

Program for Reducing Obesity (PRO) Nutrition 2 Group

PRO's Nutrition 2 Sessions are designed to empower you to create a healthy lifestyle that lasts. You'll engage with thought provoking questions based on PRO's Five Pillars of Sustainable Weight Loss, guiding you to reflect on what's important on your weight loss journey and why it matters. Along the way, you'll gain insights not just from your own experience, but from the shared wisdom of others in the group. You'll also receive expert guidance and practical tools from a Registered Dietitian and Board-Certified Obesity Physician, giving you the confidence and knowledge to make real progress. This supportive group setting will keep you motivated, connected, and focused on achieving the long-term results you're looking for—one meaningful step at a time.

PRO's Five Pillars of Sustainable Weight Loss

1. **Motivation & Mindset** – Focus on progress, not perfection. Celebrate small wins, view setbacks as learning opportunities, and maintain a growth mindset. Use PRO's expert guidance and group support to stay motivated and accountable.
2. **Nutrition & Eating** – Prioritize key foods and develop balanced, sustainable eating habits.
3. **Activity** – Find enjoyable movement you can maintain, incorporating strength training to preserve muscle.
4. **Self-Monitoring** – Track what matters (weight, inches, food, activity, hydration, and/or eating patterns), reflect on progress, and adjust as needed—without overanalyzing.
5. **Planning** – Set realistic, achievable goals to drive meaningful change. Reduce overwhelm by breaking larger goals into manageable steps.

Week 1- Starting Strong – Foundations for Lasting Change

Begin your journey with a strong foundation by exploring mindset shifts that support long-term health, understanding which foods to prioritize, and choosing a goal that makes sense for where you are right now. Discover satisfying snack ideas that align with your goals.

Week 2- The Protein Advantage: Where to Find It and How to Get Enough

Connect how feeling your best each day can be shaped by what's on your plate. Learn why protein is essential for your journey, how much you really need, and simple ways to track it. Explore easy, protein-rich foods that fit your lifestyle, even when eating feels like a challenge.

Week 3- Smart Protein Picks from Proven Diets

Reflect on your progress and align your actions with your vision of your healthiest self. Explore how Mediterranean, DASH, and MIND diets recommend protein—and how plant-based and low-fat dairy choices can support your goals. Get practical with meal and snack ideas to help you take the next step.

Week 4- The Fiber Fix: Benefits, Foods & Easy Ideas

Discover what fiber-rich carbohydrates can do for your energy, digestion, and weight goals. Reflect on challenges as opportunities to learn, explore high-fiber foods, and walk away with meal ideas you're excited to try.

Week 5- Managing Cravings – From Struggle to Strategy

Revisit last week's challenges and consider new ways to seek support. Dive into the psychology and biology of cravings and learn how to respond instead of reacting. Explore how to enjoy food while navigating sugar and processed food in a balanced way.

Week 6- Staying Active on Low Motivation Days

Shift your mindset around movement and discover what feels good for your body—beyond the scale. Connect the dots between activity, cravings, and satisfaction, and get practical strategies to feel more prepared and empowered this week.

Week 7- Preventing Emotional/Binge Eating with Mindful Eating and Wise Mind: This session aims to help you understand the dynamics of emotional and binge eating and encourages the practice of mindful eating and wise mind to prevent these behaviors.

Week 8- Finding Your Go-To Meals Let's ease the pressure of daily food choices by sharing go-to meals, routines, and helpful planning tools. You'll reflect on what works and discover inspiring resources for finding and organizing your go-to meals. Leave with one simple action to feel more prepared—and less stressed—this week.

Week 9- Boosting Your Food Tracking Accuracy

Reflect on your meal planning and food tracking so far. Explore easy ways to improve tracking accuracy, learn basic calorie tips, and set a small, doable goal for the week ahead.

Week 10- Dining Out and Meal Delivery Done Right

In this session, we'll share ideas and strategies for staying on track with your health goals when dining out or ordering takeout. We'll also explore meal delivery options that can help ease the burden of meal planning and meal prep.

Week 11- Eating for the Life You Want In this session, we'll explore what it means to eat in a way that reflects your values of health and brings genuine satisfaction. You'll have the opportunity to create and share your dream food plan, receive supportive feedback, and consider small, realistic steps to bring that vision to life.

Week 12- What's Still Hard? Exploring Remaining Eating Challenges

In this final session of the cycle, we'll take time to reflect on the eating challenges that still feel difficult for you. We'll consider what might be getting in the way and what small steps could help you move forward with more intention and confidence. We'll also review possible next steps within PRO to keep your progress strong and sustainable.

Topics subject to change based on the needs of the group and per the discretion of the facilitator or physician.