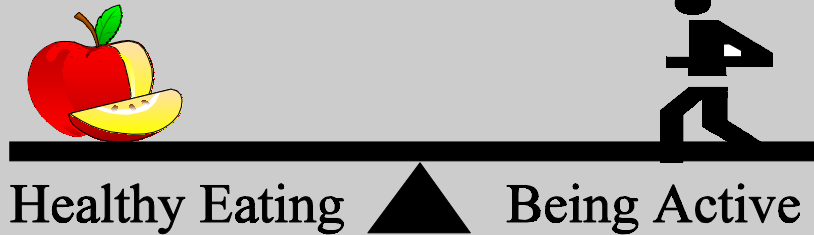


Lifestyle Balance



The Diabetes Prevention Program's *Lifestyle Change Program*

Manual of Operations

Appendix E1. Behavioral Topics

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Appendix E: Optional Participant Materials

Note: A few optional materials are included in this mailing to illustrate the *types* of optional materials that are now being developed.

The optional participant materials included in Appendix E have been reviewed by the LRC and approved for use to supplement the standard materials in the participant notebook.

Lifestyle Coaches should follow these guidelines in selecting optional materials:

- c **Be very careful not to overload participants with additional information and related materials.** A great deal of information is presented to participants, particularly during the core curriculum (first 16 sessions). More information is not always better. In fact, the key concepts of the intervention may be lost if participants are given too much information or too many handouts.

- c **No supplemental materials should be given to participants unless they have been first reviewed by the LRC.** This process is designed to help the Lifestyle Coaches maintain the needed focus of each session, and it will also allow the LRC to bring additional materials and tools of presentation to the attention of the other clinical centers so that all can benefit.

Refer to Section 7.2.4., Maintaining the Basic Content and Sequence of Core Curriculum Sessions, for further guidelines.

Quick Track.

Quick Track is an alternative self-monitoring tool for Lifestyle Balance participants. It has been designed for:

- Participants who find standard self-monitoring, using the Keeping Track books and Fat Counter, too difficult (for example, because of very limited reading or math skills) or
- Participants who have been successful using standard self-monitoring and now want a streamlined method for maintenance.

The first page of Quick Track lists certain “targetted” foods that are high in fat and common in the American diet. The second page lists lower-fat foods that may be eaten instead of those high-fat foods.

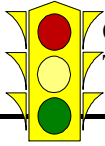
Give participants only the first page or both pages (you may want to print them back to back). Instruct participants to complete one column for each day by placing a check or hatch mark in the appropriate row **every time they eat any of the foods listed in that row in any amount**, including in mixed dishes.

Feel free to modify the targetted foods on either the front or back of the form. For example, you may want to add a specific food to one of the rows that contains similar foods (or to the row labelled “Other”) if that food is a significant source of fat and/or calories for the participant at this time. Or you may want to cross out certain rows to focus or simplify self-monitoring for a period of time.

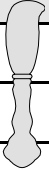






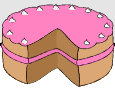
Quick Track is a record of the *number of times* certain foods are eaten. Amounts are not recorded. Care must be taken, therefore, to educate participants about the importance of appropriate serving sizes and overall caloric intake. For some participants, you may want to write in what a “serving” should be for some of the foods and instruct them to check the row every time they eat one serving and to check the row twice or even three times for larger servings. For others, Quick Track may not be suitable because of their need to self-monitor portion sizes closely.

Quick Track

Name _____ Week of _____

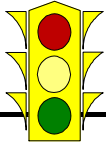


Check (✓) every time you eat ANY AMOUNT of these high-fat foods, including in mixed dishes.
Try to LIMIT these foods.

CAUTION! High-fat foods	M	Tu	W	Th	Fri	Sat	Sun
Added Fats							
Margarine, butter, regular cream cheese 							
Sour cream, gravy							
Oil, lard, bacon fat, shortening							
Salad dressing or mayonnaise (including on sandwiches, in potato salad, tuna salad, coleslaw)							
Dairy Foods							
Whole or 2% milk 							
Coffee creamer, cream, half and half 							
Cheese, cheese or cream sauces							
Meats, Main Dishes							
Hamburger, cheeseburger, ground beef (except super lean), meat loaf, beef burritos, tacos 							
Pizza							
Hot dogs, bologna, salami, ham (except extra lean), other lunch meats 							
Bacon, sausage							
Peanut butter							
Most red meats (except lean cuts, trimmed of fat)							
Fried fish or fried fish sandwich							
Fried chicken, fried chicken sandwich, skin on chicken							
Side Dishes, Breads							
French fries, fried potatoes 							
Pastry, doughnut, croissant 							
Snacks, Desserts							
Potato chips, corn chips, tortilla chips, nuts 							
Cookies, cake, pie, ice cream, chocolate candy							
Other:							

Quick Track

Name _____ Week of _____



Check (✓) every time you eat these lower-fat foods *instead of* a high-fat food, including in mixed dishes. Remember: These foods still contain calories, so be careful about the amounts you eat.

GO! Lower-fat foods	M	Tu	W	Th	Fri	Sat	Sun
Fat Substitutes							
Low-fat or fat-free margarine							
Fat-free cream cheese or sour cream							
Jelly, jam							
Vegetable cooking spray							
Low-fat/nonfat salad dressing or mayonnaise, mustard, catsup							
Dairy Foods							
Skim or 1% milk							
Low-fat or fat-free creamer							
Low-fat or fat-free cheese							
Meats, Main Dishes							
Grilled or roast chicken sandwich, without mayonnaise-based sauce							
Sliced turkey, chicken, or water-packed tuna, with low-fat mayonnaise or mustard							
Lean red meats (round or loin cuts, lean ham), with fat trimmed off							
Fish, baked, broiled or grilled							
Chicken or turkey, without skin, broiled, baked, or grilled							
Side Dishes, Breads							
Baked or boiled potato w/fat-free sour cream							
Bagels, English muffins, low-fat muffins, bread, plain rolls							
Vegetables, raw or cooked without added fat							
Snacks, Desserts							
Pretzels; plain, air-popped popcorn; low-fat chips							
Sherbet, ice milk, fruit ice, low-fat frozen yogurt, fruit							
Other:							

Count 100 Cards.

The Count 100 Cards are an alternative self-monitoring tool for Lifestyle Balance participants. The cards are designed for participants who find standard self-monitoring too difficult or who have been successful using standard self-monitoring and now want a streamlined method.

The Count 100 Cards may be used in various ways:

- Xeroxed as is on one sheet of paper, for seven days of self-monitoring per page.
- Cut into squares (allow some white space around the cards for recording comments) and stapled together to create a small booklet for the wallet or purse.
- For the home assignment during the week after Session 6 or 4, Healthy Eating: Cut into squares and stapled into the participant's Keeping Track booklet for that week.
- For greater durability: Xeroxed onto Avery 5095 Name Badge labels (they have been formatted for this particular label size) and then peeled off and stuck onto 3-by-5" index cards. The food list might be stuck on the back of every card or on only one card for reference.

Attached are:

- Participant instructions.
- Master copies of cards for 1200, 1500, 1800, and 2000-calorie goals.
- A master copy of cards on which the calorie goal is left blank and the boxes are shaded for 1200 calories. Selected participants may wish to use these cards to develop individualized patterns (e.g., with a 1500-calorie goal, a participant could "spend" an additional 300 calories in various ways: 3 more bread servings, 1 more bread and 2 more fat servings, etc.). To maintain roughly 25% of calories from fat, participants should be cautioned against eating more than 2 or 3 fat servings per day.

The shaded boxes on the cards indicate the number of recommended servings for each calorie goal, based on the following calculations:

Food Guide Pyramid Group	Avg/serving		Recommended Daily Servings for:											
	Cal.	Fat (g)	1200 calories, 33 grams fat			1500 calories, 42 grams fat			1800 calories, 50 grams fat			2000 calories, 55 grams of fat		
			Svg	Kcal	Fat	Svg	Kcal	Fat	Svg	Kcal	Fat	Svg	Kcal	Fat
Bread	100	1	5	500	5	6	600	6	8	800	8	9	900	9
Vegetables	0	0	3	0	0	4	0	0	5	0	0	5	0	0
Fruits	100	0	2	200	0	3	300	0	4	400	0	4	400	0
Milk	100	3	2	200	6	2	200	6	2	200	6	2	200	6
Meat	100	5	2	200	10	2	200	10	2	200	10	2	200	10
Fat/Sweets	100	10	1	100	10	2	200	20	2	200	20	3	300	30
Total daily averages:				1200	31		1500	42		1800	44		2000	55

Please note:

1. The food groups are the same as in the Food Guide Pyramid, but the Count 100 Cards differ from the Food Pyramid in several significant ways.
 - The Count 100 food list includes only low-fat choices.
 - The Count 100 serving sizes have been adjusted so that one serving is roughly equivalent to 100 calories (except for vegetables which are counted as 0 calories per serving). For example, one serving of fat equals *1 Tablespoon* of oil, butter or margarine, rather than 1 teaspoon as in the Food Guide Pyramid or ADA exchange system. This allows the same portion size to be used for these foods as well as mayonnaise and peanut butter, all of which contain about 100 calories/Teaspoon. It also allows participants to count as 1 Fat/Sweet a number of common portion sizes of sweets and alcoholic beverages, such as a medium oatmeal cookie, 1/2 cup of sherbet, or 1 can (12-oz) of light beer. Lifestyle Coaches should carefully instruct participants to accurately measure portion sizes in the Fats/Sweets group and, if in doubt, overestimate rather than underestimate portions.
 - The 1200-calorie eating pattern includes 5 bread servings (the Food Guide Pyramid recommends a minimum of 6). However, the result is essentially the same, given the averaging of portion sizes and calories in the Count 100 system.
2. Participants are instructed to eat only those foods on the food list provided, and if other foods are eaten, to record them on the back of the card. Some participants will be able to use the Fat Counter to count the calories for these foods and may develop ways to include them, in serving sizes roughly equivalent to 100 calories, on the food list. Others will need the help of the Lifestyle Coach to do so.
3. Participants may want to record the meal at which each food is eaten by writing in the blocks a "B," "L," "D," or "S" for breakfast, lunch, dinner, or snack instead of, or in addition to, a check mark. Or participants may want to plan a particular pattern for each meal ahead of time by writing the letters in the blocks and then placing a check mark *over* these letters when the foods are eaten.

How to Use the Count 100 Cards.



The Count 100 Cards are a quick and easy way to count calories. And by following the cards *exactly*, you should be able to stay under your calorie goal.

- Step 1. Write your Lifestyle Balance goals at the top. These are **daily** (not weekly) goals.
2. Circle the day of the week. Fill in the date.
3. Put a check mark in one of the boxes whenever you eat **1 serving** of any of the foods on the food list.

To stay under your calorie goal:

- Eat only the foods on the food list. (If you do eat other foods, write them on the back of the card. Include the name, description, and amount. Your Lifestyle Coach will help you count the calories from these foods. You will need to *add these calories to the total for the day.*)
 - Eat no more than the number of servings shown by the shaded boxes.
 - Weigh and measure the amounts you eat. Stick to the serving sizes on the food list.
 - Cook and serve the foods without any added fat. If you do add fat, measure it carefully. Then count it as 1 or more servings from the Fats/Sweets group.
4. Total the calories for the day.
- Count the number of check marks, skipping those in the Vegetable group. (1 Vegetable serving is so low in calories, it's counted as 0.)
 - Multiply by 100 (or simply add two zeros to the number of check marks). Write the answer in the Total Calories blank.
5. Record your weight, the kind of physical activity you do, and the number of minutes activity for the day.



Goals: 1200 calories, _____ min. of activity.

Sat Sun M T W Th Fri Date: _____

Bread											
Veg.	0	0	0	0	0	0	0	0	0	0	0
Fruit											
Milk											
Meat											
Fat/Sw											

Total calories _____ Weight _____

Activity (kind, min.) _____

Bread 1 slice bread, ½ bagel/muffin, 1 c. cereal

1 med. potato, ½ c. cooked rice/pasta

Veg. ½ c. cooked, 1 c. raw, ½ c. veg. juice

Fruit 1 fresh fruit, ½ c. canned, ½ c. juice

Milk 1 c. skim or 1% milk, plain 1% yogurt

2 oz. low-fat cheese, ½ c. (1%) cottage cheese

Meat ½ c. cooked dried beans, 1 egg, 2 egg whites

3 oz. (deck of cards) trimmed, no fat added: fish,

chicken/turkey (no skin), extra lean ham,

round or loin cuts of beef/pork

Fat/Sw 1 TB. oil, butter, margarine, mayo, peanut butter

2 TB. salad dressing, jam/jelly, sugar

2 popsicles, ½ c. sherbet or ice milk

3" oatmeal cookie, 4 vanilla wafers/gingersnaps



Goals: 1200 calories, _____ min. of activity.

Sat Sun M T W Th Fri Date: _____

Bread											
Veg.	0	0	0	0	0	0	0	0	0	0	0
Fruit											
Milk											
Meat											
Fat/Sw											

Total calories _____ Weight _____

Activity (kind, min.) _____



Goals: 1200 calories, _____ min. of activity.

Sat Sun M T W Th Fri Date: _____

Bread											
Veg.	0	0	0	0	0	0	0	0	0	0	0
Fruit											
Milk											
Meat											
Fat/Sw											

Total calories _____ Weight _____

Activity (kind, min.) _____



Goals: 1200 calories, _____ min. of activity.

Sat Sun M T W Th Fri Date: _____

Bread											
Veg.	0	0	0	0	0	0	0	0	0	0	0
Fruit											
Milk											
Meat											
Fat/Sw											

Total calories _____ Weight _____

Activity (kind, min.) _____



Goals: 1200 calories, _____ min. of activity.

Sat Sun M T W Th Fri Date: _____

Bread											
Veg.	0	0	0	0	0	0	0	0	0	0	0
Fruit											
Milk											
Meat											
Fat/Sw											

Total calories _____ Weight _____

Activity (kind, min.) _____



Goals: 1200 calories, _____ min. of activity.

Sat Sun M T W Th Fri Date: _____

Bread											
Veg.	0	0	0	0	0	0	0	0	0	0	0
Fruit											
Milk											
Meat											
Fat/Sw											

Total calories _____ Weight _____

Activity (kind, min.) _____



Goals: 1200 calories, _____ min. of activity.

Sat Sun M T W Th Fri Date: _____

Bread											
Veg.	0	0	0	0	0	0	0	0	0	0	0
Fruit											
Milk											
Meat											
Fat/Sw											

Total calories _____ Weight _____

Activity (kind, min.) _____



Goals: 1500 calories, _____ min. of activity.

Sat Sun M T W Th Fri Date: _____

Bread											
Veg.	0	0	0	0	0	0	0	0	0	0	0
Fruit											
Milk											
Meat											
Fat/Sw											

Total calories _____ Weight _____

Activity (kind, min.) _____

Bread 1 slice bread, ½ bagel/muffin, 1 c. cereal

1 med. potato, ½ c. cooked rice/pasta

Veg. ½ c. cooked, 1 c. raw, ½ c. veg. juice

Fruit 1 fresh fruit, ½ c. canned, ½ c. juice

Milk 1 c. skim or 1% milk, plain 1% yogurt

2 oz. low-fat cheese, ½ c. (1%) cottage cheese

Meat ½ c. cooked dried beans, 1 egg, 2 egg whites

3 oz. (deck of cards) trimmed, no fat added: fish,

chicken/turkey (no skin), extra lean ham,

round or loin cuts of beef/pork

Fat/Sw 1 TB. oil, butter, margarine, mayo, peanut butter

2 TB. salad dressing, jam/jelly, sugar

2 popsicles, ½ c. sherbet or ice milk

3" oatmeal cookie, 4 vanilla wafers/gingersnaps



Goals: 1500 calories, _____ min. of activity.

Sat Sun M T W Th Fri Date: _____

Bread											
Veg.	0	0	0	0	0	0	0	0	0	0	0
Fruit											
Milk											
Meat											
Fat/Sw											

Total calories _____ Weight _____

Activity (kind, min.) _____



Goals: 1500 calories, _____ min. of activity.

Sat Sun M T W Th Fri Date: _____

Bread											
Veg.	0	0	0	0	0	0	0	0	0	0	0
Fruit											
Milk											
Meat											
Fat/Sw											

Total calories _____ Weight _____

Activity (kind, min.) _____



Goals: 1500 calories, _____ min. of activity.

Sat Sun M T W Th Fri Date: _____

Bread											
Veg.	0	0	0	0	0	0	0	0	0	0	0
Fruit											
Milk											
Meat											
Fat/Sw											

Total calories _____ Weight _____

Activity (kind, min.) _____



Goals: 1500 calories, _____ min. of activity.

Sat Sun M T W Th Fri Date: _____

Bread											
Veg.	0	0	0	0	0	0	0	0	0	0	0
Fruit											
Milk											
Meat											
Fat/Sw											

Total calories _____ Weight _____

Activity (kind, min.) _____



Goals: 1500 calories, _____ min. of activity.

Sat Sun M T W Th Fri Date: _____

Bread											
Veg.	0	0	0	0	0	0	0	0	0	0	0
Fruit											
Milk											
Meat											
Fat/Sw											

Total calories _____ Weight _____

Activity (kind, min.) _____



Goals: 1500 calories, _____ min. of activity.

Sat Sun M T W Th Fri Date: _____

Bread											
Veg.	0	0	0	0	0	0	0	0	0	0	0
Fruit											
Milk											
Meat											
Fat/Sw											

Total calories _____ Weight _____

Activity (kind, min.) _____



Goals: 1800 calories, _____ min. of activity.

Sat Sun M T W Th Fri Date: _____

Bread											
Veg.	0	0	0	0	0	0	0	0	0	0	0
Fruit											
Milk											
Meat											
Fat/Sw											

Total calories _____ Weight _____

Activity (kind, min.) _____

Bread 1 slice bread, ½ bagel/muffin, 1 c. cereal

1 med. potato, ½ c. cooked rice/pasta

Veg. ½ c. cooked, 1 c. raw, ½ c. veg. juice

Fruit 1 fresh fruit, ½ c. canned, ½ c. juice

Milk 1 c. skim or 1% milk, plain 1% yogurt

2 oz. low-fat cheese, ½ c. (1%) cottage cheese

Meat ½ c. cooked dried beans, 1 egg, 2 egg whites

3 oz. (deck of cards) trimmed, no fat added: fish,

chicken/turkey (no skin), extra lean ham,

round or loin cuts of beef/pork

Fat/Sw 1 TB. oil, butter, margarine, mayo, peanut butter

2 TB. salad dressing, jam/jelly, sugar

2 popsicles, ½ c. sherbet or ice milk

3" oatmeal cookie, 4 vanilla wafers/gingersnaps



Goals: 1800 calories, _____ min. of activity.

Sat Sun M T W Th Fri Date: _____

Bread											
Veg.	0	0	0	0	0	0	0	0	0	0	0
Fruit											
Milk											
Meat											
Fat/Sw											

Total calories _____ Weight _____

Activity (kind, min.) _____



Goals: 1800 calories, _____ min. of activity.

Sat Sun M T W Th Fri Date: _____

Bread											
Veg.	0	0	0	0	0	0	0	0	0	0	0
Fruit											
Milk											
Meat											
Fat/Sw											

Total calories _____ Weight _____

Activity (kind, min.) _____



Goals: 1800 calories, _____ min. of activity.

Sat Sun M T W Th Fri Date: _____

Bread											
Veg.	0	0	0	0	0	0	0	0	0	0	0
Fruit											
Milk											
Meat											
Fat/Sw											

Total calories _____ Weight _____

Activity (kind, min.) _____



Goals: 1800 calories, _____ min. of activity.

Sat Sun M T W Th Fri Date: _____

Bread											
Veg.	0	0	0	0	0	0	0	0	0	0	0
Fruit											
Milk											
Meat											
Fat/Sw											

Total calories _____ Weight _____

Activity (kind, min.) _____



Goals: 1800 calories, _____ min. of activity.

Sat Sun M T W Th Fri Date: _____

Bread											
Veg.	0	0	0	0	0	0	0	0	0	0	0
Fruit											
Milk											
Meat											
Fat/Sw											

Total calories _____ Weight _____

Activity (kind, min.) _____



Goals: 1800 calories, _____ min. of activity.

Sat Sun M T W Th Fri Date: _____

Bread											
Veg.	0	0	0	0	0	0	0	0	0	0	0
Fruit											
Milk											
Meat											
Fat/Sw											

Total calories _____ Weight _____

Activity (kind, min.) _____



Goals: 2000 calories, _____ min. of activity.

Sat Sun M T W Th Fri Date: _____

Bread											
Veg.	0	0	0	0	0	0	0	0	0	0	0
Fruit											
Milk											
Meat											
Fat/Sw											

Total calories _____ Weight _____

Activity (kind, min.) _____

Bread 1 slice bread, ½ bagel/muffin, 1 c. cereal

1 med. potato, ½ c. cooked rice/pasta

Veg. ½ c. cooked, 1 c. raw, ½ c. veg. juice

Fruit 1 fresh fruit, ½ c. canned, ½ c. juice

Milk 1 c. skim or 1% milk, plain 1% yogurt

2 oz. low-fat cheese, ½ c. (1%) cottage cheese

Meat ½ c. cooked dried beans, 1 egg, 2 egg whites

3 oz. (deck of cards) trimmed, no fat added: fish,

chicken/turkey (no skin), extra lean ham,

round or loin cuts of beef/pork

Fat/Sw 1 TB. oil, butter, margarine, mayo, peanut butter

2 TB. salad dressing, jam/jelly, sugar

2 popsicles, ½ c. sherbet or ice milk

3" oatmeal cookie, 4 vanilla wafers/gingersnaps



Goals: 2000 calories, _____ min. of activity.

Sat Sun M T W Th Fri Date: _____

Bread											
Veg.	0	0	0	0	0	0	0	0	0	0	0
Fruit											
Milk											
Meat											
Fat/Sw											

Total calories _____ Weight _____

Activity (kind, min.) _____



Goals: 2000 calories, _____ min. of activity.

Sat Sun M T W Th Fri Date: _____

Bread											
Veg.	0	0	0	0	0	0	0	0	0	0	0
Fruit											
Milk											
Meat											
Fat/Sw											

Total calories _____ Weight _____

Activity (kind, min.) _____



Goals: 2000 calories, _____ min. of activity.

Sat Sun M T W Th Fri Date: _____

Bread											
Veg.	0	0	0	0	0	0	0	0	0	0	0
Fruit											
Milk											
Meat											
Fat/Sw											

Total calories _____ Weight _____

Activity (kind, min.) _____



Goals: 2000 calories, _____ min. of activity.

Sat Sun M T W Th Fri Date: _____

Bread											
Veg.	0	0	0	0	0	0	0	0	0	0	0
Fruit											
Milk											
Meat											
Fat/Sw											

Total calories _____ Weight _____

Activity (kind, min.) _____



Goals: 2000 calories, _____ min. of activity.

Sat Sun M T W Th Fri Date: _____

Bread											
Veg.	0	0	0	0	0	0	0	0	0	0	0
Fruit											
Milk											
Meat											
Fat/Sw											

Total calories _____ Weight _____

Activity (kind, min.) _____



Goals: 2000 calories, _____ min. of activity.

Sat Sun M T W Th Fri Date: _____

Bread											
Veg.	0	0	0	0	0	0	0	0	0	0	0
Fruit											
Milk											
Meat											
Fat/Sw											

Total calories _____ Weight _____

Activity (kind, min.) _____



Goals: ___ calories, ___ min. of activity. Sat
Sun M T W Th Fri Date: _____

Bread											
Veg.	0	0	0	0	0	0	0	0	0	0	0
Fruit											
Milk											
Meat											
Fat/Sw											

Total calories _____ Weight _____
Activity (kind, min.) _____

Bread 1 slice bread, ½ bagel/muffin, 1 c. cereal

1 med. potato, ½ c. cooked rice/pasta

Veg. ½ c. cooked, 1 c. raw, ½ c. veg. juice

Fruit 1 fresh fruit, ½ c. canned, ½ c. juice

Milk 1 c. skim or 1% milk, plain 1% yogurt

2 oz. low-fat cheese, ½ c. (1%) cottage cheese

Meat ½ c. cooked dried beans, 1 egg, 2 egg whites

3 oz. (deck of cards) trimmed, no fat added: fish,
chicken/turkey (no skin), extra lean ham,
round or loin cuts of beef/pork

Fat/Sw 1 TB. oil, butter, margarine, mayo, peanut butter

2 TB. salad dressing, jam/jelly, sugar

2 popsicles, ½ c. sherbet or ice milk

3" oatmeal cookie, 4 vanilla wafers/gingersnaps



Goals: ___ calories, ___ min. of activity. Sat
Sun M T W Th Fri Date: _____

Bread											
Veg.	0	0	0	0	0	0	0	0	0	0	0
Fruit											
Milk											
Meat											
Fat/Sw											

Total calories _____ Weight _____
Activity (kind, min.) _____



Goals: ___ calories, ___ min. of activity. Sat
Sun M T W Th Fri Date: _____

Bread											
Veg.	0	0	0	0	0	0	0	0	0	0	0
Fruit											
Milk											
Meat											
Fat/Sw											

Total calories _____ Weight _____
Activity (kind, min.) _____



Goals: ___ calories, ___ min. of activity. Sat
Sun M T W Th Fri Date: _____

Bread											
Veg.	0	0	0	0	0	0	0	0	0	0	0
Fruit											
Milk											
Meat											
Fat/Sw											

Total calories _____ Weight _____
Activity (kind, min.) _____



Goals: ___ calories, ___ min. of activity. Sat
Sun M T W Th Fri Date: _____

Bread											
Veg.	0	0	0	0	0	0	0	0	0	0	0
Fruit											
Milk											
Meat											
Fat/Sw											

Total calories _____ Weight _____
Activity (kind, min.) _____



Goals: ___ calories, ___ min. of activity. Sat
Sun M T W Th Fri Date: _____

Bread											
Veg.	0	0	0	0	0	0	0	0	0	0	0
Fruit											
Milk											
Meat											
Fat/Sw											

Total calories _____ Weight _____
Activity (kind, min.) _____



Goals: ___ calories, ___ min. of activity. Sat
Sun M T W Th Fri Date: _____

Bread											
Veg.	0	0	0	0	0	0	0	0	0	0	0
Fruit											
Milk											
Meat											
Fat/Sw											

Total calories _____ Weight _____
Activity (kind, min.) _____

Lifestyle Balance Eating Plans.

Structured eating plans have been shown to help many people lose weight. Eating plans, when followed exactly, eliminate many temptations and decisions regarding food choices. Eating plans also simplify self-monitoring. Therefore, those Lifestyle Balance participants who have not lost weight as expected by Session 8 or 7, Tip the Calorie Balance, will be asked to either follow a structured eating plan or self-monitor calories. In addition, Lifestyle Coaches may give any participant one of the eating plans at any point during the study.

Attached are Lifestyle Balance Eating Plans for 1200 and 1800 calories for four days. The percent of calories from fat in both eating plans is approximately 10-15% (intentionally lower than the DPP goal of 25% fat in order to model a reduced-fat eating style). The calories are distributed approximately as follows:

	1200-Calorie Eating Plan	1800-Calorie Eating Plan
Breakfast	200-250 calories	350-400 calories
Light Meal	300-400 calories	400-500 calories
Main Meal	500-550 calories	600-650 calories
Snacks	100 calories	300 calories

The foods lists are identical for both plans. Compared to the 1200-calorie plan, the 1800-calorie plan includes these sources of additional calories: about 100 at breakfast (from bread, fruit juice, and/or diet margarine), 50-100 at the light meal (lunch) (from milk, yogurt, and/or bread), 200 at the main meal (dinner) (from bread, diet margarine, and nonfat frozen dessert), and 200 at snacks. Lifestyle Coaches may create 1500 and 2000-calorie plans, as needed, by making similar adjustments in writing on the 1200 and 1800-calorie plans. Lifestyle Coaches may also want to add a few foods to the various categories based on the participant's food preferences (for example, adding tortillas to the list of breads), provided that the average calories and fat grams per serving of the added foods are roughly the same as other foods in that category.

Participants should be encouraged to follow the plans *exactly* because it is the firm structure provided by eating plans that is most helpful. However, the plans are not designed to be followed indefinitely. It is expected that over time, participants will develop variations of the meal plans and create their own style of low-fat eating that suits their lifestyle, food preferences, and calorie needs during weight loss or weight maintenance.

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1200-Calorie Eating Plan.



Mix and match the following menus for breakfast, a light meal, and a main meal. Choose foods from the attached lists.

Breakfast 200-250 calories	<ul style="list-style-type: none"> • Cold or hot cereal • ½ cup milk • ½ cup fruit juice or 1 fruit serving 	<ul style="list-style-type: none"> • Toast (2 slices), or 1 English muffin, or 1 bagel • Jam or jelly • ½ cup fruit juice or 1 fruit serving 	<ul style="list-style-type: none"> • Egg substitute • Toast (1 slice), or ½ English muffin, or ½ bagel • Jam or jelly • ½ cup milk • ½ cup fruit juice or 1 fruit serving 	<ul style="list-style-type: none"> • Nonfat plain yogurt (1 cup) • Fruit • Toast (1 slice) or ½ English muffin, or ½ bagel • Jam or jelly
Light Meal 300-400 calories	<ul style="list-style-type: none"> • Sandwich: 1 protein serving (chicken, turkey, salmon, tuna, or peanut butter and jelly), 2 bread servings, with fat-free mayonnaise or dressing • Fruit • 1 cup milk or fat-free yogurt 	<ul style="list-style-type: none"> • Salad: Salad vegetables, 1 serving of turkey, chicken, tuna, or salmon, with fat-free dressing • ½ pita or ½ bagel • Fruit • 1 cup milk or fat-free yogurt 	<ul style="list-style-type: none"> • Cottage cheese • 2 servings of fruit • ½ pita or ½ bagel • 1 cup milk or fat-free yogurt 	<ul style="list-style-type: none"> • Low-calorie frozen entree (≤ 300 calories and ≤ 10 grams of fat) • Salad with fat-free dressing • Fruit
Main Meal 500-550 calories	<ul style="list-style-type: none"> • Fish or poultry (baked or broiled) • Pasta, potato, or rice • Vegetable with diet margarine • Fruit • Nonfat frozen dessert (½ cup) 	<ul style="list-style-type: none"> • Low-calorie frozen entree • Salad with fat-free dressing • Vegetable with diet margarine • Fruit • Nonfat frozen dessert (½ cup) 	<ul style="list-style-type: none"> • Pasta with marinara sauce (recipe attached) • Salad with fat-free dressing • Fruit • Nonfat frozen dessert (½ cup) 	<ul style="list-style-type: none"> • Chinese stir-fry (recipe attached) • Rice • Fruit • Nonfat frozen dessert (½ cup)
Snack 100 calories	Mix and match choices from the snack list to total 100 calories.			



1800-Calorie Eating Plan.



Mix and match the following menus for breakfast, a light meal, and a main meal. Choose foods from the attached lists.

Breakfast 350-400 calories	<ul style="list-style-type: none"> • Cold or hot cereal • ½ cup milk • ¾ cup fruit juice or 1 fruit serving • Toast (1 slice), or ½ English muffin, or ½ bagel 	<ul style="list-style-type: none"> • Toast (2 slices), or 1 English muffin, or 1 bagel • Diet margarine • Jam or jelly • ¾ cup fruit juice or 1 fruit serving 	<ul style="list-style-type: none"> • Egg substitute • Toast (2 slices), or 1 English muffin, or 1 bagel • Diet margarine • Jam or jelly • ½ cup milk • ¾ cup fruit juice or 1 fruit svq. 	<ul style="list-style-type: none"> • Nonfat plain yogurt (1 cup) • Fruit • Toast (2 slices), or 1 English muffin, or 1 bagel • Diet margarine • Jam or jelly
Light Meal 400-500 calories	<ul style="list-style-type: none"> • Sandwich: 1 protein serving (chicken, turkey, salmon, tuna, or peanut butter and jelly), 2 bread servings, with fat-free mayonnaise or dressing • Fruit • 1 cup milk or fat-free yogurt 	<ul style="list-style-type: none"> • Salad: Salad vegetables, 1 serving of turkey, chicken, tuna, or salmon, with fat-free dressing • 1 Pita or 1 bagel • Fruit • 1 cup milk or fat-free yogurt 	<ul style="list-style-type: none"> • Cottage cheese • 2 servings of fruit • 1 Pita or 1 bagel • 1 cup milk or fat-free yogurt 	<ul style="list-style-type: none"> • Low-calorie frozen entree (≤ 300 calories and ≤ 10 grams of fat) • Salad with fat-free dressing • Fruit • 1 cup milk or fat-free yogurt
Main Meal 600-650 calories	<ul style="list-style-type: none"> • Fish or poultry (baked or broiled) • Pasta, potato, or rice • Vegetable w/diet margarine • Dinner roll with diet margarine • Fruit • Nonfat frozen dessert (¾ cup) 	<ul style="list-style-type: none"> • Low-calorie frozen entree • Salad with fat-free dressing • Vegetable with diet margarine • Dinner roll with diet margarine • Fruit • Nonfat frozen dessert (¾ cup) 	<ul style="list-style-type: none"> • Pasta with marinara sauce (recipe attached) • Salad with fat-free dressing • Vegetable with diet margarine • Fruit • Nonfat frozen dessert (¾ cup) 	<ul style="list-style-type: none"> • Chinese stir-fry (recipe attached) • Rice • Dinner roll with diet margarine • Fruit • Nonfat frozen dessert (¾ cup)
Snacks 300 calories	Mix and match choices from the snack list to total 300 calories.			

Breakfast Choices

The starred foods are recommended to increase the fiber in your diet.

Cereal	Serving Size	Calories	Fat (g)
*Bran flakes	½ cup	90	0
Cheerios (plain)	1 cup	90	0
Corn Flakes	1 cup	110	0
*Oatmeal, cooked	½ cup	96	2
*Raisin Bran	¾ cup	100	0
Shredded Wheat, Spoon Size	½ cup	90	1
Special K	1 cup	110	0
Milk/Yogurt			
Skim milk	½ cup	43	0
1% milk	½ cup	51	2
Lactaid lactose-reduced non-fat milk	½ cup	43	0
Yogurt, non-fat, plain	1 cup	136	0
Bread			
*Whole wheat toast (regular)	1 slice	70	1
White toast	1 slice	70	1
English muffin	½	67	0
Bagel (any flavor)	½ (3" diam)	78	0
Diet bread 2 slices		80	0
Egg Substitute			
Fleischmann's Egg Beaters®	½ cup	50	0
Healthy Choice Cholesterol- Free Egg Product®	½ cup	60	0
Fruit Juice			
Orange juice	½ cup	56	0
	¾ cup	84	0
Grapefruit juice	½ cup	47	0
	¾ cup	70	0
Apple juice	½ cup	58	0
	¾ cup	87	0
Fruit			
*Banana	½ (8" long)	48	0
*Orange	1 (2½" diameter)	62	0
*Grapefruit	½	47	0
*Strawberries	1 cup	46	0
*Melon (any variety)	1 cup	60	0
Diet margarine (Only if included on your plan.)			
Fleishmann's Diet tub®, Promise Extra Light® tub	2 teaspoons	33	4
Jam/Jelly			
Regular jam/jelly (any flavor)	2 teaspoons	32	0
Diet jam/jelly (any flavor)	2 teaspoons	15	0
Light Meal Choices			

The starred foods are recommended to increase the fiber in your diet.

Protein	Serving Size	Calories	Fat (g)
Tuna, white, canned in water	3 ounces	99	1
Sockeye salmon, canned in water	3 ounces	118	5
Turkey or chicken breast, oven roasted (Oscar Mayer®, Hillshire Farm®, or Deli Select®)	3 ounces	90	2
Cottage cheese, 1% milk-fat	½ cup	82	1
Peanut butter, regular	1 Tablespoon	96	8

Bread			
Pita bread (6" diameter)	½ pocket	95	1
	1 pocket	191	1
Bagel, any flavor (3" diameter)	½ bagel	78	1
	1 whole	157	1
*Whole wheat bread	1 slice	70	1
	2 slices	140	2
White bread	1 slice	70	1
	2 slices	140	2

Fruit			
*Apple	1 (2¾" diam.)	81	0
*Banana	½ (8" long)	48	0
*Orange	1 (2e" diam.)	62	0
*Peaches, fresh	1 (2½ diam.)	37	0
*Pear, fresh	½ (2½ diam.)	49	0
*Pineapple, fresh	½ cup	38	0

Milk/Yogurt			
Skim milk ½ cup	43	0	
	1 cup	86	0
1% milk	½ cup	51	2
	1 cup	102	3
Lactaid lactose-reduced non-fat milk	½ cup	43	0
	1 cup	86	0
Yogurt, non-fat, fruited (Dannon Light®, Light & Lively®, Yoplait®)	½ cup	81	0
	1 cup	162	0

Light Meal Choices (continued)



Frozen Low-Calorie Entrees or Dinners

Choose any Healthy Choice® (HC), Lean Cuisine® (LC), Weight Watchers® (WW) or Budget Gourmet Light/Healthy® (BGL) dinners which have ≤ 300 calories and ≤ 10 gm fat.

<i>Examples:</i> Serving Size	Calories	Fat (g)	
HC Lemon Pepper Fish	1 entree	300	5
HC Chicken Enchiladas	1 entree	280	6
LC Oriental Beef w/ Vegetables & Rice	1 entree	290	9
WW Chicken Fettucini	1 entree	280	9
BGL Sirloin Beef in Wine Sauce	1 entree	280	8

Salad Dressing/Condiments

Miracle Whip® Fat-free	1 Tablespoon	19	0
WW Fat-free mayonnaise	1 Tablespoon	19	0
Kraft® Fat-free Dressings	1 Tablespoon	18 (avg.)	0
Marzetti® Fat-free Dressings	1 Tablespoon	20	0
Seven Seas® Fat-free Dressings, Creamy	1 Tablespoon	16	0
Clear	1 Tablespoon	5 (avg.)	0
Regular jelly/jam (any variety)	2 teaspoons	32 (avg.)	0
Diet jelly/jam (any variety)	2 teaspoons	15 (avg.)	0

Salad and Salad Vegetables Choose foods from the Free Food List.

Main Meal Choices



The starred foods are recommended to increase the fiber in your diet.

Protein	Serving Size	Calories	Fat (g)
Halibut	3 ounces	100	1
Cod	3 ounces	100	1
Tuna, yellow fin, fresh	3 ounces	118	1
Turkey, white meat	2 ounces	93	2
Chicken, white meat	2 ounces	81	2

Starch

Pasta:	white	1 cup	197	1
	*whole wheat	1 cup	197	1
Rice:	white	¾ cup	154	0
	brown	1 cup	216	2
	wild	1 cup	166	0
Potato:	baked in skin	Medium	220	0
	boiled w/out skin	1½ cup	114	0
Sweet potato (yam)		Medium (5" x 2")	200	0
Dinner roll				
	<i>(only if included on your plan)</i>	1	100	1

Vegetables

Broccoli, cooked	1 cup	52	0
Brussels Sprouts, cooked	1 cup	66	0
Cabbage, cooked:			
Green	1 cup	32	0
Red	1 cup	32	0
Carrots, cooked	1 cup	70	0
Cauliflower, cooked	1 cup	34	0
Corn, cooked	½ cup	66	0
Green beans, cooked	1 cup	38	0
Peas, cooked:			
Green	½ cup	62	0
Snow	1 cup	78	0
Spinach, cooked	1 cup	54	0
Squash, cooked:			
Summer	1 cup	44	0
Acorn	½ cup	69	0
Butternut	½ cup	48	1
Hubbard	½ cup	59	1
Spaghetti	1 cup	49	0
Marinara Sauce (attached recipe or a brand with ≤ 5 g fat/cup)	1 cup	115	5

Main Meal Choices (continued)



Fat	Serving Size	Calories	Fat (g)
Diet Margarine (Fleishmann's Diet tub®, Promise Extra Light® tub)	1 Tablespoon	50	6
Kraft® fat-free dressings	1 Tablespoon	18 (avg.)	0
Marzetti® fat-free dressings	1 Tablespoon	20	0
Seven Seas® fat-free dressings, creamy	1 Tablespoon	16	0
clear	1 Tablespoon	5 (avg.)	0

Fruit

*Apple	1 (2¾" diam.)	81	0
*Orange	1 (2" diam.)	62	0
*Peaches, fresh	1 (2½" diam.)	37	0
*Pear, fresh	½ (2½" diam.)	49	0
*Pineapple, fresh	½ cup	38	0
*Banana	½ (8" long)	48	0

Frozen Dessert Options

Frozen Yogurt			
Crowley's Fruit Flavors® ½ cup	100	0	
	¾ cup	150	0
Homemade Brand®	½ cup	100	3
	¾ cup	150	5
Sherbet	½ cup	133	2
	¾ cup	200	3
Sorbet (Dole®)	½ cup	129	0
	¾ cup	194	0

Frozen Low-Calorie Entrees or Dinners

Choose any Healthy Choice® (HC), Lean Cuisine® (LC), Weight Watchers® (WW) or Budget Gourmet Light/Healthy® (BGL) dinners which have ≤ 300 calories and ≤ 10 gm fat.

Examples:

HC Lemon Pepper Fish	1 entree	300	5
HC Chicken Enchiladas	1 entree	280	5
LC Oriental Beef w/Vegetables & Rice	1 entree	290	9
WW Chicken Fettucini	1 entree	280	9
BGL Sirloin Beef in Wine Sauce	1 entree	280	8

Salads Choose foods from the Free Foods List.

Marinara Sauce and Chinese Stir-Fry See attached recipes.



Snack Choices

Protein	Serving Size	Calories	Fat (g)	Cottage
cheese, 1% milk fat	¼ cup	41	0	
Yogurt, fruited, nonfat	½ cup	100 (avg.)	0	
Milk				
Skim milk	½ cup	43	0	
1% milk	½ cup	51	2	
Lactaid® lactose-reduced nonfat milk	½ cup	43	0	
Fruit				
*Apple	½	40	0	
*Banana	½	48	0	
*Melon (any kind)	1 cup	60	0	
*Orange	1	62	0	
*Peaches, fresh	1	37	0	
*Pear, fresh	½	49	0	
*Pineapple, fresh	½ cup	38	0	
Fruit Juice				
Apple juice	½ cup	58	0	
Cranberry juice, low calorie	½ cup	72	0	
Grapefruit juice	½ cup	47	0	
Orange juice	½ cup	56	0	
Popcorn				
Air-popped	2 cups	62	1	
Orville Redenbacher's Light Gourmet Microwave® (natural and butter)	3 cups	77	3	
Weight Watcher's Microwave®	½ ounce	50	1	
Frozen Popsicles				
Food Club Junior Pop®	1	40	0	
Dole Fruit and Juice Bars®	1	60	0	
Jello Gelatin Pops®	1	35	0	
Kool-Aid Gelatin Pops®	1	40	0	
Hot Chocolate				
Carnation Sugar-free Hot Cocoa, Mocha and Rich Chocolate®	1 envelope	50	0	
Alcohol				
Light Beer (most brands)	6 ounces	50	0	
Wine, table (most brands)	3½ ounces	72	0	



Free Foods

Salad greens, raw vegetables

Cabbage
Carrot
Celery
Chinese cabbage
Cucumber
Endive
Escarole
Lettuce
Mushrooms
Onion
Peppers
Radishes
Romaine
Spinach
Sprouts
Summer Squash
Tomato
Zucchini

Drinks

Bouillon or broth without fat
Bouillon, low-sodium
Carbonated drinks, sugar-free
Carbonated water
Club soda
Coffee/tea
(Use only fat-free cream, skim milk, or
1% milk in coffee or tea. Adjust
milk/yogurt servings accordingly.)
Drink mixes, sugar-free
Tonic water, sugar-free

Condiments

Artificial butter flavors (e.g., Butter
Buds®)
Catsup (1 Tablespoon)
Horseradish
Hot sauce
Mustard
Picante sauce
Pickles, dill, unsweetened
Taco sauce
Vinegar, any type

Sweet substitutes

Candy, hard, sugar-free
Gelatin, sugar-free
Gum, sugar-free
Sugar substitutes (saccharine,
aspartame)

Miscellaneous

Herbs
Lemon juice
Nonstick pan spray
Soy sauce
Spices
Worcestershire sauce

Shopping List



Check (✓) only the food items you need. Remember, these are the only food items you will need to follow your eating plan.

Cereals

- Bran Flakes
- Raisin Bran
- Corn Flakes
- Cheerios
- Special K
- Oatmeal
- Shredded Wheat

Produce, Fresh

- Apples
- Bananas
- Oranges
- Grapefruit
- Melon
- Peaches
- Pears
- Pineapple
- Strawberries
- Lemons
- Salad Greens
- Raw Vegetables
- Onions
- Green onions
- Potatoes, White
- Potatoes, Sweet

Beverages

- Skim Milk
- 1% Milk
- Diet Drinks
- Orange Juice
- Apple Juice
- Grapefruit Juice
- Cranberry Juice
- Pineapple Juice
- Sugar-free Hot Cocoa, Drink Mixes
- Bouillon or Broth, Without Fat

Salad Dressings, Condiments

- Fat-Free Salad Dressing
- Fat-Free Mayonnaise
- Mustard
- Catsup
- Horseradish
- Taco or Picante Sauce
- Vinegar

Breads/Starches

- Whole Wheat Bread
- White Bread
- Low-Calorie Bread
- English Muffin
- Bagel
- Pita Bread
- Rice, White, Brown, or Wild
- Pasta, White or Whole Wheat

Frozen Dinners

(≤ 300 calories,
 ≤ 10 g/fat)

- Weight Watchers
- Healthy Choice
- Lean Cuisine
- Budget Gourmet
- Light and Healthy

Frozen Desserts

- Frozen Yogurt (Crowley's Fruit)
- Sherbet
- Sorbet (Dole)
- Popsicles

Lean Protein

- Chicken or Turkey Breast, Oven Roasted, Deli
- Chicken, White Meat
- Turkey, White Meat
- Tuna/Salmon, Canned in Water
- Tuna, Yellowfin, Fresh
- Cod
- Halibut
- Yogurt, Nonfat, Plain or Fruited
- Egg Beaters
- Cottage Cheese (1% milk fat)
- Parmesan Cheese, grated
- Peanut Butter

Miscellaneous

- Vegetable oil
- Garlic
- Soy sauce
- Brown sugar
- Ginger, fresh or powdered
- Crushed tomatoes, 16 oz.
- Tomato paste, 6 oz.
- Basil, oregano, black pepper, thyme
- Parmesan cheese, grated
- Nonstick Pan Spray
- Artificial Butter Flavor
- Sugar Substitute
- Sugar-free Gum, Jello, Candy
- Coffee/Tea
- Diet Jelly/Jam
- Fat-free Creamer
- Lemon Juice

Marinara Sauce

1 Tablespoon vegetable oil	1 cup water
1 clove garlic, finely chopped	1 teaspoon basil
½ cup diced onions	½ teaspoon oregano
16 oz. crushed tomatoes, canned	¼ teaspoon fresh ground black pepper
6 oz. tomato paste, canned	¼ teaspoon thyme
	2 Tablespoons Parmesan cheese, grated

1. Add oil to medium-size cooking pot. Heat over medium heat.
2. Sauté garlic and onions in oil until transparent.
3. Add crushed tomatoes, tomato paste and water. Allow mixture to come to a boil, then reduce heat to allow mixture to simmer.
4. Add spices. Adjust amounts as desired.
5. Simmer sauce for ½ hour.
6. Serve over pasta with 2 Tablespoons grated Parmesan cheese.

Makes 4 (1-cup) servings. Per Serving: 115 calories, 5 grams fat.

Chinese Stir-Fry

2 Tablespoons soy sauce	1 Tablespoon vegetable oil
2 Tablespoons water	1 clove garlic, finely chopped
1 teaspoon firmly packed brown sugar	¾ pound boneless, skinless chicken breast, cut into 1" cubes
1 Tablespoon fresh ginger, grated or C teaspoon powdered ginger (optional)	3 cups mixed vegetables, cut into bite-sized pieces (broccoli, carrots, cauliflower, snowpeas, etc.)
2 green onions, diced	

1. Mix soy sauce, water, brown sugar, ginger and diced green onions. Stir until blended. Set aside.
2. Add oil to wok or large non-stick skillet. Heat over medium-high heat.
3. Add garlic and cubed chicken to wok or skillet. Stir-fry 5 minutes.
4. Add mixed vegetables to chicken. Stir-fry 3 minutes or until vegetables are tender crisp.
5. Add soy sauce mixture to chicken and vegetables. Stir-fry until thoroughly heated.
6. Serve over a bed of rice.

Makes 6 (¾-cup) servings. Per Serving: 140 calories, 4 grams fat.

Blueprints for Weight Loss.



To build a house, a construction crew needs to:

- Follow a detailed blueprint or plan;
- Check their work against the blueprint as they go along; and
- When they run into problems, either do something different to follow the plan more closely or draw up a new blueprint.

What blueprint or plan have you been following to lose weight?

What problems have you run into? What can you do differently to better follow the plan? Or is it time to draw up a new blueprint?

Blueprints for weight loss	Problems I've run into	What I could do differently to better follow the plan
Keep track of fat grams. Stay under a fat gram goal for the day.	<input type="checkbox"/> Not keeping track consistently. <input type="checkbox"/> Not staying under fat gram goal for the day. <input type="checkbox"/> Staying under fat gram goal but not losing weight.	<input type="checkbox"/> _____ . <input type="checkbox"/> _____ . <input type="checkbox"/> Use a different way to keep track. <input type="checkbox"/> Set a fat goal for meals and snacks. <input type="checkbox"/> Lower the fat gram goal.
Keep track of calories and/or fat grams. Stay under a calorie goal.	<input type="checkbox"/> Not keeping track consistently. <input type="checkbox"/> Not staying under calorie goal for the day. <input type="checkbox"/> Staying under calorie goal but not losing weight.	<input type="checkbox"/> _____ . <input type="checkbox"/> _____ . <input type="checkbox"/> Use a different way to keep track. <input type="checkbox"/> Set a calorie goal for meals and snacks. <input type="checkbox"/> Lower the calorie goal.
Follow a meal plan for: <input type="checkbox"/> Certain meals or snacks, or <input type="checkbox"/> All meals on certain days of the week, or <input type="checkbox"/> All meals every day.	<input type="checkbox"/> Not following the meal plan consistently. <input type="checkbox"/> Following the plan but not losing weight.	<input type="checkbox"/> _____ . <input type="checkbox"/> _____ . <input type="checkbox"/> Change the meal plan. <input type="checkbox"/> Eat pre-packaged meals (made at home or purchased) for: <ul style="list-style-type: none"> • Certain meals or snacks, or • All meals and snacks on certain weeks of the month, or • All meals and snacks on certain days of every week.