

# CARDIO METABOLIC INSTITUTE WEIGHT LOSS SOLUTIONS

## Meet your Team



**Dinesh K. Singal MD**  
FACC FACP FSCAI

Dr. Dinesh Singal is board certified in Cardiovascular Disease and Internal Medicine. He started CMI in 2012 with the hopes to bring high quality healthcare and wellness solutions to his patients to manage and prevent chronic diseases.



**Meenal K. Patel MS PA-C**

Meenal Patel is a Physician Assistant with almost a decade of experience in Cardiology. As part of the OPTIFAST® medical team, Meenal will play a crucial role in monitoring our patients and their progress through this regimented program.



**Danielle Shargorodsky RD**

Danielle is a Registered Dietitian with 8 years of experience. As part of the OPTIFAST® program, she will be leading the group sessions each week. Throughout the transition phase, her expertise in as a dietitian will help her show you how to keep weight off after the program has concluded.

# Get Started Today!

For more information or to schedule an appointment please call.

## 732-846-7000



It's not just about the pounds.  
It's about the person.

## Your Success is Our Goal!

CMI Weight Loss Solutions offers a comprehensive approach that addresses the medical, nutritional, behavioral and emotional changes necessary to promote long-term weight loss. Through the OPTIFAST® program, we are looking forward to helping you improve your quality of life, reduce the number of medications you are on and lower your overall annual healthcare costs.

[cminj.com](http://cminj.com)  
[facebook.com/cminj](https://facebook.com/cminj)



# IMAGINE the difference

## OPTIFAST®

*The serious solution for weight loss™*



# What is OPTIFAST®?

OPTIFAST® is a comprehensive, medically monitored weight management program, clinically proven to get results.

Results for OPTIFAST® Participants include:

**>50lbs**  
average weight loss

**11%**  
average decrease in blood pressure

**14%**  
average weight loss

\* This typical OPTIFAST patient loses over 50 pounds in 18-24 weeks. For many dieters, weight loss is temporary.



# How is the program structured?

The OPTIFAST® program is broken out into 4 phases, each of which is guided by a dedicated team including board certified physicians, physician assistants, registered dietitians and fitness specialists.

## Phase 1: ASSESSMENT

You begin the program with a comprehensive evaluation and physical exam to help personalize goals and expectations.

## Phase 2: ACTIVE WEIGHT LOSS

During this phase, you'll eat a calorie-restricted diet of OPTIFAST® products while under medical supervision. You will attend a weekly Comprehensive Lifestyle Education session led by the Registered Dietitian and other professionals to facilitate healthy conversation as you work on achieving your short and long term goals.

## Phase 3: TRANSITION

Self-prepared foods are gradually reintroduced into your diet as you continue with lifestyle education sessions.

## Phase 4: LONG TERM MANAGEMENT

You will be able to participate in ongoing support and education sessions aimed at helping you manage your weight. Understanding the lifelong mission to keep weight off, we offer resources to support and achieve your goals.

# What can I eat and drink while participating in the program?

All products are nutrient dense and cover the spectrum of balanced meals. The number of servings you may have each day will depend on your personalized plan as developed by the team of medical professionals at CMI. You can choose between Shake Mixes, Ready to Drink Shakes, Soup Mixes and Bars. The products come in a variety of flavors as described below:

## MEAL REPLACEMENT OPTIONS

### Shake Mix



Strawberry, Chocolate, French Vanilla

### Soup Mix



Chicken, Garden Tomato

### Ready to Drink



Strawberry, Chocolate, French Vanilla

### Bar



Chocolate, Peanut Butter Chocolate, Berry with Yogurt Coating.