



# *Healthy Living*

based on



Curriculum Three (3)  
Intro

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PRISM<sup>®</sup>  
WEIGHT LOSS  
PROGRAM

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Curriculum  
Three

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**PRISM<sup>®</sup> WEIGHT LOSS PROGRAM**

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*A man is worthy of his hire.*

**LUKE 10:7 & MATTHEW 10:10**

*Deceitful works shall be judged.*

**PROVERBS 11:18 & ECCLESIASTES 12:14**

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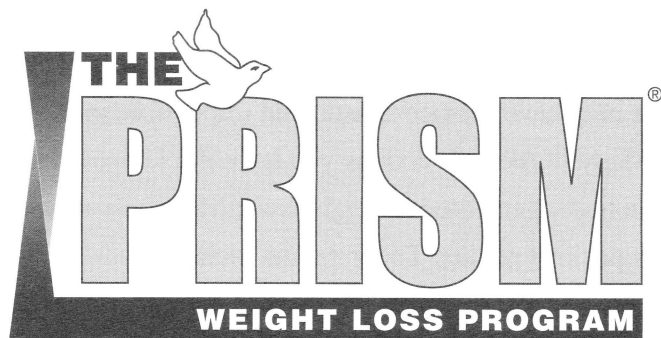
*“Thou shalt not steal.”*

**EXODUS 20:15, 22:11; LEVITICUS 6:4, 19:11; DEUTERONOMY 5:19;**

**PSALMS 50:18; ZECHARIAH 5:4; ROMANS 13:9 & I PETER 4:15**

Scriptures from 1611 King James Version

Published in the Republic of the United States of America



## PRISM® WEIGHT LOSS PROGRAM

### **IMPORTANT HEALTH NOTICE – PLEASE READ CAREFULLY**

Thank you for choosing the PRISM® Weight Loss Program! Our program has helped many thousands of people over the years lose weight successfully, and keep it off. As with any weight loss program, PRISM® may not be the right program for everyone. **Therefore, it is imperative that you consult with your physician before you begin this program.** Please have your physician contact the PRISM® corporate office if he or she has any questions.

**Nursing women may participate with a doctor's approval and program modification.**

The PRISM® Weight Loss Program is not intended for the following persons, and they should not participate in the program: **Individuals under the age of 18**

**Pregnant women**

If you fall within one of the above categories, or if your physician advises against your participation in the Program, please contact the corporate office and we will gladly arrange for a full refund of your purchase after return of all of PRISM® materials.

PRISM® group leaders facilitate weekly meetings of participants and can be extremely helpful in your weight loss journey. However, they are not employees or agents of The PRISM® Weight Loss Program nor are they health professionals. **The PRISM® Weight Loss Program, its owners, employees and group leaders do not provide medical advice.** You should direct all health-related questions to your physician.

## **INTRODUCTION**

**CONGRATULATIONS!!** Can you believe the changes that have taken place in your life during the past three months?! What may have seemed drastic and impossible in the beginning has now become almost routine. Many of the new actions you have implemented have become a natural part of your day. These right actions, generated through new attitudes about yourself and your eating behaviors, have produced positive results. These results include:

1. Weight loss – You have lost a considerable amount of weight and are much closer to your TRUE YOU destination.
2. Physical hunger satisfied without fear or worry – You now understand what, how much and when your body needs to be replenished. You have confidence in your ability to respond to physical hunger in a positive way.
3. Emotional satisfaction without guilt – You have discovered the role that emotions play in your life and are developing the ability to respond to them in positive, healthy ways. You are learning that you can experience emotions and still make wise decisions about your eating choices.
4. The activity of eating free from anxiety – You are now aware that it is not only the foods you have eaten, BUT HOW you have eaten them, that produced negative results in your life. As you change your attitude toward the activity of eating, you reinforce the true role that food plays in your weight loss efforts. You recognize food for what it is, an energy source which you manage through positive attitudes and actions. You have a new freedom from fear of food!
5. Deeper understanding of the causes of negative eating behaviors – You now understand that statements like “I just enjoy eating” or “I have a tendency to be a little overweight” are simply EXCUSES for poor eating behaviors. These attitudes are surface reactions, connected to much deeper problems. The activity of eating has been used to “soothe” and “balance” the hurts and fears in your life.
6. Awareness of society’s viewpoints concerning food and overweight people – You are free to socialize with those around you, secure in your ability to make wise, healthy choices regardless of the environment in which you find yourself.

**YOU HAVE BUILT A PLATFORM OF CONFIDENCE  
ON WHICH YOU WILL BASE YOUR SUCCESS!  
LASTING TRANSFORMATION  
AND BECOMING THE PERSON GOD  
CREATED YOU TO BE!!**

Phase Three will address some of the “cautions” you need to consider as you continue your journey. You will notice the color of the cover on this book – **YELLOW!!** Weeks Thirteen through Eighteen are critical to your lasting success. It is very easy to become complacent in the routine of this program. This complacent attitude can be very similar to the attitude you had coming into Week One – naive and totally unaware of the drastic changes which needed to take place within you. The progress you have made is significant and wonderful! Now you must continue to build on the work you have begun.

### **THE TRUE YOU LIFESTYLE HAS NO ROOM FOR COMPLACENCY!!**

You may be joined in this phase by new program participants who will be embarking on their journey through Phase One. Our objectives are that you will be both challenged and encouraged by the interaction with new class members. You will be challenged as you observe these new classmates in their commitment to and dependence upon the program guidelines and KEY PRINCIPLES. Their struggles will remind YOU of the necessity for continued perseverance and commitment. Even though the road to the TRUE YOU has become familiar, you still have some “steep climbs” ahead. These mountains will take much energy and effort on your part. Let your new classmates be an inspiration to you to complete the journey.

### **TIME + EFFORT = DESIRED RESULTS!**

You will also be a source of encouragement to these new classmates. You are evidence of what the program and your commitment to it can produce in just three short months! You can support others through sharing your experiences and through words of encouragement.

Phase Three is your opportunity to continue on, confident in your ability to become the person you were created to be! As you move forward, you will work through the “caution lights” before you. These include:

1. Plateaus of Satisfaction
2. Fear of the TRUE YOU Lifestyle
3. Integration into “Normal” Society
4. Overreaction to Barriers

It is now time to “throw caution to the wind” and proceed in your quest to your destination – A TRANSFORMED LIFESTYLE OF FREEDOM AS THE TRUE YOU!



Toni Vogt

## INTRODUCTION

# PHASE THREE GUIDELINES

This study guide was created to be a source of daily encouragement, teaching and motivation. Below are instructions for the use of this study guide:

1. Read one unit per week; one lesson per day.
2. Read **ONLY** that day's lesson. Reading ahead is not allowed. You may; however, review past lessons.
3. Complete the total lesson and do all that is requested.

If you are experiencing the program in a support/church group the weekly class lectures are very important and attendance is necessary for your success. They will provide teaching, accountability and support. Do not sabotage your efforts by allowing other activities to get in the way of attendance. Set the time aside and resolve to attend all classes. Your participation will be beneficial to you and your fellow class members. In the unlikely event you are unable to attend your class, it is your responsibility to inform your leader in advance of your absence.

You have now made the decision to be all that you were created to be. You now have before you and within you all that you require to make your dream of freedom a reality!

**YOUR BOOK AND THE RESPONSES IN IT COMPRISE  
YOUR PERSONAL JOURNAL. IT WILL NOT BE SEEN  
BY ANYONE UNLESS YOU CHOOSE TO SHARE IT.**

On the following page you will find a NEW "Agreement of Resolution." Please read it and give careful consideration to what it says **BEFORE** you sign it. Once you sign it you will give your leader written evidence of the seriousness of your decision to continue on your journey. It will also help reinforce your own determination to reach and continue at your "right weight."

**THESE ARE THE GUIDELINES YOU ARE AGREEING TO FOLLOW THROUGHOUT THIS SIX WEEK PERIOD:**

1. I will only consume those foods allowed in the PRISM® Food Guide, and in their allowable quantities and form.
2. I will only consume the number of calories allowed each day according to my gender or weight. This means not one calorie less than the minimum prescribed nor one calorie than the maximum (See Food Guide explanation for appropriate numbers).
3. I will weigh, measure and honestly account for all food I choose to consume.
4. I will keep a daily journal of the foods I consume and their caloric values. I will give this journal to my leader/accountability partner on a weekly basis for his or her review.
5. I will read my PRISM® curriculum daily. I will never read ahead or skip a day.
6. I will not weigh on a scale. My only weight will be the number on my "right weight" scales. I will look at my "right weight" scale at least twice a day and say the weight and affirmation outloud.

7. I will look at my TRUE YOU picture at least twice a day and say the affirmation outloud.
8. I will attend class and view the video presentation each week. Only my leader may excuse me from attending.
9. I will read my Agreement of Resolution at least once a day.



## **INTRODUCTION**

On the following page you will find an explanation of the PRISM® Weight Loss Program Food Guide for Phase Three. Please read it carefully. We want to be sure that you understand each point. If you are unsure about any portion of it, please go over it with your leader BEFORE you begin the third phase of this program.

You will be accounting for your food intake on “Food Journal Sheets,” located at the back of this workbook. You will turn in your completed food sheets to your leader/accountability partner on a weekly basis.

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## **INTRODUCTION**

# **PRISM® FOOD GUIDE EXPLANATION FOR PHASE THREE**

As you enter Week Thirteen of your journey, you are probably beginning to “settle into” your food plan. You have kept your body free from white flour and refined sugars and are still enjoying a “normal” life. You have a balanced, wide variety of foods to choose from. As you learn more about your personal needs, you will continue to select foods which support the TRUE YOU!

The food plan for Phase Three includes several new food choices, including some pastas. During this phase, you will continue to measure, weigh, and count the caloric value of your food intake. Optimal weight loss will only occur through your concentrated effort – **COUNTING CALORIES HONESTLY IS A MUST!!**

Have you become bored with your daily food choices? **EXPERIMENT!!** Treat yourself to a new recipe book which features low fat, light menu items! Even if you "never" cook, take one evening a week and try something new. Remember, if you feel deprived, you will act deprived. Deprivation only leads to frustration.

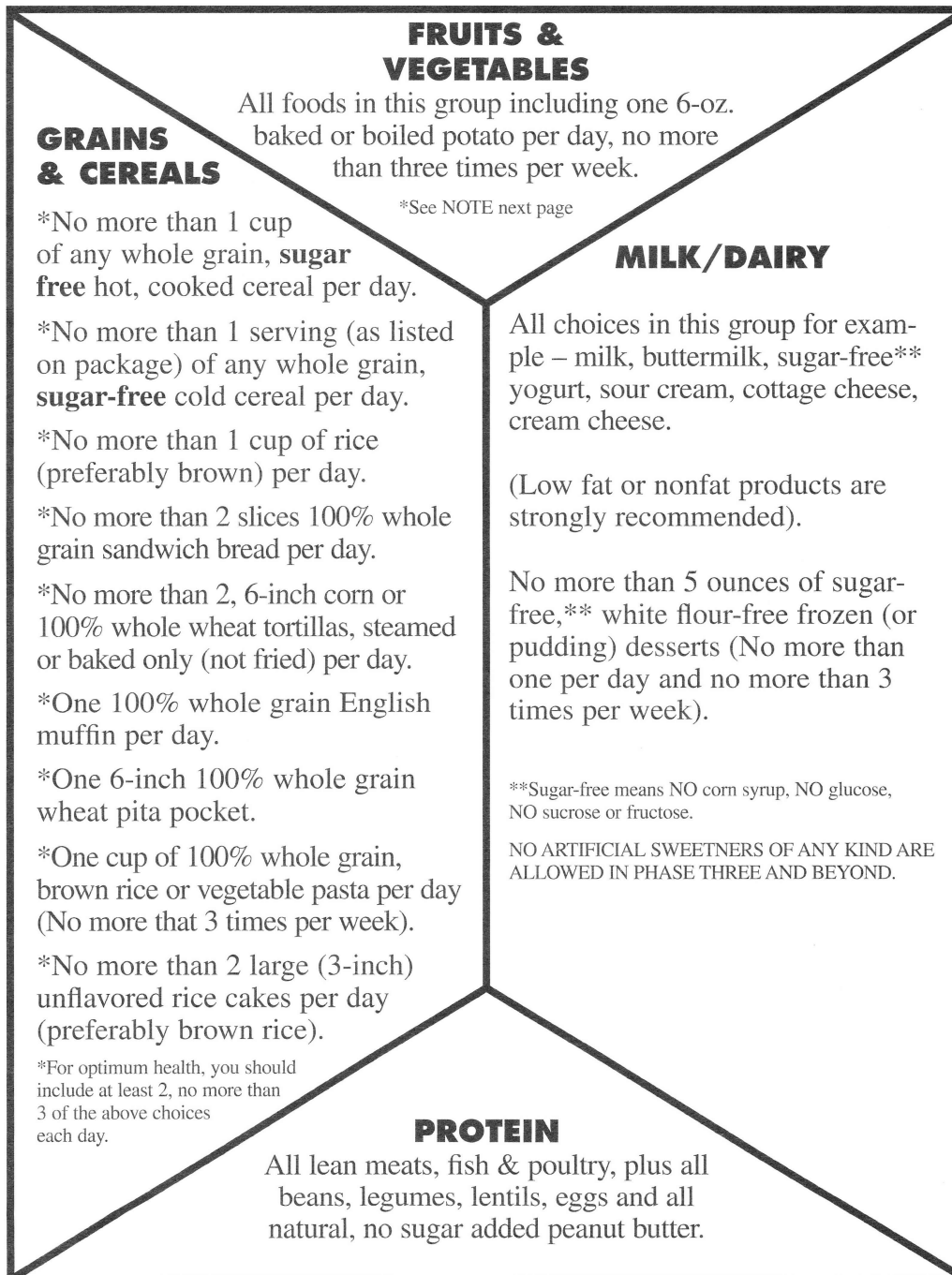
All of the components necessary for a healthy, exciting food plan are available to you. It is your choice to use them. As you make this choice, you will solidify the lifestyle of the TRUE YOU!

The Phase Three Food Guide can be found on the following page.

# PRISM<sup>®</sup> FOOD GUIDE

## Phase Three

8 TO 10 EIGHT OUNCE GLASSES OF WATER,  
MINERAL WATER OR HERBAL TEA PER DAY.



**THE FOLLOWING ARE NOT ALLOWED**  
ALL OTHER CRACKERS, CHIPS, ROLLS, BREADS,  
WHITE FLOUR PRODUCTS, POPCORN, SNACK FOODS.

## INTRODUCTION

1. Women may have no less than 1,000 calories and no more than 1,200 calories per day. No more than 700 calories are to be eaten before evening or main meal.

**\*\*Exception:** If you are a woman who weighs more than 250 pounds, you may have 1,300 to 1,500 calories per day. You may also have no more than two servings of cereal each day and count them as one grain/cereal choice.

2. Men may have no less than 1,300 calories and no more than 1,500 calories per day. No more than 800 calories are to be eaten before evening or main meal.

**\*\*Exception:** If you are a man who weighs more than 300 pounds or does heavy physical labor, you may have 1,600 to 1,800 calories per day. You may also have no more than two servings of cereal each day and count them as one grain/cereal choice.

NOTE: Beginning in Phase Three, you no longer need to count the calories of most vegetables consumed. You must continue to count the calories of “starchy” vegetables including, but not limited to: Burdock Root, Corn, Parsnips, Peas, Potatoes, Pumpkin, Rutabaga, Sweet Potatoes and Water Chestnuts.

3. You must write down any and all foods you eat and their caloric value on a Food Journal Sheet every day. This completed Food Journal Sheet will be turned in to your leader or accountability partner on a weekly basis.
4. You must weigh, measure and accurately count caloric values of any and all foods you select.
5. Liquid beverage meal replacements are NOT ALLOWED.
6. Any Food Bars, Breakfast Bars, Granola Bars, etc. are NOT ALLOWED.
7. ALL dessert products are NOT ALLOWED, with the exception of sugar-free, white flour-free frozen (or pudding) desserts. ARTIFICIALLY SWEETENED PRODUCTS ARE NO LONGER ALLOWED.
8. Sugars, brown and white, are NOT ALLOWED unless **listed at least fifth** as a partial ingredient in foods.
9. Diet sodas and sugarless gum (with the exception of Xylitol-sweetened gum) ARE NO LONGER ALLOWED. Artificial sweeteners of any kind are NOT ALLOWED in Phase Three and beyond.
10. Gravies are NOT ALLOWED.
11. Popcorn rice cakes, mini rice cakes, flavored rice cakes, white flour snack foods and popcorn are NOT ALLOWED.
12. Vitamin supplements should be taken daily in the form of a Multivitamin and B-Complex time release.
13. You may have no more than 1/4 cup of oat bran or wheat bran per day. You must count the caloric value.
14. No deep fried or breaded foods are allowed, including fried rice.
15. COMMUNION IS SACRED AND PART OF WORSHIP. BREAD FOR THIS PURPOSE IS ALLOWED IN ALL PHASES OF THIS PROGRAM.
16. IF YOU HAVE TO ASK YOURSELF WHETHER IT’S ALRIGHT TO EAT IT – DON’T!

**PERSONAL EVALUATION**

1. Describe briefly some of the ways you have grown personally/spiritually in the last three months which surprise and encourage you.

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2. How do these areas of growth motivate you as you begin Phase Three of your journey?

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3. What are some areas of “caution” you are currently aware of that need to be addressed as you move forward? What are some ways the program guidelines provide help to get through these “yellow light” areas in your life?

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4. List three changes you hope to make in the next six weeks in each of these three areas of your life:

Physical

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Emotional

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Spiritual

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## **INTRODUCTION**

### **OPTIONAL SCRIPTURE READING:**

#### **1 CORINTHIANS 10:11-13**

*“These things happened to them as examples and were written down as warnings for us, on whom the fulfillment of the ages has come. So, if you think you are standing firm, be careful that you don’t fall! No temptation has seized you except what is common to man. And God is faithful; He will not let you be tempted beyond what you can bear. But when you are tempted, He will also provide a way out so that you can stand up under it.” (New International Bible)*

#### **EZEKIEL 3:21**

*“But if you do warn the righteous man not to sin and he does not sin, he will surely live because he took warning, and you will have saved yourself.” (New International Bible)*