

shape up for summer

LOSE WEIGHT WITH OUR KILO SHIFTING 7 DAY MEAL PLAN

We're heading into beach weather and the holidays. So now is the time to drop those excess kilos that have somehow attached themselves to your waistline while you weren't looking over the winter months. We make it easy with our 7 day meal plan.

Slow and steady wins the race

Don't panic, you can get into shape and you don't have to survive on carrot sticks alone to achieve your weight-loss goals. Dietitian and author of *Portion Perfection* Amanda Clarke, explains how you can get the weight off and keep it off. "When you are looking to lose weight for a special occasion or the summer season, it's important not to leave it until the last minute, hoping to shed all your weight in a week or so", she says. "While you may lose some weight initially – though probably not the promised 10 pounds in 7 days – you will regain it all very quickly, and may even end up gaining more."

Plan ahead

So to get your plan into action, Amanda suggests beginning your weight loss plan at least 2-3 months before your event. "Having a goal like looking great on your holidays or at a Christmas party can be a great motivator and you also need to set realistic goals." "If you create a weight loss plan suitable to your needs, you are more likely to attain your goal, and after the event the weight will stay off", she says. "Losing between ½ to 1 kgs per week is a good goal, but it's important not to drop calories too far. It's better to exercise more than eat less."

Less is more

To lose weight, women need 1300 calories (5200 kJ) per day and men need 1600 calories (6400 kJ). Knowing what to eat, and more importantly how much to eat is also

the key factor to losing weight. "In fact", says Amanda, "research shows that the more food we put on our plates, or in our bowls, the more we will eat". "The scary thing is that we are no more satisfied when we eat these larger portions."

"The larger the plate, the more we eat; the larger the spoon the more we eat, the larger the packet the more we eat – all without significant awareness," says Amanda. That's why it's important to get your portions right, and once you've mastered that, weight loss will follow.

9 ways to speed up your weight loss

Amanda suggests:

1. Work exercise into your routine so it isn't a chore. 30 minutes of aerobic activity per day is recommended.
2. Get enough sleep as adequate sleep avoids you seeking additional food to attempt to get some energy.
3. Drink 2 litres of fluid per day, of which at least 1 litre is pure water. You can make up the other litre with herbal teas, green tea, mineral water, or the occasional diet soft drink.
4. Break up your meals into 5 or 6 smaller ones - this will help speed up your metabolism and keep you from getting too hungry in between meals (see attached menu plan).
5. Increase your fruit and vegetable intake - these are packed with vitamins which will ensure you exude health and vitality at your anticipated event
6. Increase your fibre - choose whole grain pasta and bread which makes you feel more satisfied
7. Decrease your fat intake - try for no more than 30 grams per day, and make it healthy fats for healthy skin
8. Don't eat that late night snack. Try not to eat for at least 1 hour before going to bed as you burn less of the food you've eaten when you're asleep
9. Listen to your body - your body will tell you when it is satisfied, hungry, stressed or tired. Learn the signs and do what your body is telling you

PORTION PERFECTION 7 DAY meal plan

	BREAKFAST	LUNCH	DINNER	SNACK
MONDAY	<ul style="list-style-type: none"> • 2 slices thin raisin toast • 3tsp margarine • Tea/coffee 	<ul style="list-style-type: none"> • Flat bread • 40g tuna • ½ avocado • 1 cup salad 	Barbecued lemon + pepper glazed chicken skewers (2) + ¼ plate (¾ cup) couscous with herbs + ½ plate salad + 1 Tbsp balsamic vinegar	<ul style="list-style-type: none"> • 2 small apples • 1½ cup strawberries • 100g tub low fat yoghurt
TUESDAY	<ul style="list-style-type: none"> • 1 cup low fat yoghurt • 1 cup mixed berries • ½ cup natural muesli 	<ul style="list-style-type: none"> • 2 slices grain bread • 40g ham • 20g cheese • 1 cup salad 	Beef Stir Fry - 120g raw meat + 2 cups raw veges + 1 tsp soy sauce + 1 tsp chilli sauce + garlic to taste - with ¼ plate (½ cup raw) basmati rice	<ul style="list-style-type: none"> • 1 medium banana • 2 Vitaweat biscuits + slice low fat cheese • Paddle pop
WEDNESDAY	<ul style="list-style-type: none"> • 2 slices grain toast • 2 small eggs • tomato 	<ul style="list-style-type: none"> • Falafel kebab (or snack size meat kebab) • Salad • Chilli/bbq sauce (no cheese) 	Spaghetti bolognese (¾ cup lean mince cooked with onion + tomato) + ¼ plate (¾ cup) cooked pasta + ½ plate salad (e.g. baby spinach, grated carrot, cherry tomatoes, mushrooms, cucumber) + fat free Italian dressing	<ul style="list-style-type: none"> • 2 Kiwi fruit • 100g tub low fat yoghurt • 1 small mango
THURSDAY	<ul style="list-style-type: none"> • 1 cup Special K • ½ banana • 1 cup skim milk 	<ul style="list-style-type: none"> • Grain bread roll • 30g chicken • ½ avocado • 1 cup salad 	Lavash bread pizza – top 1 wholemeal Lavash bread with 1 tablespoon tomato paste, 40g ham + 20g low fat feta/cheese + 1 cup veges (e.g. Spanish onion, capsicum, zucchini, baby spinach, sundried tomatoes, herbs)	<ul style="list-style-type: none"> • 2 Arnotts Snack Right pillow biscuits • 2 small nectarines • 1 tsp Milo + 1 cup skim milk
FRIDAY	<ul style="list-style-type: none"> • 1 grain English muffin • Small tin baked beans (130g) • 5 strawberries 	<ul style="list-style-type: none"> • 8 Vitaweat biscuits • 40g tuna/salmon • ½ avocado • 1 cup salad 	1½ cups Ravioli (½ plate)+ 1 teaspoon pesto (or tomato based pasta sauce) + ½ plate salad + fat free Italian dressing	<ul style="list-style-type: none"> • 1 cup low fat yoghurt • 7 almonds + 5 dried apricots • 2 small pears
SATURDAY	<ul style="list-style-type: none"> • ¾ cup Just Right • Peach • 1 cup skim milk 	<ul style="list-style-type: none"> • Toasted cheese + tomato grain sandwich • Apple • Kiwi fruit 	120g (raw) lean steak + ¼ plate mashed sweet potato + ½ plate stir-fried veges (e.g. 2 cups raw - broccoli, zucchini, carrot, squash, red capsicum, etc. + 1 teaspoon sesame oil)	<ul style="list-style-type: none"> • Medium banana • Be Natural Trail bar 32g • 2 Tbsp Hommus + 1 carrot + 1 stalk celery (chopped)
SUNDAY	<ul style="list-style-type: none"> • 1 grain toast • 2 eggs • 1 short cut bacon rasher • ½ tomato 	<ul style="list-style-type: none"> • Pocket bread • 40g ham • 3 tsp low fat mayo • 1 cup salad 	Moroccan Atlantic Salmon (150g raw salmon fillet coated in a sauce of Moroccan seasoning, lemon juice, shallots, garlic, ginger - then grilled) + 1 corn cob + ½ plate stir-fried veges (in 1 teaspoon oil)	<ul style="list-style-type: none"> • 1 small apple + 3 small apricots • Snack pack Vitaweat grain snacks • Weiss bar

MENU IS BASED ON 1300 CALORIES (5200 KJS) PER DAY. No recipes required. Meal ideas serve 1.

By Amanda Clarke