

Path

PROGRAM



5-WEEK LIFESTYLE PROGRAM



Made by
Medwell



Week Two on the PATH

Week Two on the PATH gives you the tools you need to change your habits at the plate, at the fork and at the bite. Whether you're eating with your fingers or fork, you can change the unconscious way you approach your food to eat small—so you don't overeat at all!

WHAT TO DO THIS WEEK

► LEARN

- Habits of healthy eating and drinking
- Planning on seconds
- About the bite
- What to do at restaurants

► RESOURCES

- Habits of Healthy Eating Cheat Sheet
- Sample Menus



Habits of Healthy Eating Cheat Sheet

First Rule:

- Plan on seconds

Second Rule:

- Plan on dessert

Third Rule:

- Put away your large dinner plates

Bites:

- Your bite size should equal the end joint of your thumb
- Become a nibbler

Fork:

- Use the dessert fork
- Set your fork down after your first bite. Wait until you are finished with what you have in your mouth before you pick your fork up for the next bite

Mouth:

- Never fill your mouth with food

Hands:

- Only hold one piece of food at a time
- For handheld foods that are too large, cut them into smaller bites

Drinks:

- Don't wash your bites down with your drink
- Order a small drink
- Become a sipper

Tips for Restaurants:

- Never go to a buffet
- Split a plate with someone
- Put half in a to-go box before you even start
- Order a salad first, then your meal
- Order the appetizer portion if necessary
- Take your time, enjoy your meal and your company!



Example Meal Plans on the PATH

Day One:

Breakfast *(Target time, 15–20 minutes):*

- 2-egg cheese frittata with onion and garlic
- Whole wheat toast with butter
- orange

Lifestyle Tip of the Meal:

Wake up 30 minutes early. Sit-in the peace of your kitchen to begin your day with your partner, paper, or favorite cup of coffee.

Lunch *(Target time, 15 minutes):*

- Open-faced tuna salad sandwich on whole wheat toast, topped with a thin slice of sharp cheddar cheese
- small spinach salad with tomatoes and a balsamic vinaigrette
- Half pint of chilled whole milk

Ender *(Target time, 10 minutes):*

One square of rich dark chocolate about “two thumbs “in size

Lifestyle Tip of the Meal:

Estimate the size of half of your sandwich before you begin and resolve to finish with that half only after 7 minutes or so.

Snack *(Target time, 15 minutes):*

Handful (approximately 10) of unsalted nuts such brazil, almonds, cashew.

Dinner *(Target time, 20 minutes):*

- Tilapia baked in olive oil and crisp white wine, with capers and onions
- Garlic green beans (5–10)
- Rosemary red potatoes (3–4 quarters)
- 1 Glass Pinot Grigio or similar, 1 glass water

Dessert *(Target time, 10 minutes):*

Crème brûlée in a ramekin

Ender *(Target time, 10 minutes):*

A cup of hot herbal tea or hot cocoa

Lifestyle Tip of the Meal:

Set the table, set out the candles, and chill the wine.



Day Two

Breakfast *(Target time, 15 minutes):*

- Oatmeal with a pinch of cinnamon, a tiny bit brown sugar, and 1 tablespoon cream
- Half cup sliced seasonal fruit
- Cup of tea.

Lifestyle Tip of the Meal:

Enjoyment of the meal is more about the time spent than the amount eaten.

Lunch *(Target time, 25 minutes):*

- Black bean chili with sausage, 1 sprinkle cheddar cheese, 1 dollop sour cream
- Small glass iced tea with lemon
- Tossed greens salad with balsamic vinaigrette dressing

Dessert *(Target time, 10 minutes):*

Brownie

Ender *(Target time, 15 minutes):*

Small cup coffee or tea

Lifestyle Tip of the Meal:

Salad dressing complements the flavors of the salad— but many people load too much of it on, resulting in needless calories. Put enough dressing on to enhance the flavor, no more.

Snack *(Target time, 15 minutes):*

Hummus and baby carrots *(approximately 10 carrots)*

Dinner starter *(Target time, 10 minutes):*

Sliced tomato with basil leaves, olive oil, avocado, and feta cheese

Soup *(Target time, 15 minutes):*

- French onion soup with melted Swiss cheese and some warm, crispy French bread for dunking
- 1 glass water or beer

Dessert *(Target time, 10 minutes):*

2/3 cup of ice cream

Lifestyle Tip of the Meal:

Turn off all the technology.



Day Three

Breakfast *(Target time, 15 minutes):*

- Whole milk yogurt with granola, a sliced banana, and a sprinkle of dried cranberries
- Coffee

Lifestyle Tip of the Meal:

Don't let the size of your food determine the size of your bite. Cut your food into very small pieces on purpose.

Lunch *(Target time, 15 minutes):*

- Smoked turkey sandwich with provolone cheese and baby spinach on fresh-baked bread
- Avocado and tomato salad
- Fresh cut fruit
- Iced tea or water with lemon

Ender *(Target time, 10 minutes):*

Small square of dark chocolate, or teaspoon-sized wedge of creamy cheese

Lifestyle Tip of the Meal:

Never eat on your feet. Always sit down and give your meal the attention it deserves.

Snack *(Target time, 15 minutes):*

- Apple slices with peanuts
- Tea or coffee

Dinner main *(Target time, 20 minutes):*

- Grilled pork chop with garlic and rosemary
- Mashed sour cream potatoes (half cup)
- 3–4 slices fresh-cut raw veggies: red bell peppers, cucumber, cherry tomatoes
- 1 glass light red wine, 1 small glass water

Ender *(Target time, 10 minutes):*

Vanilla pudding

Lifestyle Tip of the Meal:

Practice leaving a little bit of food on your plate at the end of the meal.



Day Four

Breakfast *(Target time, 15 minutes):*

- Slice banana nut bread with butter
- Small glass of milk

Lifestyle Tip of the Meal:

Practice waiting a minute or two after all food is out of your mouth before having another bite.

Lunch *(Target time, 20 minutes):*

- 2 slices sourdough bread with olive oil, balsamic vinegar, parmesan cheese, and spices for dunking.
- A small handful of walnuts, sliced pear, and some blue cheese.
- Ice water with lemon

Dessert *(Target time, 10 minutes):*

Cherries or strawberries

Ender *(Target time, 10 minutes):*

1 square of rich dark chocolate

Lifestyle Tip of the Meal:

Take a breather between bites. Take 5 minutes from time to time to chat or read or something else. You will enjoy your food more when you come back to it.

Snack *(Target time, 15 minutes):*

Half sliced apple with Swiss cheese

Dinner main *(Target time, 20 minutes):*

- Baked chicken (single breast or leg and thigh)
- Rice pilaf (half cup)
- Broccoli citron (3–4 florets)
- 1 glass white wine, one small glass water

Dessert *(Target time, 10 minutes):*

Slice of pumpkin pie with vanilla whipped cream

Lifestyle Tip of the Meal:

To prevent rushing through a meal, focus on calming activities just before it starts. Some people meditate, pray, or focus inwardly for 5 minutes.



Day Five

Breakfast *(Target time, 15 minutes):*

- 1 soft boiled egg with salt & pepper over whole wheat toast
- Sliced banana
- A small glass of milk or coffee

Lifestyle Tip of the Meal:

Listening to your body is an art. Listen for your hunger. If you're not hungry, don't eat.

Lunch *(Target time, 20 minutes):*

- Cup of clam chowder
- Mixed greens with blue cheese dressing
- A slice of buttered bread
- Vanilla (or other) pudding
- Iced tea or water with lemon

Ender *(Target time, 10 minutes):*

Small cup of coffee or tea

Lifestyle Tip of the Meal:

If you're by yourself, bring a good book so you won't be alone.

Snack *(Target time, 15 minutes):*

2 Deviled egg halves

Dinner *(Target time, 20 minutes):*

- 2 bagel slices with cream cheese, smoked salmon, sliced tomato, sliced sweet onion, capers, lemon, salt, and pepper.
- Spinach salad with cranberries and balsamic vinaigrette
- Glass of beer

Dessert *(Target time, 10 minutes):*

Fresh cut fruit with cream

Ender *(Target time, 10 minutes):*

1 square of rich dark chocolate

Lifestyle Tip of the Meal:

Just as you nibble your food, always sip your drink