

What is WeightNotSM?

WeightNotSM is a portion-controlled, nutritionally balanced, low-fat and clinically-proven program that helps people lose weight faster and more effectively than traditional diet plans. WeightNotSM Meals come in individual packets that you mix with water. WeightNotSM is available in a wide variety of foods and flavors including shakes, bars, soups, pasta, chili, hot beverages, pudding and more.

How does WeightNotSM work?

The WeightNotSM Program was medically designed to create a calorie deficit, allowing your body to burn fat for energy. Each nutritionally balanced WeightNotSM Meal is formulated with a proven combination of carbohydrates and protein, allowing you to successfully lose weight while maintaining lean muscle mass.

What is the average weight loss amount per week?

Clinical studies indicate that most people lose an average of 2-3 lbs per week with WeightNotSM. The scale isn't the only indicator (especially as you build lean muscle), so we'll use waist, hip and thigh measurements to determine inch loss as well. Individual results may vary, and depend upon various factors such as your weight when you start the WeightNotSM Program, targeted weight loss goal, level of exercise, presence of medical conditions, use of medications, diet compliance, etc.

Why is the WeightNotSM weight loss program special?

WeightNotSM is an effective, healthy weight-loss program designed to be as convenient as possible (after all, if a diet is difficult to fit into your lifestyle, you just won't stick to it!). Everything is shipped directly to your door; none of the meals require refrigeration or "cooking", counseling and support is via phone and you're given all of the tools you need to track your success.

The program is easy to follow (even on the go) because you are only actually preparing one meal a day. Everything else is specially packaged and portioned so that you don't need to wonder about what you should be eating or counting calories. Because WeightNotSM is a portion-controlled, low-calorie weight-loss program, it allows for more rapid weight loss than traditional diets (2-3 pounds per week). However, the program is not just a short-term diet or weight loss solution.

Unlike most diets, the WeightNotSM Program includes weekly phone progress sessions with a WeightNotSM Membership Advisor. These sessions give you an opportunity to review your progress, discuss any obstacles you've encountered and plan for any upcoming challenges to your weight loss. Your Membership Advisor will provide you with weekly tips on nutrition, exercise and behavior modification so that you not only reach your current weight-loss goals, but learn how to manage your weight long-term.

The WeightNotSM Program also provides you with the tools you need to help you stay on track. With each food shipment, you'll receive a food diary and weekly educational worksheets that address the three key factors for long-term weight management: eating behaviors, exercise habits and attitudes. The WeightNotSM Program is designed to help you make these necessary lifestyle changes.

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How do WeightNotSM weight-loss products lead to fast weight loss?

The clinically tested weight-loss results of WeightNotSM are designed to create a healthy gap between the calories you take in and the amount your body burns, thus promoting effective and natural weight loss. Many times, dieters on other low calorie diets do not meet the minimum daily recommended nutritional requirements. WeightNotSM Meals provide the optimal combination of carbohydrates, protein and other nutrients necessary to give you the quick, healthy weight loss. The WeightNotSM Program fits your busy life because WeightNotSM Meals are quick and easy to prepare and go anywhere you do as they don't require refrigeration.

How easy is the WeightNotSM weight loss program?

With the WeightNotSM Program, you'll eat 6 meals a day—5 WeightNotSM Meals and 1 Fresh Meal. You can choose any 5 WeightNotSM Meals from our menu, including WeightNotSM shakes, bars, soups, pudding, pasta, chili, snacks and more. Your daily Fresh Meal consists of a balance of lean protein (such as beef, chicken or fish), vegetables and starch (such as pasta & rice), which you'll prepare yourself.

How does WeightNotSM help sustain your weight loss results?

Once you've reached your weight-loss goals, the WeightNotSM Maintenance Program increases your caloric consumption by incorporating more fresh foods into your diet. Even in the Maintenance phase, our Membership Advisor will continue to support and guide you with advice and tips on how to sustain your weight loss results long-term.

What does the WeightNotSM Plan consist of?

The WeightNotSM Plan consists of five (5) portion controlled, nutritionally balanced WeightNotSM Meals plus one (1) Fresh Meal.

Can I use WeightNotSM Meals interchangeably?

One of the great benefits of WeightNotSM Meals is that they may be used interchangeably. The Crisp 'n Crunch bars should be limited to one (1) per day (due to their higher caloric and carbohydrate content).

How many calories are in the WeightNotSM Program?

The WeightNotSM Program provides approximately 1200 calories per day, but may be increased or decreased depending upon your personal selections.

Can I substitute frozen meals for my Fresh Meal?

We do not recommend frozen dinners on WeightNotSM Program—primarily due to their varying calorie levels, excessive sodium content and lower protein levels.

Won't I lose weight faster with a low- or no-carb diet?

Recent research has disproved the claim that weight loss is faster and greater on a low-carb diet. One clinical trial showed that while subjects lost weight faster initially, the amount of weight loss after one year was similar to the group that followed the traditional low-fat approach to weight loss. Restrictive diets, such as low-carb diets, can be difficult to follow for very long, resulting in weight gain and yo-yo dieting. In fact, half the Americans who have tried low-carb diets weren't able to maintain them.

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Are there any stimulants in the WeightNotSM products?

WeightNotSM Meals do not contain any stimulants, ephedrine, or other herbs that might be harmful to your body.

Am I candidate for WeightNotSM if I have type 2 diabetes?

If you have type 2 diabetes, consult your physician before beginning any weight-loss program, including WeightNotSM.

Is WeightNotSM covered under my insurance?

Weight loss programs are generally not covered by medical insurance, but please check with your insurance carrier for information relative to your individual circumstances. Some policies may cover weight-loss programs in conjunction with specific medical conditions (such as primary diagnosis of type 2 diabetes or heart disease) in which obesity is a factor and weight loss can lead to management or improvement of these conditions. But again, you will need to ask your doctor and your insurance carrier this question in order to receive an accurate answer based on your coverage and medical status. WeightNotSM does not bill insurance companies on behalf of its customers.