



Lose IT FOR GOOD!

A Sustainable Weight Loss Management Method

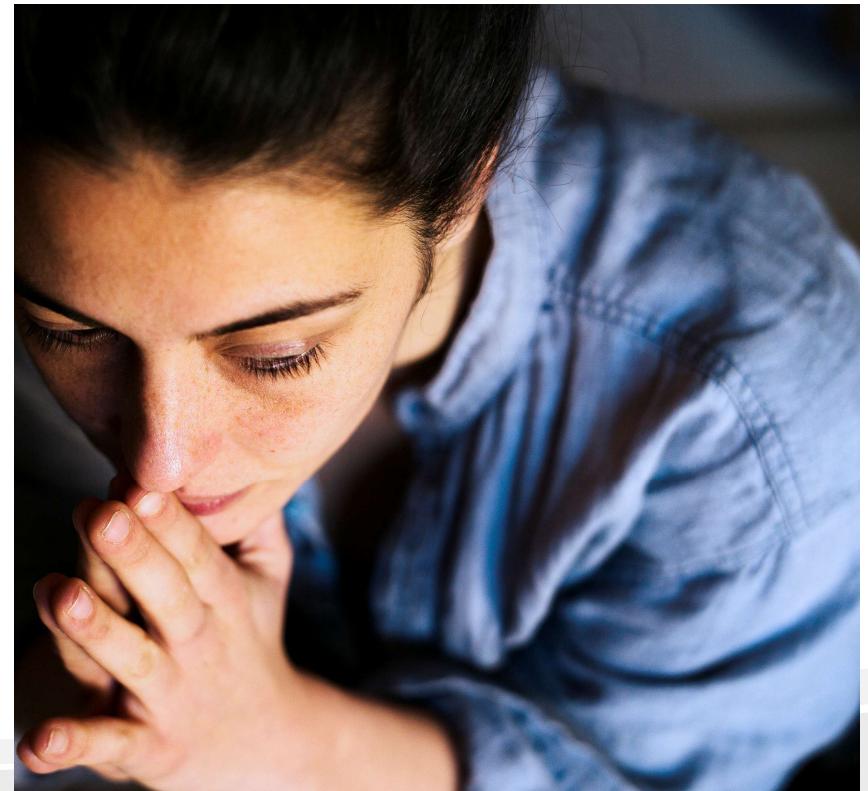


Patty Reed



Do you feel OVERWEIGHT?

- Have you lost weight only to gain it all back?
- Do you feel hopeless about what to do?
- Do you suffer from cravings or hunger pains?
- Do you feel guilty about what you eat?
- Are you frustrated with dieting?
- Are you motivated to try something new?





Diet's often FAIL! ;<

Restrictive

Unpalatable

Difficult

Temporary

Expensive

Hunger

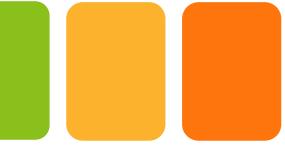


Lose IT FOR GOOD!

If you are tired of the endless cycle of diets and disappointments, if you are yearning for a life changing result, then I am here to help. Together, we will embark on a journey of transformation—one that could give you not just physical change, but a renewed sense of vitality and self-confidence. Say goodbye to the old you and hello to a brighter and better future by using my weight loss method, with me as your personal coach.



Patty Reed



Patty's STORY

Back in 2018



That Pivotal Moment in MY LIFE

I recount the moment. As I stared at a photograph of myself a wave of disgust washed over me. “Is that really me?” It was in that moment, a desperate feeling settled within me. Something had to change, and it had to be now.

I had tried other diet programs, each promising transformation but delivering only disappointment. But this time, I knew I had to do something simple and healthy to make it last.

With relentless determination, I took a new approach. I was so excited when I started to see it working, and that gave me momentum to keep going and I never looked back. For I had discovered not just the key to losing weight, but finding myself anew, along with a sense of empowerment and joy that surpassed anything I had ever imagined.

Patty Reed



My SITUATION



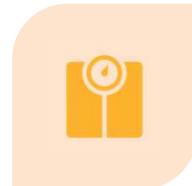
UNHAPPY WITH MY
APPEARANCE



WANTED TO RETAIN
GOOD HEALTH



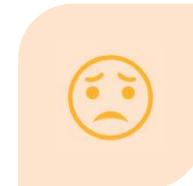
DESIRED TO LOSE
WEIGHT AND KEEP IT
OFF FOR GOOD



TRIED OTHER WEIGHT
LOSS PROGRAMS THAT
DIDN'T WORK



NOT INTERESTED IN
EXPENSIVE AND
DIFFICULT METHODS



FRUSTRATED AND
DESPERATE

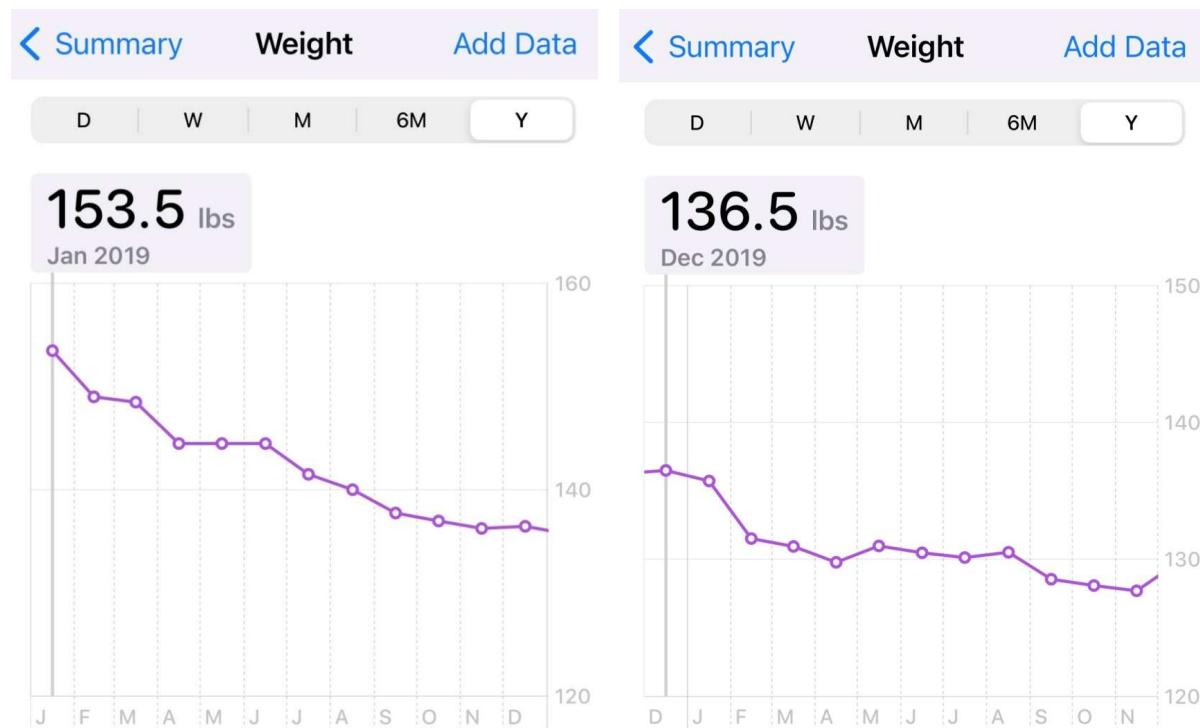


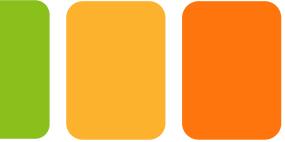
My Actions

- Took a long game approach
- Maintained simple/regular routine
- Tracked food intake and weight daily
- Ate large quantities of natural foods
- Avoided/limited certain foods
- Drank large quantities of water
- Added daily physical activity
- Exercised patience



Screen Shots from my iPhone





It WORKED!

I created a new method for myself



My RESULTS



- Reached ideal weight in 1 ½ years
- Retained it for 4+ years now
- No longer stressed about weight
- No hunger pains or cravings
- Improved digestion
- Feel in control
- Have a lot more energy
- Happy with myself



Before and AFTER



This was Patty
157 pounds
Size 8-10



This is Patty
127 pounds
Size 4-6





Lose IT FOR GOOD!

I've taken my formula for achieving weight loss and turned it into a transformative solution to help others do the same. Say goodbye to dieting and hello to lasting results. With Lose It For Good!, you'll feel supported from your personal coach while making important and necessary lifestyle changes. Join me in embracing a journey of empowerment and transformation. It worked for me, and it might work for you too! Let's make your weight loss goals a reality together. I would love nothing more than to see you succeed!

Start your weight loss journey with me today!

Patty Reed



Lose IT FOR GOOD!

It might work for you too ☺



Benefits of LOSE IT FOR GOOD!



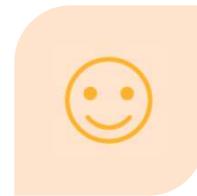
NATURAL



SIMPLE



HEALTHY



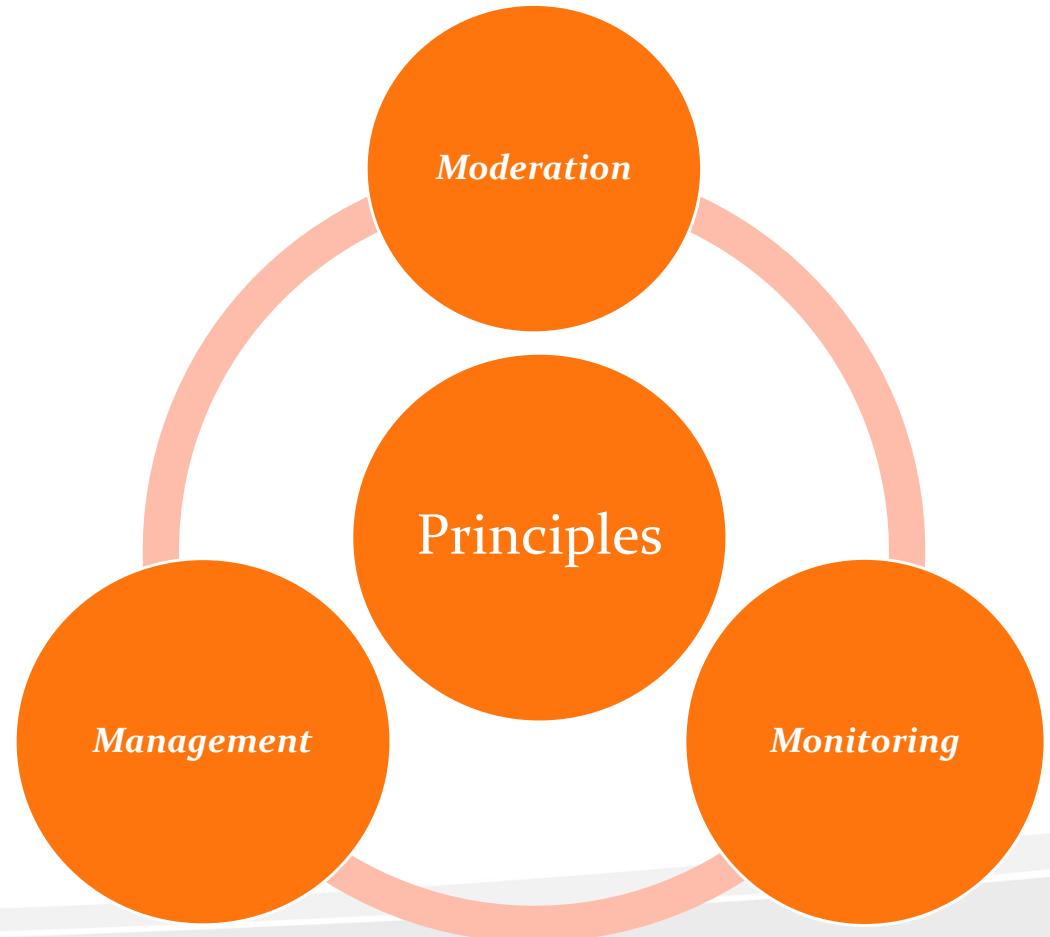
ENJOYABLE



LONGEVITY



Principles

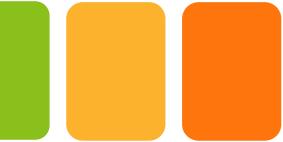




Absolutely NO!

Diet pills
Counting calories
Weighing food
Pre-packaged meals
Fasting or hunger pains
Subscription
Mandated meetings
Surgery
Book to read





Lose IT FOR GOOD!

A sustainable weight loss management method



Personal TRAINING & COACHING



Detailed assessment of your situation and habits



Instructional information and personal coaching



Additional services:

- Create grocery lists
- Shop for food
- Organize your kitchen
- Plan your meals
- Provide recipes
- Prepare meals



Disclaimers

No guarantees



No health claims



Follow directives from your Doctor or medical professional



Neither party is under obligation and may stop any time



Next STEPS

1. Choose a plan
2. Sign agreements
3. Take an assessment
4. Method instruction
5. Create a plan
6. Set up the essentials
7. Begin your transformation

**Sessions are conducted virtually*





The TOOL KIT

- Method guidelines
- Personal assessment
- Automated appointments
- Inspirational tracker
- Recipe book
- Cooking demos
- Progress report





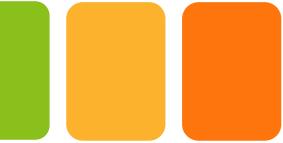
Added SERVICES

- Create grocery lists
- Shop for food
- Organize your kitchen
- Meal plans
- Prepare meals

**In-person sessions available within a 30-mile radius of San Rafael, CA.*

\$100.00 per hour, or prorated at 30 min intervals





Choose a PLAN!

Flexible options depending upon your needs



Monthly Plan – *I Will Test Drive!*

- Personal assessment
- Method instruction
- Create a plan
- Set up the essentials
- Weekly 1/1 sessions
- Progress report
- \$500. per month





6 Month Plan – *I'm In!*



Personal assessment
Method introduction
Create a plan
Set up the essentials
Weekly 1/1 sessions
6-month progress report
\$1,900.



Annual Plan – *What a Difference a Year Makes!*

Personal assessment

Method introduction

Create a plan

Set up the essentials

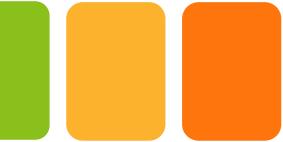
Weekly 1/1 sessions

6-month progress report

Annual assessment

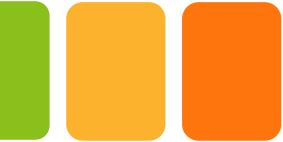
\$2,500.





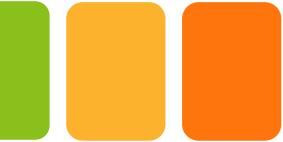
QUESTIONS/CONCERNS?

Are you ready to get started?



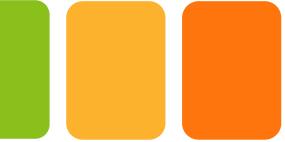
Thank YOU!

Contact me to schedule your appointment directly at
415-699-5246 or pdreed0829@gmail.com



Lose IT FOR GOOD!

Let your journey begin!



Let's TALK ABOUT YOU!



Let's IMAGINE!



What do you
want most for
yourself?

What is your
ideal weight?

Imagine yourself
there



Establish YOUR GOAL

 Describe your weight goal

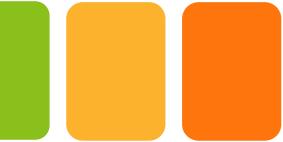
 Do you think your goal is achievable and sustainable?

 What is keeping you from attaining your goal or keeping it?

 What diets or weight loss plans have you tried?

 Why were they unsuccessful?

 Are you ready to try a new approach?



Food AND HABITS

Where Are You Now?



Your FOOD

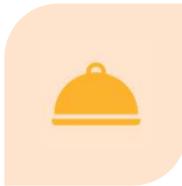




Your HABITS



DESCRIBE YOUR TYPICAL DAILY ROUTINE



HOW MANY MEALS DO YOU TYPICALLY HAVE EACH DAY?



DO YOU TYPICALLY EAT WHILE ALONE OR WITH OTHERS?



DO YOU SHOP AND PREPARE YOUR OWN FOOD OR DOES SOMEONE ELSE DO THIS FOR YOU?



HOW OFTEN DO YOU EAT OUT?



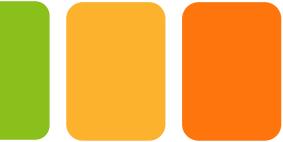
HOW DO YOU SATISFY YOUR HUNGER?



DO YOU OFTEN COOK FOR OTHERS OR ENTERTAIN?



DO YOU EAT DUE TO BOREDOM, STRESS, DEPRESSION, ANXIETY?



Lose IT FOR GOOD!

A New Approach for Life



Explore a NEW MINDSET

*Eat to Live
do not
Live to Eat*

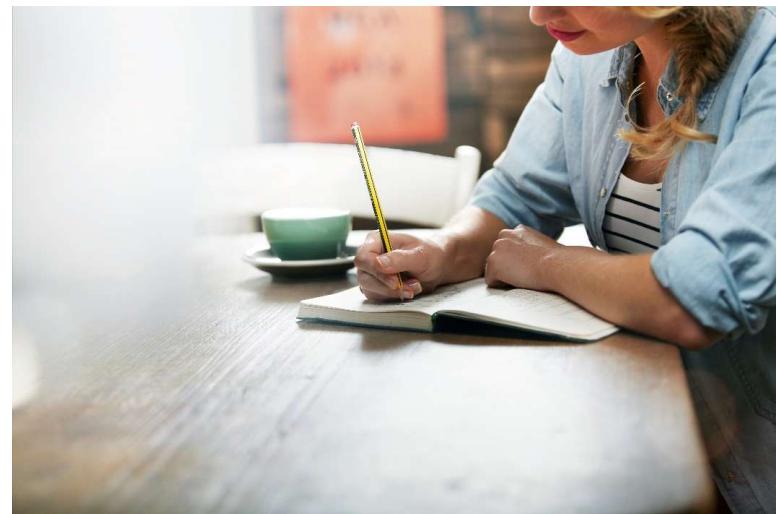
Listen to your brain
not
your stomach

**Take Care of your
Body**

Do **not** diet; change
your **lifestyle**

**Take a long game
approach
and
be patient!**

You **Can** Do This!





Explore a NEW MINDSET

Eat a large quantity
and variety of foods
from a tree or the
ground

Natural fats, sugars
and fiber are good
for you and will help
you avoid cravings





Prepare for YOUR JOURNEY TO SUCCESS

Purchase food and utensils and stock your refrigerator and pantry with natural foods and snacks

Dispose of processed carbohydrates, sodas and sugary snacks/desserts

Determine how you will track your daily food intake and weight

Create recipes and schedule time to prepare your meals





Establish YOUR NEW ROUTINE



- Weigh yourself every morning and write it down



- Write down all food you consume every day



- Do **not** let yourself get hungry



- Consume 2 large meals early in the day



- Consume 1 small meal (appetizer) in the evening



- Drink 8+ glasses of water daily



- Eat large portions of fruit and vegetables daily



- Avoid pasta, pizza, pastries and sweets



Track YOUR DAILY PROGRESS!

Weight



Food



Weigh yourself first thing in the morning at the same time each day and write it down

Write down all foods consumed each day to be mindful and learn

Tracking your results makes you more aware and can help you stay motivated



Start your meals EARLY!



FRUIT, VEGETABLES
AND/OR WHOLE
GRAINS



AVOID HUNGER



EXPERIENCE
FEWER CRAVINGS



MORE ENERGY TO STAY
ACTIVE



Be sure to HYDRATE!

With no calories or sugar, water helps contribute to your weight goal among other benefits

Drink it all day long!





Consume NATURAL FOODS!

***HAVE IT YOUR
WAY!***

Raw

Grilled

Roasted

Sautéed

Baked

Broiled





Temptation is EVERYWHERE!

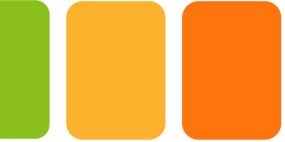
Pasta Pizza White Breads

Hamburgers Pastries

Sweets Hot Dogs

Soda Fries





Guidelines FOR MEALS



Breakfast



- Do not skip a full breakfast!
- Consume a large amount of fresh fruit each morning
- Choose from proteins, whole grain cereals and yogurt to complete your meal
- Drink water
- Coffee/tea optional



Lunch



- Lunch is your **BIG** meal of the day!
- Consume **EXTRA** Large serving of salad, a **MEAL SALAD**
- Mix it up! – choose from many different lettuces as your base, **LOADED** with toppings (choose from nuts, beans, cheese, veggies, fruit, protein, egg, avocado, dressing) and make it fun and flavorful!
- May alternate $\frac{1}{2}$ sandwich or soup with fresh fruit 1-2x week



Dinner



- Dinner is your **SMALL** meal of the day!
- Small plates / appetizers / bite size
- Consume small portions – select from olives, nuts, cheese, peanut butter, whole grain crackers, meats, dried and fresh fruit, sushi, meats/chicken/fish
- Vegetables and hummus (or other healthy dip)



Sustain YOUR WEIGHT





Sustainable BEHAVIORS



Treat yourself



Reward yourself



Exercise 30+ minutes daily



Engage in fun activities



Add momentum with new clothes, hair style etc... that make you feel good about you!



Sustainable MINDSET



Don't stress at social gatherings. Enjoy the birthday cake!



Do NOT consume pastries, pasta, pizza, soda, hot dogs, hamburgers or dessert on a daily or even monthly basis. These should be a very **RARE TREAT!**



Remember these are lifestyle changes, you are not "on a diet"



If you get off track, double down and return to the method



Any QUESTIONS?

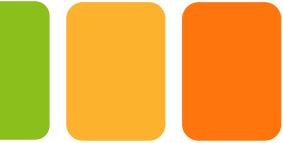
Do you have any concerns or doubts?



Let's GET STARTED!

- Follow up discussion
- Formulate a plan
- Create a To Do list
- Homework assignments
- Next meeting





Everyday MEALS

The possibilities are endless!



Avocado Toast

Whole grain toast

Avocado

Egg

Cheese

Fresh blueberries,
grapes and banana





Yogurt and Granola

Yogurt

Granola

Fresh bananas,
peaches, berries





Omelette

Veggie Omelette

Whole grain avocado toast

Sausage

Fruit





Beet and Roasted Potato Salad



Mixed greens

Roasted beets

Roasted potatoes

Toasted pecans

Goat cheese

Balsamic
vinaigrette



Burrata Salad

Romaine lettuce

Burrata cheese

Tomato

Mushrooms

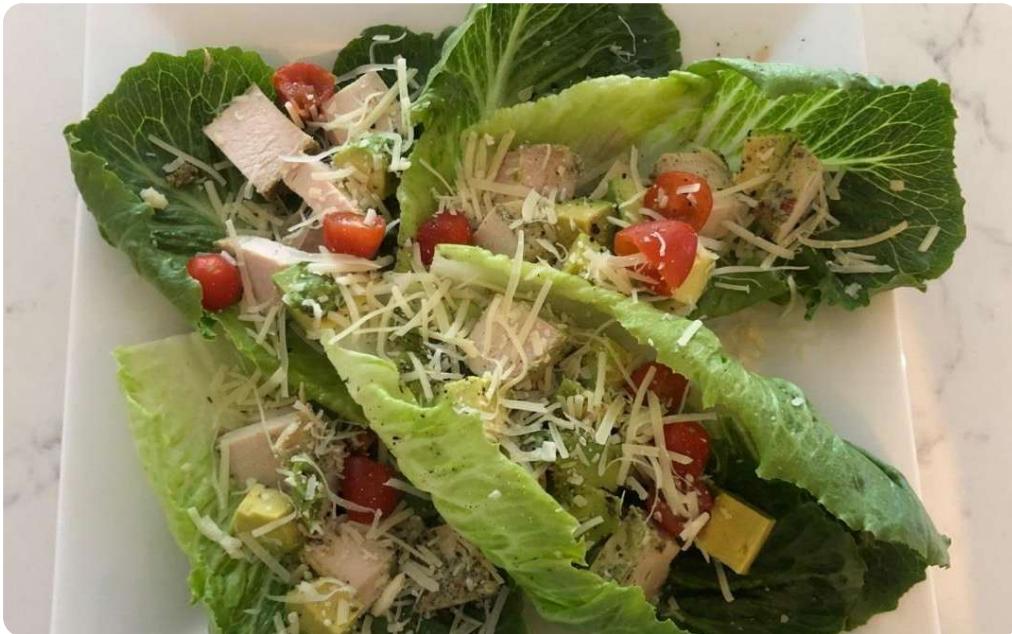
Kalamata olives

Balsamic vinaigrette





Caesar Chicken Salad



Romaine lettuce
Tomatoes
Chicken
Parmesan
cheese
Caesar dressing



Cucumber Salad

Lettuces

Mushrooms

Tomatoes

Cucumbers

Avocado

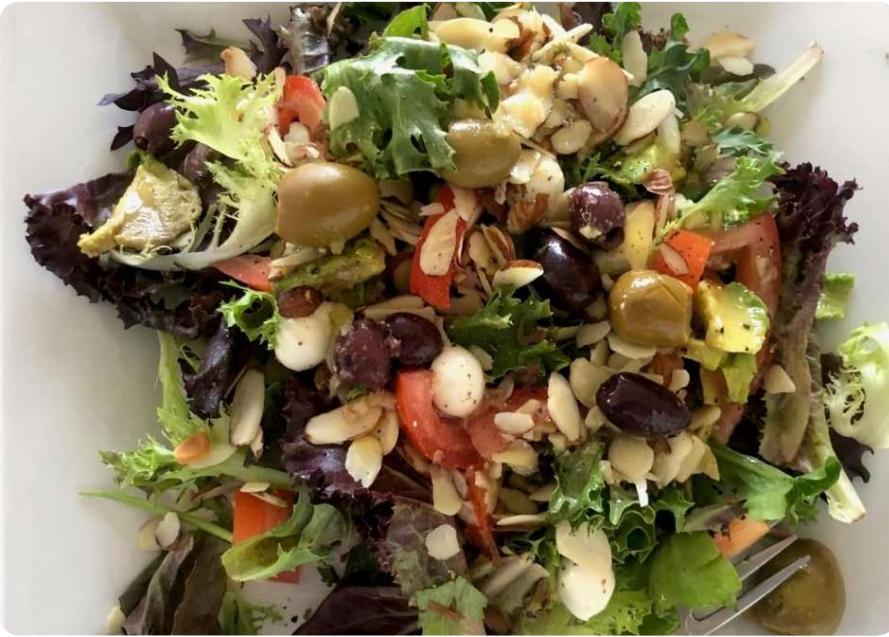
Mozzarella cheese

Balsamic Viniagrette





Caprese Salad



Mixed greens
Olives
Tomatoes
Mushrooms
Mozzarella
Avocado
Almonds
Balsamic Vinaigrette



Burrata and Egg Salad



Mixed greens

Carrots

Tomatoes

Hard boiled egg

Avocado

Burrata cheese

Basil leaves

Balsamic vinaigrette



Tomato Salad

Mixed greens

Tomatoes

Avocado

Olives

Mushrooms

Balsamic vinaigrette





Shrimp Mango Salad



Lettuce
Mango
Shrimp
Marcona almonds
Dressing



Apple Almond Salad

Spinach

Apples

Grapes

Almonds

Avocado

Dressing





Grapefruit Salad



Little Gem
Grapefruit
Feta cheese
Red onion
Dressing



Grape Almond Salad

Lettuces

Grapes

Sliced almonds

Gorgonzola cheese

Avocado

Poppyseed dressing





Mixed Salad with Pepitas



Lettuce
Tomato
Cauliflower
Mushrooms
Avocado
Pepitas
Dressing



Strawberry Pecan Salad

Lettuce

Strawberries

Pecans

Crumbled blue
cheese

Dressing





Tuna Almond Salad



- Lettuce
- Hard boiled eggs
- Tuna Salad
- Celery
- Almonds
- Avocado
- Croutons
- Dressing



Salmon Salad

Spinach leaves

Salmon

Olives

Ranch dressing

Fresh fruit





Taco Salad



Lettuce
Chicken
Refried beans
Tomatoes
Onions
Avocado
Cheese
Sour cream



Mozzarella Ball Salad

Lettuce

Tomato

Mushroom

Olives

Mozzarella balls

Avocado

Dressing





Grilled Chicken Salad with Black Beans



Spinach leaves
Grilled chicken
Black beans
Avocado
Sour cream



Peach and Apple Salad

Lettuce

Peaches

Green apple

Pecans

Feta cheese

Avocado

Dressing





Berry Salad

Lettuce

Strawberries

Grapes

Avocado

Pecans

Dressing





Peach Almond Salad



Mixed greens

Peaches

Almonds

Celery

Poppy seed
dressing



Chicken Salad

- Lettuce
- Chicken
- Hard boiled eggs
- Avocado
- Green onion
- Corn
- Almonds
- Croutons
- Dressing





Spinach Salad

Spinach leaves

Tomatoes

Mushrooms

Olives

Pepitas

Balsamic vinaigrette





Appetizer



Triscuit crackers

Dried and fresh fruit

Brie

Nuts



Appetizer

Veggie sticks

Guacamole

Fresh mango

Cheese

Almonds

