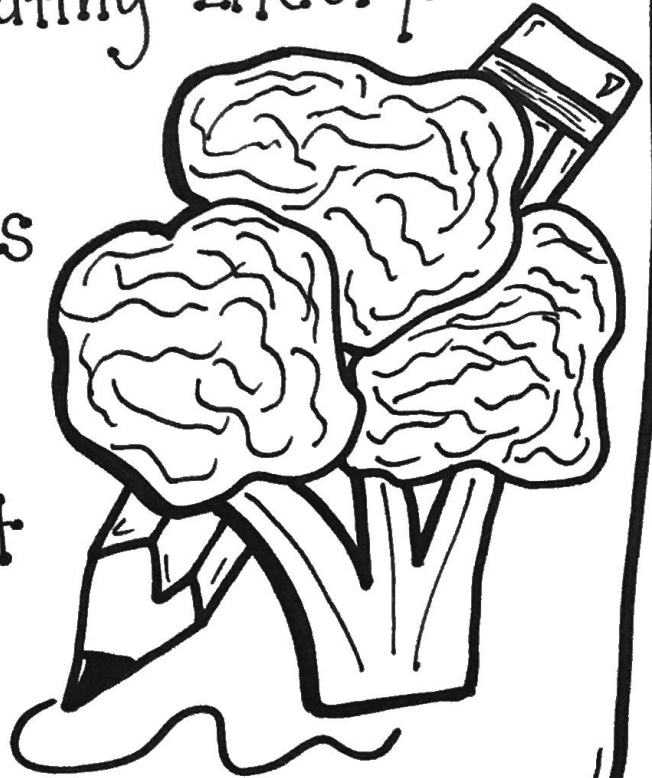


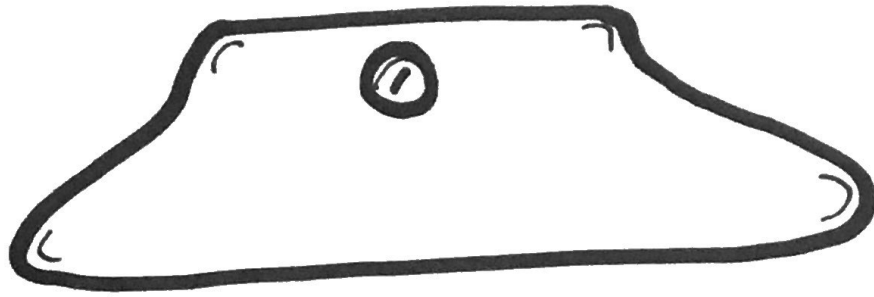
Name: \_\_\_\_\_

Pretend you are a Nutritionist. You have a patient who is extremely obese and needs your help. Choose a healthy eating lifestyle from the list provided. Research its requirements and create a meal and fitness plan for your patient. Your plan should be for a full week.

List of Healthy Eating Lifestyles:

- Keto
- Weight Watchers
- Jenny Craig
- South Beach Diet
- Nutrisystem





Lifestyle: \_\_\_\_\_

## Meal Plan and Fitness Plan

Sunday	Monday	Tuesday	Wednesday
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Thursday	Friday	Saturday
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