

**Full Circle Nutrition**  
**Lora Williams, MS, RD, LD**  
**Dietitian**  
**www.fullcirclenutrition.com**  
**(940) 536-4433**

**What to expect:**

- A program that teaches you how to eat, rather than how to diet
- A customized needs assessment
- A meal pattern calculated just for you based on your needs, goal, and exercise prescription to match the current phase
- An interactive Menu Planner designed for your goals
- A focus on long-term behavior change
- The expertise of a registered dietitian
- Seven accountability measures to help you achieve your goal
- Weekly weigh-ins, anthropometric measures, and pictures to assess progress.
- Assigned homework to emphasize the weeks lessons and focus
- Evidenced-based consults
- New topics at each consult
- Guidance and positive refocusing techniques to get you back on track
- Time to answer questions

**What is expected from you:**

- Menu planner filled out completely and emailed back weekly for review
- Journal / blog completed at least once per week
- Exercise is done in target heart zone 4 to 5 days at least 30 minutes
- Homework is turned in weekly
- Pictures are taken weekly (prefer for best weight loss morph) or at least every 3 weeks
- Abstain from using other marketed weight loss techniques while on this program so the dietitian can problem solve effectively

**What *NOT* to expect:**

- A quick fix
- Rapid weight loss
- Starvation diet
- Nutritionally unsound diet plan
- A rigid meal plan – you will have the flexibility to decide what specific foods to eat each day
- Someone to “get on you”, “yell at you” when you stray from the program
- Daily menus that take the “guesswork” out of losing weight. With the help of the dietitian, you will decide when and what to eat throughout the day and adapt the meal patterns to your lifestyle
- “Off-limits” foods – this program allows you to “fit all foods” within reason into your lifestyle