



Break Through Your Set Point

Finally Lose the Weight and Keep it Off!

Lesson Four Activity Workbook



Lesson Four Topics and Activities

This Week's Topics

- » Planning Your Meal
- » Learn to read the nutrition label
- » Shopping List Quiz

This Week's Tasks

- » Continue to keep track of your daily intake and assess R-K-O status and daily weight
- » Continue using Eat Less strategies: 450 in 20 minutes, measure portion sizes, use nutrition label.
- » Use the strategy above (pick a protein, pick a starch, pick fruits and veggies) to plan your meals and form your shopping list.
- » Record any questions, thoughts or feelings you have throughout the week to share during the group chat.

This Week's Activities

- » Let's Make a Meal!
- » Assessing Your Meal

Activity 1: Let's Make a Meal

Plan out Two Days Worth of Meals

Meal	Day 1	Day 2	Starter List
Breakfast	P: 2 Eggs S: 1 slice wheat bread F/V: ½ c. strawberries	P: S: F/V:	Items I have on hand: Eggs Items I need to get: Wheat bread Strawberries
Lunch	P: S: F/V:	P: S: F/V:	Items I have on hand: Items I need to get:
Dinner	P: S: F/V:	P: S: F/V:	Items I have on hand: Items I need to get:



Activity 2: Meal Planning Assessment

Let's Look at Last Week

- » Look back at your journal from the past week. Take a peak at a few of each kind of meal, breakfast, lunch and dinner and fill in the information about when you planned the meal. Then assess whether you think it contributed to you having an R, a K or an O day. What are some ways you could have planned better to make this meal fit into a healthier plan?

Example:

Meal 1: Breakfast

Donut and coffee from Coffee Shop

When did you plan it?

no planning

that evening

that afternoon

the night before

that morning

previous day or earlier

Did it help promote an R day?

Yes

No

What could I have done differently?

I could have set out an oatmeal packet the night before. Cut up fruit on the weekend end portioned out ½ cup the night before and cooked up some hardboiled eggs over the weekend as well.



Activity 2 *(cont.)*

Your Turn!

Meal 1:

When did you plan it?
no planning
that evening
that afternoon
the night before
that morning
previous day or earlier

Did it help promote an R day?
Yes
No

What could I have done differently?