



Break Through Your Set Point

Finally Lose the Weight and Keep it Off!

Lesson Three Activity Workbook



Lesson Three Topics and Activities

This Week's Topics

- » Learning to eat well
- » Building Your Pyramid

This Week's Tasks

- » Continue to keep track of your daily intake and assess R-K-O status daily.
- » Practice using Eat Well strategies: Building Your Pyramid, Redesign Your Plate
- » Record any questions, thoughts or feelings you have throughout the week to share during the group chat.

This Week's Activities

- » Building Your Pyramid
- » Redesign Your Plate

This Week's Activity: Redesign Your Plate

- » Look at the two meal plans below. In the first box we have a hypothetical “typical” meal pattern. Notice how the meals are not balanced to meet the New American Plate model. Then look at how the meals were redesigned in the second section to make them more balanced. See how your plate stacks up on on the next page!

Typical Breakfast:

Veg/Fruit:
Protein: yogurt
Starch: granola

Typical Lunch:

Veg/Fruit: Big salad with low-fat Italian dressing
Protein:
Starch: 2 packages oyster crackers

Typical Dinner:

Veg/Fruit: broccoli with butter sauce
Protein: flank steak with Cajun rub
Starch: Dinner roll, baked potato



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Set Point Breakfast:

Veg/Fruit: berries
Protein: yogurt
Starch: Kashi Crunch

Set Point Lunch:

Veg/Fruit: Salad with low-fat dressing
Protein: 3 oz tuna & beans added to salad
Starch: 1 slice whole wheat bread

Set Point Dinner:

Veg/Fruit: broccoli & butter spray, small side salad
Protein: 3 oz chicken breast w/Cajun rub
Starch: m large baked potato

BTYSP Plate based on New American Plate





» Think about what you ate yesterday (or use some typical meals) and fill the blank plate on the left with the approximate amounts of each type of food you ate. In the second section below design your new plate. Feel free to use the Suggested Food List to get started.

Typical Breakfast:

Veg/Fruit:
Protein:
Starch:

Typical Lunch:

Veg/Fruit:
Protein:
Starch:

Typical Dinner:

Veg/Fruit:
Protein:
Starch:



Set Point Breakfast:

Veg/Fruit:
Protein:
Starch:

Set Point Lunch:

Veg/Fruit:
Protein:
Starch:

Set Point Dinner:

Veg/Fruit:
Protein:
Starch:

Design Your New Plate





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Lesson Three Suggested Food Lists



Try These Foods as Your Begin To Build Your Pyramid

Section 1: Vegetables (2 cups)

Asparagus	Cauliflower	Mixed green salad
Bell peppers	Cucumber	Spinach (2 c. cooked or 4 c. raw)
Broccoli	Eggplant	Squash
Brussels sprouts	Green beans	Swiss chard
Carrots	Kale	Tomatoes

Section 2: Whole grain (2 oz. portion) or starchy vegetable

Brown rice (1 c. cooked, 2 oz. dry)	Green peas (1 c.)
Whole wheat couscous (2/3 c.)	Potato (1 medium, 1 c. mashed)
Whole wheat pasta (1 c. cooked, 2 oz. dry)	Sweet potato (1 large, 1 c. mashed)
Whole wheat bread (2 regular slices)	
Corn (1 c.)	

Section 2: Protein (3-4 oz. portion)

Beans (1 c.)	Nuts (1 oz. = 24 almonds, 14 walnut halves, 2 Tbsp peanut butter)
Beef, lean (1 small hamburger patty)	Pork (1 pork chop)
Chicken (1 small breast)	Tofu (1/2 c.)
Eggs (2 eggs or 4 egg whites)	Tuna (1 can)
Fish (1 salmon steak)	