



ACCELERATE YOUR SUCCESS

Workbook



6 Weeks to enhance your
medical weight loss
through food



FOOD FOR LIFE!

BODY GENESIS
INSTITUTE

WEIGHT LOSS AND GUT HEALTH SOLUTIONS



Accelerate Your Success Workbook: Enhance your Medical Weight Loss through Food!

Welcome & How to Use This Workbook

Welcome to your 6-week webinar series: Accelerate Your Success: Food for Life. This workbook is your personal space to reflect, take notes, and stay on track.

How to use this workbook:

- Before each session, complete the reflection prompts.
- Use the notes section during the webinar.
- Try the weekly activity and complete your action plan.
- At the end of each week, reflect on your wins and challenges.

Weekly Routine:

1. Attend the session
2. Take notes & highlight key insights
3. Complete your action steps
4. Reflect before the next session



Start by writing down your goals for this 6-week journey:

MY GOALS ARE:

Enhance Your Medical Weight Loss Through Food! Week 1

Approaching Food from an Abundance Mindset

Presenter: Dr Catherine Bacus

Before the session:

- What's my current challenge around food mindset?
- What do I hope to change?

Activity:

- List 10 foods you used to label as "bad" and reframe them.
- What does abundance with food mean to me?



End of Week Reflections:

- What worked?
- What did I learn?
- What's my next step?

Action Plan:

- This week I will...
- If I get stuck, I will remind myself...

Enhance Your Medical Weight Loss Through Food! Week 2

Protein & Beyond - Building Balanced Meals

Presenter: Dietitian Stefania Basso

Before the session:

- How confident am I in building balanced meals?

Activity:

- List protein sources I enjoy
-
- Create 3 balanced meals



- What's an ideal protein-rich breakfast?

Action Plan:

- This week I will...
- If I get stuck, I will remind myself...

Enhance Your Medical Weight Loss Through Food! Week 3

Smart Meal Prep & Snack Strategies

Presenter: Dietitian Stefania Basso

Before the session:

- What are my biggest meal prep barriers?

Activity:

- Fill out the weekly meal/snack planner - Next Page
- How can I simplify prep?



Action Plan:

- This week I will...
- If I get stuck, I will remind myself...

Enhance Your Medical Weight Loss Through Food! Week 3

Meal Planner



Activity:

- Fill out the weekly meal/snack planner.

Day	Breakfast	Lunch	Dinner	Snacks
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				

Enhance Your Medical Weight Loss Through Food! Week 4

Understanding & Navigating Emotional Eating

Presenter: Coach Monique Davey.

Before the session:

- When do I eat emotionally?

Activity:

- Journal about *triggers*



- Create a non-food coping toolbox

Action Plan:

- This week I will...

- If I get stuck, I will remind myself...

Enhance Your Medical Weight Loss Through Food! Week 5

Eating Out Mindfully & Joyfully

Presenter: Dr Catherine Bacus

Before the session:

- How do I usually feel about eating out?

Activity:

- Reflect on a recent meal out



Prompt: What does mindful indulgence mean to me?

- Practice mindful eating

Action Plan:

- This week I will...
- If I get stuck, I will remind myself...

Enhance Your Medical Weight Loss Through Food! Week 6

Gut Health & Weight Loss - The Food Connection

Presenter: Dr Arun Dhir

Before the session:

- What do I know about gut health?

Activity:

- Track gut-friendly foods for 3 days - Next Page
- Checklist: foods to try



Prompt: How does my gut affect my mood or energy?

Action Plan:

- This week I will...
- If I get stuck, I will remind myself...

Enhance Your Medical Weight Loss Through Food! Week 6

Gut Health & Weight Loss - The Food Connection



Activity:

Track gut-friendly foods for 3 days

Day	Breakfast	Lunch	Dinner	Snacks
1				
2				
3				

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Your Team

Dr Catherine Bacus



Dr Catherine Bacus is a compassionate medical doctor dedicated to supporting people living with overweight or obesity, using modern, evidence-based tools to help them achieve better health. She understands the frustration of repeated dieting failures and focuses on providing trusted information, effective treatments, and sustainable strategies. As the founder of Alevia Medical Weight Loss and former chair of the RACGP Obesity Management group, Catherine has built a network of non-judgemental, multi-disciplinary clinics across Australia.

Dr Arun Dhir



Dr Arun is a Melbourne-based surgeon, university lecturer, yoga and meditation teacher, and Australian Army Officer with a deep interest in the Mind-Body-Gut connection and its role in living a fulfilled life. He runs a busy surgical practice, has authored three books, and shares insights on resilience, gut health, and purpose through public talks, media appearances, and his YouTube channel with over 10,000 subscribers. Dr Arun also offers a Weekly Wellness Newsletter to help others build resilience and live with greater intention.

Dietitian Stefania Basso



I'm a passionate and fully accredited dietitian, inspired by my own journey as a competitive swimmer facing body image challenges and guided by a life-changing experience with a dietitian at age 16. I provide personalised, empathetic care that supports individuals through all stages of weight management—from non-medical and medical approaches to bariatric surgery—focusing on sustainable habits, balanced nutrition, and emotional well-being. My mission is to empower you with the tools, knowledge, and support needed to achieve your goals and feel confident in your body.

Coach Monique Davey



Coach Monique empowers weight loss patients to transform their mindset by changing how they think, speak, behave, and take action. With qualifications in teaching, coaching, NLP, and Eriksonian practices, she helps reprogram thought patterns to support lasting change. Her passion lies in guiding individuals to not only reach their goals but exceed them.

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Reflections & Next Steps

Congratulations
on completing
your
6-week series!



Reflect on your journey:

- My 3 biggest insights from this program were...
- The habits I want to keep are...
- When I feel stuck, I will...

My Ongoing Self-Care Plan:

- Weekly check-ins with myself
- Staying connected to support systems
- Using this workbook as a reminder of my journey

Questions for my doctor/dietitian/coach: