

Extreme Lifestyle Makeover



Week #7 – Session Outline

OPTIONAL: Collect the GI Log sheets they were suppose to fill out last week and ask if they have any questions about last week's material.

Move quickly into this week's topic, protein.

As a group, put together a list of proteins on a white board or whatever is available. Use the flip chart or have the audience call out some protein sources.

Hand out the articles entitled **Everything You Need To Know About Protein**.

Discuss the main points about protein what it is, why we need it, how much we need, difference between complete and incomplete proteins, etc. Remind them about the diagrams you went over last week and stress the fact that protein helps to slow down the release/use of glucose (sugar) we eat in the form of carbohydrates. This is why you should always eat protein with carbs and vice versa.

Hand out **How to Eat and the Reference Guide**. Explain that these sheets will give them a variety of examples/ideas of how to combine proteins and carbs.

Hand out the **Protein Intake Log Sheet** and explain how they fill it out. Reading the food label will help them keep accurate numbers.

They can also use the www.calorieking.com to find out how many grams of protein are in a certain food. Explain how to use this site.

Go over the formula for figuring out approximately how many grams of protein they need each day - approximately 1 gram of protein per kg of body weight.

Please book everyone in today for their final measurement appointment which will take place during week 8.

Remember to confirm with IT that all of the necessary audio visual equipment will be set up for you for week 8.

Remind everyone about the Pedometer Log and Physical Activity Accountability Calendar. Encourage all to continue recording....best advise for adherence!