

# INTRODUCING THE METABOLIC MAKEOVER



exclusive to Manhattan's **Diet Center**

by Nicole Flier

The **Metabolic Makeover** is no 'hocus-pocus' or another faddish diet. Based on sound nutritional principals, the program is a synergistic blend of key components which suppress appetite while burning fat.

– Becky Wilborn, Founder

With the arrival of warmer days and the “body conscious” weather ahead, what better time to re-evaluate your eating habits and the potential of a healthier, more active lifestyle? Now is an ideal time to consider positive personal change as we spring forward into the new season ahead!

The *Diet Center* located on East 56th Street since 1988 is a perfect spot to begin this transformation. Owned and operated by Becky Wilborn, Manhattan's *Diet Center* is recognized for its expertise in transforming people's lives through comprehensive weight loss and healthy lifestyle programs.

Jump starting a body and mind transformation is made easy with the **Metabolic Makeover** program. Clients who make this commitment to a healthier lifestyle will be educated and supported with one-on-one coaching and a personalized solution to their weight loss goals.

The program's success is based on its key components:

- **24 hour Advance Fat Burning Water Enhancing Concentrate** This packet is a natural sweetened citrus flavor concentrate which can be added to water or tea to turn beverages into a fat burning tool.
- **High Satiety Foods** These types of foods suppress appetite and make one feel full longer. Among these food groups are certain vegetables, fruit, and proteins.
- **Low Glycemic Foods** These food types help lower insulin levels to help the body burn fat consistently. Included are certain vegetables, fruit, carbs, and proteins.
- **High Thermic Foods** These types of foods enhance thermo-genesis which also help the body burn more fat.

## A Client's Story

**Becky Wilborn recalls...** Nadia came in for her first consultation at The *Diet Center* weighing over 182 pounds, tired and with high blood pressure. Since April 2010, she had gained 30 pounds. Peri-menopausal, she had unsuccessfully tried to lose weight using many different methods. I can remember the desperation in Nadia's voice the day she called to make the appointment. She said, “Becky, you have to help me. Nothing is working!” After she gave me a bit of history, I assured her The *Diet Center* could help her. When she walked in for her second appointment a week later, the change was amazing! Nadia was all smiles, she looked radiant and younger, and her self-confidence had improved in those 7 days.

**Nadia's progress after one week...** “I was shocked when I stepped on the scale, and Becky told me I had lost 7 pounds. It wasn't hard AND I hadn't been hungry! I felt like such a burden had been lifted, and I was finally at the right place with the right people. Literally, a tremendous weight had been lifted, and I knew I could do this with The *Diet Center's* help.”

**Amazing results after ten weeks...** Nadia's dream was to buy a size 6 pair of Levi's. Ten weeks after starting *Diet Center's* program and 26 pounds lighter she has did just that!

**Nadia's final words...** “The gals at *Diet Center* are truly my heroes! I credit them with helping me to become healthier (no blood pressure meds.), feel more attractive and energetic. They helped me get my life back. Thank you, Becky and Liz!”

# Favorite Recipes from THE DIET CENTER

## Baked Stuffed Shrimp

- |   |                        |
|---|------------------------|
| 8 oz jumbo shrimp (about 6-8),<br>peeled with tails | 1 egg white, whipped   |
| 1/2 cup chopped mushrooms                           | 1 T chopped pimento    |
| 2 T chopped onion                                   | 1/4 tsp lemon pepper   |
| 1/2 clove garlic, minced                            | 1/2 tsp salt           |
| 4 <i>Ryvita</i> crackers, finely crushed            | Lemon wedges, optional |

Preheat oven to 400 degrees. In a skillet sprayed with Pam, sauté mushrooms, onion and garlic over medium heat until tender. Remove from heat and stir in *Ryvita* crumbs, pimento and whipped egg white. Cut a slit on the underside of each shrimp, don't cut all the way through and remove the vein. Spray each shrimp with Pam to coat. Mound the stuffing mixture in the hollow of each shrimp. Place in a baking dish sprayed with Pam and bake 8-10 minutes or until hot. Shrimp will turn pink.

**Equals:** 2 Protein, 1 Starch

**Serves:** 2

## Roasted Brussels Sprouts-Delish

- |  |                               |
|--|-------------------------------|
| 1 pound(s) Brussels sprouts,<br>trimmed and halved | Freshly ground pepper         |
| 4 tps. extra-virgin olive oil                      | 1 lemon, juice and zest       |
| Salt   | 2 teaspoon(s) chopped parsley |
|  | 2 teaspoon(s) capers          |

Heat oven to 400 degrees F. In a medium bowl, combine Brussels sprouts, oil, and salt and pepper to taste. Transfer Brussels sprouts to a parchment-lined baking pan and roast until fork-tender and browned, about 25 to 30 minutes.

Transfer Brussels sprouts to a serving dish and drizzle with lemon juice, then sprinkle with lemon zest, parsley, capers, and additional salt and pepper, if desired. Serve hot.

## Creamy Blueberry Dessert

- 1/4 cup of cottage cheese (low or nonfat)
- 3/4 cup fresh or frozen blueberries
- 1/2 cup of milk (low or nonfat)
- 1/2 packet artificial sweetener  
of choice

Blend 1/2 cup of blueberries, cottage cheese, milk and artificial sweetener until smooth. Gently mix in remaining blueberries. Serve in a pudding dish or cup.

**Equals:** 1 fruit, 1 dairy **Serves:** 1

## Diver Scallops Grilled on Rosemary

- |   |                                       |
|---|---------------------------------------|
| 12 large sea scallops                       | 1/8 teaspoon freshly ground<br>pepper |
| 1 tablespoon olive oil                      | 8 (12-inch) fresh rosemary sprigs     |
| 1 teaspoon finely chopped fresh<br>rosemary | Hot cooked basmati rice               |
| 1/8 teaspoon salt                           | Garnish: lemon slices                 |

Combine scallops and next 4 ingredients in a medium bowl; cover and chill 30 minutes.

Pick leaves off 6 inches of one end of each rosemary sprig, leaving the other end intact. Soak rosemary sprigs in water in a shallow dish 20 minutes.

Place 2 rosemary skewers side by side, leaving a small space between. Thread 3 scallops onto bare part of rosemary skewers. Repeat with remaining rosemary and scallops. Grill over medium-high heat 2 to 3 minutes on each side. Serve on a bed of basmati rice with lemon slices, if desired.

**Nutritionals:** 2 oz. scallops = 1 oz. protein

Measure rice portion for your particular program 1 svg. oil

## Turkish Stuffed Eggplant

- |   |  |
|---|--|
| Canola cooking spray  | 4 medium ripe tomatoes,<br>seeded and coarsely chopped |
| 4 small eggplants, stems removed,<br>cut in half lengthwise | 1/4-1/2 tsp. ground allspice                           |
| 1/2 tsp. salt, divided                                      | 1/2 cup Italian flat leaf parsley,<br>chopped          |
| 3 garlic cloves, peeled<br>and minced                       | 2 tsp fresh lemon juice                                |
| 1 medium yellow onion, diced                                | Freshly ground pepper                                  |
|   | 2 oz feta cheese, crumbled                             |

Preheat oven to 350 degrees. Spray a large, shallow baking dish with canola spray.

Scoop out flesh from eggplants, cut into chunks, and reserve. Sprinkle inside of the shells lightly with 1/4 teaspoon salt. Place upside down on paper towels. Let stand 15 minutes.

Meanwhile, spray large skillet with cooking spray. Cook garlic and onion over medium-high heat until browned, about 10 minutes. Add tomatoes, reserved egg-plant flesh, and allspice. Cook over medium heat, stirring frequently, until just tender, about 10 minutes. Stir in parsley, lemon juice, remaining salt, and pepper.

Pat eggplant shells dry with paper towels. Spoon eggplant mixture loosely into shells. Place filled shells in prepared baking dish. Cover with foil and bake until shells are tender, about 40 minutes.

Remove foil; sprinkle tops evenly with feta cheese. Bake for 10 minutes more, then serve.



According to Wilborn, *"All the elements together really enhance and boost metabolism"*. The program differs from other existing weight loss programs because it is not dependent upon a strenuous program of exercise. The *Diet Center* does, however, encourage clients to exercise moderately as the practice of physical activity boosts endorphins which results in feeling better. Exercise also reduces stress, tightens and tones and helps with the emotional component of day to day living.

In order for the plan to work, clients must commit to a minimum of a week but can remain on the program for as long as needed. Some clients experience weight loss within 24 hours. The average weight loss in women is up to 10-15 lbs in 21 days; men tend to see more dramatic results.

The program includes a maintenance plan, and ongoing support whereby clients can obtain one-on-one coaching via phone or in person on a weekly basis to aid in their success. "We don't expect perfection," says Becky. "We work on mindfulness and precision. Our job is to help clients when their resolve gets low." In fact, if a client gains back any weight (up to 5 lbs.), The *Diet Center's* Maintenance Guarantee allows clients to return to their original weight loss plan free of charge, excluding the cost of products. This is the Center's "golden ticket" to insure that all of their clients feel proud and are encouraged not only to loose weight but to keep it off!

Becky firmly believes, *"There are endless benefits to the program. It creates self esteem, increased energy and improves our client's personal relationships."* The most successful clients are those people who are highly motivated to finally lose the weight and those wanting to make an investment in their health and well being.

If you are one of many who want to make a positive change in your life and really "GLOW", its time to take action. Get up, get moving and make it happen. You are the only one who can create change so what are you waiting (weighting) for? ❖

The NYC Diet Center is located at 120 East 56th Street (Park & Lex) [www.dietcenternyc.com](http://www.dietcenternyc.com) or visit us on Facebook: **Diet Center NYC**. For more information about The Diet Center, please contact Becky Wilborn at (212) 759-8118 or email: [dietcenter@nyc.rr.com](mailto:dietcenter@nyc.rr.com)

## Metabolic Makeover

### A Recipe for Weight Loss Success!

For over 34 years, The *Diet Center* has represented the "gold standard" in weight loss programs nationwide. All programs are designed in accordance with healthy weight loss practices recommended by the *American Heart Association, American Cancer Society & the American Diabetes Association*. The **Metabolic Makeover** is not just another diet plan: it is a lifestyle change for future health and well being.

#### SAMPLE DAILY MENU PLAN

##### BREAKFAST

- 1 Dietfast Shake
- 1 cup mixed fresh fruit
- 3/4 cup fat-free yogurt
- 1 tbsp. almonds

##### LUNCH

- 1 Dietfast Fudge Graham Bar (*or other flavor*)
- Small salad with mixed veggies
- 2 tbsps. low calorie dressing

##### MID-P.M. SNACK

- 1 Dietfast Coffee Crunch Bar (*or other flavor*)

##### DINNER

- 4 oz. roast pork tenderloin *with* rosemary and garlic
- 1/3 cup quinoa *or* whole wheat couscous
- Broccoli rabe *with* garlic and 1 tsp. olive oil

