



Dr. Ruthie Harper's *Skinny Gourmet Diet Program*

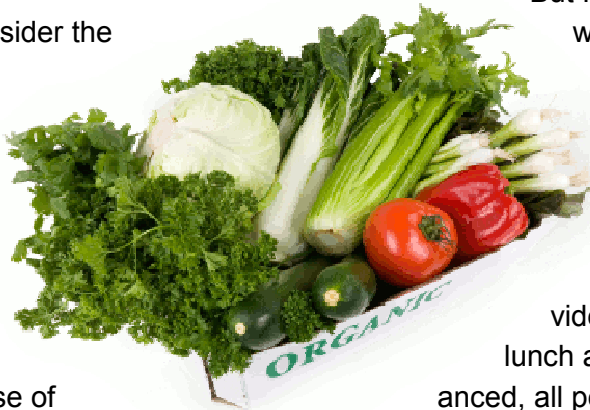
► ► ► **Gourmet Dieting is Here!**

Do you ever think about going on a NutriSystem or Jenny Craig diet, but cringe at the thought of actually eating that freeze-dried, pre-packaged excuse for food? The convenience is so appealing. The taste, however, leaves something to be desired.

Even more importantly, consider the nutritional value of these meals. If food is designed to be the fuel that makes our bodies healthy and lean, are these pre-packaged meals really able to deliver the quality fuel we deserve? And what about those of us who need to limit certain types of foods from our diet to achieve optimal health, such as grains, dairy or soy? Can these commercial weight loss programs create the custom fueling we deserve and make it organic, gourmet and delicious at the same time? We all know the answer is NO!

Our bodies crave fresh foods that are full of delicious flavors, tempting textures and healthy macronutrients, and getting the right balance of nutrients for your body composition and metabolism is critical to losing body fat and maintaining health. Unfortunately, with our hectic schedules, all too often we can only fit in fast food and processed foods that offer little nutritional value and too much fat and sugar. They are filled with ingredients that undermine your weight loss efforts and can sabotage your health goals. Even for the most experienced cooks, creat-

ing just **one** wholesome, flavorful, nutritionally balanced meal a day can be a daunting task, let alone making three gourmet meals a day, seven days a week.



But Ruthie Harper, MD has come up with a delicious, convenient and affordable way to solve the dieting dilemma. As part of her Weight Loss Resistance and Health Mastery Program, Dr. Harper has been working with a professional chef to provide gourmet foods for breakfast, lunch and dinner—all perfectly balanced, all perfectly prepared and all perfectly healthy to help you lose weight and achieve optimal health! “Gourmet dieting” may sound like an oxymoron, but with this new program, patients can enjoy fabulous-tasting food and savor the added benefits of healthy eating: lose fat, eliminate unhealthy cravings, increase energy levels and transform your physical health.

Our meals are made from fresh organic ingredients, and everything is professionally prepared by our chef, right down to the sauces. Best of all, it is all custom designed by Dr. Harper just for you!



Don't Worry, Eat Healthy

Patients who participate in Dr. Harper's new gourmet food program will pick up their freshly prepared organic meals twice a week (or have them delivered for an additional fee), and have each and every meal for the whole week provided for them

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for the affordable price of \$25 a day. Imagine, no additional grocery shopping, no time, no thought—and best of all, no hunger!

This new, medically based food program leaves nothing to chance. Results occur because of Dr. Harper's prescribed gourmet foods, which are based on your macronutrient needs and weight loss goals. With this program you eat all the food you take home, but only that food. Eating each and every meal is important for success. Plus, Dr. Harper guarantees that as a patient of the program you should not feel deprived, starved or left hungry. If hunger issues arise, Dr. Harper will work directly with you to identify and address other physiological systems that may be affecting your ability to feel satisfied or full, such as neurotransmitter deficiency, hormone imbalance and other health-related factors.

When undergoing a weight loss program, it's very important to monitor your body composition along the way to ensure you are reducing fat while building and maintaining healthy muscle. Each month, we'll use the innovative, non-invasive Bio-electrical Impedance Analysis (BIA) tool to assess your lean muscle mass (the metabolically active tissue), fat mass (metabolically inactive tissue), basal metabolic rate (how many calories you burn at rest), intracellular and

extracellular water ratios, and phase angle, which is an overall indicator of cellular health.

One of the greatest benefits of this new program is the medical supervision by Dr. Harper. Few food programs have an MD available to patients, especially a doctor who is trained in and focused on helping patients overcome weight loss resistance obstacles while achieving optimal health.

Be a Star!

Haven't we all thought: Sure, it's easy for movie stars to lose weight. They have somebody to cook great tasting, low-calorie meals for them! Now you can, too. Dr. Harper's new food program offers you delicious gourmet meals each week that are full of ingredients that are fresh, organic and nutritious.

Make losing weight and eating healthy a convenient part of your busy schedule by setting up an appointment with Dr. Harper today at 512.343.9355.

A Day of Healthy Eating

The scrumptious meals that follow are just a sample of the fabulous foods included in Dr. Harper's new gourmet program:

Breakfast	Baked egg casserole with yellow squash, Swiss chard, mushrooms and peppers
Lunch	Green curry chicken lettuce wraps, shredded squashes, sautéed greens, shaved radishes and steamed rice
Dinner	Roasted Shrimp with fresh oregano over sautéed spinach and arugula, roasted butternut squash and fresh mushrooms

