

Medically Supervised Weight Loss Program (MSWLP)

Introduction Class

This section includes:

- Preparing Yourself for Weight Loss Surgery
- Basic Food Groups
- Daily Food Choices
- Food Groups and Exchange Lists
- Menu Planning Guide for men and women
- Menu Examples
- Meal Ideas for Weight Loss Activity
- My Goals

ASSIGNMENTS

1. Fill out the Meal Ideas for Weight Loss worksheet
2. Fill out the My Goals worksheet to set one diet and exercise goal for the following month.

Meal Ideas for Weight Loss (Women)

Think about meals you can make that matches the meal plan below. Fill in your ideas in the blank column.

	1200 calories	Write your meal ideas for each meal and snack below
<p><u>Breakfast:</u></p> <ul style="list-style-type: none"> ▪ 2 oz. lean protein ▪ 1 serving whole grain/starch OR milk/yogurt ▪ 1 serving fruit ▪ 1 serving fat 	300 calories	
<p><u>Snack:</u></p> <ul style="list-style-type: none"> ▪ Include protein ▪ If snack not eaten, the calories can be distributed among the meals ▪ See “Snack List” for examples 	125 calories	
<p><u>Lunch:</u></p> <ul style="list-style-type: none"> ▪ 3 oz. lean protein ▪ 2 servings vegetables (cooked or raw) ▪ 1 serving whole grain/starch OR fruit OR milk/yogurt ▪ 1 serving fat 	300 calories	
<p><u>Snack:</u></p> <ul style="list-style-type: none"> ▪ Include protein ▪ If snack not eaten, the calories can be distributed among the meals ▪ See “Snack List” handout for examples 	125 calories	
<p><u>Dinner:</u></p> <ul style="list-style-type: none"> ▪ 4 oz. lean protein ▪ 2-3 servings vegetables (cooked or raw) ▪ 1 serving whole grain/starch OR fruit OR milk/yogurt ▪ 1 serving fat 	350 calories	

Meal Ideas for Weight Loss (Men)

Think about meals you can make that matches the meal plan below. Fill in your ideas in the blank column.

	1500 calories	Write your meal ideas for each meal and snack below
<p><u>Breakfast:</u></p> <ul style="list-style-type: none"> ▪ 2 oz. lean protein ▪ 1 serving whole grain/starch ▪ 1 serving milk/yogurt ▪ 1 serving fruit ▪ 1 serving fat 	350 calories	
<p><u>Snack:</u></p> <ul style="list-style-type: none"> ▪ Include protein ▪ If snack not eaten, the calories can be distributed among the meals ▪ See “Snack List” for examples 	150 calories	
<p><u>Lunch:</u></p> <ul style="list-style-type: none"> ▪ 3 oz. lean protein ▪ 2 servings vegetables (cooked or raw) ▪ 2 serving whole grain/starch OR fruit OR milk/yogurt ▪ 1 serving fat 	400 calories	
<p><u>Snack:</u></p> <ul style="list-style-type: none"> ▪ Include protein ▪ If snack not eaten, the calories can be distributed among the meals ▪ See “Snack List” handout for examples 	150 calories	
<p><u>Dinner:</u></p> <ul style="list-style-type: none"> ▪ 4 oz. lean protein ▪ 2-3 servings vegetables (cooked or raw) ▪ 1 serving whole grain/starch OR fruit OR milk/yogurt ▪ 2 servings fat 	400 calories	

My Goals

Circle the lifestyle changes that you want to accomplish this next month.

You must choose at least one diet goal *and* one exercise goal.

My Diet Goals
✓ I will track my food and beverages with a food journal or phone app
✓ I will track my Calories & protein. Women: aim for 1200-1500 Calories per day, Men: aim for 1500 – 1800 Calories per day
✓ I will avoid soda, juice, sports drinks, sweetened tea and any other drinks with sugar
✓ I will decrease or eliminate fast-food meals
✓ I will drink at least 48-64 oz of water or sugar free beverages without carbonation
✓ I will eat at least 5 servings of fruit and vegetables per day
✓ I will use smaller plates for meals (7 to 9 inches)
✓ I will pay attention to physical hunger and moderate fullness
✓ I will identify triggers for eating when not hungry and chose an alternative activity
✓ Other:
My Exercise Goals
✓ I will walk _____ minutes _____ days per week
✓ I will use an exercise video for _____ minutes _____ days a week
✓ I will use an elliptical machine, bike, rowing machine or stair stepper for _____ minutes _____ days per week
✓ I will swim for _____ minutes _____ days per week
✓ I will do resistance training for _____ minutes _____ times per week
✓ I will do a group activity (fitness class, sport, etc.) for _____ minutes _____ days a week
✓ Other: