



6-Month Weight Management Plan

Patient: Mathew O'Mara **Age:** 46 years **DOB:** Not provided

Height: 189 cm **Weight:** 98 kg **BMI:** 27.4 (Overweight)

Target Loss Rate: 0.5 kg per week **6-Month Goal Weight:** ≈ 86 kg

Welcome, Mathew

You've already made a strong start by deciding to take control of your health. This program focuses on practical, sustainable changes in nutrition, activity, and mindset. Your goal—a steady 0.5 kg weekly loss—is realistic and achievable through consistent habits. Over 6 months, this plan will guide you toward improved energy, confidence, and overall wellbeing.

Your 3 Focus Points

1. Nutrition Focus

- Prioritise lean proteins (fish, chicken, eggs, tofu, Greek yoghurt).
- Base every meal on **whole foods**—vegetables, fruit, legumes, and whole grains.
- Limit processed snacks, sugary drinks, and refined carbs.
- Eat slowly and stop when ~80 % full.
- Aim for balance: half plate vegetables, quarter protein, quarter smart carbs.

2. Movement Focus

- Combine structured cardio, resistance, and flexibility training.
- Emphasise form, routine, and progression over intensity.
- Build strength and stamina gradually—each week adds to long-term change.

3. Mindset Focus

- Be consistent rather than perfect.
- Develop daily habits—hydration, meal prep, rest.
- Reflect weekly; celebrate small improvements in energy and mood.

Your Daily Eating Pattern

Goal	Target
Calories	~ 2 100 kcal /day (\approx 500–600 kcal deficit)
Protein	130–150 g /day (1.6–2.0 g/kg ideal weight)
Fibre	25–30 g /day
Fluids	2–3 L water /day
Portion Guide	Protein = 1 palm Carbs = 1 cupped hand Veg = 1 fist Fats = 1 thumb

7-Day Example Menu

Day	Breakfast	Lunch	Dinner	Snacks (×2)	kcal ≈
Mon	2 eggs + 1 toast + spinach	Chicken salad + olive oil	Grilled salmon + quinoa + broccoli	Greek yoghurt + berries • Hand of nuts	2 100
Tue	Smoothie (protein scoop, oats, banana, milk)	Tuna wrap + salad	Chicken stir-fry + brown rice	Cottage cheese + apple • Boiled egg	2 100
Wed	Oats + berries + chia seeds	Lentil soup + toast	Beef taco bowls + lettuce & beans	Protein bar • Fruit cup	2 050
Thu	Greek yoghurt + granola + nuts	Grilled chicken wrap	Baked fish + sweet potato + peas	Popcorn • Protein shake	2 100
Fri	2 boiled eggs + fruit + coffee	Sushi (8 pcs brown rice salmon)	Stir-fried tofu + vegetables + noodles	Yoghurt • Rice cakes	2 050
Sat	Protein pancakes + berries	Chicken wrap + salad	BBQ fish + salad + potatoes	Protein smoothie • Hand nuts	2 100
Sun	Avocado toast + poached egg	Leftover BBQ fish salad	Roast chicken + mixed veg + gravy lite	Yoghurt • Dark chocolate square	2 000

Movement Plan

Weeks 1–4 (Foundation)

- 20–30 min brisk walk × 4–5 days/week
- 2 light resistance sessions (body-weight or bands)
- Stretch 10 min after each session

Weeks 5–12 (Building)

- 30–40 min moderate cardio × 5 days/week
- 3 resistance sessions with progressive overload
- Add 1 mobility or yoga day

Weeks 13–24 (Strength & Maintenance)

- 40–50 min varied cardio × 5–6 days/week
- 3–4 resistance sessions (full-body split)
- Track heart-rate zones for fitness progress

Medication & Safety Notes

- **Ozempic (semaglutide):** may reduce appetite or cause nausea and reflux. Eat smaller portions slowly and avoid high-fat meals after injection.
- Maintain hydration and adequate protein to preserve lean mass.
- If persistent vomiting > 24 h or severe dizziness occurs, contact your GP.
- Stop exercise and seek review if you experience chest pain or breathlessness.

Check-Ins & Review Dates

Timing	Review Type	Purpose
Week 2 	Telehealth	Early adjustments & nausea review
Week 4 	In-person	Weight trend & activity progress
Month 3	Comprehensive review	Body composition + dose adjustment
Month 6	Final review	Goal achievement & maintenance plan

Looking Ahead

Your journey is about building a sustainable lifestyle, not chasing perfection. Every small choice counts—each meal and workout moves you closer to a healthier, more energised version of yourself. Remember to celebrate non-scale victories like better sleep, mood, and focus. We'll support you at every step.

Dr Premila Hewage

www.NovaBodyMedical.com.au

2-Week Telehealth • 4-Week In-Person • 3-Month Review

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