

The Clinic Weight Loss Program

12-Week Program Outline

This program is not only geared towards getting you results, but it also aims to equip you with the knowledge, skills, behaviours and routines to make healthy foods choices long term and maintain your weight loss.

On top of receiving a tailored kick-start meal plan, that will be adjusted by your dietitian at your consultations as you need, you'll also complete a series of education sessions at your consultations covering the key fundamentals of WHAT and HOW to eat in a realistic and sustainable way.

Here is what we'll cover across the 12-week program.

WEEK	CONSULTATION	TOPIC/S COVERED
Week 1	Frist Consultation – 60 mins Body Scan	<ul style="list-style-type: none"> Getting to know you and your medical and dietary history. Determining your energy needs Kickstart meal plan
Week 2	Second Consultation – 60 mins	<ul style="list-style-type: none"> Education: diet quality, building a balanced meal Adjust Kickstart meal plan as required
Week 3	Support Consultation – 30 mins	<ul style="list-style-type: none"> Education: awareness and habit tracking Adjust Kickstart meal plan as required
Week 4	Support Consultation – 30 mins	<ul style="list-style-type: none"> Education: Managing high calorie drinks and overcoming barriers Adjust Kickstart meal plan as required
Week 5		
Week 6	Support Consultation – 30 mins Body Scan	<ul style="list-style-type: none"> Education: Snacking and Emotional eating Adjust Kickstart meal plan as required
Week 7		
Week 8	Support Consultation – 30 mins	<ul style="list-style-type: none"> Education: Carbohydrates and good portion control Adjust Kickstart meal plan as required
Week 9		
Week 10	Support Consultation – 30 mins	<ul style="list-style-type: none"> Education: Protein and good portion control Adjust Kickstart meal plan as required
Week 11		
Week 12	Support Consultation – 30 mins Body Scan	<ul style="list-style-type: none"> Education: Fats and next steps Adjust Kickstart meal plan as required Discuss options for ongoing support and continued education