

SESSION VII

EAT AND BE THIN: The 12-WEEK MEAL PLAN

OBJECTIVES

- *Provide 12 weeks of carefully-selected menus to get you off to a fast start in your weight-loss program.*
- *Understand why following an organized meal plan is essential to successful weight control.*
- *List the five requirements of an effective meal planning system.*
- *Provide you with 12 weeks of menus, shopping lists and recipes.*
- *Learn how to make the 12 week meal planning system a permanent part of your lifestyle.*

BACKGROUND

In the first part of this session you were introduced to the eating guidelines you need to follow if you hope to reach your goal weight. Now it's time to begin incorporating those guidelines into your life.

The original *Neuropsychology of Weight Control* sold more than a million copies and hundreds of thousands of those customers experienced dramatic weight loss. Some of them had difficulty changing from what they had been eating to a healthy, fat-burning cuisine. They simply didn't know how to go about it.

The emphasis today is on fast, high-animal/saturated fat, high-sugar, high-salt foods that lead to extra weight and eventually ill health. The only way anyone can break away from the desire for these types of foods is to find healthy alternatives that are tasty, easy to prepare, attractive and provide enough variety that you don't get tired of them.

In Appendix Four you'll find "The 12-Week Meal Plan." You'll be given meal plans, shopping lists, recipes and preparation tips. You'll know exactly what to buy, how to prepare it and when to serve it. Eventually you'll customize this plan to fit your tastes and that of your family. In the beginning all the work is done for you. All you have to do is follow the recipes and begin eating the kinds of foods that will help you turn your body into a fat-burning machine rather than a fat-storing depot.

PRACTICE

1. Listen to/read Part 2 of Session VI: "Eat and Be Thin: A 12-Week Meal Plan to Get You Started."

2. Explain briefly why an organized meal plan is essential to successful weight control.

3. List the five requirements of an effective meal planning system.

1. _____

2. _____

3. _____

4. _____

5. _____

4. Turn to Appendix IV and begin using your 12-week meal plan.