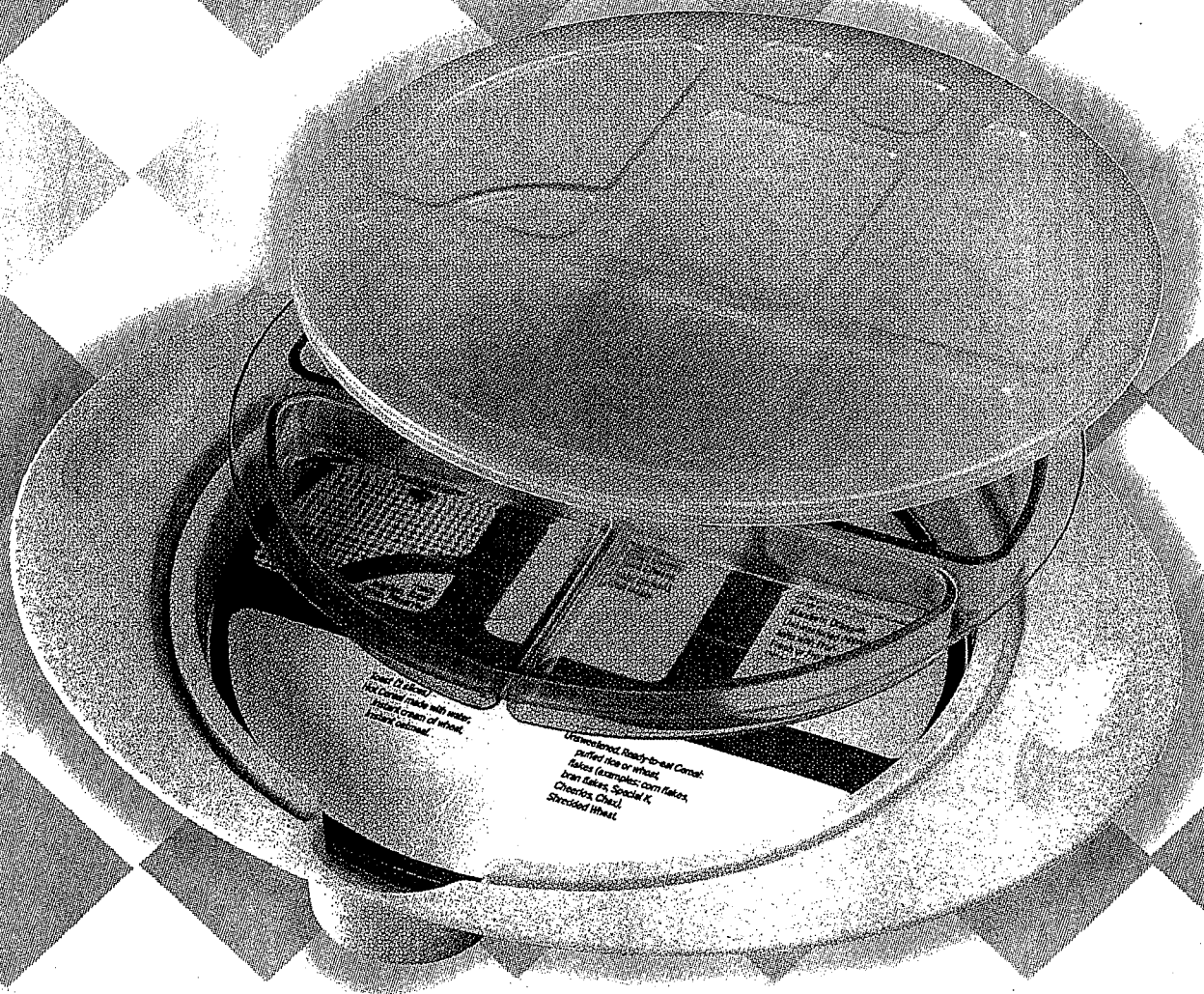


# Perfect Portions

*Weight Loss System*



## INSTRUCTIONAL BOOK

# Table of Contents

Introduction .....	1
Welcome.....	2
How The Program Works.....	3
Perfect Portion System .....	3-4
Choosing Your Calorie Levels.....	5
The Food Groups and Quantities.....	5-6
Fresh Vegetables .....	7
How to use your Perfect Portions Dish.....	8-9
A Sample Day .....	10
Beverages .....	10
Complimentary Vegetable List.....	10
Free Snacks.....	11
Available Condiments.....	11
Your Perfect Portions on the Go.....	11
High Calorie Sweets, Snacks and Beverages .....	11-12
Working Over Your Recipes .....	12
If The Recipe Calls For ...Try This Instead:.....	12-13
Maintaining Your Goal Weight.....	13
Special Needs.....	13
A Word of Caution Before You Begin.....	13
Tape Your Before Photograph Here.....	14
Measurement Guidelines.....	15
Measurement Progress Chart.....	16
Food For Thought.....	17

# INSTRUCTIONAL BOOKLET

## CONGRATULATIONS!

Finally, you can lose weight the natural way -- **eating**. You can eat all your favorite foods, lose those unwanted inches and keep them from returning for the rest of your life.

We have taken all the guesswork out for you. No more weighing your foods, counting your fat grams or counting calories -- we do it for you -- it's that easy.

By following the Perfect Portions Weight Loss System, you will be practicing balance, moderation and variety for maximum weight control. Remember, it's not what you eat -- it's how much you eat that makes someone overweight.

The Perfect Portions Weight Loss System provides a simple, workable solution for all family members -- and you can take it anywhere. It's a way of living that is sensible, healthy and attainable for everyone. This is an honest plan that sets you free from the painful, agonizing dieting - and gives you the real results you've been searching for.

When followed correctly, the Perfect Portions Weight Loss System will enable you to lose your weight effortlessly by helping you choose your foods for high energy, fat burning and lean living. You will be **eating light** and **eating right!** A fringe benefit of eating right and exercising is a fit and trim body that works well both on the outside and inside. Lowered blood pressure and decreased risk for cancer or heart disease have been proven to accompany a low fat eating plan and some form of moderate exercise. We provide all your necessary wellness ingredients.

The Perfect Portions Weight Loss System is your own personal food coach. So join us now on the new way -- the Perfect Portions Weight Loss System way. It's a delightful and rewarding journey to a brand new you. Enjoy.

Buon Appetito!!



Jaime Brenkus

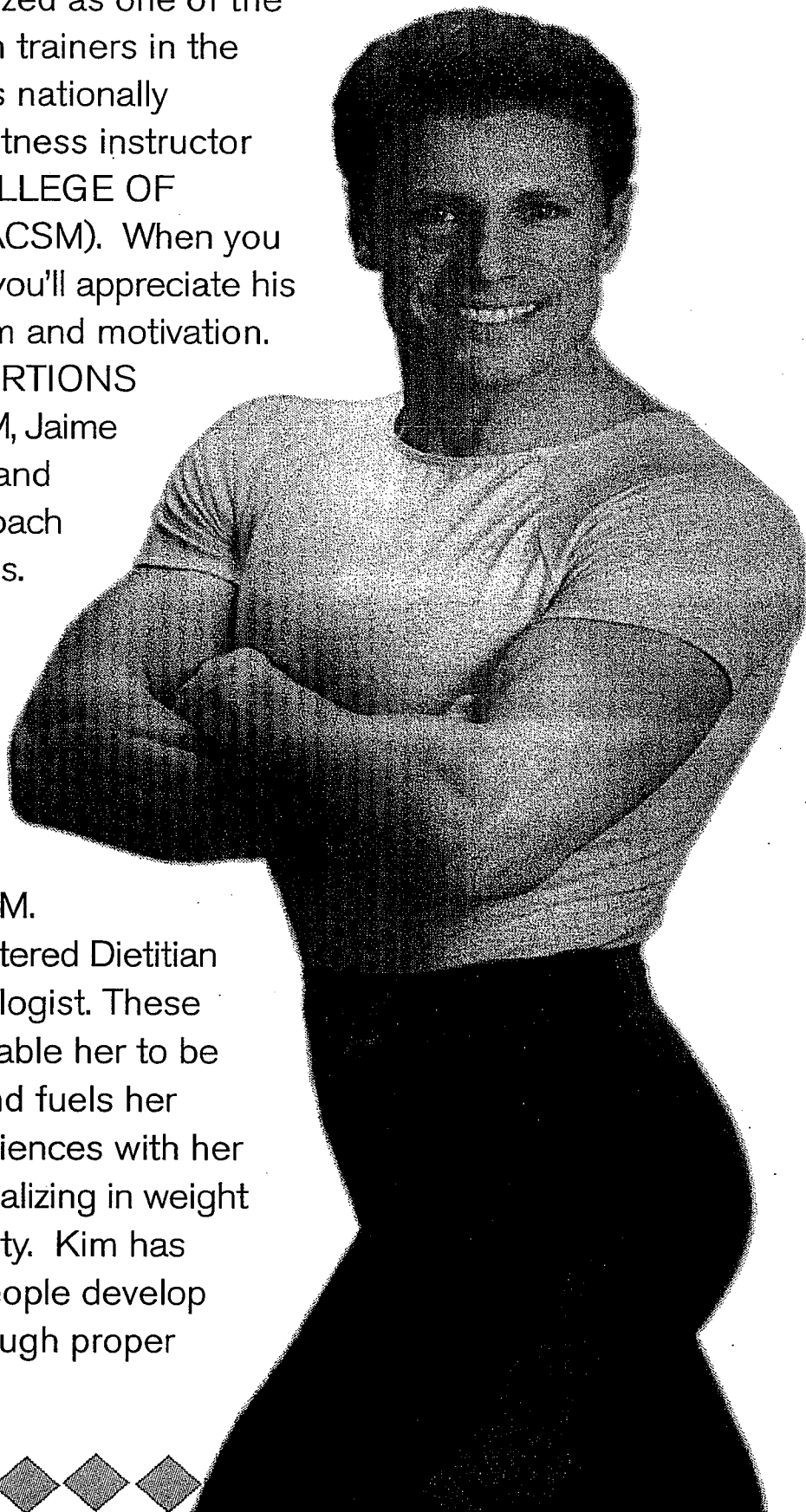


# WELCOME

**Jaime Brenkus**, designer of the million selling 8 MINUTE ABS series and the award winning KATHY IRELAND exercise video. Jaime is recognized as one of the premier personal health trainers in the United States. Jaime is nationally certified as a Health/Fitness instructor by the AMERICAN COLLEGE OF SPORTS MEDICINE (ACSM). When you meet Jaime personally, you'll appreciate his unparalleled enthusiasm and motivation. With the PERFECT PORTIONS WEIGHT LOSS SYSTEM, Jaime brings you his passion and energy in this new approach to fun, healthy weight loss.

**Kim Gorman**,  
M.S., R.D., L.D., -  
Co-designer of the  
PERFECT PORTIONS  
WEIGHT LOSS SYSTEM.

Kim is a Licensed Registered Dietitian and an Exercise Physiologist. These unique duo degrees enable her to be an expert in her field and fuels her dedication to reach audiences with her nutritional lectures specializing in weight management and obesity. Kim has helped thousands of people develop a healthier lifestyle through proper nutrition and exercise.



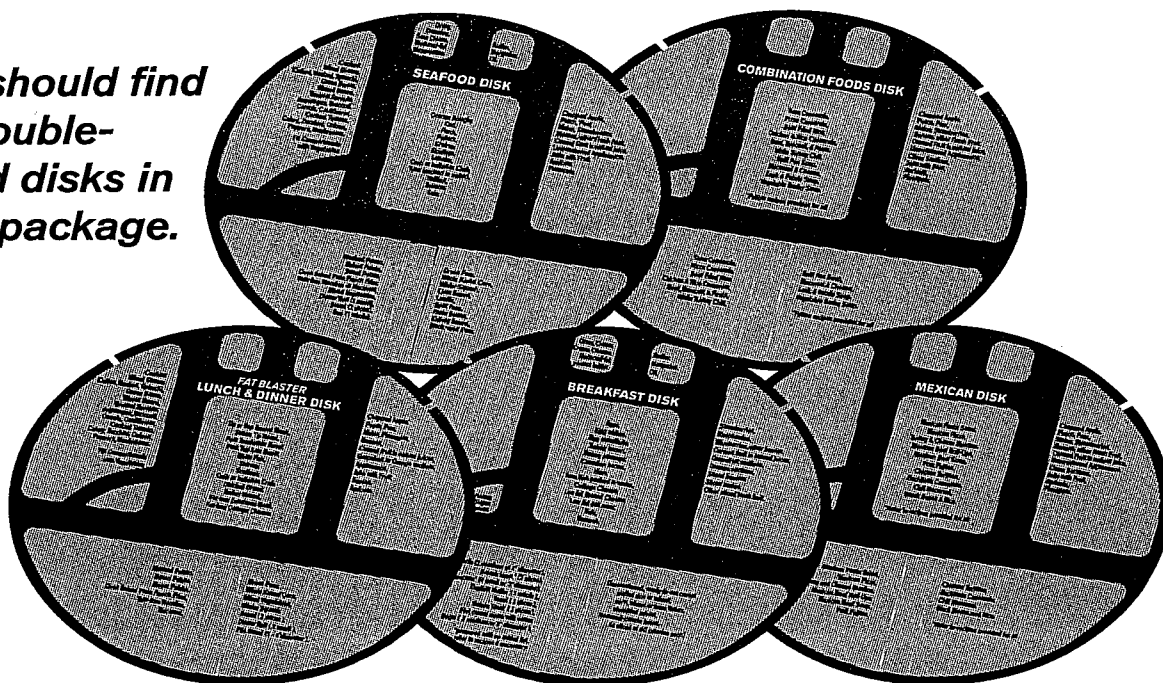
## How The Program Works


This program has been designed to promote safe weight loss and maintain lifelong healthy eating habits. The combination of healthy eating with a program of regular exercise will boost your metabolism; the key ingredient to losing the weight permanently! The intrinsic features of **The Perfect Portions Weight Loss System** disks include; equal distribution of calories among meals to elevate metabolism, balanced nutrition for disease prevention, and a strategic distribution of carbohydrate, protein, and fat to prevent in between meal hunger. **The Perfect Portions Weight Loss System** will make it easy to portion control which means lower calories for a safe rate of weight loss. There will be no measuring on your part. Simply place your desired Disk at the bottom of the Dish and fill each compartment with your food choice visible through the plate bottom and snap the lid in place - it's that easy. You may even choose to refrigerate or freeze meals for upcoming days.


## The Perfect Portions System


You will be eating 3 to 4 meals daily, based on the calories you need for permanent weight loss (see **Choosing Your Calorie Level** - page 5). The 3-meal disk system will supply about 1500 calories daily and the 4-meal disk system will provide about 2000 calories daily. The total calories are distributed to reach approximately 55% carbohydrate, 20% protein, and 25% fat each day.


*You should find  
10 double-  
sided disks in  
your package.*





 **The Breakfast Disk** has a few unique features. Look closely at the upper left-hand triangle on your dish for a small triangular shaped compartment that portions out what we call "other carbohydrate" foods. Here you should see honey, jelly, and other sugar-type condiments for your selection. We also suggest you follow our recipes the first few times where indicated on the disk.


 **The Seafood Disk** lists the leanest protein choices of any other disk. Since the protein choices here have a very small amount of fat, you can fill both the teaspoon and tablespoon fat choices when using this disk.

 **The Beef Disk** gives you the option to choose either the teaspoon or the tablespoon of added fat. You can fill only one of the added fat compartments. If you are choosing two different starches at the meal, use the "speed bump" divider to help guide you into splitting the area.

 **The Mexican Disk, Italian Disk, and Combination Foods Disk** does not allow for any added fat. Therefore, there is some flexibility in the type of meat used in preparation. Note: The entrees listed are duplicated in the starch and protein compartments. Fill both compartments with the entree. Be sure to follow the Recipe Booklet for the Mexican and Combination Foods entrees for the best calorie control.

 **The Chinese Disk** does not allow for any added fat. Stir-fry type entrees tend to have oil added during preparation. Note: The entrees listed are duplicated in the vegetable and protein compartments. Fill both compartments with the entree. The starch group allows for steamed rice only. Chow mein noodles and fried rice are much higher in fat and calories.

 **The Fat Blaster Disk (2 Sided)** is your best choice to quickly start losing fat as well as a quick fix when you feel you have fallen off track. Use the Fat Blaster Breakfast side for seven breakfasts along with the Fat Blaster Lunch & Dinner side for the remaining 14 lunch/dinner meals. Use this disk for seven consecutive days. After the initial week, start using all disks available to maintain variety, balance, and satiety.

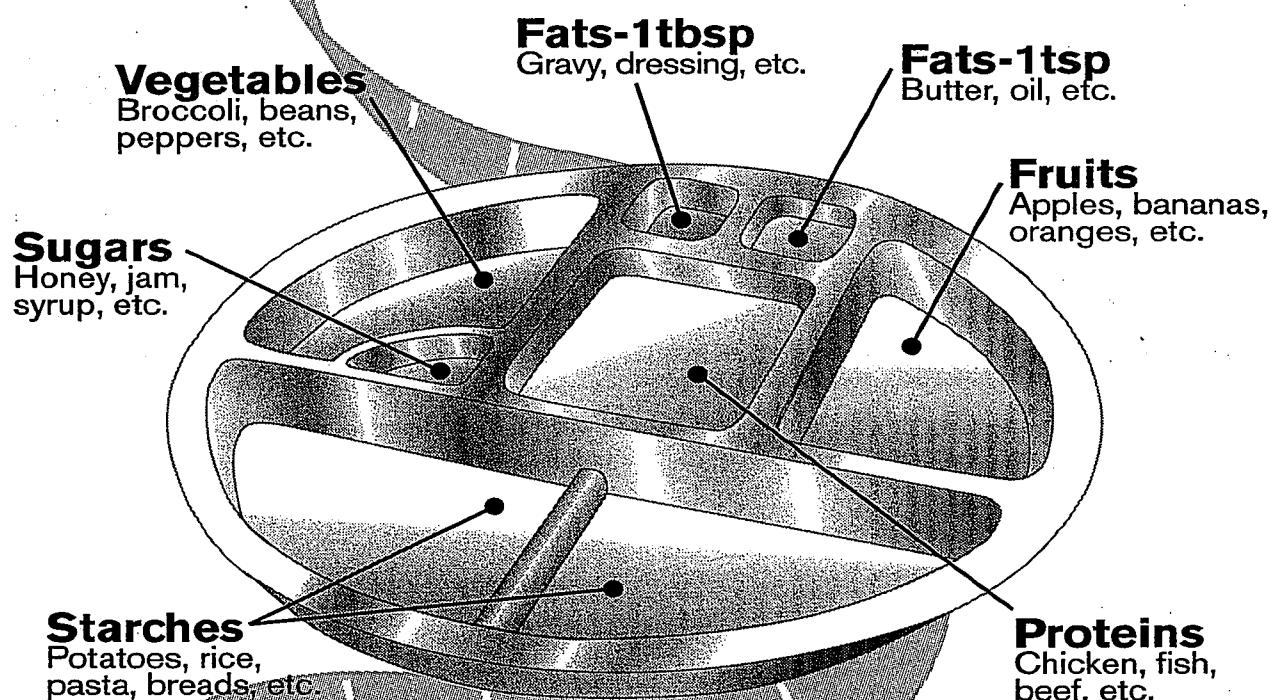
 **The Pork and Poultry Disk** is like the Beef Disk above. You may fill only one added fat compartment. Two starch choices are again available if you choose.

## Choosing Your Calorie Level

Women will benefit the most by using the 3-meal disk system which provides about 1500 calories daily. Men over 5' 10" tall should follow a modified system to include the 4-meal disk system which provides about 2000 calories daily. Remember, the key to permanent weight loss is to maintain a higher metabolism which requires a sufficient number of calories. As you lose weight, you will be training your body to function at a higher calorie level.

## The Food Groups and Quantities

The bottom half of the dish is the starch or **carbohydrate** group. This is the largest serving size because carbohydrate is what fuels your muscles, organs, and brain. You will find foods like potatoes, corn, peas, and bread in this group. Making whole grain choices in this group will increase your daily fiber. The compartment holds about 1 1/4 cups.



continued on page 6

The upper right-hand triangular compartment is used for the **fruit** while the upper left-hand triangular compartments are for cooked **vegetables**. (Note: There's a division in the vegetable compartment to portion out "other carbohydrates" when using the **Breakfast Disk and Fat Blaster Disks**). When filling this small compartment, simply dip your utensil into the added carbohydrate and then on your food. These two groups also provide some carbohydrate, but are best known for their "antioxidant" properties and fiber content. Each holds just over ½ cup serving.

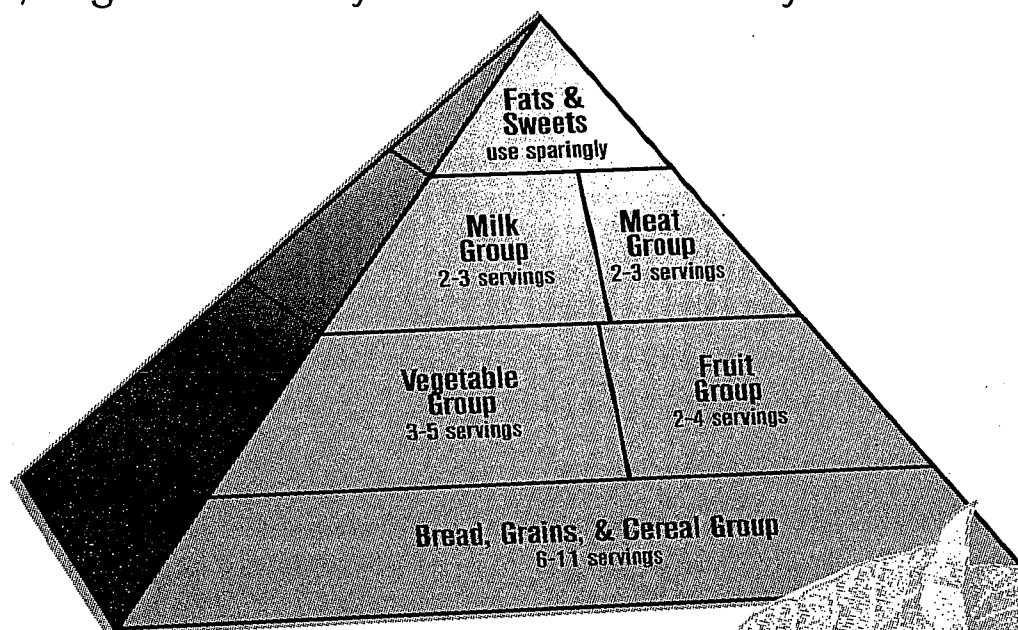
The smaller rectangle in the center is for the **protein**. By providing nearly 20% of calories from protein, your body will be able to preserve muscle while you lose fat. Muscle is what keeps your metabolism up; the more muscle you have, the more calories you'll burn off each day. In addition, protein at each meal will greatly extend the feeling of fullness between meals. Each meal offers just over 2 ounces of meat or a meat alternative.

The fifth food group, **dairy**, is not visible on the plate. The dairy group provides protein, carbohydrate, and calcium. Calcium is a must for bone health. You should add a 1 cup (8 ounce) serving of skim or 1% milk to the breakfast meal and ½ cup (4 ounces) to the lunch and dinner meals. Another alternative is to try 100 calorie yogurt or homemade sugar-free pudding made with skim or 1% milk in the same quantities listed above. If you are lactose intolerant, try Lactaid 100 milk in the dairy aisle of your grocery store.

Lastly, you will see two small square shaped compartments at the top of the dish used for added **fats**. The smallest one holds about 1 teaspoon while the larger one holds about 1 tablespoon. When filling these small compartments, simply dip your utensil into the added fat and then on your food.



The food items filling each compartment should be prepared **without** any added fat unless specified in the given recipes. To keep the calories controlled, you can use a regular fat in cooking only if the disk allows for the serving (**Breakfast, Seafood, Beef, Pork and Poultry Disks**). Then, be conscious to keep the added fat compartment empty on your plate (you already used it in cooking). Once you have mastered low-fat cooking and the food groups, begin to create your own meals from your favorite recipes.



### **Fresh Vegetables**

If you find yourself feeling a little less full than you would like, add a side salad to the meal. Use regular dressing if allowed on the disk, otherwise, use a fat-free dressing, a vinegar, or squeeze some lemon. Choose from the **Complimentary Vegetable List** to create your salad.

# Perfect Portions

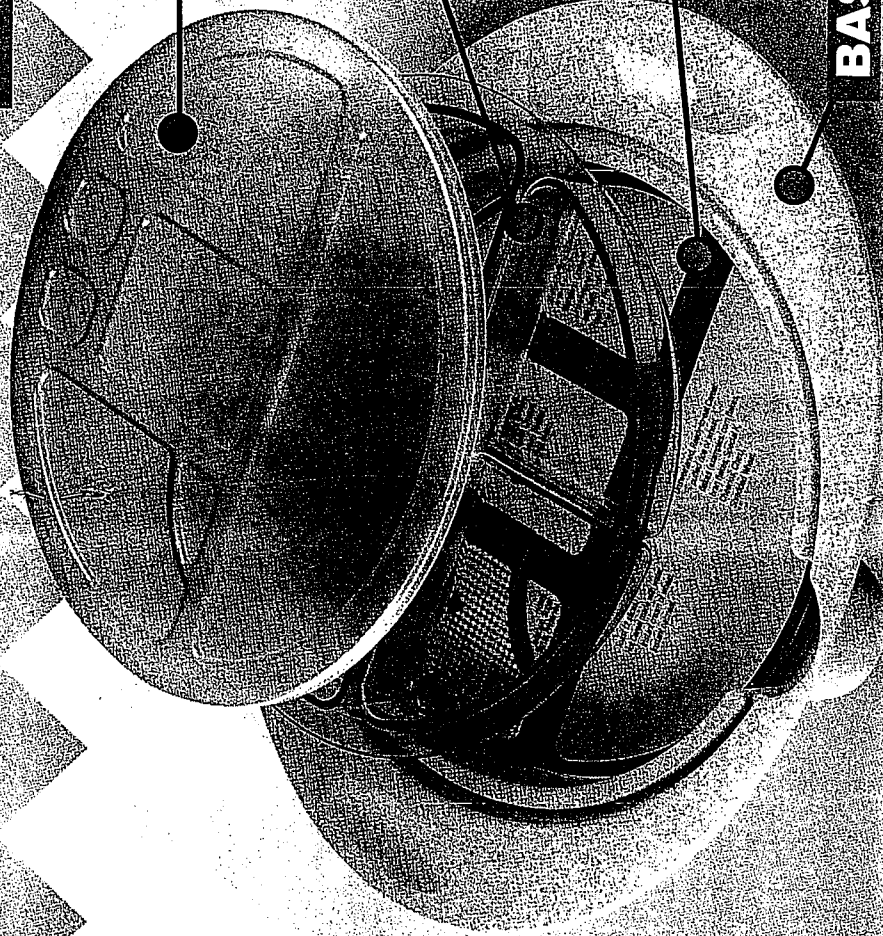
*Weight Loss System*

## After opening your dish

- ◆ Remove the lid, dish, base and meal plan disks.
- ◆ Unsnap the lid from the dish.
- ◆ Remove the meal plan disks.
- ◆ Wash all pieces, except the meal plan disks, either by hand or in a dishwasher.
- ◆ You are now ready to use the Diet Dish.

## How to use your Perfect Portions Dish

- ◆ Select one of the meal plans.
- ◆ Place the remaining meal plan disks in the bottom of the Base.
- ◆ Place the selected meal plan disk on the top of the remaining disks into Base.
- ◆ Rotate the meal plans until the slot aligns with the tab in the Base bottom.
- ◆ Place the dish over the meal plan disks and rotate until the dish aligns with the disks and locks into the base.
- ◆ When properly installed the meal plan disks and the dish will not rotate in the base.
- ◆ Fill the food compartments in the dish with the foods prescribed on the meal plan. Your food should only fill to the top of the dish. **DO NOT OVER FILL DISH.**
- ◆ Microwave 2 minutes than stir and 2 minutes more or till done. This will ensure the most effective and even cooking times. From freezer to microwave, thaw first in your microwave, than follow the above times till food is cooked. **DO NOT MICROWAVE THE DISH WITH THE LID ON.**
- ◆ Food temperature will vary due to differences in microwave output. Be careful when touching the food, it will be hot.
- ◆ Wash the dish in hot soapy water or in your dishwasher. Rinse thoroughly before next use.



### LID

- Soft, pliable plastic lid
- Easy-to-remove from dish
- Leak-resistant seal
- Snaps tight to lid

### DISH

- Convenient, easy-to-fill food compartments
- Durable plastic eating surface

### MEAL DISKS

- 10 easy-to-use meal plans
- Convenient storage in base

### BASE

- Sturdy, plastic base
- Convenient thumb notches for easy carrying
- Convenient storage for meal disks, dish and lid

## For travel or lunch at work

- ◆ Fill the food compartments in the dish according to your selected meal plan disk.
- ◆ Drain excess fluid from your food.
- ◆ Attach the lid by locking it securely onto the dish.
- ◆ Keep the dish and lid horizontal or flat during transport.
- ◆ The lid seal on the dish is leak resistant, not leak proof. Some fluids can transfer from one compartment to another compartment.

The base, lid, dish and meal plan disks are manufactured of FDA approved materials to be food safe, microwaveable, freezable and dishwasher safe. We recommend that you only eat your meals from the dish as described. This way you are following the prescribed meal plans and will minimize your potential weight loss. While the base, lid and meal plan disks are food safe, we recommend that you do not place food directly in the base or on the lid or meal plan disks. Using the base for food is not the prescribed way to use the product and will likely minimize or eliminate potential weight loss.

You will achieve much more success by spacing your meals evenly throughout the day. Remember, **breakfast is the most important meal of the day**, it jump-starts your metabolism!

### ***A Sample Day***

#### **Breakfast**

- pancakes  
syrup  
butter
- turkey sausage
- strawberries
- 1 cup skim milk

#### **Lunch**

- bread
- deli roast beef  
horseradish
- side salad  
regular dressing
- sliced melon
- sliced tomato/lettuce
- ½ cup "light" yogurt

#### **Dinner**

- orange roughly  
butter while broiling
- cut asparagus
- baked potato  
sour cream
- mandarin oranges
- ½ cup sugar-free  
pudding

### ***Beverages***

The following calorie-free beverages can be chosen as an addition to the 8-8 ounce glasses of water that we recommend you drink daily.

coffee  
tea  
diet soft drink  
sugar-free drink mixes

seltzer water  
mineral water  
non calorie flavored water  
bouillon

### ***Complimentary Vegetable List***

Choose from the following list of vegetables to compliment your lunch or dinner meals or as an added snack.

lettuce	radish	cucumber	sauerkraut
broccoli	cauliflower	carrots	spinach
cabbage	celery	tomato	peppers
green beans	asparagus	pickles	waxed beans
bean sprouts	onion	mushrooms	alfalfa sprouts
beets	turnips	zucchini	pea pods
eggplant	greens	okra	water chestnuts

### **Free Snacks (25 cal or less)**

Choose an item from this list to satisfy your "sweet tooth".

sugar-free popsicle  
rice cake  
sugar-free jello  
any vegetable listed

sugar-free creamsicle  
sugar-free hard candy  
2 pieces hard candy

### **Available Condiments (1 tablespoon or less)**

Limit to no more than one per meal.

ketchup

relish

teriyaki sauce

fat-free salad dressing

fat-free sour cream

nondairy creamer

croutons

horseradish

tobasco sauce

lemon/lime juice

fat-free mayonnaise

fat-free cream cheese

fat-free margarine

fat-free whipped topping

cocktail sauce

soy sauce

sugar substitute

mustard

salsa

vinegar

### **Your Perfect Portions Dish on the Go**

If you plan to re-warm the meal at a later time, try taking a palm sized piece of fresh fruit, 4 ounce prepackaged canned fruit, applesauce, or ¼ cup of dried fruit. Then leave the fruit compartment empty. In addition, an 8 ounce container of 100 calorie yogurt travels well and meets your dairy servings for the lunch and dinner meals.

### **High Calorie Sweets, Snacks and Beverages**

Special occasion foods and beverages are a part of any healthy lifestyle. We recommend that you practice moderation (Limit of three times per week) and pre-plan as often as possible. These foods provide lots of calories with very few vitamins and minerals. Sharp label reading skills are a must to work in your favorite snacks! First, read the serving size at the top of the label. Second, read the calories per serving. You can always adjust the serving size to keep the calories where you want them. The following list gives examples of 100-200 calorie items that can be worked into the day instead of adding on any additional calories for the day. By omitting the fruit and ½ the starch serving at one meal, you can safely allow for one of the following:



1/2 cup ice cream or sherbet  
3/4 cup lowfat or sugar-free ice cream  
1/8 single crusted, fruit or custard pie  
2 fun sized candy bars  
6 Hershey Kisses  
2 - 2 1/2" diameter cookies  
2 1/2" x 2 1/2" cube of frosted cake  
1- 3/4" x 3/4" cube of cheese  
3 cups non-airpopped popcorn  
6 cups airpopped popcorn

12 ounce beer  
6 ounce wine  
12 ounce pop  
12 ounce juice drink  
1/4 cup mixed nuts  
handful of snack chips  
1 granola bar  
1 sm. doughnut/plain cake  
8 - 12 crackers

### ***Working Over Your Recipes***

The secret to tasty lowfat cooking is to begin modifying a recipe in small ways; record the modification, and record the acceptability. Below you will find suggestions for the first time you modify a recipe followed by the second time. Your changes might even be some place between the suggestions offered. The secret is small changes.

### **If The Recipe Calls For ...**

### **Try This Instead:**

1 egg	2 egg whites
Mayonnaise	1. Lite mayonnaise 2. Fat-free mayonnaise
Salad dressing	1. Reduced fat dressing 2. Fat-free dressing or vinaigrette
Sour cream	1. Reduced fat sour cream 2. Fat-free sour cream or plain yogurt
Oil in baked goods	1. 1/2 oil and 1/2 fruit puree 2. fruit puree in equal amounts
Browning meat in oil	use non-stick pan coated with nonfat vegetable spray

Sauteing vegetables in a fat ♦♦♦♦♦ 1. Use ½ the fat called for and the remaining water  
2. Use all water

Cream ♦♦♦♦♦ 1. Reduced fat cream  
2. Evaporated skim milk

Broiling or steaming with fat ♦♦♦♦♦ Sprinkle Butter Buds, Molly McButter or use a spray margarine

Cheese ♦♦♦♦♦ 1. Reduced fat cheese  
2. Fat-free cheese

## ***Maintaining Your Goal Weight***

Congratulations!! You have reached your goal weight. Now it is time to set up a personalized healthy weight range. Knowing that water weight fluctuates daily, it is best to limit weigh-ins to no more than once a week. Allowing three pounds up or down from your goal weight will typically help you keep a good handle on your current weight. If you weigh-in two weeks in a row at the high side of your range then it is time to re-visit your Perfect Portions. Losing sight of snack frequency, snack sizes, and meal portions can promote weight gain. Stay motivated and you will keep the weight off for life.

## ***Special Needs***

Individuals, particularly those with special dietary needs, such as people with diabetes, women who are pregnant or breast feeding, those under 18 years old, anyone taking prescription medication or anyone under a doctor's care for a medical condition should always get advice from their doctor to determine special dietary needs.

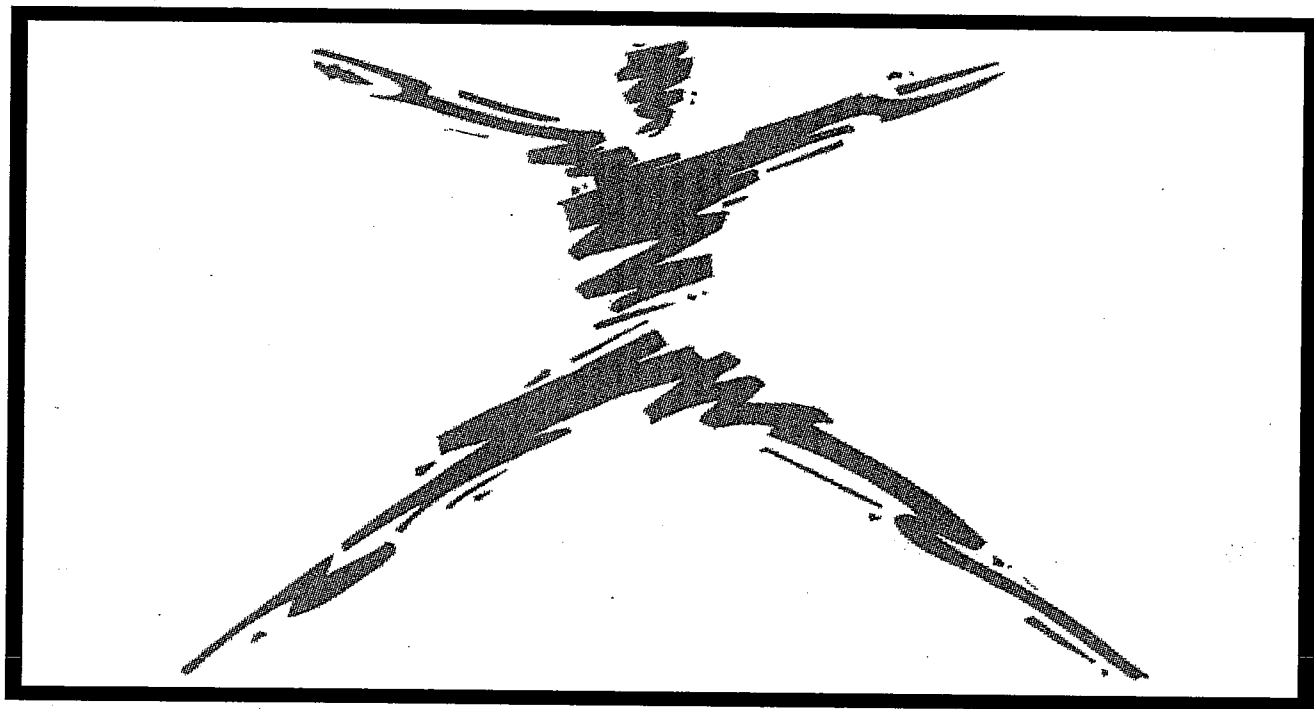
## ***A Word of Caution Before You Begin . . .***

Before beginning any weight management program, you should check with your physician first. After approval from your physician, start this program at your own pace and listen to your body. Congratulations on taking the first and last step to a new and energetic you.

We are dedicated to helping you achieve the body and mind that will keep you at your best - always!!

Jaime Brenkus

This is the starting point on your journey to a healthier, more energetic you!

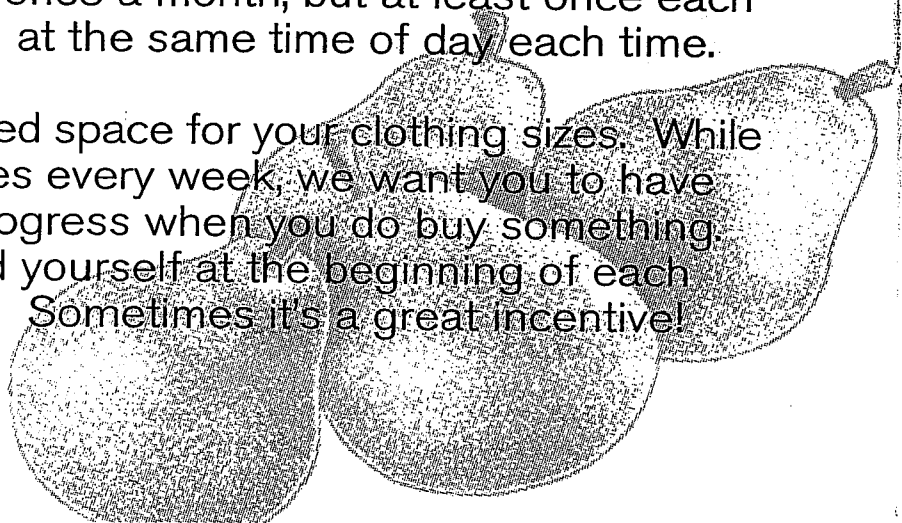


***Tape Your Before Photograph Here for Extra Inspiration!***

**STEP 1:** We want you to choose a “before” snapshot to paste into the space above, because we want you to remember where you started. Days, weeks, and a few short months from now, you’ll be amazed at how far you’ve come!

**STEP 2:** You’ll want to grab a measuring tape for this next part. Find the Progress Chart in the back of this Booklet. Take your measurements and record them in your personalized chart. Illustrations and instructions on the next page will help you stay consistent when you measure month-to-month. We recommend you measure no more than once a month, but at least once each month. Be sure to weigh in at the same time of day each time.

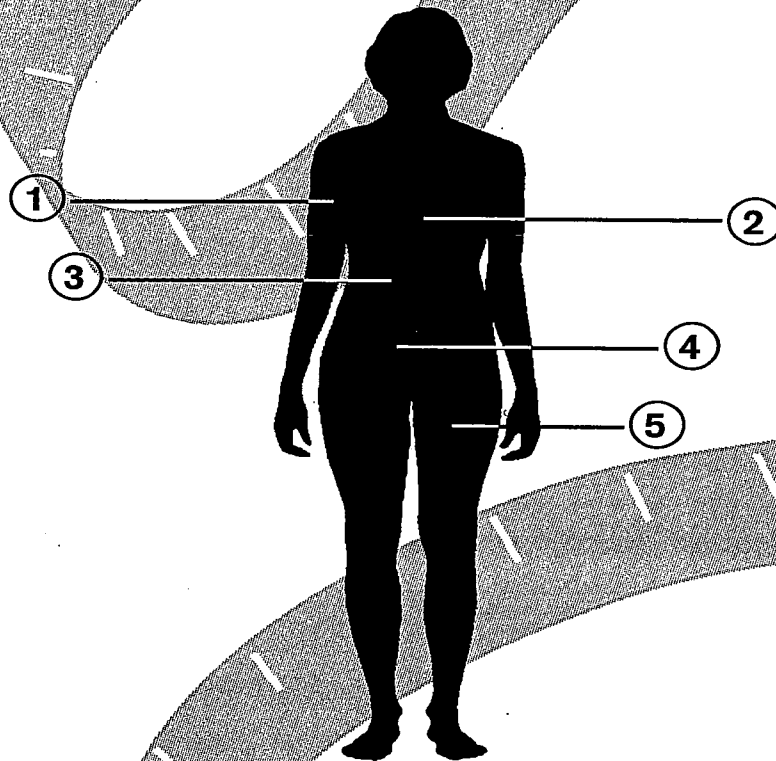
**STEP 3:** We’ve also provided space for your clothing sizes. While you may not buy new clothes every week, we want you to have space for recording your progress when you do buy something. Maybe you’ll want to reward yourself at the beginning of each month with something new! Sometimes it’s a great incentive!



## Measurement Guidelines

You'll be amazed at where you lose inches when you lose weight. Often, watch bands and rings need adjustments. Some people's shoe size even gets smaller!

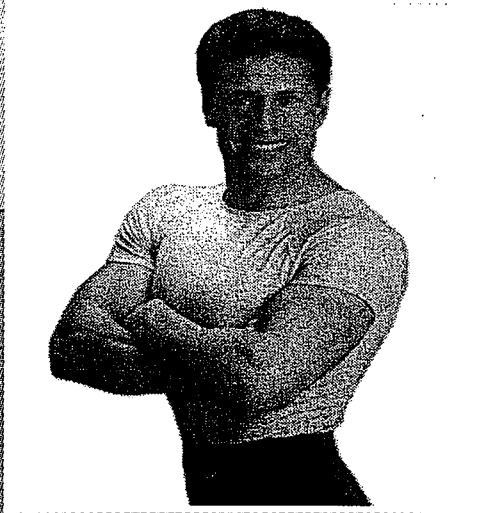
Below you'll find tips that will help ensure you measure accurately the same way each time you measure your progress. Be sure not to pull the tape too tight! Skin should not "bulge" at the edges of the tape! If you stand in front of a full length mirror when you measure, you'll have more accurate results.



- |   |                 |   |
|---|-----------------|---|
| 1 | Upper Arm:      | the widest part of the biceps, only one arm   |
| 2 | Bust/Chest:     | the widest part, across the nipples           |
| 3 | Waist:          | midway between the bust/chest and the hips    |
| 4 | Hips:           | the widest part of the buttock, feet together |
| 5 | Thigh - Single: | the widest part of the thigh                  |



<b>MEASUREMENT / WEIGHT / CLOTHING SIZE PROGRESS CHART (FILL IN APPROPRIATE ROW)</b>						
<b>MEASUREMENT</b>	<b>STARTING</b>	<b>WEEK 4</b>	<b>WEEK 8</b>	<b>WEEK 16</b>	<b>WEEK 20</b>	<b>TOTAL LOSS</b>
Upper Arm						
Bust/Chest						
Waist						
Hips						
Thighs - Left						
Thighs - Right						
<b>WEIGHT</b>						
<b>SIZES</b>						
Tops						
Pants						
Skirts						
Dresses						
Jackets/Coats						
Underwear						
Bras						
Pantyhose						
Shoes						
Ring						



***Some of  
Jaime Brenkus'  
Favorite Food  
For Thought:***

“

*Thou shouldst eat to live -  
not live to eat! -Cicero*

*The journey from fat to fit -  
happens one pound at a time.*

*The pleasure you get from life is equal to the  
attitude you put into it.*

*We are judged by what we finish, not by what we start.*

*The future belongs to those who believe  
in the beauty of their dreams.*

*The race is not only too the swift, but to those  
who keep on running.*

*Some people dream of success,  
while others wake up and work hard at it.*

*You become successful the moment you start  
towards a worthwhile goal.*

*Attitude is a little thing which makes  
a BIG difference.*

”

