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Welcome:

Welcome to the “Weight Loss Conference Call” our goal is to provide support and encouragement that will help you on your weight loss journey.

We will connect every Thursday at 7:00 to 8:00 pm. The agenda, along with supporting documents and recipes will be available on the drshelution.com website by Wednesday the day before the meeting each week.

We ask that you dial in 5 minutes early and have all material printed and available for review prior to the 7:00 start time. This will ensure that the class starts on time and everything will run smoothly.

Open Discussion :

- Workout 3 times this week
 - Congrats to Stephanie

- Success & opportunities last week
- What new snack did you try?
- How did you eliminate 200 calories?

Recap

- Week 1 - Establish your “Why”
- Week 2 - Established a “Goal”

Week 3 - Planning Ahead

Planning ahead is huge in a healthy eating plan. Ideally we should plan and prep all of our meals to ensure success. On Sunday I chopped and cleaned my fruits and vegetables. I made tuna salad for my salads and sandwiches. I got a rotisserie chicken from Sam’s for healthy meat option. When I cooked mac & cheese on Saturday and made enough for multiple meals.

Ideals that will help on prep.

- Pre cut or package items
- Batch cook for multiple-meals
- Use leftovers in other dishes
- Establish a weekly meal plan

Recipes of the Week

- Tuna Salad - 264 Calories -
- www.drshelution.com/tuna-salad/

Group Talk

Chew on This

- What has changed in these 2 weeks that will bring you closer to goal.

Homework:

- Workout 3 times this week
- Add strength training to your routine

Super Challenge

- Eliminate 300 calories from your lifestyle per day (example give up 1 soda per day)

Upcoming Events:

Week 4 - Lunch

Week 5 - Dinner

Week 6 - Exercise

Dial Info

August 4

7:00 - 8:00 pm

Connect by Phone

- Dial: **(218) 339-7800**
- Participant Access Code: **730 6027**
- Online meeting room:
- hello.freeconference.com/conf/call/7306027

Dial-in numbers

- ***2** Raise or lower your hand
- ***6** Mute or unmute your line
- ***8** Toggle entry and exit chimes
- ***9** Start and stop recording
- ***7** Toggle Mute Mode
- ***0** End Conference

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