



# 6 Week Weight-Loss Program



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Mind-Body Magic

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# My Goals

*Make this declaration with a due date in mind and visualise yourself already at your ideal weight, having achieved all the changes in your life, mentally, physically and emotionally. Know that what the mind can conceive, the body can achieve! Using Hypnosis is also an excellent way to make these fast, powerful changes in your habits and actions a permanent way of life, by getting rid of any emotional triggers that may have caused you to put on weight in the first place, so they don't return. Through Hypnosis with Carol Macrae, you will find that every area of your life will be improved, using 5-Path Advanced Hypnosis Techniques which are amongst the best in the world!*

I am in the process of achieving and maintaining my ideal weight of : \_\_\_\_\_ kg and a size \_\_\_\_\_ in my clothing.

Other changes I'm making in my life include \_\_\_\_\_

\_\_\_\_\_

I'll know that I have reached my goals when \_\_\_\_\_

\_\_\_\_\_

When I'm at my ideal weight, shape and size that's right for me I always feel \_\_\_\_\_

\_\_\_\_\_

Due Date or Event \_\_\_\_\_

I Deserve This Because \_\_\_\_\_

\_\_\_\_\_

Other Comments or Wish List \_\_\_\_\_

\_\_\_\_\_

Signed \_\_\_\_\_ Witness: \_\_\_\_\_

Date \_\_\_\_ / \_\_\_\_ / 20\_\_\_\_

## Introduction to *the 6 Week Eating Plan*

Our 6 week eating plan consists of 3 phases. The first 2-3 weeks are fairly strict, but will kick-start your body into pulling fat out of storage to use for fuel, the next 2-3 weeks are easier, and the following weeks puts you back into normal healthy eating, and finally maintenance, where you will have changed the way you eat and think about food.

**You may lose up to 4kg in 2 weeks, banish cravings, shrink your belly--without ever feeling hungry.**

This is a delicious, foolproof plan for fast and healthy weight loss. It is not low-carb. Nor is it low-fat. We are simply retraining your mind and body to work differently to aim for SUCCESS, and for long-term changes and results!

You'll learn to rely on the right carbs and the right fats--the good ones--and this enables you to live quite happily without the bad carbs and bad fats. As a result, you're going to get healthy and lose weight--somewhere between 2 and 4 kg in the next 2 weeks alone. Here's how you'll do it.

### **Phase 1—Banishing Your Cravings**

You'll eat normal-size helpings of meat, chicken, turkey, fish, and shellfish. You'll have plenty of vegetables. Eggs. Cheese. Nuts. You'll have salads with real olive oil in the dressing. You'll have three balanced meals a day, and it will be your job to eat so that your hunger is satisfied.

Nothing undermines a weight-loss plan more than the distressing sensation that you need more food. No sane eating program expects you to go through life feeling discomfort. You'll be urged to have snacks in the midmorning and midafternoon, whether you need to or not. You'll have dessert after dinner.

You'll drink plenty of water, of course, plus coffee or tea if you wish.

This phase is the most difficult, but please realise that it's **ONLY 2 WEEKS**. For the next 14 days you won't be having any bread, rice, potatoes, pasta, or baked goods. No fruit, even. Before you panic: You'll begin adding those things back into your diet again in 2 weeks. But for right now, they're off-limits.

No lollies, cake, biscuits, ice cream, or sugar for 2 weeks, either.

No beer or alcohol of any kind. After this phase you'll be free to drink wine. It's beneficial for a variety of reasons. But not a drop during the first 2 weeks, however.

Now, if you're the kind of person who lives for pasta or bread or potatoes, or if you believe that you can't get through a day without feeding your sweet tooth (three or four times), let me tell you something: You're going to be shocked at how painlessly 2 weeks will pass without these foods. The first day or two may be challenging; but once you weather that, you'll be fine.

It's not that you'll have to fight your urges--during the first week the cravings will virtually disappear.

I say this with such confidence only because so many overweight people who have already succeeded on this program tell me so. The 6 Week Diet may be new to you, but it has existed for several years--long enough to have helped hundreds of people lose weight easily and keep it off.

### **Phase 2- Reintroducing Carbs**

After the first 2 weeks, the strictest part of the diet, you will be somewhere between 2 and

4kg lighter than you are today. Most of that weight will come off your midsection, so right away you'll notice the difference in your clothes. It will be easier to zip your jeans than it's been for some time. That jacket will close without a bulge.

But this will be just the noticeable difference. You won't only be able to see that during those 2 weeks, you'll also have changed yourself internally.

You will have corrected the way your body reacts to the very foods that made you overweight. There's a switch inside you that had been turned on. Now, simply by modifying your diet, you'll have turned it off. The physical cravings that ruled your eating habits will be gone, and they'll stay away for as long as you stick with the programme.

### **Phase 3– Increasing Carbs and Healthier Choices**

Phase 3 teaches you to eat healthier, choosing foods which are lower in saturated fats, but fill you up and give you lots of energy. It is easy because it also has an exchange list, so you simply swap foods in the same category, so you get to decide what you want to eat with ease. You can use this diet plan any time, even when you go out for dinner, so it's more adaptable .

### **Maintenance Plan**

We've also included a maintenance plan, which is a simple easy plan to keep you on track. By the time you reach this stage you will be finished the 6 week Mind-Body Weight Loss Programme, and have a lot more information and knowledge about what foods work for you.

You may also slip back into Phase 1, 2 or 3 if you gain a few kilos over the holidays and want to re-gain your slim new figure. This programme is for you to use for the rest of your life!

### **6 Week Diet**

In the mid-1990's, I became disillusioned with low-fat, high-carbohydrate diets. They didn't work for many of our clients, especially over the long haul.

This 6 Week Diet is not low-carb. Nor is it low-fat. Instead, it teaches you to rely on the right carbs and the right fats--the good ones--so you lose weight, lower your cholesterol, reduce your risk of heart disease and diabetes, and get rid of cravings without feeling hungry.

In one study of 40 overweight people, those who followed the 6 Week Programme lost an average of 4.2kg, almost double the 2.6kg lost by those on the strict "Step II" American Heart Association (AHA) diet. And our 6 Week group showed greater decreases in waist-to-hip ratio (belly fat) and triglycerides, and their good to bad cholesterol ratio improved more. Plus, only one person dropped out compared with five in the AHA group.

By choosing the right carbs and the right fats, you simply won't be hungry all the time, and portion sizes will take care of themselves.

**Caution:** If you have kidney problems, talk to your doctor before starting this diet. If you have diabetes, get tested to make sure that your kidneys are not impaired before starting this diet.

### **Good Carbs Versus Bad Carbs**

Much of our excess weight comes from the carbohydrates we eat, especially the highly processed ones found in baked goods, breads, snacks, soft drinks, and other convenient favourites. Modern industrial processing removes the fibre from these foods, and once that's gone, their very nature--and how we metabolise them--changes significantly, and for the worse.

One side effect of excess weight, we now know, is an impairment of insulin's ability to do its job of processing fuel (fats and sugars) properly. This condition is called insulin resistance. As a result, the body stores more fat than it should, especially in the midsection.

Decrease consumption of those bad carbs, studies showed, and the insulin resistance starts

clearing up. Weight decreases, and you begin metabolising carbs properly. Even the craving for carbs disappears once you cut down on them. Finally, cutting out processed carbs lowers triglycerides and cholesterol.

### **The Right Fat**

To make up for the overall cut in carbs, our diet permits ample fats and animal proteins. The low-fat regimen's severe restrictions on meat were unnecessary. The latest studies had shown that lean meat did not have a harmful effect on blood chemistry. Even egg yolks are good for you, which is contrary to what we once believed. Chicken, turkey, and fish are recommended, along with nuts and low-fat cheeses and yoghurt.

As a rule, low-fat prepared foods can be a bad idea; the fats are replaced with carbs, which can also cause your body to store fat. But dairy products such as cheese, milk, and yoghurt that are low-fat are exceptions to this rule; they are nutritious and not fattening.

We also allowed plenty of healthy monounsaturated fats such as olive and canola oils. These are the good fats. In addition to actually reducing the risk of heart attack and stroke, they taste good and make food palatable. They're filling too.

Now let's have an in depth look at our Weight Loss Plan!

GOOD LUCK, and remember, It's all about making once small change at a time and sticking with it.

Change your mind, change your life!

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# Phase One

# Phase I

## Two Weeks of Restraint

This is the strictest part of the diet and is meant to last for 2 weeks only. But you could lose up to 4 or 5kg depending on your starting weight. It allows ample portions of protein, good fats, and the lowest-glycemic index carbs needed for satisfaction and blood sugar control. By the time this phase ends, your cravings for sweets, baked goods, and starches will also have vanished.

Each day includes six different occasions to eat, so you should never feel hungry. If you do, maybe you're being too stingy with your portions. Meals should be of normal size, enough to satisfy you, but no more than that. No need to measure most things.

Foods to Enjoy	Foods to Avoid
<p><b>Beef:</b> Lean cuts such as sirloin (including ground), tenderloin.</p> <p><b>Poultry (skinless):</b> Cornish hen, turkey bacon, turkey breast, chicken breast.</p> <p><b>Seafood:</b> All types of fish and shellfish.</p> <p><b>Pork:</b> Boiled ham, Canadian bacon, tenderloin.</p> <p><b>Veal:</b> Chop, cutlet, top round.</p> <p><b>Lunchmeat:</b> Fat-free or low-fat.</p> <p><b>Cheese (fat-free or low-fat):</b> Cheddar, cottage cheese, cream cheese substitute (dairy-free), feta.</p> <p><b>Nuts:</b> Peanut butter, peanuts, pecans, pistachios.</p> <p><b>Eggs:</b> Whole eggs are not limited unless otherwise directed by your doctor. Use egg whites and egg substitute as desired.</p> <p><b>Tofu:</b> Use soft, low-fat, or light varieties.</p> <p><b>Vegetables and legumes:</b> Artichokes, asparagus, beans and legumes, broccoli, cauliflower, celery, cucumbers, eggplant, lettuce, mushrooms, spinach, tomatoes, zucchini.</p> <p><b>Fats:</b> Canola and olive oils.</p> <p><b>Spices and seasonings:</b> All seasonings that contain no added sugar, broth, butter sprays, pepper.</p> <p><b>Sweets (limit to 75 calories per day):</b> Chocolate powder (no added sugar), cocoa powder (baking type), hard lollies, sugar substitute (all sugar-free unless otherwise specified).</p>	<p><b>Beef:</b> Brisket, liver, rib steaks, other fatty cuts.</p> <p><b>Poultry:</b> Chicken wings, thighs, and legs, turkey wings, duck, goose, poultry products (processed).</p> <p><b>Pork:</b> Honey-baked ham.</p> <p><b>Veal:</b> Breast.</p> <p><b>Cheese:</b> Brie, Edam, all full-fat.</p> <p><b>Vegetables and legumes:</b> Barley, beets, black-eyed peas, carrots, corn, pinto beans, sweet potatoes, white potatoes, yams.</p> <p><b>Fruit:</b> Avoid all fruits and fruit juices during Phase 1.</p> <p><b>Starches:</b> Avoid all starchy food during Phase 1, including all types of bread, cereal, oatmeal, rice, pasta, pastry, potatoes, and baked goods.</p> <p><b>Dairy:</b> Avoid all dairy foods during Phase 1, including ice cream, milk, soy milk, yoghurt.</p> <p><b>Miscellaneous:</b> Alcohol of any kind, including beer and wine.</p>

**TWO WEEK SAMPLE - PHASE 1**

Drink 8-10 glasses water/day plus multivitamins

	<b>BREAKFAST</b>	<b>LUNCH</b>	<b>DINNER</b>
<b>D A Y 1</b>	2 egg omelette with bacon (cut off fat), low fat cheese, tomato Coffee or tea with low fat/skim milk and sugar substitute	Chicken Salad with lettuce, tomato, cucumber, celery, parsley, dressing or olive oil and cider vinegar	<b>Casserole</b> (no fat or oil) Containing beef, cabbage, green beans, celery, broccoli, mushrooms, onions, tomato juice, 1 dspn cider vinegar, garlic & curry powder to taste
<b>D A Y 2</b>	2 lamb chops, 1 cup mushrooms Coffee or tea with low fat/skim milk and sugar substitute	Salmon/ tuna/ sardines (in brine not oil), mix with cider vinegar & onions. Salad of lettuce, tomato, sliced mushrooms, celery	<b>Meatloaf</b> ( 250g lean mince, 2 tbsp grated cheese, 1 onion, 1 egg, garlic, tomato juice, 3 chopped silverbeet leaves, curry powder— combine & cook 150°C 1– 1/12 hrs) Steamed Broccoli, cauliflower, silverbeet
<b>D A Y 3</b>	Cottage cheese & asparagus or avocado Coffee or tea with low fat/skim milk and sugar substitute	“Subway” Salad in a dish— your choice of meat or chicken (no batter), low sugar dressing	Stir-fry chicken, mince or steak (1/2 cup cabbage, 1/2 cup bean sprouts, 1/2 cup cauliflower, 1/2 cup broccoli, 1 stick celery)
<b>D A Y 4</b>	Tomato juice, 6 oz Scrambled eggs with fresh herbs and mushrooms Bacon, 2 slices Coffee or tea with low fat/skim milk and sugar substitute	Chicken Caesar salad (no croutons) Prepared Caesar dressing, 2 Tbsp	Pan fried Fish in lemon juice Oven-Roasted Vegetables Tossed salad Low-sugar prepared dressing
<b>D A Y 5</b>	Steak, stir fried onions, zucchini, mushrooms & garlic Coffee or tea with low fat/skim milk and sugar substitute	Prawn/ Crab meat & Avocado Salad—diet dressing— no sugar.	<b>Stuffed Cabbage or Silverbeet</b> Fill leaves with leftover casserole or salmon, onion, boiled egg, wrap up. Steam 10 mins, sprinkle with cheese & grill or microwave till melted
<b>D A Y 6</b>	Bacon, tomato, grilled cheese-topped mushrooms Coffee or tea with low fat/skim milk and sugar substitute	Roast beef, and salad or veggies	Chicken & coleslaw (1/2 cup cabbage, 1 carrot, 1/2 cup Onion, 1/2 cup cauliflower)
<b>D A Y 7</b>	Poached fish, onion & tomato Coffee or tea with low fat/skim milk and sugar substitute	Ham salad with lettuce, tomato, cucumber, grated carrot, onion, cheese	<b>Steak Dianne</b> , mashed potato substitute ( cauliflower, cottage cheese, low fat tasty cheese, chives), broccoli, cabbage, mushrooms

PROTEIN (1 to 6 serves per day)	CARBOHYDRATES—20-40 grams / day
Bacon or Ham- 1 slice (remove fat) Cheese Cheddar- 30 gms, Cottage or Ricotta- 4 dspns Chicken, Turkey & other white meats—60gms Eggs- 2 medium sized Rabbit— 60gms Lean Roast Beef, Lamb or Steak- 60gms White fish- 60 gms Crab meat— 120 gms Lobster, Salmon, Tuna, Sardines, Prawns— 60 gms	Asparagus— 6 spears (4 g) Avocado— 1/4 med (3.5g) Bean Sprouts— 1/4 cup (1.7g) Beets— 1/4 cup (3g) Broccoli— 1/2 cup (3g) Cabbage— 1/2 cup (1.5g) Cauliflower— 1/2 cup (2.5g) Celery— 1 stalk (2g) Chives— 1 tspn (0.6g) Cucumber— 1/2 med (1.5g) Cress (garden)- 1/2 cup (1g), Watercress— 1 cup (1.1g) Green Beans- 1/4 cup (1.5) Lettuce— 1/4 head (2g) Onions— 1/4 cup (2g) Parsley— 1 tbsp (0g) Silverbeet— 1 tbsp (1g) Spinach— 1/2 cup (2g) Tomato— 1/2 med (3.5) Tomato Juice- 170ml (7g) Zucchini— 1/2 cup (1.9) Butter (not margarine)- 1 tspn (0) Vegetable Oil— 2 dspns (0) Cider Vinegar— 1 dspn (0)

	<b>BREAKFAST</b>	<b>LUNCH</b>	<b>DINNER</b>
<b>D A Y 1</b>	<b>Breakfast Stack</b> Cook 2 rashers bacon, place egg in an oil-sprayed ring and cook. Stack cooked egg, then bacon, sliced tomato & cheese & grill 2 minutes.	Subway Low Carb Salad	Spaghetti Bolognese Cook mince etc as usual but use finely sliced zucchini or squash instead of spaghetti
<b>D A Y 2</b>	2 egg omelette Spread with promite, tomato & grated cheese, then roll up and eat. Herbal tea.	Greek Salad and lettuce	Chicken Kebabs with Salad And Balsamic Vinaigrette
<b>D A Y 3</b>	<b>Cheese Pancakes</b> Blend 1 cup cottage cheese, 6 eggs, 2 tblspns soy protein isolate (or soy flour), 3 tblspns melted butter & pinch salt. Heat pan till very hot, spray with oil & brown on both sides.	<b>Grilled Chicken Salad</b> For lunch eat a grilled chicken salad on a bed of romaine with a delicious balsamic vinaigrette. Drink with a cold ice tea, diet soda, or sparkling water.	<b>Beef stroganoff</b> Cook strips of beef, 1 chopped onion, 250g sliced mushrooms. Pour in 1/2 cup sour cream, season to taste. Serve with vegies or salad
<b>D A Y 4</b>	Pan fried Zucchini slices, tossed with mushrooms, onion, tomato & garlic	Grilled fish with lemon and black pepper. Salad	<b>Ham &amp; Bacon Quiche</b> Combine 1 large diced onion, 1 cup grated zucchini, 5 beaten eggs, 1/4 cup grated cheese, 1/2 cup cream, 1 cup bacon bits, 1/2 cup diced ham. Bake 180° 45 mins or until cooked. Serve with vegies or salad.
<b>D A Y 5</b>	<b>Gourmet Egg Delight</b> Cook 1 pk frozen spinach, drain & place in 4 buttered ramekin dishes. Make indentations & place 1 egg in each dish. Top with grated parmesan cheese, 1 tblspn cream & cracked pepper. Bake 180° 15 mins.	Chicken Caesar Salad (with no croutons)	<b>Stuffed Salmon &amp; Cottage Cheese Delight</b> Dissolve 1 envelope plain gelatine in 1/4 cup cold & 1/2 cup boiled water. Stir in 1 tspn salt & pepper, 1/4 cup lemon juice & liquid from 1 large can salmon. Combine 1 1/2 cups cottage cheese, salmon, 1/2 cup sour cream, 1 cup diced celery, 1 cup chopped celery & 1/2 cup diced shallots. Add gelatine mixture & fold in. Pour into loaf pan & chill till firm. Serve with salad greens
<b>D A Y 6</b>	<b>Veggie Quiche</b> Start your day right with a quick veggie quiche – filled with cheese spinach, and fresh vegetables. Add hot sauce for a spicier version. Coffee, tea, or a glass of tomato juice.	6-8 Prawns on lettuce and avocado with seafood dressing	Chicken Pamajana. (Use chicken tenderloins or breast meat without crumbs) Cover in tomato based sauce & cheese, then bake till melted. Broccoli, cauliflower, cabbage
<b>D A Y 7</b>	Cottage cheese, celery, tomato and chives Other Options: Scrambled Eggs, Canadian Bacon, Spinach Frittata, Western Omelette, Yoghurt, Coffee, Tea.	<b>Subway Low Carb Salad</b> <b>More options:</b> Roasted Portobello "Pizza," Poached Salmon, Seared Steak, Crab Salad, Veggie Antipasto.	Lamb strips cooked with Rosemary & garlic, then pour mint sauce or lemon juice on top. Serve with oven roasted eggplant, zucchini & onion, and add salad

**Additional Snacks**

Celery with 75g low-fat cottage cheese, A wedge of low-fat cheese, Raw chopped vegetables with 100g cottage cheese dip, 20 small peanuts, macadamias or almonds, Cucumber sticks with low-fat cream cheese substitute, Sugar-free jelly, 30 pistachios, Piece of low-fat mozzarella, Sliced fresh tomato with a wedge of low-fat cheese, 10 cherry tomatoes with cucumber sticks.

## Phase I Shopping List from Sample Menu

1 dozen eggs  
500g Bacon  
Milk  
Madura Low Caffeine Tea  
Splenda or Stevia from Health Food Store (sugar substitute)

Cottage Cheese (or low fat cheese)  
Cheese Sticks  
Grated low fat cheese

Mushrooms  
Tomatoes  
Can asparagus  
Zucchini  
Garlic  
Onions  
Avocado  
Celery  
Broccoli  
Cauliflower  
Cabbage  
Green Beans  
Silverbeet  
Shallots  
Lettuce

Lamb Chops x 2  
Steak x 3 meals  
Diced Beef  
Roast Beef  
Fish for poaching and frying (whiting, salmon)  
Chicken Breasts  
Salmon/Tuna/Sardines  
Prawns, Lobster or Crab meat  
Ham

Tomato Juice (small cans)  
Cider Vinegar  
Curry Powder  
Caesar Salad Dressing (low carbohydrate)  
Salt & Pepper  
Lemon Juice  
Low cal salad dressings  
Olive Oil  
Apple Cider Vinegar (1 Teaspoon with oil for salad dressing)  
Cream & Sour Cream  
Teaspoon Tomato & Worstershire Sauce for Steak Dianne  
Fresh herbs

### Snacks

Peanut Butter in Celery sticks  
Boiled Eggs  
Cheese Sticks  
Steamed Vegies  
Tossed Salad with Balsamic Vinegar or low cal dressing  
Chicken Breast  
Grilled Fish with lemon & black pepper  
Soup with allowed vegies  
Diet Jelly  
Cottage or skim ricotta cheese  
Small handful nuts, pecans, pistachios, almonds, macadamias, brazil nuts, walnuts  
Tofu  
Olives  
Sugar free chocolate & hard lollies  
A few strawberries

## Sample Meal Plan ~ Phase I

### Breakfast

Tomato juice, 6 oz

Scrambled eggs with fresh herbs and mushrooms

Canadian bacon (no fat), 2 slices

Decaf coffee or decaf tea with fat-free milk and sugar substitute

### Midmorning Snack

Low fat mozzarella cheese stick

### Lunch

Chicken Caesar salad (no croutons)

Prepared Caesar dressing, 2 Tbsp

### Midafternoon Snack

Low-fat cottage cheese (½ cup) with ½ cup chopped tomatoes and cucumbers

### Dinner

Fish

Oven-Roasted Vegetables

Tossed salad

Low-sugar prepared dressing

### Dessert

Lemon Peel Ricotta Crème

### Suggested Snacks if you're hungry!

Cheese sticks,

Steamed vegies (cabbage, broccoli, cauliflower, zucchini, mushrooms) & either lemon juice & black pepper, low cal French dressing or garlic, butter & black pepper.

Tossed salad with lettuce, olives, 1/2 tomato, cucumber, asparagus, from low carbohydrate list with low kilojoule dressing, or balsamic vinegar

Low-fat cottage or ricotta cheese

Grilled fish or chicken breast

Eggs (poached, boiled, scrambled)

Make up a bowl of soup with low-carb vegies (eg red cabbage, onions, tomato juice & garlic, etc) & keep in the fridge for quick snack.

## Recipes

### Roasted Veggies & Ricotta Crème

#### Oven-Roasted Vegetables

1 med zucchini, cut into bite-size pieces

1 med summer squash, cut into bite-size pieces



1 med red bell pepper, cut into bite-size pieces

1 med yellow bell pepper, cut into bite-size pieces

1 lb fresh asparagus, cut into bite-size pieces

1 red onion, chopped

3 Tbsp extra virgin olive oil

1 tsp salt

½ tsp black pepper

1. Preheat the oven to 450°F. Place the zucchini, squash, bell peppers, asparagus, and onion in a large roasting pan, and toss with the oil, salt, and black pepper. Spread in a single layer.

2. Roast for 30 minutes, stirring occasionally, until the vegetables are lightly browned and ten-

## Carol's Egg Rolls

A good breakfast is always a must in our household, and I have lots of my clients who eat low carb, so I was asked to post my recipe for egg rolls. We eat eggs most mornings. Sometimes scrambled, sometimes boiled, sometimes as an omelette with cabbage and bacon, and sometimes my version of eggs rolls which can then be eaten on the run, popped in the fridge and eaten later.



### **Instructions:**

- Beat or whisk together 4 eggs
- Finely chop fresh chives (today I also added rosemary and marjoram). You can also use dried herbs if you don't have them in the garden.
- Add the herbs and some grated cheese (optional) to the bowl and stir in.
- Spray or brush your pre-heated sandwich toaster with olive oil or spray.
- Pour the mixture on top and spread evenly, then bring the top down to about 2 cm above the eggs and cook till brown on top.
- Cut in 4 while still on the toaster so you can lift them off with an egg flip, and onto a plate.
- Add promite/vegemite, avocado, asparagus, chicken, cheese, salad, Aioli, balsamic vinegar, bernaise sauce, mustard dijonaise, or your favourite low carb topping.
- This takes about 5 minutes. Feel free to share and enjoy!



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### **Makes 4 servings**

**Per Serving:** 170 cal, 5 g pro, 15 g carb, 11 g fat, 2 g sat. fat, 0 mg chol, 5 g fibre, 586 mg sodium

### **Lemon Peel Ricotta Crème**

½ c part-skim ricotta cheese  
¼ tsp grated lemon peel



¼ tsp vanilla extract  
1 pkg sugar substitute

Mix together the ricotta, lemon peel, vanilla extract, and sugar substitute. Serve chilled.

#### **Makes 1 serving**

**Per Serving:** 178 cal, 14 g pro, 7 g carb, 10 g fat, 6 g sat. fat, 38 mg chol, 0 g fibre, 155 mg sodium.

### *More Sample Recipes*

#### **Mashed potato taste-alike**

Here's a terrific substitute for mashed potatoes, which everyone loves and, of course, are absolute diet-busters. Instead of potatoes, steam some cauliflower, either fresh or frozen-it makes no difference. Once it's soft, mash it with a little skim milk.) Mix in a little fat free natural yoghurt or low fat Philadelphia cheese, which also tastes good and is healthy. Salt and pepper to taste, and you've got something that quite honestly can compete any day with the real thing.

### **Lemon Zest Ricotta Crème**

Serves 1

#### **Ingredients**

1/2 cup part-skim ricotta cheese  
1/4 teaspoon grated lemon zest  
1/4 teaspoon vanilla extract  
1 package sugar substitute

#### **Instructions**

Mix together the ricotta, lemon zest, vanilla extract, and sugar substitute in a dessert bowl. Serve chilled.

#### **Nutritional Information:**

178 calories  
10 total fat (6 g sat)  
38 mg cholesterol  
7 g carbohydrate  
14 g protein  
0 g fibre  
155 mg sodium

## **Vegetable Quiche Cups To Go**

Serves 6

### **Ingredients**

1 package (10 ounces) frozen chopped spinach  
3/4 cup liquid egg substitute  
3/4 cup shredded reduced-fat cheese  
1/4 cup diced green bell peppers  
1/4 cup diced onions  
3 drops hot-pepper sauce (optional)

### **Instructions**

Microwave the spinach till thawed. Drain the excess liquid.  
Line a 12-cup muffin pan with foil baking cups. Spray the cups with cooking spray.

Combine the egg substitute, cheese, peppers, onions, and spinach in a bowl. Mix well. Divide evenly among the muffin cups. Bake at 350°F for 20 minutes, until a knife inserted in the centre comes out clean.

Quiche cups can be frozen and reheated in the microwave. Any combination of appropriate vegetables and reduced-fat cheeses may be used.

### **Nutritional Information:**

77 calories  
3 total fat (2 g sat)  
10 mg cholesterol  
3 g carbohydrate  
9 g protein  
2 g fibre  
160 mg sodium

## **Baked Eggs in Canadian Bacon Cups**

### **Ingredients**

4 large eggs  
4 slices Canadian bacon  
1/3 green bell pepper  
1/3 red bell pepper  
1/3 shallot, minced  
1 tablespoon canola oil  
1 1/3 tablespoons minced fresh herbs such as tarragon, chives, parsley or combination thereof  
salt and pepper

### **Instructions**

Preheat oven to 400 degrees. Remove tops, core, ribs, and seeds from bell peppers. Cut them into quarters and flatten to facilitate cutting into small dice. Heat oil over medium-high heat and sauté shallots to soften before adding in peppers. Cook, stirring often, until slightly softened but colours are still bright. Remove from heat and season to taste with salt and pepper.

Lightly grease 4 cups of a muffin tin and insert one slice of Canadian bacon into each cup. Divide bell pepper mixture among the 4 cups and carefully crack one egg into each bacon cup on top of the peppers. Bake in centre rack of oven for about 15-20 minutes, or until whites are set but yolks are still slightly runny (bake longer or shorter according to taste.) Season eggs to taste and carefully remove by gently scooping out bacon cups with spoons and rubber spatulas. Serve garnished with fresh herbs.

**Serves 2.**

## **Mini Eggplant Pizzettes**

### **Ingredients**

1 eggplant - 3 inches in diameter, peeled and cut into 4 half-inch thick slices

4 teaspoons olive oil  
1/2 teaspoon salt  
1/8 teaspoon ground black pepper  
1/4 cup pasta sauce  
120 gm Canadian bacon (optional)  
1/2 cup shredded part-skim mozzarella cheese

### **Instructions**

Preheat the oven or toaster oven to 425 degrees F. Brush both sides of the eggplant with the oil and season with the salt and pepper. Arrange on a baking sheet and bake until browned and almost tender, 6 to 8 minutes, turning once. Spread 1 tablespoon of pasta sauce on each eggplant slice. Top, if desired, with the Canadian bacon (optional) and shredded cheese. Bake until the cheese melts, 3 to 5 minutes. Serve hot.

### **Surprise Mashed 'Potatoes'**

#### **Ingredients**

4 cups cauliflower florets  
30 gm butter flavoured cooking spray or butter  
30 gm cottage cheese or natural yoghurt  
Pinch salt  
Pinch freshly ground black pepper

### **Instructions**

Steam or microwave the cauliflower until soft. Puree in a food processor, adding the butter spray and the half-and-half to taste. Season with salt and pepper.

### **Italian-Style Spaghetti Squash**

#### **Ingredients**

250gm spaghetti squash, halved lengthwise and seeded  
1 tablespoon olive oil  
1/2 medium red onion, thinly sliced  
1/2 medium zucchini, cut into 1/2 inch dice  
2 medium tomatoes, diced  
1/8 teaspoon salt  
1/8 teaspoon coarsely ground pepper  
1/4 cup reduced-fat grated Parmesan cheese (optional)  
1/2 small lemon, sliced

### **Instructions**

**1.** Place the squash halves, cut sides down, in a glass baking dish. Add 1/8 cup water and cover with plastic wrap. Microwave on high for 8-10 minutes until tender; cool slightly.  
**2** Meanwhile, in a large skillet, heat 1 tablespoon of the oil. Add the onion and cook over medium-high heat for 3 minutes until the onion is translucent. Add the zucchini and cook for 4-5 minutes until the zucchini begins to brown. Add the tomatoes, salt, and pepper. Reduce the heat; simmer gently for 10 minutes.  
**3.** Using a fork, scrape the squash strands into a bowl. Toss with the remaining tablespoon of oil. Mound the squash in the centre of 4 pasta bowls and spoon the vegetable mixture around the squash. Drizzle with more oil, if desired, and garnish with Parmesan cheese, if using. Add the lemon slices.

### **Mocha Ricotta Crème**

#### **Ingredients**

1/2 cup part-skim ricotta cheese 1/2 teaspoon unsweetened cocoa powder 1/4 teaspoon vanilla extract 1 packet sugar substitute Dash espresso powder 5 mini chocolate chips

### **Instructions**

Mix together the ricotta, cocoa powder, vanilla extract, and sugar substitute in a dessert bowl. Serve chilled with a dusting of espresso powder and sprinkled with the mini chocolate chips.

## **Light Spinach Frittata with Tomato Salsa**

### **Ingredients**

Frittata: 1 tablespoon extra-virgin olive oil 1 small onion, sliced 2 cloves garlic, minced 1 (10 ounce) package frozen chopped spinach, thawed and well drained 2 large eggs 3 egg whites 1/3 cup fat-free evaporated milk 1/2 cup shredded reduced-fat mozzarella cheese Salsa: 4 plum tomatoes, seeded and chopped 2 scallions, minced 1 clove garlic, minced 2 tablespoons minced fresh cilantro 1 tablespoon fresh lime juice 1/4 teaspoon salt 1/8 teaspoon freshly ground black pepper

### **Instructions**

1. To make the frittata: Preheat the oven to 350 degrees F. Heat the oil in a 10-inch non-stick skillet over medium heat. Add the onion and garlic and cook, stirring, for 3 minutes or until tender. Stir in the spinach. Reduce the heat to low. In a large bowl, beat the eggs and egg whites with the milk until light yellow and frothy. Pour the egg mixture over the spinach in the skillet. Cook for 5 to 7 minutes, until the egg mixture is cooked on the bottom and almost set on top. Sprinkle with the cheese. Bake in the oven until the eggs are set and the cheese has melted, 5 to 10 minutes.

2. To make the salsa: In a large bowl, stir together the tomatoes, scallions, garlic, cilantro, lime juice, salt, and pepper. Serve fresh, at room temperature, over the frittata.

## **Zucchini Slice**

**Mix together in a large bowl:** 375g grated zucchini, 1 large onion (chopped finely), 3 rashers chopped lean bacon, 1 cup grated low fat cheese, 1/4 cup olive oil, 5 eggs.

Pour into well greased lamington tin and bake in moderate oven 30 to 40 minutes or until brown.

*Phase*

*Two*

# Phase 2

## More Liberal Meal Plans

Here's where you gradually reintroduce certain healthy carbs into your diet: fruit, sweet potatoes, whole grain bread, whole grain rice, whole wheat pasta. Start with one piece of fruit a day for lunch or dinner, and continue with some cereal or a piece of bread. Weight loss will slow a little. (A healthy average rate of weight loss is 1/2 to 1kg a week over time.) Stay on this phase until you hit your target weight. If you regain some weight, switch back to Phase 1 until you lose it.

A key to success is the glycemic index (GI) that ranks carbohydrate foods by their effect on your blood sugar levels. Focus on adding low-GI foods (apples, berries, grapefruit, high-fibre cereal, whole grain breads) to your diet instead of those with a high GI (cakes, cookies, crackers, pasta, white bread).

The goal is to eat more carbs again while continuing to lose weight. If you add an apple and a slice of bread a day, and you're still dropping pounds, that's great. If you try an apple, two slices of bread, and a banana daily and notice that your weight loss has stalled, you've gone too far. Cut back, or try some different carbs.

You'll go on that cautious way as long as you're in Phase 2, eating the most beneficial carbs and paying attention to how they affect you. You should also be aware of foods that increase cravings. No two people will experience this phase the same way. Some dieters can have pasta once a week with no detrimental effects. Others have to avoid pasta but can eat sweet potatoes. You'll have to figure this dynamic out for yourself.

Foods You Can Eat Again	Foods to Avoid or Eat Rarely
<p><b>Fruit:</b> Apples, blueberries, rockmelon, grapefruit, grapes, mangoes, oranges, peaches.</p> <p><b>Dairy:</b> Milk (light soy, fat-free, or 1%), yoghurt.</p> <p><b>Starches (use sparingly):</b> Bagels (small whole grain), bran muffins, bread (multigrain, bran, whole wheat), cereal (high-fibre, oatmeal [not instant]), pasta (whole wheat), pita, rice (brown, wild).</p> <p><b>Vegetables and legumes:</b> Barley, black-eyed peas, pinto beans, sweet potatoes, yams.</p> <p><b>Miscellaneous:</b> Chocolate (bittersweet or semisweet, sparingly), pudding (fat-free).</p>	<p><b>Starches:</b> Bagels (refined wheat), bread (refined wheat, white), cookies, cornflakes, dinner rolls, matzo, pasta (white), potatoes (white baked, instant), rice cakes, rice (white).</p> <p><b>Vegetables:</b> Beets, carrots, corn, white potatoes.</p> <p><b>Fruit:</b> Bananas, canned fruit, fruit juice, pineapple, raisins, watermelon.</p> <p><b>Miscellaneous:</b> Honey, ice cream, jam.</p>

**TWO WEEK SAMPLE - PHASE 2**

Drink 8-10 glasses water/day plus multivitamins

	<b>BREAKFAST</b>	<b>LUNCH</b>	<b>DINNER</b>
<b>D A Y 1</b>	1 low-fat diet yoghurt or 1 mug low fat cappuccino or café latte 1 piece fresh fruit	2 slices wholegrain bread 2tsp fat-reduced butter 100g lean ham, 1 slice of low fat cheese & salad 1 piece fresh fruit	Beef stir– fry— (toss strips in cayenne pepper, 1 tsp cumin in non-stick pan) Salad of avocado, tomato, cucumber, red onion, coriander 1/3 cup cooked rice
<b>D A Y 2</b>	3/4 cup high-fibre breakfast cereal (eg Fibre Plus), 250ml low-fat milk topped with 1 sliced banana	2 slices wholegrain bread 100g turkey, cranberry sauce & lettuce, 1 slice low-fat cheese 1 piece fresh fruit	Coat 200g chicken breast fillet in Moroccan spices, fry 1 olive oil, serve with 1 1/2 cups steamed corn, broccoli & pumpkin
<b>D A Y 3</b>	1 slice wholegrain toast, 1 tsp of lite olive oil margarine or lite butter, vegemite / promite, 1 slice low fat cheese 1 piece fresh fruit	Egg & salad sandwich (2 slices wholegrain bread, 2 boiled eggs, lettuce, spring onions) 1 banana	Light Vegetable soup Chilli Perch Fillets with capsicum & tomato salsa Low fat yoghurt
<b>D A Y 4</b>	1 Weet-Bix & 1/2 cup All-Bran with 250mls milk topped with sliced banana	2 slices wholegrain bread 100g can Tuna, tossed with onion, olives, capers & salad	Lamb Cutlets coated in curry paste, grilled. Eat with water cress, thinly sliced red chilli, green beans, fresh coriander & mint. Low-fat dairy dessert
<b>D A Y 5</b>	3/4 cup high-fibre breakfast cereal (eg Fibre Plus), 250ml low-fat milk 1 slice raisin toast, low-fat margarine or butter, fresh fruit	Thai Beef Salad (lean rump, 1/4 cup fish sauce & lime juice, cover fridge 30 mins) Drain cook. Combine chopped cucumber, spring onions, sprouts, cherry tomatoes, mint & coriander with fish sauce, soy & sweet chilli sauce. Add beef & toss.) 1 slice wholegrain bread 1 piece fresh fruit	200g piece of fried fish in 2 tsp olive oil with garlic & ginger, 2 cups peas, carrots & cauliflower Low fat custard & stewed rhubarb sweetened with Splenda
<b>D A Y 6</b>	3/4 cup high-fibre breakfast cereal (eg Sultana Bran) 125g low fat milk, 1 low fat yoghurt	2 slices wholegrain bread 1 large mug pumpkin soup With chopped lean ham 1 piece fresh fruit	Sang Choy Bow (stir-fry lean mince, garlic, ginger, finely chopped celery, capsicum, green onions. Add soy & oyster sauce, serve in lettuce leaves) 150g fruit salad (unsweetened)
<b>D A Y 7</b>	2 eggs (poached, boiled, scrambled) 1/2 tomato, 2 rashers lean bacon, 1 slice wholegrain toast, spread with avocado	Cheese and salad sandwich— 2 slices wholegrain bread, 1 slice low fat cheese, mustard & salad 1 piece fresh fruit	Peppered Steak, stir-fried vegies or salad 1 low fat yoghurt 1 piece fresh fruit

**TWO WEEK SAMPLE - PHASE 2**

Drink 8-10 glasses water/day plus multivitamins

	<b>BREAKFAST</b>	<b>LUNCH</b>	<b>DINNER</b>
<b>D A Y 1</b>	Oatmeal Pancakes with strawberries and blueberries	Boston Lettuce and Pecan Salad	Easy Chicken in Wine Sauce Chocolate dipped strawberries
<b>D A Y 2</b>	Berry smoothie (8 oz Danone Light 'n Fit fruit-flavoured yoghurt, ½ cup berries, ½ cup crushed ice, blended) Decaf coffee or decaf tea with fat-free milk and sugar substitute	Lemon Couscous Chicken Tomato and cucumber slices	Meat Loaf Steamed asparagus Mushrooms sautéed in olive oil Sliced Bermuda onion and tomato with drizzled olive oil  Fresh pear with ricotta cheese topping
<b>D A Y 3</b>	½ fresh grapefruit  1 slice wholemeal toast topped with low-fat cheese. Decaffeinated tea or coffee	100g cottage cheese with ¼ rock melon  4 wholemeal biscuits	Stir-fried chicken and vegetables with mixed salad  Strawberries with low-fat cream
<b>D A Y 4</b>	50g Bran flakes with 150ml skimmed milk  Decaffeinated tea or coffee	Greek salad with wholemeal pita bread	Grilled salmon with roasted vegetables  Fruit salad with low-fat topping
<b>D A Y 5</b>	Scrambled egg with chopped lean bacon and 1 slice multi-grain toast  Decaffeinated tea or coffee	Mushroom 'pizza' using eggplant as the pizza base	Grilled chicken breast with mixed salad  Fresh strawberries with low-fat cream
<b>D A Y 6</b>	1 slice wholemeal toast with grilled lean bacon and mushrooms  Decaffeinated tea or coffee	Open salad sandwich: mixed salad on top of 1 slice of wholegrain bread  1 fat-free yoghurt	Grilled sole with Greek salad  Fruit salad with low-fat topping
<b>D A Y 7</b>	Omelette with chopped lean bacon  150ml tomato juice	Tuna salad in wholemeal pita	Poached salmon with steamed vegetables and grilled asparagus spears  100g cherries with low-fat topping

**Additional Snacks**

1 fat-free yoghurt, Chopped cucumber with low-fat cream cheese substitute, 1 orange, Celery with 1 low-fat cheese wedge, 1 apple with 100g cottage cheese, 30 pistachios, 100g blueberries, 1 chunk of low-fat mozzarella, Small bunch grapes, 1 pear, 1 hard boiled egg, 1 low-fat cheese wedge, 1 apple.

## Phase 2 Shopping List from Sample Menu

Low fat yoghurt  
Skim Milk or Lite White  
Low fat margarine  
Low fat cheese  
Ricotta cheese

Weet-Bix / Fibre Plus / Sultana Bran / Porridge  
Wholegrain bread  
Raisin bread  
Brown rice

Eggs  
Low fat bacon  
Low fat ham  
Tuna  
Steak  
Chicken  
Perch or other white fish  
Lean Mince  
Lamb

Vegemite or Promite

Apples, blueberries, rockmelon, grapefruit,  
grapes, mangoes, oranges, peaches.  
Only 1 or 2 Bananas

Lettuce, Avocado, Asparagus  
Tomatoes, Pumpkin, Sweet Potatoes  
Beans, Cucumber, Olives, shallots  
Broccoli, 1 Carrot, Mushrooms, Zucchini  
Cauliflower, Celery, onions, cabbage

Lime Juice  
Sweet Chilli sauce  
Coriander, Parsley, Basil, Mint  
Moroccan Spices  
Garlic  
Olive oil  
Mustard  
Ginger  
Black pepper

Low fat custard  
Sugar-free jelly  
Low fat dairy desert

Splenda or Demera for sweetener

### Snacks

Peanut Butter in Celery sticks  
Boiled Eggs  
Cheese Sticks  
Steamed Vegies  
Tossed Salad with Balsamic Vinegar or low  
cal dressing  
Chicken Breast  
Grilled Fish with lemon & black pepper  
Soup with allowed vegies  
Diet Jelly  
Cottage, ricotta or low fat cheese  
Small handful nuts, pecans, pistachios,  
almonds, macadamias, brazil nuts, walnuts  
Tofu  
Olives  
Sugar free chocolate & hard lollies  
Chocolate (bittersweet or semisweet,  
sparingly)  
Pudding (fat-free).  
A few strawberries  
Pumpkin Soup  
Zucchini Slice

## Sample Meal Plan ~ Phase 2

### Breakfast

Berry smoothie (8 oz Danone Light 'n Fit fruit-flavoured yoghurt, ½ cup berries, ½ cup crushed ice, blended)

Decaf coffee or decaf tea with fat-free milk and sugar substitute

### Midmorning Snack

1 hard-boiled egg

### Lunch

Lemon Couscous Chicken

Tomato and cucumber slices

### Midafternoon Snack

Danone Light 'n Fit yoghurt, 4 oz

### Dinner

Meat Loaf

Steamed asparagus

Mushrooms sautéed in olive oil

Sliced red onion and tomato with drizzled olive oil

### Dessert

Sliced rockmelon with 2 Tbsp ricotta cheese

## Recipes

### Couscous Chicken & Meat Loaf

#### Lemon Couscous Chicken

1¼ c water



1 Tbsp extra virgin olive oil

2 cup broccoli florets

1 pkg Roasted Garlic & Olive Oil Couscous mix

1½ cup chopped cooked chicken

Juice of 1 lemon (about 3 Tbsp)

¼ tsp lemon peel

1. In a large skillet, bring the water, oil, broccoli, and contents of the spice sack from the couscous mix to a boil. Stir in the couscous, chicken, lemon juice, and lemon peel.

2. Remove from the heat. Cover, and let stand for 5 minutes. Fluff lightly with a fork. Chill well, and serve cold.

#### Makes 4 servings

**Per Serving:** 311 cal, 24 g pro, 39 g carb, 7 g fat, 1 g sat. fat, 45 mg chol, 3 g fibre, 476 mg sodium

#### Meat Loaf

1 can (6 oz) no-salt-added tomato paste

½ c dry red wine



½ c water

1 clove garlic, minced

½ tsp dried basil leaves

¼ tsp dried oregano

¼ tsp salt

1 lb ground turkey breast

1 c oatmeal

¼ c liquid egg substitute or 1 egg

½ c shredded zucchini

Preheat the oven to 350°F. Combine the tomato paste, wine, water, garlic, basil, oregano, and salt in a small saucepan.

Bring to a boil, and reduce the heat to low. Simmer uncovered, for 15 minutes. Set aside.

2. Combine the turkey, oatmeal, egg substitute, zucchini, and ½ cup of the tomato mixture in a large bowl. Mix well. Shape into a loaf, and place in an ungreased 8" x 4" loaf pan. Bake for 45 minutes. Discard any drippings. Pour ½ cup of the remaining tomato mixture over the top of the loaf. Bake for 15 minutes longer. Remove to a serving platter. Cool for 10 minutes before slicing. Serve the remaining tomato sauce on the side.

**Makes 8 servings**

**Per Serving:** 188 cal, 12 g pro, 12 g carb, 10 g fat, 3 g sat. fat, 39 mg chol, 2 g fibre, 244 mg sodium.

## *More Sample Recipes*

### **Oatmeal Pancakes**

#### **Ingredients**

1/2 cup old-fashioned oatmeal  
1/4 cup low-fat cottage cheese (or tofu)  
4 egg whites  
1 teaspoon vanilla extract  
1/4 teaspoon cinnamon  
1/4 teaspoon nutmeg

#### **Instructions**

1. Process the oatmeal, cottage cheese, egg whites, vanilla extract, cinnamon, and nutmeg in a blender until smooth.
2. Spray a non-stick skillet with cooking spray. Add the batter and cook over medium heat until both sides are lightly browned.

### **Boston Lettuce and Pecan Salad**

#### **Ingredients**

1 head Boston lettuce  
1/4 cup pecans  
1/2 cup fresh blueberries  
1/4 cup low fat cheese, grated  
2 tablespoons canola oil  
1 tablespoon balsamic vinegar, salt and pepper

#### **Instructions**

Rinse and chop lettuce into bite-size pieces. Spin dry in a salad spinner or press gently between paper towels to remove excess moisture. Lightly chop pecans and toast until fragrant, 5 minutes. Mix warm pecans with blueberries and toss with cheese, lettuce, oil, vinegar, salt, and pepper. Serve.

### **Chicken a l'Apricot**

#### **Ingredients**

1 1/4 tablespoons sugar free apricot preserves  
pinch grated lime rind  
3/4 tablespoon fresh lime juice  
1/2 tablespoon grated fresh ginger  
1/2 pound skinless, boneless chicken breasts

#### **Instructions**

- 1 Combine the apricot preserves, lime rind, lime juice, and the fresh ginger in a small bowl. Bring grill up to medium heat.
- 2 Place the chicken on the grill and brush with half the marmalade mixture. Close the lid on the grill and cook for 6 minutes. Flip chicken and apply remaining marmalade, recover, and cook for an additional 6 minutes, or until done.

### **Pistachio Bark**

Our diet allows for the occasional chocolate treat, and creamy pistachios are the perfect com-

pliment."

### **Ingredients**

12 (30g) squares semisweet chocolate  
1 cup pistachio nuts, shelled and toasted

### **Instructions**

Microwave the chocolate in a microwavable bowl on high for 2 minutes, stirring after 1 minute. Stir until completely melted. Stir the nuts into the chocolate. Spoon the chocolate and nut mixture onto a waxed paper-lined baking sheet. Refrigerate for 1 hour until firm. Break into bite-size pieces about an inch in size. Enjoy one piece as a treat.

## **Easy Chicken in Wine Sauce**

### **Ingredients**

4 tablespoons extra virgin olive oil  
1 clove garlic, crushed  
3 boneless skinless chicken breast halves, cut into strips  
1/8 teaspoon salt  
1/4 teaspoon coarsely ground black pepper  
1/2 cup dry white wine  
3 medium tomatoes, sliced

### **Instructions**

**1** In a medium skillet, heat the oil and garlic over medium heat. Sprinkle the chicken with the salt and pepper, then add to the skillet and cook for 7 to 10 minutes. Add the white wine and cook for an additional 2 minutes.

**2** Remove the chicken to a platter. Saute the tomatoes in the skillet until tender. Place the tomatoes over the chicken and cover with the pan drippings.

## **Delicious Salad**

### **Ingredients**

#### **Vinaigrette Dressing:**

3 tablespoons extra virgin olive oil  
3 tablespoons vegetable oil 3 tablespoons wine vinegar  
1/2 teaspoon Dijon mustard  
1/2 teaspoon salt  
1/2 teaspoon freshly ground black pepper

#### **Salad:**

1/2 cup chopped green bell pepper  
1/2 cup chopped red bell pepper  
1 can artichoke hearts, drained and quartered  
10 pimiento-stuffed olives, halved  
1 head Boston lettuce 2 hard-cooked eggs, quartered  
12 cherry tomatoes, halved

### **Instructions**

**1** To make the vinaigrette dressing: Combine the olive oil, vegetable oil, vinegar, mustard, salt, and pepper in a screw-top jar. Cover tightly and shake vigorously to mix.

**2** To make the salad: Combine the hearts of palm, peppers, artichoke hearts, and olives in a bowl. Add the vinaigrette dressing and mix well. Refrigerate for at least 1 hour.

**3** To serve, place the salad on a bed of lettuce leaves and garnish with the egg and cherry tomatoes.

## **Pumpkin Soup**

### **Ingredients**

500g pumpkin

2 onions

1 carrot

3 1/3 cups chicken stock

1/4 teaspoon nutmeg

Salt & pepper to taste

### **Method**

Peel and chop pumpkin, onions, carrots. Put into large pan, add chicken stock, nutmeg, salt & pepper. Bring to boil. Cover. Reduce heat and let simmer till tender. Puree in blender, Bamix or food processor or rub through sieve. Serve hot or cold with a dash of low fat yoghurt or low fat sour cream. Top with chopped chives.

# Phase Three

# Phase 3

## *The Rest of Your Life*

This is the maintenance phase: how you'll eat for the rest of your life. It is divided into two sections, one which still helps you to continue with your weight-loss while learning to eat the right way. This phase has an exchange list to make life easier, then the Maintenance Plan provides a quick overview of how to eat for life. It's the most liberal stage. You can continue to eat snacks if you need them, but most people find that they are satisfied without them.

There will always be times when you overindulge a little even after years on the eating plan. Those are the times when you'll switch back to Phase 1 for a week or two. You'll get back to where you were, and then you'll return to Phase 3.

## *Sample Meal Plan ~ Phase 3*

### **Breakfast**

½ grapefruit  
Tex-Mex eggs (2 eggs scrambled with shredded Monterey Jack cheese and salsa)  
Whole grain toast, 1 slice  
Decaf coffee or decaf tea with fat-free milk and sugar substitute

### **Lunch**

Roast Beef Wrap  
Nectarine

### **Dinner**

Grilled salmon with tomato salsa  
Tossed salad (mixed greens, cucumbers, green bell peppers, cherry tomatoes)  
Olive oil and vinegar to taste or 2 Tbsp low-sugar prepared dressing

### **Dessert**

Chocolate-Dipped Apricots

### **Don't Forget (All Phases)**

1. Drink at least eight glasses of water or decaf beverages (club soda, unsweetened flavoured seltzers, decaf tea or coffee [no sugar], decaf sugar-free sodas) per day.
2. Limit caffeine-containing beverages to 1 cup per day.
3. Take a daily multivitamin and mineral supplement.
4. Take a daily calcium supplement (500 mg for men of all ages and women under 50, 1,000 mg for women over 50).

### **Exchange List**

The next few pages give guidelines for both women and men who are still working to lose body fat. This next section provides the exchange list to help you make healthy choices for the rest of your life, and makes life easy, providing options for when you go out to dinner or to a friend's house.

## Sample Women's Guidelines

**Daily Milk Allowance** ; 300 mls of low fat milk, eg. Lite White

**Daily Fat Allowance** : 3 level teaspoons.

**6 to 8 glasses of water each day.** Try 10 to 20 minutes before each meal or snack. This is on top of any caffeinated drinks.

**Coffee, tea or caffeinated drinks:** No more than 2 to 3 per day.

**Alcohol:** maximum of 1 to 2 alcoholic drinks per day with at least 2 alcohol free days per week.

### **BREAKFAST**

3/4 Cup of breakfast cereal eg. Weetbix 2 , Vitabrits 2, Rolled Oats (cooked), Puffed Wheat. Skim Milk (from daily allowance).

1 Slice toast (preferably wholemeal)

Margarine or Butter (from daily allowance)

Toast topping- choose from free list eg.; tomato, onion and mushrooms.

### **MORNING TEA**

1 Fruit serve (see fruit list), or low fat yogurt & fruit, or 1 bread serve, maybe 1/2 a salad sandwich or 2 plain biscuits.

### **LUNCH**

2 Slices bread

30g of lean meat or 45g of poultry or 60g fish (salmon or tuna) or 1 egg or 30g cheese or 90g Cottage cheese or 60g baked beans.

Salad vegetables are unrestricted (see non-starchy vegetables).

Low calorie salad dressing (if desired).

OR: Salad sandwich with meat, chicken low fat cheese or egg.

OR: Home made chunky vegetable soup and crusty bread roll.

### **AFTERNOON TEA**

1 fruit serve (see fruit list), or similar to morning tea.

### **DINNER**

90g of lean meat or 135g of poultry or 180g of fish or 2 eggs.

4 vegetable serves (see vegetable list).

1 fruit serve, perhaps diet jelly with canned fruit, or fruit & low fat yogurt, or stewed fruit.

### **SUPPER**

Fruit serve.

You should be eating every 2 to 3 hours to keep your metabolism moving fast, and to keep your energy up. **REMEMBER: SMALLER MEALS MORE OFTEN.**

Keep fat intake under 30 to 40 grams per day and fibre up to 30 to 40 grams per day.

When buying canned or packaged foods, make sure that the amount of fat is less than 10 grams per 100 grams on the label.

There are no "good foods" and "bad foods" only better choices. Stick to these guidelines for better health and happiness in the long term.

Incidental exercise makes a difference. Walk upstairs, park a long way away and walk, get up to change the TV channel, play with the kids or walk the dog. It all adds up, and it's a lifestyle change that really makes the difference.

## Sample Men's Guidelines

**Daily Milk Allowance** ; 300 mls of low fat milk, eg. Lite White.

**Daily Fat Allowance** ; 3 level teaspoons.

**6 to 8 glasses of water each day.** Try 10 to 20 minutes before each meal or snack. This is on top of any caffeinated drinks.

**Coffee , tea or caffeinated drinks;** No more than 2 to 3 per day.

### **BREAKFAST**

1 Cup of breakfast cereal eg.; Weetbix 3-4, Vitabrits 3-4, Rolled Oats (cooked), Puffed Wheat.

If only having a spread on toast, add fruit to cereal.

Skim Milk (from daily allowance).

2 Slice toast (preferably wholemeal)

Margarine or Butter (from daily allowance)

Toast topping- choose from free list e.g.; tomato, onion and mushrooms.

### **MORNING TEA**

1-2 Fruit serves (see fruit list), or low fat yogurt & fruit, or 2 bread serves, maybe a salad sandwich.

### **LUNCH**

2-4 Slices bread

30g of lean meat or 45g of poultry or 60g fish (salmon or tuna) or 1 egg or 30g cheese or 90g Cottage cheese or 60g baked beans.

Salad vegetables are unrestricted (see non-starchy vegetables).

Low calorie salad dressing (if desired).

OR: 2 Salad sandwiches with meat, chicken, low fat cheese or egg.

OR: Home made chunky vegetable soup and crusty bread rolls.

### **AFTERNOON TEA**

1-2 fruit serve (see fruit list), or similar to morning tea.

### **DINNER**

90g of lean meat or 135g of poultry or 180g of fish or 2 eggs.

4 vegetable serves (see vegetable list).

1 fruit serve, perhaps diet jelly with canned fruit, or fruit & low fat yogurt, or stewed fruit and pudding, custard or rice cream made on skim milk.

### **SUPPER**

Fruit Serve.

You should be eating every 2 to 3 hours to keep your metabolism moving fast, and to keep your energy up. **REMEMBER: SMALLER MEALS MORE OFTEN.**

Keep fat intake under 30-40 grams/day, and fibre up to 30-40 gram/day.

1-2 glasses of wine or beer per day is permissible with at least 2 alcohol free days per week.

When buying canned or packaged foods, make sure that the amount of fat is less than 10 grams per 100 grams on the label.

There are no "good foods" and "bad foods", only better choices. Stick to these guidelines for better health and happiness in the long term.

Incidental exercise makes a difference. Walk up stairs, park a long way away and walk, get up to change the TV channel, play with the kids or walk the dog. It all adds up, and it's a lifestyle change that really makes the difference.

## Exchange List

To keep the same total daily calories and add variety to your menu, use the exchange list below. Swap things to avoid becoming bored, and make it easier to stick to your eating plan.

### CEREALS AND CEREAL PRODUCTS

**1 Slice of bread can be exchanged for:**

Bread Roll	1 small
Hamburger Bun	1 small
Crumpet	1 medium
Raisin Bread	1 thin slice
Muffin	1 small
Pikelet	2 small
Breakfast Cereal	3/4 (unsweetened)
Rice (cooked)	1/2 cup
Spaghetti (cooked)	1/2 cup
Macaroni (cooked)	1/2 cup
Noodles (cooked)	1/2 cup
Sago or Tapioca (cooked)	1/3 cup
Flour	2 tbs
Cornflour, arrowroot or custard powder	1/1/2 tbs
Saos	2
Milk Arrowroot	2
Shredded Wheatmeal	2
Milk Coffee	2
Rye King or Rye Vita	2
Vita Wheat	3
Salada Squares	6
Thin Captain	3
Kavali	4
Cracker Bread	3

### MILK AND MILK PRODUCTS

**Daily Milk Allowance** ; 300 mls of milk, (low fat is preferable e.g. Lite White)

**100 mls of milk can be exchanged for:**

Skim Milk	200mls	Cottage or Ricotta Cheese	65gms
Condensed Milk	50 mls	Cheddar Cheese	15gms
Plain Yogurt	100gms	Processed Cheese	20gms
Plain Skim Yogurt	125gms	Velveeta	20gms

## VEGETABLES (COOKED MEASURES)

STARCHY VEGETABLES	CUP	LEGUMES (1/2 Cup of each)
Potato	1/4	Broad Beans “
Taro	1/4	Lima Beans “
Sweet Potato	1/4	Haricot “
Parsnip	1/4	Soya Beans “
Peas	1/4	Baked Beans “
Corn	1/4	3 Bean Mix “
Pumpkin	1/2	Butter Beans “
Carrot	1/2	Chick Peas “
Mixed Frozen Vegetables	1/2	Kidney Beans “
Artichoke	1	Split Peas/Lentils “

## NON STARCHY VEGETABLES

These can be eaten freely in meals, or even as a morning or afternoon snack, e.g. bowl of salad or broccoli. These vegetables are 90% to 95% water and contain lots of roughage.

**FRUIT** 1 serve equals:

Alfalfa	Cucumber	Olives
Asparagus	Egg Plant	Parsley
Broccoli	Endive	Peppers
Brussel Sprouts (4 max)	Eschalots	Radish
Cabbage	Garlic	Rhubarb
Capsicum	Green Beans	Spinach
Cauliflower	Kale	Swede
Celery	Leeks	Tomato
Champignons	Lettuce	Turnip
Chicory	Marrow	Watercress
Chillies	Mushrooms	Zucchini
Chives	Choko	Onions

Apple	1 medium	Kiwi Fruit	3 med
Apricots	3 small	Lychees	10
Avocado	1/2 small	Mandarin	2 small
Banana	1 medium	Mulberries	1/2 cup
Blackberries	1/2 cup	Mango	1 small
Cherries	15 medium	Nectarines	2 small
Custard Apple	1/2 small	Orange	1 med
Dried Fruit	20g	Passionfruit	5
Figs	2 small	Paw Paw	3/4 cup
Fruit Juice	150mls (unsweetened)	Peach	1 large
Grape Fruit	1/2 large	Pear	1 med
Grapes	15 med	Persimmons	1 med
Honey Dew	1/2 med	Pineapple	1cm thick
Rockmelon	1/2 med	Watermelon	1/4 med

## Weight Maintenance Guidelines

Once you have reached your goal weight, you should go onto a weight maintenance program.

1) Eat basically the same meal patterns as you were while dieting, however, have larger servings. Drink 6 to 8 glasses of water each day.

### EXAMPLE:

#### BREAKFAST

Cereal  
Toast  
Fruit

#### LUNCH

Soup  
Bread  
Salad  
Protein e.g.; Meat, Chicken, Fish, Egg, Cheese, Beans.  
Fruit

#### DINNER

Protein  
Vegetables / Salad  
Fruit  
Milk Dessert

### MORNING TEAS, AFTERNOON TEAS, SUPPER:

Fruit, bread or crispbreads, serving size depends on your activity level and tendency to gain weight. This you will have to gauge yourself.

Weigh yourself at least monthly. If you are gaining weight then go back onto the diet plan until you reach your ideal weight again.

Avoid sugar and foods containing large amounts of sugar.

Avoid fat i.e.; fatty foods, hidden fats in pre-packaged foods and fatty cooking methods.

Restrict salt (especially if you tend to retain fluid . If you retain fluid, drink more water to flush out the kidneys.)

### **SUGAR, FAT AND SALT CAN HIDE IN FOODS... BE AWARE!!!**

#### **EXAMPLES:**

Many breakfast cereals are high in **SUGAR**.

Cheese is high in **FAT**.

Vegemite is high in **SALT**.

The best cooking methods are steaming, pressure cooking, boiling, grilling and baking in foil. Fresh fruit and vegetables are best, unsweetened fruit and frozen vegetables are acceptable.

Avoid nibbling between meals.

Become a conscientious label reader.

**a)** Beware of the “**NO ADDED SUGAR**” trap. Read the fine print.

**b)** Ingredients are listed in order of quantity.

## Recipes

### Roast Beef Wrap & Apricots



1¼ c reduced-fat cream cheese  
4 flour tortillas (9"-10")  
½ red onion, sliced  
4 spinach leaves  
8 oz roast beef, sliced

For each wrap, spread a small amount of the cream cheese over the surface of a tortilla. Layer the onion, spinach, and roast beef on top. Roll, and fold.

**Makes 4 servings**

**Per Serving:** 300 cal, 13 g pro, 42 g carb, 9 g fat, 3 g sat. fat, 21 mg chol, 3 g fibre, 659 mg sodium

### Chocolate Dipped Apricots



2 oz bittersweet chocolate  
24 dried apricots  
1 Tbsp chopped pistachios

Microwave the chocolate on high for 2 minutes, stirring halfway through until completely melted. Dip the apricots halfway into the chocolate. Let the excess drip off. Place the apricots onto wax paper. Sprinkle the pistachios over the chocolate-covered portions, and place them in the refrigerator until the chocolate is set.

**Makes 8 servings**

**Per Serving:** 99 cal, 1 g pro, 17 g carb, 3 g fat, 2 g sat. fat, 0 mg chol, 2 g fibre, 1 mg sodium

## More Sample Recipes

### Couscous Salad with Spicy Yoghurt Dressing

#### Ingredients

**Couscous** (look for Israeli or whole-wheat)

1/2 tablespoon extra-virgin olive oil  
1/2 small onion, finely chopped  
1 small stalk celery, finely chopped  
1/2 cup couscous  
3/4 cup water

#### Spicy Yoghurt Dressing

1 1/2 tablespoons fresh lemon juice  
1 1/2 tablespoons fat-free plain yoghurt  
1/2 tablespoon extra-virgin olive oil  
1 teaspoon minced fresh ginger root  
1/2 clove garlic, crushed  
1/2 teaspoon ground cumin  
1/2 teaspoon ground coriander  
Pinch freshly ground black pepper

#### Salad

1/4 cup dried currants or raisins  
1/4 cup canned chickpeas, rinsed and drained

1/4 cup chopped red bell pepper 1/4 cup chopped green bell pepper  
1/4 cup chopped fresh cilantro or parsley  
1/4 cup sliced green spring onions  
1/2 lemon, cut into wedges (optional)

### **Instructions**

**1** To make the couscous: Heat the oil in a 2-quart saucepan over medium heat. Add the onion and celery and cook for 2-3 minutes, stirring occasionally, until the vegetables are softened. Stir in the couscous, coating with oil. Cook and stir for 1 minute until lightly toasted. Add the water and bring to a boil, stirring gently. Remove from the heat. Let stand, covered, for 30 minutes until cool and the liquid is absorbed, uncovering occasionally to fluff with a fork.

**2** To make the spicy yoghurt dressing: In a large bowl, mix together the lemon juice, yoghurt, oil, ginger root, garlic, cumin, coriander, and pepper. Whisk before serving.

**3** To make the salad: Transfer the couscous to a large serving bowl. Spoon the currants or raisins, chickpeas, bell peppers, cilantro or parsley, and scallions into separate mounds around the couscous. Add the dressing. Toss all the ingredients together at the table. Garnish with the lemon wedges, if using.

## **Roast Chicken with Sweet Garlic, Melted Onions, and Sour Orange**

### **Ingredients**

1 (3 pound) chicken  
1/2 cup whole garlic cloves,  
peeled 1 cup olive oil, divided  
1 bunch flat-leaf parsley  
1 orange, zested  
1 lime, zested  
1/2 small sweet potato, peeled  
2 Spanish onions, thinly sliced  
16 fluid ounces orange juice  
1 cup rich chicken stock  
3 tablespoons olive oil

### **Instructions**

**1** Cut the chicken in half and de-bone. Place the garlic in 1/4 cup of the oil and sauté until tender. When the garlic is cool, puree half of it with the parsley, orange zest, lime zest, and remaining 3/4 cup of oil. Rub the garlic mixture onto the chicken and marinate for 1 day in the refrigerator.

**2** Cook the yucca in salted water until tender and drain. Slowly cook the onions with a little water until soft. Reserve.

**3** Simmer the sour orange juice over the low heat until syrupy. Add the chicken stock and cook until lightly thickened. Reserve.

**4** Bake the chicken at 350 degrees F for 45 minutes, until cooked through and the juices run clear when pierced with a fork. Saute the yucca in the remaining 3 tbs olive oil until crispy. Add the onions and the reserved garlic confit.

**5** Drain the yucca mixture well and place on a plate with the chicken. Cover with the orange mixture.

## **Tandoori Cornish Hens**

### **Ingredients**

1 Cornish hen (small chicken)  
1/2 teaspoon chilli powder  
pinch of salt (optional)  
pinch of freshly ground black pepper (optional)  
1 tablespoon fresh lime juice  
1/3 cup fat-free plain yoghurt  
1 clove garlic, chopped  
1/3 (1 inch) piece fresh ginger, coarsely chopped

1/3 small onion, coarsely chopped  
1/3 teaspoon cumin seeds  
1/8 teaspoon ground turmeric  
lime, cut into wedges (optional)  
fresh cilantro or parsley sprigs (optional)

### **Instructions**

**1** Thaw the hen if frozen. Rinse, remove the giblets and neck, and pat dry. Make several slits in the skin, then split the hen in half along the breastbone. Mix together 1/3 teaspoon of the chilli powder, salt, pepper, and lime juice. Rub the mixture all over the poultry and set aside for about 15 minutes.

**2** In a blender, puree the yoghurt, garlic, ginger, onion, cumin, turmeric, and the remaining chilli powder. Place the poultry pieces in a bowl and add the yoghurt mixture. Mix well to coat all the pieces. Cover and refrigerate for at least 8 hours, turning occasionally.

**3** Preheat the oven to 400 degrees F. Place the hen, skin side up, on a rack in a roasting pan. Spoon the yoghurt mixture over it from time to time until thoroughly cooked, 45 to 60 minutes or until the hen is very tender. Test for doneness by pricking the skin of the thigh; the juice should run clear. Serve hot.

**4** Remove the skin before eating, and garnish with lime and cilantro or parsley, if using.

## **Asian Pear Salad**

### **Ingredients**

2 Pears, peeled, cored and chopped  
1/2 shallot, minced  
1 1/4 teaspoons diced fresh ginger  
1 cup water 1/2 vanilla bean stick, scored in half  
1 1/2 tablespoons sherry vinegar  
1 tablespoon mirin or garam marsala  
1 ounce soybean oil Salt Black pepper  
1/4 pound baby greens  
1/2 carrot, shredded (optional)

### **Instructions**

**1** In a 1-quart saucepan, cook the pears with the shallot, ginger, and water over medium heat until soft. Strain and set aside to cool. Once at room temperature, puree one of the pears and strain through a sieve. **2** Remove the seeds from the vanilla bean and mix them into the puree. Discard the pod. Add the sherry vinegar and mirin and process in a blender or food processor. Slowly add the oil to emulsify. Season with the salt and pepper. Dice the remaining pear for garnish.

**3** To serve, toss the baby greens well with the pear mixture. Divide among 4 serving plates and garnish with the shredded carrot (if using) and the diced pear.

## **Ginger Pears**

"Spicy gingersnaps and sweet, juicy pears combine to make a terrific, light dessert."

### **Ingredients**

1 medium pear, peeled, halved, and cored  
1 tablespoon fresh orange juice  
2 tablespoons crushed gingersnaps  
1/2 tablespoon chopped walnuts  
1/2 tablespoon margarine or butter

### **Instructions**

Preheat the oven to 350 degrees F. Place the pear halves, cut side up, in a baking dish. Drizzle the orange juice over the pears. In a small bowl, combine the gingersnaps, walnuts, and the margarine or butter. Sprinkle over the pears. Bake for 20-25 minutes or until the fruit is tender.

## **Beef, Pepper, and Mushroom Kabobs**

### **Ingredients**

1 tablespoon fresh lemon juice  
1 tablespoon extra-virgin olive oil

1 tablespoon water  
2 teaspoons Dijon mustard  
1/2 teaspoon chopped fresh oregano  
1/4 teaspoon freshly ground black pepper  
1 pound boneless top sirloin steak, cut into 1" squares  
1 large red bell pepper, cut into 1 inch pieces  
12 large mushrooms  
2 cups cooked brown rice  
1/4 cup pine nuts, toasted

### **Instructions**

**1** In a large bowl, whisk together the lemon juice, oil, water, mustard, oregano, and black pepper. Add the steak, bell pepper, and mushrooms, tossing to coat. Alternately thread the steak, bell pepper, and mushrooms on each of 4 metal skewers. Set aside.

**2** Prepare the rice according to package directions. Keep warm. Meanwhile, place the kabobs on a grill over medium coals. Grill uncovered, turning occasionally for 8 to 11 minutes or until a meat thermometer measures 145 degrees F (for medium-rare).

**3** Mix the toasted pine nuts into the rice. Serve the kabobs over the rice mixture, allowing 1/2 cup rice per serving.

### **Individual Lime Cheesecakes**

#### **Ingredients**

12 vanilla wafers  
3/4 cup fat-free cottage cheese  
1 (8 ounce) package Neufchatel cheese, softened  
6 tablespoons sugar  
2 eggs  
1 tablespoon grated lime rind  
1 tablespoon fresh lime juice  
1 teaspoon vanilla extract  
1/4 cup low-fat vanilla yoghurt  
2 kiwifruit, peeled, halved, and sliced

#### **Instructions**

**1** Line 12 muffin pans with paper baking liners. Place 1 vanilla wafer in the bottom of each liner. **2** Process the cottage cheese in a blender or food processor until smooth. Combine the cottage cheese with the Neufchatel in a medium bowl and beat at medium speed until creamy. Gradually add the sugar and mix well. Add the eggs, lime rind, lime juice, and vanilla. Beat until smooth. Spoon the cheese mixture evenly over the vanilla wafers. Bake at 350 degrees F for 20 minutes or until the cheesecakes are almost set. (Do not over bake.) Let the cheesecakes cool completely on a wire rack. Remove from the pans and chill thoroughly. **3** Spread the vanilla yoghurt evenly over the cheesecakes, and top each one with 3 kiwifruit slices.

# Exercise

# Exercise

If you don't wish to use a gym or follow this exercise program, just start with 20 to 30 minutes of walking or your favourite exercise every second day, then daily, with one rest day per week. Try to either increase the time or intensity so your body has to continue to give results. Remember, this is just a guide for those who may like structured exercise.

If you stick to your 6 week eating plan alone, you will find that the weight will still come off fast and easily, however adding an exercise program at a reputable gym, it will assist in speeding up the process, as well as toning the muscles and re-shaping the body, slowing down the aging process and giving you more energy and zest for life! This program can be used in your gym or adapted as you see fit.

Up to 2 of the 3 **weights sessions** each week may be exchanged for a Body Pump class. Please book in for your gym workout with one of our Personal Trainers as soon as is convenient. You'll also get a PT session / Measure & Weigh / Fitness Assessment every 2 weeks to continue to monitor and adjust your programme, and help keep you motivated!

Your 3 **Cardiovascular exercises** consist of a minimum of 20 minutes in duration, and may include using the Cardio Equipment (bikes, stepper, treadmills, cross trainers, etc.), classes such as Body Combat, Circuit and Cardio XT, or you may include power walking, jogging, cycling or other activities which get you up into your Training Heart Rate. We'll discover that as we work through the programme.

Ideally these sessions should be done on alternate days to your weights workouts, but may be done on the same day if time is short.

## Daily Planner

Now it's time to put all your knowledge to work for you!

Those who are more diligent with recording what they eat and how they exercise usually find that they achieve the best results.

For the next month we'd like you to record your food and exercise regime till you get into the habit of taking more notice of what you really put in your mouth, and how often you keep your body active.

We have only provided enough pages for 4 weeks, but if you wish to continue to monitor your daily activities, please feel free to ask at reception and we're happy to supply you with more pages for your manual.

## Progress Results

At the back of this manual you'll find your Fitness Assessment form to record your measurements, weight, body fat percentage, etc.

You'll also find your training card for Gym, Cardio Workouts and your "Before and After" Photo. We'll help you measure and record your progress every step of the way, so don't worry, it's easy and it's painless!

TODAY is the first day of the rest of your life, so make it count!

## Training Heart Rates

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

### Basics of Aerobic Conditioning

#### FITT Principles

F- Frequency = 3 to 4 times per week for aerobic fitness, (varies with activity)

I - Intensity = 60% to 80% for most people

T - Time = 20 to 30 minutes (minimum)

T - Type = aerobic type, where heart rate is increased and maintained ( e.g. walk, run, swim, cycle, dance, etc.).

#### Training Heart Rate - Karvoen Method

Determine your resting heart rate (RHR), then:

1.  $220 - \text{age} = \text{Maximum Heart Rate (MHR)}$

2.  $\frac{\text{Max HR}}{\text{Max HR}} - \frac{\text{RHR}}{\text{RHR}} = \text{Heart Rate Reserve (HRR)}$

3a.  $\frac{\text{HR Res.}}{\text{HR Res.}} \times \frac{.60}{\text{Intensity at 60\% (Low)}} = \text{_____} + \frac{\text{RHR}}{\text{RHR}} = \frac{\text{THR}}{\text{THR}}$

3b.  $\frac{\text{HR Res.}}{\text{HR Res.}} \times \frac{.70}{\text{Intensity at 70\% (Medium)}} = \text{_____} + \frac{\text{RHR}}{\text{RHR}} = \frac{\text{THR}}{\text{THR}}$

3c.  $\frac{\text{HR Res.}}{\text{HR Res.}} \times \frac{.80}{\text{Intensity at 80\% (High)}} = \text{_____} + \frac{\text{RHR}}{\text{RHR}} = \frac{\text{THR}}{\text{THR}}$

To calculate THR (Training Heart Rate) over 10 seconds:

4a.  $\frac{\text{THR (Low)}}{\text{THR (Low)}} \div \frac{6}{6} = \text{_____} \text{ for 10 seconds}$

4b.  $\frac{\text{THR (Med)}}{\text{THR (Med)}} \div \frac{6}{6} = \text{_____} \text{ for 10 seconds}$

4c.  $\frac{\text{THR (High)}}{\text{THR (High)}} \div \frac{6}{6} = \text{_____} \text{ for 10 seconds}$

## *Age Predicted Heart Rate Training Chart (220 minus age)*

AGE	5	10	15	20	25	30	35	40	45	50	55	60	65	70
<b>YOUR MAXIMUM HEART RATE</b>	215	210	205	200	195	190	185	180	175	170	165	160	155	150
<b>ZONE 1– Recovery Zone 50% - 60%</b>	LOW HIGH 105 129	105 126	103 123	100 120	98 117	95 114	93 111	90 108	88 105	85 102	83 99	80 96	78 93	75 90
<b>ZONE 2– Fat Burning 60% - 70%</b>	LOW HIGH 129 151	126 147	123 144	120 140	117 137	114 133	111 130	108 126	105 123	102 119	99 116	96 112	93 109	90 105
<b>ZONE 3– Aerobic 70% - 80%</b>	LOW HIGH 151 172	147 168	144 164	140 160	137 156	133 152	130 148	126 144	123 140	119 136	116 132	112 128	109 124	105 120
<b>ZONE 4– Anaerobic 80% - 90%</b>	LOW HIGH 172 198	168 194	164 185	160 180	156 176	152 171	148 167	144 162	140 158	136 153	132 149	128 144	124 140	120 135
<b>ZONE 5– Redline 90% - 100%</b>	LOW HIGH 198 215	194 210	185 205	180 200	176 195	171 190	167 185	162 180	158 175	153 170	149 165	144 160	140 155	135 150

# Borg's Perceived Exertion Scale

<b>How does your exercising “feel” to you?</b>	<b>Rating Scale</b>
<b>Very, very light</b>	<b>6-8</b>
<b>Very light</b>	<b>9-10</b>
<b>Fairly light</b>	<b>11-12</b>
<b>Somewhat hard</b>	<b>13-14</b>
<b>Hard</b>	<b>15-16</b>
<b>Very Hard</b>	<b>17-18</b>
<b>Very, very hard</b>	<b>19-20</b>

## What is the Perceived Exertion Scale?

The above scale is designed to assist you in estimating the intensity level of your exercise. For example, sitting in a chair would be perceived as very, very light, around 6 or 7 on the scale, while walking as fast as possible might feel like a 14, and if it causes “breathlessness”, it might be a 15.

## Where should I Exercise on the Perceived Exertion Scale?

It is recommended that you not exercise to the level of “breathlessness” (above 14 on the scale). Therefore, pace our activity within this training zone, somewhere between “fairly light” and a little more than “somewhat hard”, (11-14), but not to the point of being short of breath. You should be able to talk to a friend as you exercise.

## What other important information should you know?

If experiencing any of the following:

- ♦ Chest discomfort such as pressure or burning
- ♦ Chest discomfort radiating to the shoulders or down the arm
- ♦ Extreme dizziness, disorientation, or weakness
- ♦ Extreme shortness of breath

### **STOP EXERCISING!**

If any symptoms persist, let our staff know and seek immediate medical or emergency assistance.



**PROGRESS CHART**

**NAME** \_\_\_\_\_

**MEDICAL PROFILE** \_\_\_\_\_

**PERSONAL GOALS** \_\_\_\_\_

WEEK DATE	START / /20__	2 / /20__	4 / /20__	6 / /20__	TOTAL LOSS OR GAIN
BLOOD PRESSURE					
CHEST/BUST					
WAIST					
ABDOMEN					
HIPS					
RIGHT ARM					
RIGHT THIGH					
RIGHT CALF					
WEIGHT					
FITNESS PERCENTAGE	%	%	%	%	%
STAFF INITIALS					



## FITNESS ASSESSMENT

DATE	START			WEEK 6			SCORE LOSS OR GAIN
	RESULT	RATING	SCORE	RESULT	RATING	SCORE	
TYPE OF TEST							
BLOOD PRESSURE	/			/			
SKIN FOLD Biceps							
Triceps							
Subscapular							
Suprailiac							
TOTAL MM							
BODY FAT %							
RESTING PULSE							
STEP TEST							
FLEXIBILITY							
ABDOMINAL STRENGTH							
TOTAL SCORE							

WHAT DOES YOUR SCORE MEAN?

>80% - VERY GOOD: Your overall fitness is excellent. Keep up the good work!

61-80%-GOOD: Your overall fitness is well above average. Obviously you're doing something right!

41- 60% - OK: Your overall fitness is in the average range. Check those areas causing some concern and begin to take action to prevent problems in the future.

21-40% - POOR: You need to pay attention to those aspects of fitness on which you scored badly before they become a health problem. Check with your doctor or exercise specialist for help.

<20% - VERY POOR: Your overall fitness needs immediate attention. Check with your doctor or exercise specialist for help in the areas you scored badly.

## Measuring Total Fitness

The total fitness score is a combination of scores on each fitness test weighed according to importance in overall fitness.

The figure gives a percentage of total fitness, and should only be used as a comparison for each individual to check against a later date.

### **Blood Pressure Recordings, Ratings and Scores**

Systolic	Diastolic	Rating	Score
Less than 120	On less than 85	Very Good	24
Less than 130	On less than 90	Good	20
Less than 140	On less than 95	OK	16
Less than 150	On less than 100	Poor	6
More than 150	On more than 100	Very Poor	4

### **Body Fat Ratings and Score**

Men	Women	Boys	Girls	Rating	Score
Less than 12	Less than 15	Less than 11	Less than 13	Very Good	24
12 to 16	15 to 19	11 to 16	13 to 18	Good	20
17 to 22	20 to 24	17 to 20	19 to 22	OK	26
23 to 27	25 to 30	21 to 24	23 to 29	Average	8
Over 27	Over 30	Over 24	Over 29	Overweight	4

### **Resting Pulse Rate**

Men	Women	Boys	Girls	Rating	Score
Less than 65	Less than 75	Less than 75	Less than 80	Good	4
66 to 95	76 to 105	76 to 105	81 to 110	OK	2
Over 95	Over 105	Over 105	Over 110	Poor	0

### **Step test Rating and Score**

Men	Women	Boys	Girls	Rating	Score
Less than 110	Less than 116	Less than 120	Less than 124	Very good	28
110 to 124	116 to 130	120 to 130	124 to 134	Good	22
125 to 140	131 to 146	131 to 150	135 to 154	OK	15
141 to 155	147 to 160	151 to 160	155 to 164	Poor	8
Over 155	Over 160	Over 160	Over 165	Very Poor	3

## Fitness Testing Results

### Flexibility Ratings and Scores

Distanced Reached under 39 years old	Distance Reached over 39 years old	Flexibility Rating	Score
over 15 cm	over 7 cm	Very Good	12
5 to 15 cm	0 to 7 cm	Good	10
0 to 4 cm	0 to -10 cm	OK	8
-1 to -11	-11 to -15	Poor	5
Less than -11	Less than -15	Very Poor	2

### Abdominal Strength Ratings and Scores

Under 29 years	30 to 39 years	40 to 59 years	Rating	Score
Over 17 crunches	Over 15 crunches	Over 13 crunches	Good	8
12 to 17	11 to 15	10 to 13	OK	6
Less than 12	Less than 11	Less than 10	Poor	3

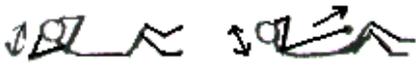
These scores should be added together to give a total fitness score. Use the table provided, then compare with the following results.

Total Fitness Rating	Total Fitness Percentage
Very Good	Over 80%
Good	61 to 80%
OK	41 to 60%
Poor	21 to 40%
Very Poor	Under 20%

### What Your Rating Means?

- Very Good: Your overall fitness is excellent. Keep up the good work.
- Good: Well above average. Obviously you're doing the right thing.
- OK: Overall fitness is in the average range. Check those areas causing some concern and begin to take action to prevent problems in the future.
- Poor: You need to pay attention to those aspects of fitness on which you scored badly before they become a health problem. Check with your doctor or exercise specialist.
- Very Poor: Your overall fitness need immediate attention. Check with your doctor or exercise specialist.

## Home Exercise Program



**Crunches**– tilt the pelvis, then raise shoulders up and down. To do a **twisting crunch**, raise shoulder diagonally towards opposite knee.



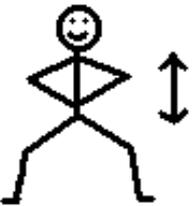
**Reverse Crunch**– tilt the pelvis & squeeze, so that the buttocks raise up and down.



**Hip Flexors**– Hold onto the wall, lift leg up & down, then repeat with other leg.



**Lunges**– Place one leg forward, raise up & down, so that the knee remains over the heel. Repeat other leg.



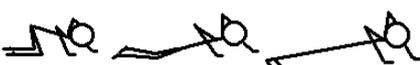
**Squats**– Legs wide, raising up & down (works inner thighs more), legs parallel works quads, hamstrings and gluteals more.



**Leg Extension**– Sit on a chair, lift one leg up and down, repeat on other leg.



**Calf Block**– Stand on a step, bend one leg, with the other leg place the heel over the step, keep the leg straight, raise the body up & down by lifting up onto the toes.



**Push ups**– Start on the wall, hands wide works the chest, hands narrow works the triceps. As you get stronger, try push ups on the floor.



**Dips**– Either on the floor or on a chair.



**Overhead extensions**– Sitting, keep elbows close to head, lower and raise the weight behind

the head.

# DAILY PLANNER

RATING: EXC GOOD FAIR POOR

\_\_\_\_\_ day      Date: / /20\_\_

	QTY	ITEM	CARB	PROT	FAT	CAL	RATING
B'FAST							
M.TEA							
LUNCH							
A.TEA							
DINNER							
WATER TOTAL							
DAILY NUTRITIONAL TOTALS							

TIME	EXERCISE	WORKOUT ✓			INTENSITY	ATTITUDE ✓			
		HEAVY	MED	LIGHT	%	EXC	GOOD	FAIR	POOR
	<b>RESISTANCE TRAINING</b>								
	GYM- BODY PARTS EXERCISED:								
	BODYPUMP								
	<b>CARDIOVASCULAR ACTIVITY</b>								
	MACHINE: (Cycle / Rower / Treadmill / Cross Trainer)								
	CLASS: (Body Combat / Circuit / Cardio XT)								
	<b>OTHER</b>								
	Pilates/Yoga/Yogalates/Taekwondo/Walk/Swim/etc								
	HOUR OF SLEEP:								
	COMMENTS:								

# DAILY PLANNER

RATING: EXC GOOD FAIR POOR

\_\_\_\_\_ day      Date: / /20\_\_

	QTY	ITEM	CARB	PROT	FAT	CAL	RATING
B'FAST							
M.TEA							
LUNCH							
A.TEA							
DINNER							
WATER TOTAL							
DAILY NUTRITIONAL TOTALS							

TIME	EXERCISE	WORKOUT ✓			INTENSITY	ATTITUDE ✓			
		HEAVY	MED	LIGHT	%	EXC	GOOD	FAIR	POOR
	<b>RESISTANCE TRAINING</b>								
	GYM- BODY PARTS EXERCISED:								
	BODYPUMP								
	<b>CARDIOVASCULAR ACTIVITY</b>								
	MACHINE: (Cycle / Rower / Treadmill / Cross Trainer)								
	CLASS: (Body Combat / Circuit / Cardio XT)								
	<b>OTHER</b>								
	Pilates/Yoga/Yogalates/Taekwondo/Walk/Swim/etc								
	HOUR OF SLEEP:								
	COMMENTS:								

# DAILY PLANNER

RATING:    EXC    GOOD    FAIR    POOR

\_\_\_\_\_ day    Date:    /    /200\_\_

	QTY	ITEM	CARB	PROT	FAT	CAL	RATING
<b>B'FAST</b>							
<b>M.TEA</b>							
<b>LUNCH</b>							
<b>A.TEA</b>							
<b>DINNER</b>							
<b>WATER TOTAL</b>							
<b>DAILY NUTRITIONAL TOTALS</b>							

TIME	EXERCISE	WORKOUT ✓			INTENSITY	ATTITUDE ✓			
		HEAVY	MED	LIGHT	%	EXC	GOOD	FAIR	POOR
	<b>RESISTANCE TRAINING</b>								
	<b>GYM- BODY PARTS EXERCISED:</b>								
	<b>BODYPUMP</b>								
	<b>CARDIOVASCULAR ACTIVITY</b>								
	<b>MACHINE:</b> (Cycle / Rower / Treadmill / Cross Trainer)								
	<b>CLASS:</b> (Body Combat / Circuit / Cardio XT)								
	<b>OTHER</b>								
	Pilates/Yoga/Yogalates/Taekwondo/Walk/Swim/etc								
	<b>HOUR OF SLEEP:</b>								
	<b>COMMENTS:</b>								

# DAILY PLANNER

RATING:    EXC    GOOD    FAIR    POOR

\_\_\_\_\_ day      Date: / /20\_\_

	QTY	ITEM	CARB	PROT	FAT	CAL	RATING
<b>B'FAST</b>							
<b>M.TEA</b>							
<b>LUNCH</b>							
<b>A.TEA</b>							
<b>DINNER</b>							
<b>WATER TOTAL</b>							
<b>DAILY NUTRITIONAL TOTALS</b>							

TIME	EXERCISE	WORKOUT ✓			INTENSITY	ATTITUDE ✓			
		HEAVY	MED	LIGHT	%	EXC	GOOD	FAIR	POOR
	<b>RESISTANCE TRAINING</b>								
	<b>GYM- BODY PARTS EXERCISED:</b>								
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	<b>HOUR OF SLEEP:</b>								
	<b>COMMENTS:</b>								

# DAILY PLANNER

RATING:    EXC    GOOD    FAIR    POOR

\_\_\_\_\_ day      Date: / /20\_\_

	QTY	ITEM	CARB	PROT	FAT	CAL	RATING
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<b>WATER TOTAL</b>							
<b>DAILY NUTRITIONAL TOTALS</b>							

TIME	EXERCISE	WORKOUT ✓			INTENSITY	ATTITUDE ✓			
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	<b>RESISTANCE TRAINING</b>								
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# DAILY PLANNER

RATING: EXC GOOD FAIR POOR

\_\_\_\_\_ day      Date: / /20\_\_

	QTY	ITEM	CARB	PROT	FAT	CAL	RATING
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<b>DINNER</b>							
<b>WATER TOTAL</b>							
<b>DAILY NUTRITIONAL TOTALS</b>							

TIME	EXERCISE	WORKOUT ✓			INTENSITY	ATTITUDE ✓			
		HEAVY	MED	LIGHT	%	EXC	GOOD	FAIR	POOR
	<b>RESISTANCE TRAINING</b>								
	<b>GYM- BODY PARTS EXERCISED:</b>								
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	<b>OTHER</b>								
	Pilates/Yoga/Yogalates/Taekwondo/Walk/Swim/etc								
	<b>HOUR OF SLEEP:</b>								
	<b>COMMENTS:</b>								

# DAILY PLANNER

RATING: EXC GOOD FAIR POOR

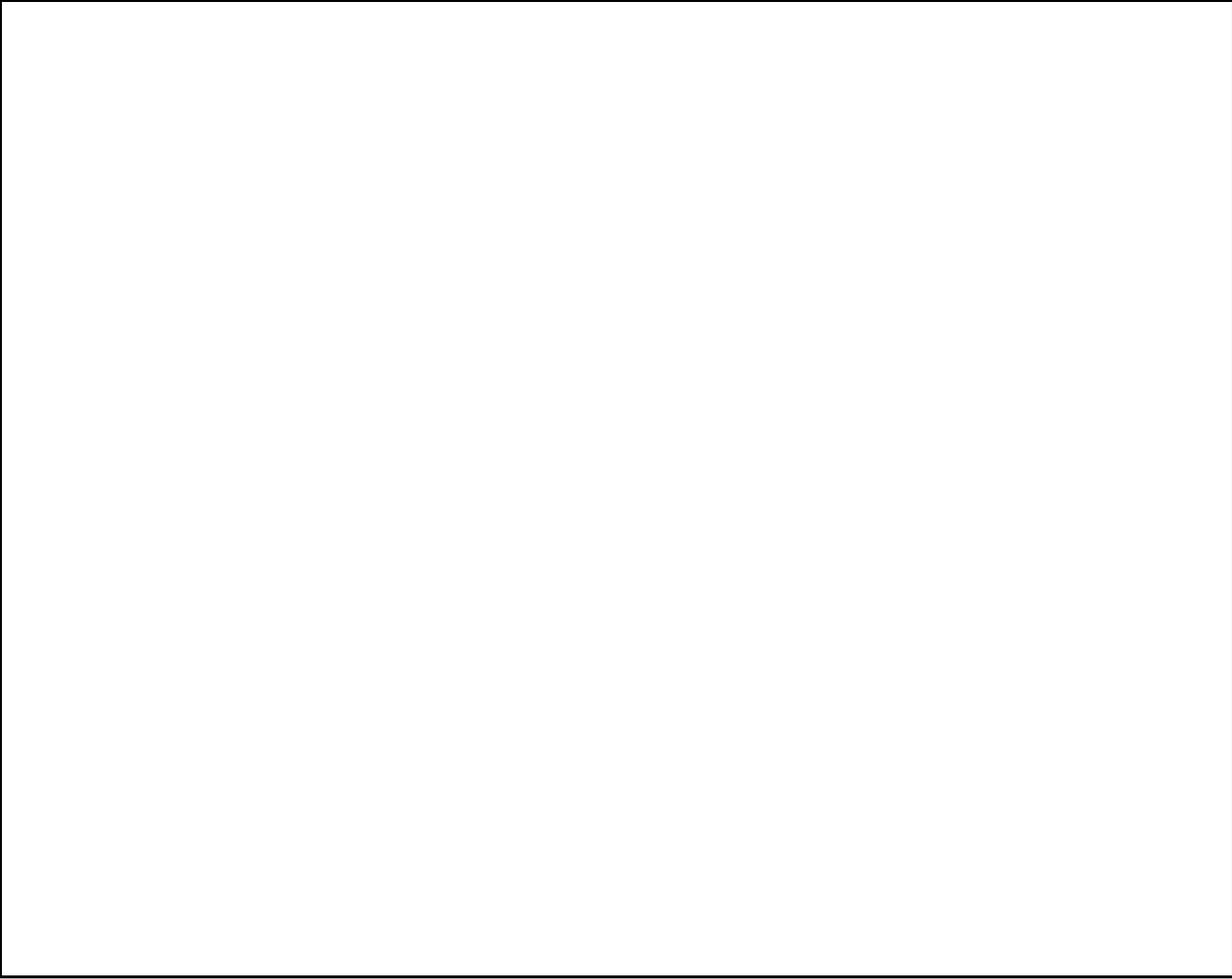
\_\_\_\_\_ day      Date: / /20\_\_

	QTY	ITEM	CARB	PROT	FAT	CAL	RATING
<b>B'FAST</b>							
<b>M.TEA</b>							
<b>LUNCH</b>							
<b>A.TEA</b>							
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<b>WATER TOTAL</b>							
<b>DAILY NUTRITIONAL TOTALS</b>							

TIME	EXERCISE	WORKOUT ✓			INTENSITY	ATTITUDE ✓			
		HEAVY	MED	LIGHT	%	EXC	GOOD	FAIR	POOR
	<b>RESISTANCE TRAINING</b>								
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	Pilates/Yoga/Yogalates/Taekwondo/Walk/Swim/etc								
	<b>HOUR OF SLEEP:</b>								
	<b>COMMENTS:</b>								

**AFTER PHOTO ~ COMPLETION DATE: \_\_\_ / \_\_\_ / \_\_\_**

**BEFORE PHOTO ~ START DATE: \_\_\_ / \_\_\_ / \_\_\_**



## Notes:

# Personal Progress

	Start Date:	Completion Date:	Loss or Gain
TOTAL CM (measurements)			
BODY FAT %			
WEIGHT			
FITNESS TEST %			
OTHER CHANGES			

Now that you've completed the 6 week Mind-Body Weight Loss Program, how do you feel?

How has your eating and exercise helped your feelings of wellbeing?

---

How has it helped your energy Levels?

---

How has it helped with your mobility?

---

How would you rate your posture? (Improving, Good, Excellent)

---

How have your eating habits changed? Do you find it easier to choose better foods?

---

How has your sleep pattern changes? Do you sleep better?

---

Describe your current mental attitude towards food choices, exercise and improving your health.

---

How is your clarity of mind?

---

What other changes have you noticed in your life, eg personal confidence, self-esteem, feelings, relationships, etc?

---

Are you happy with the overall results and support you received during your journey?

---

Would you be happy to recommend it to your family and friends?

---

Thank you for participating in my Weight Loss Hypnosis and using my 6 week program. I hope you will continue to use the downloads from my website and the information you've learnt to continue to help you improve ALL areas of your life. Feel free to contact me should you require further assistance in changing any self-limiting beliefs or habits.

*Let's Do Great Things Together! Cheers, Carol :)*