



Plan Ahead for Weight Loss Success



Go Shopping!

Stock up on low calorie foods that you enjoy. It is much easier to follow a reduced calorie meal plan if the healthy foods you enjoy are readily available. Try to have at least some of the following foods available at all times: Fresh fruit and vegetables, low fat yogurt, high fiber snacks such as light popcorn and whole wheat cereals, lean protein, and “free” foods such as sugar free gelatin and low calorie butter spray.



SAMPLE

dish consisting of lean protein and steamed vegetables. Use starch as a side dish rather than an entrée. Since restaurants tend to serve large portions, consume only half your meal and bring the rest home for dinner another night.

Prepare for parties

Parties and social events can be more of a challenge to your weight loss efforts than dining out since your meal selection is usually limited. Eat a small meal or snack before attending to prevent overeating. Avoid alcohol or consume one or two drinks after the food has been put away, as alcohol lowers your resistance and stimulates appetite. If the party allows, bring a few low calorie dishes that you can enjoy sharing with guests.

SAMPLE

lose weight. Try to find reduced calorie substitutions to replace your favorite foods. For example, if you love chocolate cake, give chocolate angel food cake a try. If pizza is your weakness, make your own with low fat cheese and a vegetable topping. You may find some healthier foods soon become your favorites!

Planning Ahead Worksheet

Healthy Food Staples

These are the foods you should have in your home and/or workplace at all times. These low calorie foods will help to ensure you always have a snack available to prevent

SAMPLE

5. _____

Don't Get Hungry!

If you want to sabotage your weight loss efforts, the best way to do it is to allow yourself to get too hungry. When we get hungry, we crave food – any food! When you eat every few hours and follow a balanced meal plan, you can prevent excessive hunger and the cravings that come along with it. Without cravings, following your meal plan will be

SAMPLE

Time _____	Place _____
Time _____	Place _____
Time _____	Place _____

Exercise

It is easy to talk yourself out of exercise, especially if you exercise in your home. You have to make exercise a priority in the same way you make healthy eating and the timing of meals and snacks a priority. Think of your exercise as you would any appointment. Schedule a time for exercise, write it on your calendar or planner, and stick to it. You

SAMPLE
