



DITCHING
the diet

Baron Grant



1

Phase 1 Meal Plan

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Welcome to the Program

Congratulations on making the decision to finally lose weight fast and learn how to keep it off for good! You are beginning the journey of your life – one I know you will succeed in. I have confidence in you.

For you to get the most out of this program, and more especially for you to lose the most weight possible, there are a few guidelines that you need to adhere to. I always like to be honest. If you don't follow the rules of this program, you simply won't get the results you want. So, if you want the results - just follow the rules!

They are as follows:

The Rules

Every Morning

Drink 1 Cup (around 250ml) warm/hot water with the juice of half a lemon. This will get your digestive system going first thing in the morning and will help you feel fresh and ready to seize the day.

Every Night

Drink 1 Cup (around 250ml) warm/hot water with ½ teaspoon of cinnamon & a tiny drop of rice malt syrup (or honey if needed). This will help your body burn energy while you sleep and will satisfy you as you head off to sleep.

What you CAN do

- Follow this plan to the letter. Each days' meals are set out for you so you don't even need to think about what you should eat each day. Simply follow what's on the plan.
- Drink plenty of water. At least 3 litres of water every day.
- Walk a minimum of 12,000 steps per day (but don't make your minimums your maximums).

What you CAN'T do

- Eat anything that is not included in this plan. If it is not printed on this plan, you simply cannot eat it! (Not yet anyway 😊)
- Drink coffee
- Drink alcohol
- Eat fruit after lunch
- Drink anything else except water for the next 9 weeks (with the exception of the occasional green tea)
- Make excuses for eating crap food

Acceptable food List

The foods listed in the table below are acceptable for you to eat for the next 3 weeks. I really encourage you to try every meal on the plan, however if you are allergic to any foods on this program, please do not eat them! Simply substitute that food for something else that you can eat.

For some meals/snacks, you can have your choice of different vegetables or fruits. For Phase 1, these are only to be chosen from this list:

Fish	Lean Protein	Vegetables	Fruit
Salmon Barramundi King George Whiting Red snapper Tuna (fresh or canned in water)	Chicken breast Lean turkey mince Whole egg Egg white Turkey breast (Sliced Deli Meat)	Asparagus Broccoli Brussels sprouts Cabbage Capsicum Carrot Cauliflower Celery Cucumber Eggplant Garlic Green Beans Lettuce – all varieties Mushroom Onion Snow Peas Spinach Spring Onion Tomato Zucchini All Herbs	Apple Berries – all types Grapes Grapefruit Lemon Lime Orange Peach Pear Plum

Getting Started

On the following pages, you will see your detailed meal/food plan for the next 3 weeks – Phase 1.

This phase is designed to KICK START your body in such a way that it begins using the energy you have stored (fat) for its proper function, resulting in significant weight loss. Phase 1 is also where you learn that food is needed to fuel the body and is not just for our pleasure.

You will see many different meals/recipes. I encourage you to follow each day as it is outlined. However, if you must change some meals around that is totally fine. Just make sure if you choose a different meal, it is still a phase 1 option.

When you see a meal name that is in *Italics and underlined*, it means that the recipe you will need to make this meal is located at the end of the manual.

Go and be amazing! We are here to support you in achieving your goals and we can't wait to see what the next few weeks brings for you. You can do this!!

DAY 1

BREAKFAST

- 2 scrambled egg whites
- 1 piece of fresh fruit from the list

SNACK

- Serving of raw cut up veggies from the list

LUNCH

- Large garden salad topped with tuna
Drizzle with 1 tablespoon of olive oil and 1
tablespoon balsamic vinegar

SNACK

- 150g no added sugar yoghurt

DINNER

- Up to 1 grilled chicken breast with lots of
vegetables from the list. You can have these
steamed or raw

THOUGHT OF THE DAY

*You can do this!
You will have hard days.
You must believe
that you can reach your
goal weight.*

DAY 2

BREAKFAST

- 150g no added sugar yoghurt, mixed with 100g berries of your choice

SNACK

- Serving of raw cup up veggies from the list

LUNCH

- [Egg Salad](#)

SNACK

- 150g no added sugar yogurt

DINNER

- [Hot & Spicy Chicken](#)

THOUGHT OF THE DAY

*If you want to achieve more
in your day, simply go
to bed a little later & get up a
little earlier.*

*Or, as Arnie would say:
Sleep Faster!*

DAY 3

BREAKFAST

- 2 hard-boiled or poached eggs
- 1 piece of fresh fruit from the list

SNACK

- 1 piece of fruit from the list

LUNCH

- 1 large bowl of [Ultimate Vegetable Soup](#)

SNACK

- Serving of raw cut up vegies from the list

DINNER

- Plenty of roast turkey breast fillets (around 250g), served with steamed carrot & asparagus

THOUGHT OF THE DAY

*Other people have lost
weight.
There is no reason that
you can't as well.
You can do this!*

DAY 4

BREAKFAST

- [Berry Smoothie](#)

SNACK

- Serving of raw cut up veggies from the list

LUNCH

- Up to 1 grilled chicken breast with salad, drizzled with 1 tablespoon of olive oil and 1 tablespoon balsamic vinegar

SNACK

- 150g no added sugar yoghurt

DINNER

- Plenty of roast turkey or chicken (around 250g) served with tomato and onion salad, tossed with a fat free, vinegar based salad dressing

THOUGHT OF THE DAY

It is important that you make the time. If not, you will make the excuse.

DAY 5

BREAKFAST

- [Breakfast Egg Muffins](#)

SNACK

- 100g fresh berries of your choice

LUNCH

- Salad of baby spinach leaves, cherry tomatoes and crumbled low fat feta cheese, drizzled with 1 tablespoon olive oil and 1 tablespoon balsamic vinegar

SNACK

- 1 boiled egg

DINNER

- 250g Turkey burger patties (made with lean turkey mince) served with a side garden salad

THOUGHT OF THE DAY

*Just because it is hard,
doesn't mean we quit!*

DAY 6

BREAKFAST

- 150g no added sugar yoghurt, mixed with 100g berries of your choice

SNACK

- 1 boiled egg

LUNCH

- [Mexican Salad](#)

SNACK

- Serving of raw cut up veggies from the list

DINNER

- [Soy Grilled Fish](#), or any grilled or baked fish and steamed vegetables

THOUGHT OF THE DAY

*Whatever the problem is,
the answer is not in the
fridge.*

DAY 7

BREAKFAST

- [Smoked Salmon & Scrambled Eggs](#)

SNACK

- 1 fruit serving of your choice from the list

LUNCH

- Up to 1 grilled chicken breast with salad, drizzled with 1 tablespoon of olive oil and 1 tablespoon balsamic vinegar

SNACK

- 150g no added sugar yoghurt

DINNER

- A stir-fry of vegetables (broccoli, onions, carrots, capsicum etc.) and grilled chicken strips. Season with a little garlic, ginger & soy sauce

THOUGHT OF THE DAY

*You made it through the
first week! Well done!
Don't quit!*

DAY 8

BREAKFAST

- [Breakfast Asparagus](#)

SNACK

- 1 fruit serving of your choice from the list

LUNCH

- Large garden salad topped with tuna, drizzled with 1 tablespoon of olive oil and 1 tablespoon balsamic vinegar

SNACK

- Serving of raw cut up veggies from the list

DINNER

- Up to 1 grilled chicken breast with lots of vegetables from the list, steamed or raw

THOUGHT OF THE DAY

Get comfortable with being uncomfortable.

DAY 9

BREAKFAST

- [Green Smoothie](#)

SNACK

- Serving of raw cut up veggies from the list

LUNCH

- [Chilli Lime Chicken Salad](#)

SNACK

- 1 boiled egg

DINNER

- Plenty of grilled or baked salmon with lots of any vegetables from the list, steamed or raw

THOUGHT OF THE DAY

Of course it is hard! It is supposed to be hard. If it was easy, everyone would do it. Doing hard things is what makes you great.

DAY 10

BREAKFAST

- [Spinach Eggs](#)

SNACK

- Serving of raw cut up veggies from the list

LUNCH

- [Eggplant Delight](#)

SNACK

- 150g no added sugar yoghurt

DINNER

- [Hot & Spicy Chicken](#)

THOUGHT OF THE DAY

*If you are tired of starting
over, stop giving up.*

DAY 11

BREAKFAST

- [Egg Veggie Scramble](#)

SNACK

- 1 fruit serving of your choice from the list

LUNCH

- [Mexican Salad](#)

SNACK

- Serving of raw cut up veggies from the list

DINNER

- Grilled or baked fish, served with lots of steamed vegetables from the list

THOUGHT OF THE DAY

*If it was about knowledge, we
would all be skinny and rich.
It is about ACTION.*

DAY 12

BREAKFAST

- [Berry Smoothie](#)

SNACK

- 1 boiled egg

LUNCH

- Salad of the baby spinach leaves, cherry tomatoes and crumbled low fat feta cheese, drizzled with 1 tablespoon olive oil and 1 tablespoon balsamic vinegar

SNACK

- Serving of raw cut up veggies from the list

DINNER

- Plenty of roast turkey breast (up to 250g) served with steamed carrot and asparagus

THOUGHT OF THE DAY

*Good habits are as addictive
as bad habits.*

DAY 13

BREAKFAST

- 2 scrambled egg whites
- 1 piece of fresh fruit (from the list)

SNACK

- Serving of raw cut up veggies from the list

LUNCH

- [Ultimate Vegetable Soup](#)

SNACK

- 150g no added sugar yoghurt

DINNER

- Grilled chicken breast, marinated in fat free Italian dressing, served with steamed vegetables from the list

THOUGHT OF THE DAY

*Lose weight because you love
your body, not because you
hate it.*

DAY 14

BREAKFAST

- [Breakfast Asparagus](#)

SNACK

- Serving of raw cut up veggies from the list

LUNCH

- [Balsamic Chicken and Apple Salad](#)

SNACK

- 1 boiled egg

DINNER

- Plenty of roast turkey or chicken (up to 250g) served with tomato and onion salad, tossed with fat free vinegar-based salad dressing

THOUGHT OF THE DAY

*Success doesn't come from
what you do occasionally.
It comes from what you do
consistently.*

DAY 15

BREAKFAST

- 2 hard-boiled eggs
- 1 piece of fresh fruit (from the list)

SNACK

- Serving of raw cut up veggies from the list

LUNCH

- Large garden salad topped with tuna
Drizzle with 1 tablespoon of olive oil and 1
tablespoon balsamic vinegar

SNACK

- 150g no added sugar yogurt

DINNER

- 250g Turkey burger patties (made with lean turkey mince), served with garden salad

THOUGHT OF THE DAY

*You are not a DOG!
Stop rewarding yourself
with food.*

DAY 16

BREAKFAST

- [Green Smoothie](#)

SNACK

- Serving of raw cut up veggies from the list

LUNCH

- [Chilli Lime Chicken Salad](#)

SNACK

- 1 boiled egg

DINNER

- Plenty of grilled or baked salmon with lots of vegetables from the list, steamed or raw

THOUGHT OF THE DAY

*There will always be people
who will try and pull you
away from succeeding.
Like Harry Potter,
Ignore the Dementors.*

DAY 17

BREAKFAST

- [Breakfast egg muffins](#)

SNACK

- 150g no added sugar yoghurt

LUNCH

- Salad of baby spinach leaves, cherry tomatoes and crumbled low-fat feta cheese, drizzled with 1 tablespoon olive oil and 1 tablespoon balsamic vinegar

SNACK

- Serving of raw cut of veggies from the list

DINNER

- [Soy Grilled Fish](#)

THOUGHT OF THE DAY

*Make hanging out with
friends
more than just about the
food.
Make it about the company.*

DAY 18

BREAKFAST

- [Spinach Eggs](#)

SNACK

- 150g no added sugar yoghurt

LUNCH

- [Eggplant Delight](#)

SNACK

- Serving of raw cut up veggies from the list

DINNER

- Grilled chicken breast, marinated in fat free Italian dressing, served with steamed vegetables from the list

THOUGHT OF THE DAY

*Success is the sum
of small efforts,
repeated every day.*

DAY 19

BREAKFAST

- [Egg Veggie Scramble](#)

SNACK

- 1 fruit serving of your choice from the list

LUNCH

- Grilled chicken breast with salad drizzled with 1 tablespoon olive oil and 1 tablespoon balsamic vinegar

SNACK

- 150g no added sugar yoghurt

DINNER

- Up to 1 chicken breast served with tomato and onion salad, tossed with fat free vinegar-based salad dressing

THOUGHT OF THE DAY

*Let your mind be in control
of your body.*

DAY 20

BREAKFAST

- [*Smoked Salmon & Scrambled Eggs*](#)

SNACK

- 150g no added sugar yoghurt

LUNCH

- [*Ultimate Vegetable Soup*](#)

SNACK

- Serving of raw cut up veggies from the list

DINNER

- Up to 1 chicken or turkey breast with lots of vegetables from the list. You can have these steamed or raw

THOUGHT OF THE DAY

*The junk food you have
wanted for the last hour vs
the body you have wanted
for years – you choose!*

DAY 21

BREAKFAST

- [Breakfast Egg Muffins](#)

SNACK

- Serving of raw cut up veggies from the list

LUNCH

- [Balsamic Chicken and Apple Salad](#)

SNACK

- 150g no added sugar yoghurt

DINNER

- A stir-fry of vegetables (broccoli, onions, carrots, capsicum etc.) and grilled chicken strips. Season with a little garlic, ginger & soy sauce

THOUGHT OF THE DAY

You are not hungry. You are probably thirsty. Drink some water and learn the difference.

Breakfast Recipes

Breakfast Egg Muffins

Serves 4

Ingredients

1 tablespoon olive oil
½ onion
¾ cup red capsicum, finely chopped/diced
1 ½ cups fresh spinach chopped
1 teaspoon oregano
9 eggs
¼ cup lite milk
Salt and pepper to taste

Method

Preheat oven to 180 degrees and grease muffin tin. Combine the oil, onions, capsicum and oregano in a pan. Sauté until onion is translucent. Add the spinach to the pan and cook for 30 seconds, tossing all ingredients together. Spinach should be wilted but still bright and green. Take off heat. Place eggs in large mixing bowl along with pepper, salt and milk. Whisk together until eggs are well beaten. Add the vegetables to the egg mixture and mix well. Divide the mixture evenly between 12 greased muffin tins. Cook for 20 mins or until fully cooked through. Makes 4 servings (freeze the remaining for use on other days).

Berry Smoothie

Serves 1

Ingredients

200ml lite milk
100g frozen unsweetened berries.

Method

Place all ingredients in a blender and blend until smooth. Serve fresh.

Smoked Salmon and Scrambled Eggs

Serves 1

Ingredients

2 eggs
1 tablespoon finely chopped chives
Olive oil cooking spray
2 slices hot smoked salmon
1 cup baby spinach
Salt and pepper to taste

Method

Whisk eggs, chives and salt and pepper in a jug.
Heat a non-stick frying pan and spray with oil. Scramble egg mixture. Serve on bed of spinach, topped with scrambled eggs and salmon. Season with salt and pepper.

Breakfast Asparagus

Serves 1

Ingredients

6 sprigs trimmed asparagus
2 eggs, ½ tablespoon chopped fresh chives
Pinch of salt and pepper to taste.

Method

Trim the asparagus and discard the woody stems.
Add the asparagus to the hot pan and cook until asparagus is crisp and tender (about 5 minutes, depending on how thick the asparagus is). Crack 2 eggs over the asparagus. Sprinkle with chives, salt and pepper. Sauté on medium-low just until whites are set and yolks are soft. Serve fresh.

Green smoothie

Serves 1

Ingredients

1 cup lite milk
1 cup spinach
1 pear, with skin on chopped
Handful ice cubes

Method

Combine all ingredients into blender. Blend until smooth. Serve fresh.

Spinach Eggs

Serves 1

Ingredients

2 cups baby spinach
2 eggs
Olive oil

Method

Add oil to small pan over medium heat. Add spinach and sauté until wilted. Add eggs to skillet and scramble together until eggs are set. Add salt and pepper to taste. Serve hot.

Egg Veggie Scramble

Serves 1

Ingredients

2 Egg whites
½ cup finely chopped mixed veggies – onion, tomato, capsicum etc
Olive oil for cooking

Method

Sauté veggies in small amount of oil, add egg whites and scramble together. Serve hot.

Lunch Recipes

Egg Salad

Serves 1

Ingredients

Lettuces of any variety

Cucumber

Onion

Tomato

Any other desired salad vegetable from the list

2 hard-boiled eggs, chopped

1 tablespoon olive oil

1 tablespoon balsamic vinegar

Method

Combine the lettuces with the salad and veggies. Top with hard-boiled eggs. Toss with olive oil and balsamic vinegar. Lightly season with salt and pepper if desired.

Ultimate Vegetable Soup

Serves 6

Ingredients

½ Celery, chopped with leaves

2 onions, chopped

2 zucchini, chopped

4 carrots, chopped

2 tins crushed tomato

2 litres vegetable stock

1 teaspoon garlic

1 tablespoon olive oil

Method

Heat oil in pan, cook garlic and onion until onion is translucent, and add the rest of the vegetables and stock. Cook until vegetables are soft. Blend until smooth. Serve hot or cold. Serves 6.

Mexican Salad

Serves 1

Ingredients

250g lean mince turkey

¼ packet taco seasoning

Generous bed of lettuce

2 tomatoes, chopped

½ onion, chopped

Salsa or taco sauce for topping

Small sprinkling of grated reduced-fat cheddar cheese.

Method

In a saucepan brown the mince turkey and onions over a moderate heat. Add the taco seasoning and cook according to packet instructions (eg. Adding water to thicken the mix). Place generous serving of lettuce on plate. Top with the turkey mixture, tomatoes, salsa and cheese. Serve hot.

Eggplant Delight

Serves 2

Ingredients

1 large eggplant

4 egg whites

Grated parmesan cheese

Garlic powder

½ cup pasta sauce (use the lowest sugar option)

4 tablespoons water

Vegetable oil spray

Method

Pre-heat oven to 200 degrees. Spray baking tray with cooking spray. Cut eggplant into slices. Beat egg whites and 4 tablespoons of water until foamy. Dip eggplant slices into egg whites, then into parmesan cheese, both sides. Place eggplant on prepared baking tray, sprinkle with garlic powder. Spray vegetable oil over eggplant slices. Bake for 30 mins, turning eggplant over after 20 mins. Cook until both sides are golden brown. Cover each slice with a spoonful of marinara sauce. Bake for a further 20 mins, or until sauce is bubbly. Makes 2 servings.

Balsamic Chicken and Apple Salad

Serves 1

Ingredients

½ Chicken breast, diced and cooked
1 Apple diced
2 Stalks celery diced
2 Spring onions or ½ red onion chopped
1 Cup salad leaves chopped
1 Tablespoon Balsamic Vinegar
1 Tablespoon olive oil
Salt and Pepper to taste

Method

Grill chicken and chop vegetables Toss together and drizzle with vinegar and oil. Season with salt and pepper to taste. Serve fresh.

Chili Lime Chicken Salad

Serves 4

Ingredients

Marinade/Dressing:

3 Tablespoons Olive Oil
100ml Lime Juice
2 Tablespoons Coriander
2 Cloves Garlic
1 tsp Rice Malt Syrup
½ tsp Ground Cumin
Red Chili flakes to taste
1 Teaspoon salt

Salad:

2 Chicken Breast fillets
1 Yellow Capsicum, cut into strips
1 Red Capsicum, cut into strips
1 Onion, sliced
5 Cups Lettuce leaves

Method

Whisk the marinade ingredients together. Set half of the marinade mixture aside to use as a dressing. Pour the other half into a bowl and add the uncooked chicken. Marinate for 2 hours, if time permits.

Heat a small amount of oil in a pan and cook the chicken fillets until golden and cooked through. Set chicken aside to rest.

Using the same pan, fry the onion and capsicum strips until just softened.

Slice the chicken strips. Serve on a generous bed of lettuce with cooked onion and capsicum. Drizzle remaining dressing and garnish with extra coriander. Serves 4.

You can replace the lime juice with lemon juice if desired.

Dinner Recipes

Hot and Spicy Chicken

Serves 6

Ingredients

Vegetable cooking spray
4 skinless boneless chicken breasts
75ml Hot chili sauce
75ml tomato sauce
2 tablespoons Worcestershire sauce
1 tablespoon Rice Malt Syrup
2 teaspoons mustard

Method

Preheat the oven to 180°C. Place the chicken breasts in a baking tin that has been sprayed with vegetable cooking spray. Bake uncovered for 20–25 minutes. In the meantime, stir together the hot chili sauce, tomato sauce, Worcestershire sauce, rice malt syrup, and mustard to make the barbecue sauce. Remove the chicken breasts from the oven and coat with the sauce. Return to oven and bake for 10 more minutes. Serve with a generous helping of steamed vegetables.

Soy Grilled Fish

Serves 4

Ingredients

Vegetable cooking spray
450 g fish from the list
2 tablespoons olive oil
2 tablespoons vinegar
2 tablespoons light soy sauce
1 teaspoon chopped garlic
1 tablespoon sesame seeds (if desired)

Method

Preheat the grill. Spray a grill pan with vegetable cooking spray to prevent the fish from sticking. Place the fish on the grill pan. Whisk the olive oil, vinegar, soy sauce and garlic until combined. Pour the dressing over the fish and sprinkle with sesame seeds, if using. Grill at medium heat for about 20 minutes or until fish flakes easily with a fork.

Daily Progress Tracker

Monday Date and Your Name:

MONDAY

FOOD

Did I only eat food outlined in the meal plan?

YES NO

What can I improve tomorrow?

EXERCISE

Did I achieve my 12,000 steps or equiv. exercise?

YES NO

WATER

Morning Warm Lemon 

Water       

Evening Cinnamon 

TUESDAY

FOOD

Did I only eat food outlined in the meal plan?

YES NO

What can I improve tomorrow?

EXERCISE

Did I achieve my 12,000 steps or equiv. exercise?

YES NO

WATER

Morning Warm Lemon 

Water       

Evening Cinnamon 

WEDNESDAY

FOOD

Did I only eat food outlined in the meal plan?

YES NO

What can I improve tomorrow?

EXERCISE

Did I achieve my 12,000 steps or equiv. exercise?

YES NO

WATER

Morning Warm Lemon 

Water       

Evening Cinnamon 

THURSDAY

FOOD

Did I only eat food outlined in the meal plan?

YES NO

What can I improve tomorrow?

EXERCISE

Did I achieve my 12,000 steps or equiv. exercise?

YES NO

WATER

Morning Warm Lemon 

Water       

Evening Cinnamon 

FRIDAY

FOOD

Did I only eat food outlined in the meal plan?

YES NO

What can I improve tomorrow?

EXERCISE

Did I achieve my 12,000 steps or equiv. exercise?

YES NO

WATER

Morning Warm Lemon 

Water       

Evening Cinnamon 

SATURDAY

FOOD

Did I only eat food outlined in the meal plan?

YES NO

What can I improve tomorrow?

EXERCISE

Did I achieve my 12,000 steps or equiv. exercise?

YES NO

WATER

Morning Warm Lemon 

Water       

Evening Cinnamon 

SUNDAY

FOOD

Did I only eat food outlined in the meal plan?

YES NO

What can I improve tomorrow?

EXERCISE

Did I achieve my 12,000 steps or equiv. exercise?

YES NO

WATER

Morning Warm Lemon 

Water       

Evening Cinnamon 



DITCHING
the diet

Baron Grant



2

Phase 2 Meal Plan

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Congratulations

Great job on working your way through Phase 1! I have no doubt that you are well on your way to reaching your weight loss goals and are feeling amazing in the process.

The fact that you are ready to move onto Phase 2 should indicate to you that you are beginning to learn the types of food you should be eating to lose weight. This progress also means that you are ready to incorporate other foods into your diet that can help you stay on track. You should be proud of yourself! You are doing great!! This is also a great time to add to your physical activity as well.

On the following pages you will find what food you can add into your meals each day now. This will give you a little more variety, as well as teach your body that it can still lose weight while you eat healthy, satisfying food. You will also see the rules that are associated with Phase 2, so make sure you get really familiar with these, so you can stick to the plan in the right way and continue to lose weight.

Phase 2 Acceptable Food List

Below you will see another food table.

These are the foods that can now be included as part of your diet during Phase 2. These additional Phase 2 Foods are to be added to what you are currently eating from Phase 1. All foods in Phase 1 are the most appropriate food you can be eating to lose weight and you should still be eating them as the basis for all your food during Phase 2, as you will see from the meal plan.

You may add the following foods:

Seafood & Lean Meat	Carbohydrates	Fruit and Vegetable	Dairy
Shellfish Lean Beef Steak Lean Minced Beef Bacon	Brown rice Couscous Porridge oats Psyllium husk powder	Sweetcorn Potato Pumpkin Avocado (Fruit) Pineapple Kiwi Fruit	Cottage Cheese Cream Cheese

Phase 2 Rules

BUT – there are some specific rules that need to be adhered to when incorporating these additional foods. Pay close attention:

I have provided **1 weeks'** meal plan for you. Follow this in the same way you have followed the meal plans in Phase 1. You will see different recipes and meals from both Phase 1 and Phase 2 allowed foods (some underlined in italics). You can find the directions to making these at the back of the booklet.

For the remaining weeks on Phase 2, you will begin to make your own meal and snack choices! Yes! You will now start to put all your knowledge and experience into practice and formulate your own meal plans. During Phase 2, however, you may only incorporate **1 (one)** of the additional foods into each day. For example, if you want to have porridge for breakfast, you can't also have a meal with steak in it for your evening meal. You must choose one or the other. Remember, you still want to be losing weight on this phase, and if we add too many higher calorie foods into your diet all at once, your weight loss could be inhibited.

The initial RULES from Phase 1 still also apply. This phase focuses on you making more choices about what you are eating, as it's just not practical to live off a meal plan for the rest of your life. We want you to feel confident that you know the right food to eat to continue to lose weight and be healthy for the rest of your life.

Just like in Phase 1 - if the food does not appear on the list you CAN'T eat it. Stay strong. Remember that it's only food =>) and the purpose of food is to nourish and sustain our bodies.

Have fun incorporating new food into your day! Can't wait to see how you progress.

DAY 1

BREAKFAST

- [Porridge](#) topped with 1 peach or other fresh fruit from the list

SNACK

- 1 fruit serving of your choice from the list

LUNCH

- Large green salad topped with tuna, drizzled with 1 tablespoon of olive oil and 1 tablespoon balsamic vinegar

SNACK

- Serving of raw cut up veggies from the list

DINNER

- Plenty of grilled chicken breast served with [Roasted Broccoli](#)

THOUGHT OF THE DAY

*Don't stop
When you are tired.
Stop
When you are done*

DAY 2

BREAKFAST

- Your choice of [Smoothie](#) from recipes

SNACK

- 1 boiled egg

LUNCH

- 1 bowl [Pumpkin Soup](#) or other soup from recipe pages

SNACK

- Serving of raw cut up veggies from the list

DINNER

- Plenty of grilled or baked salmon with lots of steamed vegetables

THOUGHT OF THE DAY

*Keep going!
You won't regret it.
But, if you give up,
You will.*

DAY 3

BREAKFAST

- [Spinach Eggs](#)

SNACK

- Serving of raw cut up veggies from the list

LUNCH

- [Egg Salad](#)

SNACK

- 150g sugar free yoghurt

DINNER

- [Slow Cooked Beef Stew](#)

THOUGHT OF THE DAY

*Your body can handle
almost anything.
It's your mind
You need to convince.*

DAY 4

BREAKFAST

- 2 lean pieces of bacon 50g, 2 egg whites scrambled, 1 grilled tomato

SNACK

- 1 fruit serving of your choice from the list

LUNCH

- [Mexican Salad](#)

SNACK

- Serving of raw cut up veggies from the list

DINNER

- Turkey burger patties (made with lean turkey mince) served with garden salad

**THOUGHT
OF THE DAY**

Win the day!

DAY 5

BREAKFAST

- Your choice of [Smoothie](#) from the recipes

SNACK

- Serving of raw cut up veggies from the list

LUNCH

- [Cloud Bread BLT](#)

SNACK

- 1 boiled egg

DINNER

- A stir-fry of vegetables (broccoli, onions, carrots, capsicum etc.) and grilled chicken strips. Season with a little garlic, ginger & soy sauce

THOUGHT OF THE DAY

*To break the bad habits
We have formed,
We must replace them
With good ones.*

DAY 6

BREAKFAST

- 2 scrambled eggs with grilled tomato

SNACK

- 150g sugar free yoghurt

LUNCH

- [Ultimate Vegetable Soup](#) or other soup from recipe pages (except [Pumpkin Soup](#))

SNACK

- Serving of raw cut up veggies from the list

DINNER

- [Pepper Steak Stir-Fry](#)

THOUGHT OF THE DAY

*It may feel like
A slow process at times.
But stick with it,
Because quitting
won't speed it up!*

DAY 7

BREAKFAST

- [Low Carb Pancakes](#)

SNACK

- Serving of raw cut up veggies from the list

LUNCH

- [Balsamic Chicken and Apple Salad](#)

SNACK

- 1 Boiled egg

DINNER

- Plenty of roast turkey served with tomato and onion salad, tossed with a fat free vinegar-based salad dressing

THOUGHT OF THE DAY

*Let exercise be your new
Stress reliver –
Not food!*

Breakfast Recipes

Porridge (this is a Phase 2 recipe)

Ingredients

½ Cup Quick Cooking Oats

½ Cup Lite Milk

½ Cup Water

Method

Combine all ingredients into a saucepan and cook over medium heat until oats have thickened. Serve hot, and top with fruit. Makes 1 serving.

Smoothies

Green smoothie (this is a Phase 1 recipe)

Ingredients

1 Cup Lite Milk

1 Cup Spinach

1 Pear, with skin on, chopped

Handful Ice Cubes

Method

Combine all ingredients in blender. Blend until smooth. Serve fresh. Serves 1.

Orange-Berry Smoothie (this is a Phase 2 recipe)

Ingredients

1 Orange, peeled

½ Cup Frozen Strawberries

1 Cup Baby Spinach

1 Cup Lite Milk

Handful of Ice cubes

Method

Combine all ingredients in blender. Blend until smooth. Serve fresh. Serves 1.

Pine-Berry Smoothie (this is a Phase 2 recipe)

Ingredients

½ Cup Frozen Strawberries
½ Cup Pineapple (fresh or frozen)
1 Cup Spinach
1 Cup Lite Milk
Handful of Ice cubes

Method

Combine all ingredients in blender. Blend until smooth. Serve fresh. Serves 1.

Apple Pie Smoothie (this is a Phase 1 recipe)

Ingredients

1 Apple, peeled and cored
¼ Cup frozen Blueberries
1 Cup Spinach
1 Cup Water
Pinch Cinnamon
Pinch Nutmeg
½ tsp Vanilla

Method

Combine all ingredients in blender. Blend until smooth. Serve fresh. Serves 1.

Berry Smoothie (this is a Phase 1 recipe)

Ingredients

200ml lite milk
100 g frozen unsweetened berries.

Method

Combine all ingredients in blender. Blend until smooth. Serve fresh. Serves 1.

Spinach Eggs (this is a Phase 1 recipe)

Ingredients

2 cups baby spinach
2 eggs
Olive oil for cooking

Method

Add oil to small pan over medium heat. Add spinach and sauté until wilted. Add eggs to skillet and scramble together until eggs are cooked. Add salt and pepper to taste. Serve hot. Serves 1.

Low Carb Pancakes (this is a Phase 2 recipe)

Serves 4

Ingredients

120g Fresh Berries (Topping)
4 Eggs
200g Cottage Cheese
1 Tablespoon Psyllium Husk Powder
Olive Oil for frying

Method

Add eggs, cottage cheese and psyllium husk powder to a medium bowl and mix together well. Allow to sit for 5 minutes to thicken slightly. Heat oil in frying pan. Spoon the batter in small portions into fry pan and cook on low/medium heat until cooked through and browned on both sides. Continue until all of the mixture is used. Add a little water to batter if it has thickened too much. Serve pancakes hot, topped with berries. Serves 4.

Cauliflower Hash Browns (this is a Phase 1 recipe)

Serves 4

Ingredients

450g Cauliflower

3 Eggs

½ Onion

1 Teaspoon Salt

2 Pinches Pepper

Olive oil for frying

Method

Grate cauliflower, then combine all ingredients in a large bowl. Set aside for 10 mins. Melt oil on medium heat in large fry pan. Place scoops of mixture in frying pan at desired size. Cook for 4-5 mins each side on low/medium heat. Adjust heat to cook evenly. Be careful not to flip too soon, or they could fall apart. Season with salt and pepper and serve hot. Serves 4.

Lunch Recipes

Pumpkin Soup (this is a Phase 2 recipe)

Serves 4

Ingredients

1.2kg Pumpkin
1 Onion – diced
2 garlic cloves
4 cups vegetable stock
Salt and Pepper
1 teaspoon basil pesto (topping to taste)

Method

In a large saucepan, sauté onion and garlic in a little oil for a few minutes, until onion is translucent. Cut pumpkin into small chunks. Place pumpkin in the pot with the onion and garlic then add vegetable stock (liquid won't cover all the pumpkin). Bring to a boil, uncovered, then reduce heat and let simmer until pumpkin is tender. Remove from heat and use a stick blender to blend until smooth.

Season to taste with salt and pepper. Ladle soup into bowls and top with basil pesto. Serve hot. Serves 4.

Ultimate Vegetable Soup (this is a Phase 1 recipe)

Serves 6

Ingredients

½ Celery, chopped with leaves
2 Brown Onions, chopped
2 Zucchini, Chopped
4 Carrots, Chopped
2 x 420g Tins Diced Tomato
2 Litres Vegetable Stock
1 Teaspoon Minced Garlic
1 Tablespoon Olive Oil

Method

Heat oil in pan, cook garlic and onion until onion is translucent, and add the rest of the vegetables and stock. Cook until vegetables are soft. Blend until smooth. Serve hot or cold. Serves 6.

Celery Soup (this is a Phase 1 recipe)

Serves 6

Ingredients

2 Brown onions, diced
1 Whole Head of Celery, chopped with leaves
2 Carrots, diced
2 Tablespoons Olive Oil
2 Cloves Garlic
2 Teaspoons Ground Turmeric
1 Teaspoon Sage
6 Cups Vegetable Stock
Salt and Pepper to taste

Method

Heat oil in a large pot and add onion, garlic and celery. Cook for a few minutes, stirring occasionally. Add sage and turmeric, stirring to coat vegetables. Add carrots and stock. Bring to boil, then simmer until vegetables are soft. Blend lightly, to keep some of the vegetables chunky. Season with salt and pepper. Serve hot. Serves 6.

Broccoli Cauliflower Soup (this is a Phase 1 recipe)

Serves 4

Ingredients

2 Cups Broccoli, chopped small
3 Cups Cauliflower, chopped small
1 Cup Carrots, diced
1 Tablespoon Olive Oil
1 Onion, diced
3-4 Cloves Garlic, minced

6 Cups Vegetable Stock
1 x 420g Tin diced tomatoes
1 Tablespoon Italian dried herbs
A pinch of chili flakes, or to taste
Salt and pepper for seasoning
Fresh grated Parmesan cheese, for serving
Chopped fresh parsley, for serving

Method

In a large pot or saucepan, heat olive oil over medium-high heat. Add onion and garlic and cook until onions are translucent. Add carrot and cook for an additional 2 minutes. Add the vegetable stock, tomatoes, Italian herbs and chili flakes (if using). Season with salt and pepper. Simmer for 5 minutes. Stir in the broccoli and cauliflower and continue to simmer gently until cooked through but still a little crunchy, approx. 5 minutes. Serve hot, topped with parmesan cheese and parsley. Serves 4.

Egg Salad (this is a Phase 1 recipe)

Ingredients

Lettuce - any variety
Cucumbers
Onions
Tomatoes, and any other salad vegetable from the list
2 Hard-boiled Eggs, chopped
1 Tablespoon olive oil
1 Tablespoon balsamic vinegar.

Method

Combine the lettuce with the salad veggies and hard-boiled eggs. Toss with olive oil and balsamic vinegar. Lightly season. Makes 1 serving.

Mexican Salad (this is a Phase 1 recipe)

Serves 1

Ingredients

250g lean mince turkey

¼ packet taco seasoning

Generous bed of lettuce

2 tomatoes, chopped

½ onion, chopped

Salsa or taco sauce for topping

Small sprinkling of grated reduced-fat cheddar cheese.

Method

In a saucepan brown the mince turkey and onions over a moderate heat. Add the taco seasoning and cook according to packet instructions (eg. Adding water to thicken the mix). Place generous serving of lettuce on plate. Top with the turkey mixture, tomatoes, salsa and cheese. Serve hot. Serves 1.

Cloud Bread BLT (this is a Phase 2 recipe)

Serves 4

Ingredients

Cloud Bread

3 eggs

120g cream cheese

1 pinch salt

½ tablespoon ground psyllium husk powder

½ teaspoon baking powder

Toppings (BLT)

Lite Mayonnaise

Bacon

Lettuce

Tomato

Fresh Basil

Method

Pre-heat oven to 150 degrees. Separate eggs - whites in 1 bowl and yolks in another. Whip egg whites together with salt until stiff peaks form. You should be able to turn the bowl over without the egg whites moving.

Add cream cheese to the yolks and mix well. Add in the psyllium husk powder and baking powder. Gently fold the egg white mixture into the yolk mixture. Divide into 8, and place cloud bread portions on a paper lined baking tray. Bake in oven for about 25 mins until golden brown. Fry bacon until crispy. Top cloud bread with a little mayonnaise, lettuce, bacon & tomato and serve fresh. Bread stores in fridge for 2-3 days. Serves 4.

Balsamic Chicken and Apple Salad (this is a Phase 1 recipe)

Ingredients

½ Chicken Breast, diced
1 Apple, diced
2 Stalks Celery, diced
2 Spring Onions or ½ red onion, chopped
1 Cup Salad Leaves, chopped
1 Tablespoon Balsamic Vinegar
1 Tablespoon Olive Oil
Salt and Pepper to taste

Method

Grill chicken, chop vegetables, toss together, and drizzle with balsamic vinegar and oil. Season with salt and pepper to taste. Serve fresh. Makes 1 serving.

Potato Salad (this is a Phase 2 recipe)

Serves 6

Ingredients

900 g Unpeeled Small New Potatoes, washed and cut into chunks
1 Litre Chicken Stock
2 Brown Onions, finely chopped
40g Bacon Pieces
110g Greek yoghurt
1 Tablespoon fat free Italian Salad Dressing
2 Teaspoons Dijon Mustard
1 Teaspoon Salt

Method

Place the potatoes in a large saucepan and cover with the chicken stock (and a little water if needed to cover the potatoes). Boil over a medium heat for about 30 minutes until the potatoes are tender. Drain, and rinse under cold water. Add the onions and bacon pieces to the potatoes. Refrigerate until cold. In a small bowl, whisk together the yoghurt, salad dressing, mustard and salt. Toss the dressing with the potato mixture. Refrigerate. Serve chilled. Serves 6.

Dinner Recipes

Roasted Broccoli (this is a Phase 1 recipe)

Serves 1

Ingredients

2 Cups Broccoli florets
1 Tablespoon Olive Oil
½ Teaspoon Chili Powder
1 Teaspoon Garlic Powder
½ Teaspoon Salt

Method

Combine oil, chili, garlic and salt in a bowl. Add broccoli and toss in oil mixture. Spread coated broccoli on a baking tray and roast in a hot oven for 25min or until the broccoli is browning on edges. Serve hot. Serves 1.

Slow Cooked Beef Stew (this is a Phase 2 recipe)

Serves 4

Ingredients

250g Red Potatoes, peeled and quartered
2 Large Brown Onions, quartered
2 Cloves Garlic, minced
400g carrots, chopped
5 Sticks Celery, chopped
75g Mushrooms, sliced
450g Lean Stewing Steak, fat trimmed
1 Teaspoon dried mixed Italian herbs
2 Bay Leaves
250ml Beef Stock
1 Tablespoon Worcestershire Sauce.

Method

Place the potato quarters in the base of a large slow cooker, followed by the other vegetables. Top with the steak. Sprinkle with the herbs and add the bay leaves. Pour Worcestershire sauce and stock over the meat and vegetables. Set the slow cooker on low and slow cook for 6–8 hours, or until meat is very tender. Serve hot. Serves 4.

Slow Cooked Creamy Taco Soup (this is a Phase 2 recipe)

Serves 6

Ingredients

1 ½ Tablespoons Olive Oil
1 Large Onion, diced
4 Capsicum, diced
1kg Beef Mince
2-3 Teaspoons Chili Powder (to taste)
2 Teaspoons Cumin
2 Teaspoons Salt
2 Teaspoons Black Pepper
1 Teaspoon Paprika
1 Teaspoon Cinnamon
½ Teaspoon Garlic Powder
½ Teaspoon Onion Powder
¼ Teaspoon Cayenne Pepper (to taste)
2 Tins Diced Tomato
3 Cups Beef Stock
150ml Lite Milk

Method

Sauté the onions and capsicum and until soft and tender. Add the beef mince and stir until it is cooked through and no longer pink. Drain the beef. Transfer the vegetables and meat to your slow cooker. Add all of the spices and stir well. Add diced tomatoes, stock, lite milk and stir until well combined. Cover and cook on low for about 8 hours. Once it's ready, divide evenly amongst 6 bowls, top with jalapenos, a little avocado, lime and coriander if desired. Serves 6.

Pepper Steak Stir Fry (this is a Phase 2 recipe)

Serves 4

Ingredients

1 Tablespoon Olive Oil
1 Red Capsicum, cored, de-seeded and cut into strips
1 Green Capsicum, cored, de-seeded and cut into strips
600g Flank Steak, thinly sliced
2 Teaspoons Minced Garlic
1 Teaspoon Minced Ginger
¼ Cup Lite Soy Sauce
¼ Cup Water
1 ½ Tablespoons Corn Flour

Method

Heat half of the oil over medium high heat in a large pan. Add the capsicum and cook for 3-4 minutes or until just tender. Remove the capsicum from the pan and place on a plate. Add the remaining oil to the pan. Season the steak with salt and pepper to taste. Increase heat to high and add the steak to the pan. Cook for 5-6 minutes or until lightly browned. Add the garlic and ginger, then cook for 30 seconds. Place the capsicum back in the pan with the steak. In a small bowl, whisk together the soy sauce, ¼ cup water and corn flour. Pour the sauce over the steak mixture and bring to a simmer. Cook for 2-3 minutes or until sauce has thickened. Serves 4.

Teriyaki Chicken and Vegetables (this is a Phase 2 recipe)

Serves 2

Ingredients

For the Sauce:

¼ Cup Soy Sauce
½ Cup Water
2 Teaspoons Minced Garlic
1 Teaspoon Minced Ginger
1 Tablespoon of Rice Malt Syrup
2 Teaspoons Olive Oil or Sesame Oil
1 Tablespoon + 1 Teaspoon Corn Flour

For the Stir Fry:

2 Chicken Breast Fillets, diced
2 Cups Broccoli, cut into florets
1 Red Capsicum, cut into pieces
Salt and Pepper for seasoning
1 Tablespoon Olive Oil
1 Tablespoon Sesame Seeds

Method***For the Sauce:***

Place the soy sauce, water, garlic, ginger, rice malt syrup and oil in a small pot over medium-high heat. Cook for 2 minutes. Turn up the heat to high and bring to a boil. Mix the corn flour with 2 tablespoons of cold water until dissolved. Add the corn flour mixture to the sauce and boil for 1-2 minutes or until sauce has thickened. Set sauce aside.

For the Stir Fry:

Heat 1 teaspoon oil in a large pan over medium-high heat. Add the broccoli and red capsicum and season with salt and pepper. Cook for 4-5 minutes or until the vegetables have started to brown and soften. Add 2 tablespoons of water and cook, until water has evaporated. When vegetables are cooked, but still crisp, remove them from the pan and set aside. Cover to keep warm. Heat the remaining 2 teaspoons of oil in the pan over high heat. Place chicken in the pan and season generously with salt and pepper. Cook for 3-4 minutes or until cooked through. May need to cook in batches. Add all of the chicken and vegetables back to the pan. Pour the sauce over the top and cook for 2-3 minutes over medium-high heat until warmed through. Sprinkle with sesame seeds and serve hot. Serves 2.

Brown Fried Rice (this is a Phase 2 recipe)

Serves 6

Ingredients

2 Cups cooked Brown Rice
3 Teaspoons Olive Oil, divided
2 Egg Whites
5 Spring Onions, diced OR 1 Brown onion, diced
2 Cups Cabbage, shredded
2 Carrots, julienned
2 Cloves Minced Garlic
1 Teaspoon Minced Ginger
2 Tablespoons Lite Soy Sauce

Method

Heat saucepan with 1 teaspoon of oil, and scramble egg whites until cooked through. Remove from the pan and set aside. Add the rest of the oil to the pan with the garlic, ginger, onion, cabbage, carrot (and any other vegetables from the list you desire). Cook for a couple of minutes until the vegetables begin to soften slightly. Add the cooked rice to the pan, and cook for a further few minutes, stirring frequently, until the rice begins to crisp. Add the scrambled egg and drizzle with soy sauce to your liking. Serves 6.

**It is important to use pre-cooked brown rice in this recipe so that it has the time to dry out a little before frying it. If your rice has been freshly cooked, your dish may be sticky due to the excess moisture the freshly cooked rice still holds.*

**If you choose to add more vegetables to this dish, ensure that they are only vegetables found in the allowed foods table at the beginning of the booklet.*

Roasted Veggie Couscous (this is a Phase 2 recipe)

Serves 6

Ingredients

½ head of Broccoli, cut into florets
2 Carrots, cut into rounds
1 Red Capsicum, cut into chunks
1 Brown Onion, cut into chunks
3 Tablespoons Olive Oil
Salt and Pepper, for seasoning
1 Cup dry fine couscous
1 ¼ Cups Vegetable Stock
Pinch Chili Flakes, for serving
Juice of half a lemon
Mint Leaves, for garnish, if desired

Method

Preheat oven to 200 degrees celsius. Toss all veggies with 2 tablespoons olive oil. Spread the veggies evenly on a prepared baking tray and season with salt and pepper. Roast until veggies are beginning to soften and brown (around 15min). While the veggies are roasting, bring the vegetable stock to the boil. Keep hot. Remove tray from the oven and sprinkle the couscous evenly over the top of the roasted veggies. Season with a little more salt and pepper and drizzle the boiling stock over the top. Cover the tray with foil and let sit for 8 minutes. Remove the foil and fluff the couscous/veggie mix with a fork. Sprinkle with chili flakes, lemon juice and mint leaves if desired. Serve hot. Serves 6.

Daily Progress Tracker

Monday Date and Your Name:

MONDAY

FOOD

Did I only eat food outlined in the meal plan?

YES NO

What can I improve tomorrow?

EXERCISE

Did I achieve my 12,000 steps or equiv. exercise?

YES NO

WATER

Morning Warm Lemon 

Water       

Evening Cinnamon 

TUESDAY

FOOD

Did I only eat food outlined in the meal plan?

YES NO

What can I improve tomorrow?

EXERCISE

Did I achieve my 12,000 steps or equiv. exercise?

YES NO

WATER

Morning Warm Lemon 

Water       

Evening Cinnamon 

WEDNESDAY

FOOD

Did I only eat food outlined in the meal plan?

YES NO

What can I improve tomorrow?

EXERCISE

Did I achieve my 12,000 steps or equiv. exercise?

YES NO

WATER

Morning Warm Lemon 

Water       

Evening Cinnamon 

THURSDAY

FOOD

Did I only eat food outlined in the meal plan?

YES NO

What can I improve tomorrow?

EXERCISE

Did I achieve my 12,000 steps or equiv. exercise?

YES NO

WATER

Morning Warm Lemon 

Water       

Evening Cinnamon 

FRIDAY

FOOD

Did I only eat food outlined in the meal plan?

YES NO

What can I improve tomorrow?

EXERCISE

Did I achieve my 12,000 steps or equiv. exercise?

YES NO

WATER

Morning Warm Lemon 

Water       

Evening Cinnamon 

SATURDAY

FOOD

Did I only eat food outlined in the meal plan?

YES NO

What can I improve tomorrow?

EXERCISE

Did I achieve my 12,000 steps or equiv. exercise?

YES NO

WATER

Morning Warm Lemon 

Water       

Evening Cinnamon 

SUNDAY

FOOD

Did I only eat food outlined in the meal plan?

YES NO

What can I improve tomorrow?

EXERCISE

Did I achieve my 12,000 steps or equiv. exercise?

YES NO

WATER

Morning Warm Lemon 

Water       

Evening Cinnamon 

Weekly Meal Planner

Monday Date and Your Name:

M O N	BREAKFAST	_____
	SNACK	_____
	LUNCH	_____
	SNACK	_____
	DINNER	_____

T U E S	BREAKFAST	_____
	SNACK	_____
	LUNCH	_____
	SNACK	_____
	DINNER	_____

W E D	BREAKFAST	_____
	SNACK	_____
	LUNCH	_____
	SNACK	_____
	DINNER	_____

T H U R S	BREAKFAST	_____
	SNACK	_____
	LUNCH	_____
	SNACK	_____
	DINNER	_____

F R I	BREAKFAST	_____
	SNACK	_____
	LUNCH	_____
	SNACK	_____
	DINNER	_____

S A T	BREAKFAST	_____
	SNACK	_____
	LUNCH	_____
	SNACK	_____
	DINNER	_____

S U N	BREAKFAST	_____
	SNACK	_____
	LUNCH	_____
	SNACK	_____
	DINNER	_____

DITCHING
the diet

Baron Grant

3

Phase 3 Meal Plan

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Well Done!

Congratulations on choosing to change your life!

You have made it to Phase 3 of the *Ditching The Diet* Program, and I have no doubt you are doing an amazing job, and have seen some exciting results.

By now, you should have learned what foods you need to eat in order to continue to lose weight and hopefully what food is going to hinder that progress as well. When you give your body what it needs so that it can function effectively and stop giving it food that is harmful, weight loss can be natural and simple.

So, keep on going! Stay focused and keep nourishing your body with the right kind of food. Your body will love you for it, and you will finally reach your weight loss goal.

Phase 3 Acceptable food list

In this phase you have even more additional food to add into your meals each day. You should not only be experiencing continued weight loss, but you should be feeling amazing within yourself, with much greater energy and clarity in your mind. The benefits to losing weight are abundant!

In Phase 3, you have a great variety of different recipes that you can use and refer to. There are a bunch of options with food from each of the three phases included in this booklet but I also encourage you to find/make your own meals and recipes based on the foods listed below and the knowledge you have gained from your experience in the first 2 phases of this plan.

You may add the following foods:

Meat	Dairy	Pasta/Rice/Grains	Vegetables	Fruits
Pork Ham	Coconut cream Coconut milk Butter Mozzarella cheese Halloumi cheese Provolone cheese Goats cheese Gouda Cheese Blue Cheese	Chia Coconut flour Coconut Sunflower seeds Pumpkin seeds Pine nuts Wholemeal Pita Wholemeal Tortilla	Alfalfa sprouts Silver beet Swede	Apricots Cherries Kiwi Fruit Mango Tangerine Mandarin (Still only 1 piece of fruit per day)

Phase 3 Rules

Phase 3 gives you a few additional foods to incorporate into your meals each day but also gives you the opportunity to see that there are so many different meal options for you to select from which will still help you on your weight loss journey. The recipes that are included in this booklet can certainly be used, but they more importantly serve as a guide for you to in taking control of your food as you prepare your own meal plans and adapt your recipes to fit within the rules of the weight loss.

Additional Foods for Phase 3 can be added to what you are currently eating. Just like in Phase 2, you may only eat **one** of these foods each day. However, if you choose to have food from Phase 2 for a meal one day, this counts as your additional food for the day, and you may not have a Phase 3 food as well. You may only have **one** additional food per day from either the Phase 2 or Phase 3 food lists. You now have control of how you structure your food each day, but I want you to still be achieving great weight loss results.

Remember, the RULES from Phase 1 still apply! This phase will focus on **YOU** making all of the choices about what you are eating. Remember if the food does not appear on the lists from Phase 1, 2 or 3 you CAN'T eat it. We want you to be losing weight all the way to the end, and we want you to feel in control and confident that you know what to eat once the program is done.

I'm so excited for you! Go smash it! I can't wait to see how well you do!

Breakfast Recipes

Mushroom Omelette (this is a Phase 1 recipe)

Serves 1

Ingredients

2 eggs
Olive Oil, for frying
30g Grated Cheese
1/2 Brown Onion
3 Mushrooms
Salt and pepper to taste

Method

Crack the eggs into a mixing bowl with a pinch of salt and pepper. Whisk with a fork until smooth and frothy. Heat oil in a frying pan and pour in the egg mixture. When the omelette begins to cook and get firm, but still has a little raw egg on top, sprinkle cheese, mushrooms and onion on top. Using a spatula, carefully ease around the edges of the omelette, and then fold it in half. When it starts to turn golden brown underneath, remove the pan from the heat and slide omelette on to a plate. Serve hot.

Coconut Porridge (this is a Phase 3 recipe)

Serves 1

Ingredients

30g butter or coconut oil
1 egg
1 tablespoon coconut flour
1 pinch ground psyllium husk powder
4 tablespoon coconut cream
1 pinch salt
Fresh berries to top

Method

Add all ingredients to a non-stick saucepan. Mix well and place over low heat. Stir constantly until you achieve your desired texture. Serve with coconut milk or cream. Top your porridge with a few fresh berries and enjoy!

Chia Pudding (this is a Phase 3 recipe)

Serves 1

Ingredients

180ml coconut milk
2 tablespoons chia seeds
½ teaspoon vanilla extract

Method

Mix all of the ingredients into a glass bowl or jar. Cover, place in the fridge to let it set overnight (or for at least 4 hours). Stir before eating and serve the pudding with some fresh berries.

Spinach and Mushroom Egg Drop (this is a Phase 1 recipe)

Serves 2

Ingredients

2 Cups Mushrooms (250g), sliced
3 Cloves Garlic
1 Tablespoon Olive Oil
2 Tablespoons Butter
7 Cups Fresh Spinach (200g)
4 Eggs
Salt and Pepper to taste

Method

Heat oil in a large frying pan and fry the garlic and mushrooms over low heat for a few minutes until soft. Sprinkle with a little salt and add the spinach and butter. You may need to add the spinach in batches. Crack the 4 eggs over your vegetable mixture, cover with a lid and cook for 5 min or until the eggs are cooked to your liking. Season to taste. Serve hot.

Stuffed Portobello Breakfast Mushrooms (this is a Phase 1 recipe)

Ingredients

2 Portobello Mushrooms
2 Eggs
1 Tablespoon Olive Oil
Herbs, like Basil and Dill, and salt and pepper to taste

Method

Drizzle oil over the underside of the mushroom. Add herbs if desired and carefully crack an egg into the underside of each mushroom. Sprinkle with salt and pepper. Bake in a moderate oven for 15 minutes or until the egg is cooked to your liking. Serves 1.

Bircher Muesli (this is a Phase 3 recipe)

Serves 2

Ingredients

1 Apple, grated
50g Oats
10g each of Sunflower Seeds and Pumpkin Seeds
¼ Teaspoon Cinnamon
150g Yogurt
100ml Lite Milk
100ml Cold Water

Method

Combine grated apple, oats, seeds and cinnamon in a bowl, and mix well. Stir in the yogurt and water then cover and chill in the refrigerator overnight. Divide the muesli between 2 bowls. Add a little more milk if you like a wetter consistency. Top with fresh berries. Serves 2. Serve cold.

Sautéed Green Beans and Mushrooms (this is a Phase 1 recipe)

Serves 2

Ingredients

150g Green Beans, trimmed and sliced
6 Button Mushrooms, sliced
½ Brown Onion, Diced
1 Teaspoon Minced Garlic
1 Tablespoon Soy Sauce or Balsamic Vinegar
1 Teaspoon Olive Oil

Method

Heat oil in a frying pan over medium heat. Add onion and garlic and cook until onion is translucent. Add beans, mushrooms and soy sauce (or balsamic vinegar) and cook until the beans are tender and the mushrooms have browned. Serve immediately. Serves 2.

Mushroom and Feta Baked Egg Cups (this is a Phase 1 recipe)

Serves 4

Ingredients

9 Eggs
2 Cups Button Mushrooms, sliced
½ Cup Feta Cheese
1 Teaspoon Olive Oil
Pinch Salt
Red Pepper Flakes
Cooking Spray

Method

Preheat oven to 180 degrees Celsius and spray 12 muffin pans with cooking spray. Heat oil in a frying pan over medium heat and sauté sliced mushrooms for about 5 minutes, until soft. Beat the eggs in a large bowl or jug until light and fluffy. Divide cooked mushrooms and feta cheese equally between the 12 muffin pans. Pour the beaten eggs on top of mushrooms and feta equally. Season with salt and a little red pepper. Cook for about 20 minutes, or until fully cooked. Serve warm. Makes 4 servings. Store in the fridge for up to 5 days in an airtight container.

Omelette Breakfast Casserole (this is a Phase 2 recipe)

Serves 8

Ingredients

1 Tablespoon Olive Oil
1 Teaspoon Minced Garlic
1 Teaspoon Minced Ginger
8 Eggs
10 Button Mushrooms, sliced
1 Red Capsicum, cut into bite sized pieces
1 Green Capsicum, cut into bite sized pieces
1 Brown Onion, cut into chunks
6 Pieces Short Cut Bacon, cooked and diced
½ Cup grated cheese, if desired
Salt and Pepper to taste
1 Tablespoon Hot Sauce, if desired
Cooking spray

Method

Preheat oven to 200 degrees Celsius. Prepare 8x10 inch baking dish by spraying it with cooking spray. Heat oil in a frypan over medium heat and cook bacon. Remove bacon from the pan. Set aside. Add garlic, ginger and mushrooms and cook for 3-4 minutes. Add both red and green capsicum and onion to the pan and cook for another 2-3 minutes. Return bacon to the pan and mix well.

Whisk the eggs until light and fluffy and add the hot sauce if you choose to use it. Season with salt and pepper.

Place the vegetable and bacon mixture into the prepared baking dish and evenly pour the egg mixture over it. Sprinkle with grated cheese, if you choose to use it, and bake for 30-35 minutes until the casserole is completely cooked through and browning on top. Let the casserole rest for a few minutes before cutting and serving it warm. Serves 8.

Mushroom and Goats Cheese Omelette (this is a Phase 3 recipe)

Serves 1

Ingredients

1 Tablespoon Olive Oil
30 grams Button Mushrooms, sliced
2 eggs
½ Cup Baby Spinach
1 Tablespoon Goats Cheese, crumbled
¼ Ripe Avocado, diced
Fresh Parsley to garnish
Salt and Pepper to taste

Method

Heat half the oil over medium heat in a non-stick fry pan and add mushrooms and cook until browned and tender. Remove the mushrooms from the pan and transfer to a bowl. Wipe the pan clean with paper towel and heat the rest of the oil over medium heat again.

In a small bowl whisk the eggs then pour the egg mixture carefully into hot pan and cook until the edges have begun to set, around 5 minutes. When the bottom begins to brown, use a spatula to carefully ease around the edges of the omelette. While the omelette is still cooking, layer the mushrooms, spinach, goat's cheese and avocado on to half of the omelette. Fold the omelette over when it is cooked, slide it onto a plate and sprinkle with fresh parsley. Serve hot. Makes 1 serving.

Lunch Recipes

Baked Salmon with Avocado (this is a Phase 2 recipe)

Serves 6

Ingredients

6 Salmon Fillets, preferably with skin
Salt and pepper, to taste
2 Tablespoons Olive Oil
Cooking spray

Avocado topping:

2 Ripe Avocados, diced
1 Red Onion, diced
200g Cherry Tomatoes, cut into quarters
1 Lime, juiced
1 Tablespoon Olive Oil
Salt and Pepper to taste

Method

Fry the salmon with a little oil in a frying pan for a few minutes until sealed. Spray a baking dish with cooking spray. Place the salmon in the dish and bake in a hot oven (200 degrees celsius) for 15-20 minutes, or until the salmon flakes easily with a fork.

Avocado topping:

Combine all topping ingredients in a bowl and toss well. Season with salt and pepper. Divide avocado topping equally and serve on top of salmon pieces. Serve immediately with a fresh garden salad.

Parmesan Cauliflower Rice (this is a Phase 1 recipe)

Serves 2

Ingredients

3 Cups Riced Cauliflower (about 1 head)
1 Brown Onion, diced
2 Teaspoons Minced Garlic
½ Cup Parmesan Cheese
2 Tablespoons Vegetable Stock
Juice and Zest of 1 Lemon
2 Tablespoons Butter
¼ Cup Fresh Parsley, chopped
Red Chili Flakes and pepper to taste

Method

Melt butter in a frypan over medium heat and fry the garlic and onion for a minute until fragrant. Add the riced cauliflower to the pan and stir well until coated in the melted butter. Cook, stirring regularly, for 1 minute. Stir in the 2 tablespoons of vegetable stock, half the parsley and lemon zest. Cook for 1 minute then add the lemon juice and parmesan cheese. Stir in the remaining parsley. Serve warm with fresh cracked pepper and chili flakes. Serves 2 if eaten as a meal on its own. Serves 4 as a side dish to some grilled chicken and vegetables.

Sticky Lime and Ginger Chicken (this is a Phase 1 recipe)

Serves 3

Ingredients

2 Teaspoons Minced Ginger
2 Teaspoons Minced Garlic
2 Tablespoons Rice Malt Syrup
2 Tablespoons Soy Sauce
Zest of 2 Limes
Juice of 1 Lime
2 Large Chicken Breast Fillets, thickly sliced
Cooking Spray

Method

Preheat oven to 220 degrees Celsius and prepare a baking dish by spraying it with cooking spray.

Mix ginger, garlic, rice malt syrup, soy sauce, lime zest and lime juice in a bowl. Stir chicken into the bowl, ensuring to coat each piece of chicken well with the liquid.

Spread the chicken out evenly on the baking dish and bake for 20 minutes or until fully cooked. Turn chicken halfway through cooking. Serve chicken hot on a bed of lightly steamed spinach or silver beet with your choice of other steamed veggies.

Pumpkin, Halloumi and Avocado Salad (this is a Phase 3 recipe)

Serves 2

Ingredients

¼ any roasting Pumpkin, cut into cubes
90 grams Halloumi Cheese, cut into 1cm cubes
½ Avocado, Diced
2 Cups mixed lettuce leaves
Salt and pepper to taste
1 Tablespoon Olive Oil
Sprinkling of Pine Nuts

Dressing

1 Tablespoon Olive Oil
1 Tablespoon Balsamic Vinegar

Method

Preheat oven to 180 degrees Celsius. Drizzle cubed pumpkin pieces with ½ tablespoon olive oil and separate on to a baking tray. Bake for 30-40 minutes or until pumpkin is browned, turning halfway through cooking.

Heat the other ½ tablespoon of olive oil in a frypan and cook the halloumi pieces for about 2 minutes each side, being careful not to overcook.

Construct the salad by dividing lettuce into 2 large bowls, topping with avocado, pumpkin and halloumi pieces. Combine olive oil and balsamic vinegar to make the dressing and drizzle over salad. Season with salt and pepper as desired. Serve immediately. Makes 2 servings.

Bacon and Cheese Zucchini Boats (this is a Phase 3 recipe)

Serves 6

Ingredients

3 Zucchini
100 grams bacon pieces, cooked
50 grams Cream Cheese
100 grams Blue Cheese
100 grams Gouda Cheese
Basil Leaves, cut, to taste
Salt and Pepper to taste

Method

Preheat oven to 190 degrees Celsius. Line a baking tray with baking paper. Prepare each of the zucchini by cutting them in half, lengthways and with a spoon, scoop out the seeds.

Combine all cheeses, meat and herbs in a large bowl and mix well. Divide filling mixture evenly between all zucchini halves. Place on baking tray, and bake for 30 min, until zucchini is cooked through and the filling is beginning to brown.

Serve hot with a large green salad. Serves 6.

Carrot, Feta and Zucchini Fritters (this is a Phase 2 recipe)

Serves 4

Ingredients

2 Cups Zucchini, grated
1 Cup Carrot, grated
1 Red Capsicum, diced finely
1 Teaspoon minced Garlic
3 Eggs
5 Tablespoons Cornflour
5 Tablespoons Feta Cheese, crumbled
Cumin powder, to taste
Salt and pepper, to taste
Olive oil, for frying

Method

Place grated zucchini and carrot in a bowl and sprinkle with a little salt. Leave for 10 min, then squeeze out extra juices and set aside.

Whisk eggs in a large bowl. Add grated zucchini, carrot and diced capsicum. Mix in well. Add garlic, cumin and salt and pepper. Add feta, mixing gently with a fork until well combined.

Heat olive oil in a pan over medium heat. Drop tablespoons of the batter into the pan and fry for 3 min on each side, flattening slightly, until golden and cooked through. Repeat until all cooked. Serve hot or cold with a large garden salad.

Lettuce Cup BLT (this is a Phase 2 recipe)

Serves 2

Ingredients

4 Cos Lettuce Leaves
1 Tomato, sliced
4 pieces of short cut Bacon, cooked
2 Eggs, cooked and sliced
Little bit of mayonnaise

Method

Construct the BLT by starting with lettuce leaves, adding a little mayonnaise, then layering with bacon, tomato and egg evenly on all leaves until ingredients are used. Serve fresh. Serves 2.

Zucchini Halloumi Balls (this is a Phase 3 recipe)

Serves 4

Ingredients

3 Zucchini, grated
1 Brown Onion, finely diced
3 Teaspoons Minced Garlic
100 grams Halloumi Cheese, grated
1 Egg, beaten
2 Tablespoons Fresh Mint, finely chopped
2 Tablespoons Fresh Parsley, finely chopped
1 Tablespoon Fresh Thyme, finely chopped
Zest of 1 Lemon
3 Tablespoons Coconut Flour
Salt and Pepper, to taste
Olive Oil, for frying

Method

Sprinkle grated zucchini with a little salt and set aside for 10 minutes. Squeeze all excess liquid from zucchini and place in a large bowl.

Add the herbs, cheese, garlic, egg and lemon zest, mixing well. Season with salt and pepper as desired. Add the coconut flour and roll mixture into small balls. Chill balls for 30 minutes then cook by heating olive oil in a frying pan over medium heat. Fry the balls in the oil, turning frequently until golden brown on all sides. Serve hot with a green salad. Serves 4.

Chicken Loaded Capsicum (this is a Phase 2 recipe)

Serves 4

Ingredients

4 x large Capsicum, halved lengthwise, seeds removed
500g Chicken Breast, cooked and shredded
2 Cups Brown Rice, cooked
¼ Cup Red Onion, diced
1x 425g can diced tomatoes
1 Teaspoon Ground Cumin
1 Cup Cheddar Cheese, grated

Toppings (optional)

1 Lime, juiced
2 Tablespoons Greek Yogurt
1 Spring Onion, finely sliced

Method

Preheat oven to 200 degrees Celsius and prepare a baking tray by lining it with baking paper. Using a large bowl, combine shredded chicken, cooked rice, red onion, tinned tomato and cumin. Evenly divide chicken mixture into capsicum halves and top with cheese.

Bake 20-25 minutes until heated through and cheese is melted.

Top with Greek yogurt, spring onions and a squeeze of lime juice if desired. Serve immediately with a fresh garden salad. Serves 4.

Chicken Avocado Salad (this is a Phase 2 recipe)

Serves 4

Ingredients

500 g Chicken Breast, cooked and shredded
2 Ripe Avocados, pitted and diced
1 Cup Corn
½ Cup Onion, finely diced
4 Cups Mixed Lettuce Leaves, chopped
2 Tablespoons Fresh Coriander, finely chopped
2 Tablespoons Lime or Lemon Juice
2 Tablespoons Olive Oil
Salt and Pepper, to taste

Method

In a large bowl combine the shredded chicken, avocado, corn, onion, lettuce leaves and coriander. Drizzle with the lime or lemon juice and olive oil then season with salt and pepper as desired. Toss gently until all the Ingredients are coated and well combined. Serves 4.

Parmesan Zucchini Fries (this is a Phase 1 recipe)

Serves 6 side dishes

Ingredients

3 Medium Zucchini, cut lengthwise into wedges
½ Cup Parmesan Cheese
1 Teaspoon Mixed Dried Herbs – Thyme, Oregano, Basil, Rosemary, etc.
½ Teaspoon Paprika
½ Teaspoon Garlic Powder
Salt and Pepper, to taste
2 Tablespoons Olive Oil
3 Tablespoons Fresh Parsley

Method

Preheat oven to 220 degrees Celsius. Prepare a baking tray by spraying it with cooking spray and lining it with baking paper.

In a bowl, combine parmesan cheese, dried herbs, paprika, garlic powder and salt and pepper to taste.

Toss the zucchini wedges with the olive oil and roll them in the parmesan/herb mixture to coat all sides. Place the wedges on the prepared baking tray and bake in hot oven for about 15 minutes until zucchini has cooked. Place the wedges under a hot grill for a few minutes to brown and crisp if needed. Sprinkle with parsley and serve warm. Serves 6 as a side dish, or as a main, serves 3 on a large, fresh garden salad.

Tuna and Salad Filled Pita (this is a Phase 3 recipe)

Ingredients and Method

Cut a wholemeal Pita in half and spread with a little mayonnaise. Fill with a selection of lettuce, tomato, cucumber, onion and other desired salad vegetables and top with tuna. Season with salt and pepper and serve fresh.

Dinner Recipes

Keto Style Pizza (this is a Phase 2 recipe)

Serves 2

For crust

4 Eggs

175g Grated Cheese

Toppings

3 Tablespoons Unsweetened Tomato Sauce/Pizza Sauce of choice

1 Teaspoon Dried Oregano

150g Grated Cheese

40g Ham

Olives (optional)

Method

Preheat oven to 200 degrees Celsius and prepare a baking tray by spraying it with cooking spray and lining with baking paper.

For the crust: Crack eggs into a medium-sized bowl and add grated cheese. Give it a good stir to combine. Use a spatula to spread the cheese and egg batter onto the prepared baking tray. You can form two round circles or make one large rectangular pizza. Bake in the oven for 15 minutes until pizza crust turns golden. Remove and let cool for a minute or two.

Increase oven temperature to 225 degrees Celsius. Spread tomato sauce on the crust and sprinkle oregano on top. Top with cheese and place ham and olives on top. Bake for another 5-10 minutes or until the pizza has golden brown colour. Serve with a garden salad. Serves 2.

Swede Fritters with Avocado (this is a Phase 3 recipe)

Serves 4

Ingredients

450g Swede, peeled and grated

225g Halloumi Cheese, grated

4 Eggs

3 Tablespoons Coconut Flour

20

¼ Teaspoon Turmeric
1 Teaspoon Salt
¼ Teaspoon Pepper
Olive Oil, for frying
2 Avocados, seeded and sliced
A little Mayonnaise, for serving
4 Cups Mixed Lettuce Leaves

Method

Mix the grated swede, cheese, eggs, coconut flour, turmeric, salt and pepper in a large bowl. Stir well to combine. Allow to sit for 3-5 minutes. Heat oil in a large frying pan over medium-high heat. Form the batter into 12 patties. Working in batches, fry for 3-5 minutes, or until golden brown. Flip, and cook for an additional 3-5 minutes. Repeat until all batter is used. Serve cooked fritters hot with a green salad, sliced avocado and a dollop of mayonnaise. Serves 4.

Pesto Chicken Casserole (this is a Phase 2 recipe)

Serves 2

Ingredients

500g Chicken Breast Fillets, diced
Salt and pepper, to taste
2 Tablespoons Olive Oil, for frying
75g Red or Green Pesto
200ml Lite Milk
75g Pitted Olives
150g Feta Cheese, diced
1 Teaspoon Minced Garlic
2 Cups Mixed Lettuce Leaves

Method

Preheat oven to 200 degrees. Cut the chicken into bite-sized pieces and season with salt and pepper. Add oil to a large fry pan and fry the chicken pieces (in batches if needed) on medium-high heat until golden brown. Mix pesto, garlic and milk in a bowl. Place the fried chicken pieces in a baking dish together with olives, feta cheese. Add the pesto mixture. Bake in oven for 20-30 minutes, until the dish turns bubbly and light brown around the edges. Serve hot on a bed of mixed lettuce leaves. Serves 2.

Taco Pizza (this is a Phase 2 recipe)

Serves 2

Ingredients

250g Chicken or Beef Mince
1 Egg
1 Tablespoon Mexican/Taco Seasoning
1 Tablespoon Olive Oil

Topping

3 Tablespoons Salsa
150g Grated Cheese
Jalapenos, seeded and sliced (optional)

For serving

1 Avocado, seeded and sliced
¼ Red Onion, sliced
2 Tablespoons Greek Yogurt
2 Tablespoons Fresh Coriander
½ Lime (optional)

Method

Preheat oven to 200 degrees. Mix minced meat with egg, spices and olive oil, until thoroughly combined. Spread the meat in 2 thin, flat circles (about 15cm in diameter) on a baking tray lined with baking paper. Bake for 10 minutes in the oven. Remove and top with salsa sauce, cheese and jalapenos (if using). Bake for another 10-15 minutes or until the cheese has melted and got a nice golden colour. Remove from the oven. Top the pizza's with avocado and onion, and sprinkle with coriander, lime and a dollop of Greek yogurt. Serve fresh. Serves 2.

Whole Meal Mexican Tortilla (this is a Phase 2 recipe)

Serves 4

Ingredients

2 Eggs
2 Egg Whites
150g Cream Cheese, softened
½ Teaspoon Salt
1½ Teaspoons Psyllium Husk Powder
1 Tablespoon Coconut Flour

Filling

500g Beef Mince
2 Tablespoons Olive Oil
2 Tablespoons Mexican Seasoning
125ml water
Salt and pepper

Salsa

2 Avocados, diced
1 Tomato, diced
1 Lime, juiced
1 Tablespoon Olive Oil
Fresh Coriander, chopped
Salt and pepper

For serving

Cheddar Cheese, grated
Mixed Lettuce Leaves, shredded

Method

Preheat the oven to 200 degrees. Prepare 2 baking trays by spraying them with cooking spray and lining with baking paper. Whisk the eggs and egg whites until fluffy, for a few minutes. In a separate large bowl, beat the cream cheese until smooth. Add the eggs to the cream cheese and whisk until the eggs and cream cheese form a smooth batter. Mix salt, psyllium husk powder and coconut flour in a small bowl. Add the flour mix one spoon at a time into the batter and continue to whisk. Let the batter sit for a few minutes, or until the batter has thickened. Using a spatula, spread the batter thinly into 4 circles or 2 rectangles. Bake for about 5 minutes until the tortilla turns a little brown around the edges. Carefully check the bottom side so that it doesn't burn.

Filling

Heat oil in a large pan. Add the beef mince and fry until cooked through. Add the Mexican seasoning and water and stir. Let simmer until most of the water has cooked out.

Salsa

In the meantime, make the salsa from diced avocado, tomatoes, freshly squeezed lime juice, olive oil and a couple of handfuls of fresh coriander. Season with salt and pepper to taste. Serve beef filling in a tortilla, with grated cheese, salsa and shredded leafy greens. Serve fresh. Serves 4.

Vegetable Bake (this is a Phase 2 recipe)

Serves 4

Ingredients

4 Medium Zucchini, sliced
2 Green Capsicum, sliced into strips
2 Red Capsicums, sliced into strips
2 Tablespoons Cornflour
4 Teaspoons Minced Garlic
2 Tablespoons Dijon Mustard
1 Tablespoons Worcestershire Sauce
1 Bunch Sage, leaves picked, thinly sliced
3 Sprigs Rosemary, leaves picked, finely chopped
Salt and Pepper to taste
Melted butter, to grease
4 Potatoes, peeled and thinly sliced
3 Red Onions, sliced into rings
450g Grated Cheese
3 Punnets Cherry Tomatoes, halved
4 Cups fresh Spinach, roughly chopped
1 Bunch flat-leaf parsley, leaves picked
Extra flat-leaf parsley, to garnish

Method

Preheat oven to 180°C. Combine zucchini, capsicum and cornflour in a large bowl and toss to coat. Stir in garlic, mustard, Worcestershire sauce, sage and rosemary. Season and set aside. Grease a 10-cup capacity baking dish with melted butter. Season potato with salt, then put 1/2 in bottom of dish. Top with 1/2 of the onion, then 1/5 of the cheese. Put 1/2 of the zucchini mixture on top, then 1/2 of the tomato, then another 1/5 of the cheese. Arrange spinach and parsley leaves over top, then add another 1/5 of the cheese. Repeat with remaining ingredients. Cover with baking paper and foil, then bake for 45 minutes. Remove paper and foil and bake for a further 20 minutes or until cheese is golden. Cool for 10 minutes. Garnish with extra parsley if desired. Serve hot. Serves 4.

Cheeseburger Casserole (this is a Phase 2 recipe)

Serves 6

Ingredients

2 Tablespoons Olive Oil
1kg Beef Mince
1 Medium Onion, finely chopped
2 Teaspoons Salt
¼ Teaspoon Pepper
1 Tablespoon Minced Garlic
¼ Cup Mayonnaise
¼ Cup Tomato Sauce
1 Tablespoon Mustard
1 ½ Cups Cheddar Cheese, divided

Method

Preheat oven to 210 degrees Celsius. Spray a large baking dish with cooking spray. Heat the olive oil in a large frying pan over medium-high heat and add the beef and the onions. Cook, stirring to break up the beef, until the meat has browned, and the onion softened. Drain the mince and return it to the frypan. Stir in the salt, pepper, and garlic. Turn the heat off. Stir in the mayonnaise, tomato sauce, mustard, and 1 cup of the grated cheese. Transfer the mixture to the prepared baking dish. Sprinkle with the remaining cheese and bake until the cheese has melted, and the casserole is heated through, about 15 minutes. Serve hot with a fresh salad. Serves 6.

Chicken Stir Fry (this is a Phase 2 recipe)

Serves 4

Ingredients

2 Cups Cooked Brown Rice
2 Chicken Breast Fillets, cut into cubes
Salt and Pepper, to taste
2 Tablespoons olive oil, divided
2 Cups Broccoli Florets
½ Yellow Capsicum, cubed
½ Red Capsicum, cubed
½ Cup Carrots, peeled and sliced
2 Teaspoons Minced Ginger
2 Teaspoons Minced Garlic

Stir Fry Sauce

- 1 Tablespoon Cornflour
- 2 Tablespoons Cold Water
- ½ Cup Chicken Stock
- 3 Tablespoons Soy Sauce
- ½ Cup Rice Malt Syrup
- 1 Tablespoon Olive Oil
- ½ Teaspoon Red Pepper Flakes

Stir Fry Sauce Method

In a medium size bowl, whisk together cornflour and water. Add remaining ingredients and whisk to combine. Set aside.

Method

Heat one tablespoon of olive oil in a large pan over medium high heat. Add chicken (in batches if necessary) and season with salt and pepper. Cook for 3 to 5 minutes or until cooked through. Remove from pan. Reduce heat to medium and add remaining oil to the pan. Add broccoli, capsicum and carrots and cook, stirring occasionally, until crisp and tender. Add ginger and garlic and cook for an additional minute. Add chicken back into the pan and stir to combine. Whisk stir fry sauce and pour over chicken and vegetables and stir gently to combine. Bring to a boil, stirring occasionally, and let boil for one minute until thickened. Serve with cooked brown rice. Serves 4.

Turkey Spinach Baked Meatballs (this is a Phase 1 recipe)

Serves 6

Ingredients

- 1kg Turkey Mince
- 250 grams Frozen Chopped Spinach, thawed and drained
- 1 Brown Onion, diced
- 2 Teaspoons Minced Garlic
- 1 egg
- 1 ½ Teaspoons Salt and ¼ Teaspoon Pepper

Method

Preheat the oven to 210 Degrees Celsius. Line a baking sheet with foil or baking paper. In a large bowl, combine turkey mince, spinach, onion, garlic, egg, salt and pepper. Take tablespoons of the meat mixture, roll into meatballs and put on a baking sheet in a single layer. Bake Put the meatballs in the oven for 25 minutes or until cooked through. Serve hot with a large green salad. Serves 6.

Grilled Chicken and Bacon Melt (this is a Phase 2 recipe)

Serves 8

Ingredients

4 Chicken Breast Fillets
8 Pieces of Short Cut Bacon, cooked
8 Slices of Cheddar Cheese
1 Teaspoon Salt
1 Tablespoon Olive Oil

Method

Preheat grill to medium-high heat. Sprinkle chicken with salt and drizzle with olive oil on both sides. Grill the chicken on each side for about 5 minutes, or until cooked through. Remove from heat and top with cooked bacon and cheese. Place the chicken back in the grill for a few minutes and heat until the cheese has melted well. Serve with steamed green beans or any other steamed vegetables. Serves 8.

One Pan Cheesesteak Casserole (this is a Phase 3 recipe)

Serves 6

Ingredients

750 grams Minced Beef
1 Cup Red and Yellow Capsicum, cut into strips
2 Cups Green Capsicum, cut into strips
¼ Cup Onion, sliced
½ Cup Mushroom, thinly sliced
85g Provolone Cheese
85g Gruyere Cheese
1 Tablespoon Steak Seasoning
1 Tablespoon Olive Oil

Method

Heat a large frying pan over high heat, add the beef mince, sprinkle with steak seasoning and cook until mince is browned. Take off heat and transfer to an oven proof dish. In the mean time, heat the oil in the same frying pan and add all the vegetables. Sauté until the vegetables are cooked through. Pour the cooked vegetables onto the cooked beef in the casserole dish and mix well. Sprinkle cheeses over the top and grill for a few minutes until the cheeses are melted and beginning to brown. Serves 6.

Tomato Basil Parmesan Soup (this is a Phase 3 recipe)

Serves 8

Ingredients

1 Tablespoon Olive Oil
1 Cup Carrot, chopped
1 Cup Onion, chopped
1 Cup Celery, chopped
2 x 425g Cans Diced Tomatoes, undrained
2 Tablespoons Tomato Paste
4 cups Vegetable Stock
¼ Cup Fresh Basil Leaves, chopped or 1 Tbsp dried basil
1 Teaspoon Dried Oregano Leaves
½ Cup Butter
½ Cup Corn Flour
1 Cup Grated Parmesan Cheese
1 ½ Cups Milk
1 Teaspoon Salt
¼ Teaspoon Pepper

Method

Add diced tomatoes, carrots, onions, celery, tomato paste, vegetable stock, oregano, and basil to a large soup pot. Bring to a gentle boil and cook until the vegetables are tender.

In a separate pot, prepare the roux. Add butter to the pot over medium low heat and allow to melt. Stir in the flour and whisk together constantly for about 10 minutes or until the roux is golden brown. Slowly add 1 cup of the soup from the other pot to the roux. It will start to form a thick paste. Slowly add another 3 cups of warm soup to the roux. Whisk together until smooth. Add the roux mixture to soup pot and stir to combine.

Purée the soup until smooth. Stir in the Parmesan cheese, milk and salt and pepper. Add additional oregano and basil if needed, to taste. Stir well. Heat for a few minutes until warmed through. Serve hot. Serves 8.

Egg Roll In A Bowl – Phase 1

Serves 4

Ingredients

500 grams Chicken or Turkey Mince
7 Cups prepared Coleslaw Mix
2 Tablespoons Soy Sauce
1 Tablespoon Minced Ginger
1 Tablespoon Minced Garlic
½ Cup Spring Onions, sliced
Olive Oil, for cooking
Sprinkle of Red Chili Flakes

Method

Heat olive oil in a large frying pan and cook meat, while stirring and breaking up, until cooked through. Stir in the garlic, ginger and soy sauce then add the coleslaw mix. Serve hot, topped with spring onions and drizzle with soy sauce, if desired. Serves 4.

Lemon Garlic Butter Steak with Zucchini Noodles (this is a Phase 3 recipe)

Serves 4

Ingredients

650g Beef Strips
4 Medium Zucchini, Spiralised, or prepared Zucchini Noodles
2 Tablespoons Olive Oil
4 Teaspoons Minced Garlic
2 Tablespoons Butter
1 Lemon, juice and zest
¼ Cup Vegetable Stock
¼ Cup Parsley, chopped
¼ Teaspoon Red Chili Flakes
Salt and Pepper, to taste

Steak Marinade

1/3 Cup Soy Sauce
1/4 Cup Lemon Juice
1/2 Cup Olive Oil
1 Tablespoon Hot Chili Sauce

Method

Combine the ingredients for the marinade in an airtight container or a Ziploc bag. Add the beef strips to the marinade, seal and place in the fridge for at least 30 minutes.

Heat oil in a large frying pan over high heat and add the steak strips. Season with salt and pepper. Cook beef strips for a few minutes. Add minced garlic for another minute or two. Remove the beef strips from the pan and set aside on a plate. In the same pan, add butter, lemon juice and zest, chili flakes, vegetable stock and marinade juices. Bring to a simmer and allow to reduce for 2-3 minutes, stirring regularly. Stir in the fresh parsley, then add the zucchini noodles and toss to allow zucchini to cook. Cook for one minute, reducing the juices if needed. Add cooked beef strips back to the pan and stir for another minute. Serve hot. Serves 4.

Italian Chicken Skewers (this is a Phase 2 recipe)

Serves 6

Ingredients

600 grams Chicken Breast Fillets, cut into 1 inch cubes

¼ Cup Olive Oil (plus extra for cooking)

½ Cup Buttermilk

1 Tablespoon dried Italian Seasoning

¼ Cup Fresh Parsley, chopped

4 Teaspoons Minced Garlic

1 Lemon, zested and juiced

½ Teaspoon Salt

¼ Teaspoon Pepper

Method

Put cubed chicken into to a large zip lock bag and set aside. In a medium bowl, mix the rest of the ingredients: olive oil, buttermilk, Italian seasoning, parsley, garlic, lemon juice, lemon zest, salt and pepper. Whisk until fully combined, then pour the mixture on top of the chicken in the zip lock bag. Seal, and shake to coat the chicken evenly in the marinade and refrigerate for at least one hour. Preferably, shake and toss the chicken a few times, so it marinates evenly.

Arrange the chicken pieces on wooden skewers and grill over medium heat for 3-4 minutes on each side, or until the chicken is fully cooked. Serve with a large green salad. Serves 6.

One Pan Mexican Mince (this is a Phase 2 recipe)

Serves 6

Ingredients

1 Large Brown Onion, diced
500g Beef Mince
1 Packet Mexican/Taco Seasoning
2 Carrots, grated
2 x 400g Cans Diced Tomato
80g of Spinach, chopped
1 Cup Brown Rice
1 Cup water
1 400g Tin Corn
Olive Oil, for cooking

Method

Heat olive oil in a large pan. Sauté onion then add mince and taco seasoning and cook until browned. Add grated carrots and cook for a few minutes.

Take 1 can of tomatoes and the spinach, blend them together until smooth. Add this mixture to the pan with the mince and add the other can of tomatoes. Stir to combine. Add the rice and water. Cover and simmer for 15 minutes. Add the corn, cover and simmer for another 5-10 mins until the liquid is absorbed and the rice tender. Serve hot. Serves 6.

Garlic Butter Chicken With Cauliflower Rice (this is a Phase 1 recipe)

Serves 4

Ingredients

For Butter Chicken:

2 Large Chicken Breast Fillets, halved horizontally to make 4
½ Cup Grated Parmesan Cheese
Salt and Pepper, to taste
2 Teaspoons Minced Garlic
1 Teaspoon Paprika
1 Teaspoon Italian Seasoning
Olive Oil, for cooking

For Cauliflower Rice:

3 Cups Riced Cauliflower (about 1 medium head)
½ Cup Brown Onion, chopped
2 Teaspoons Minced Garlic
2 Tablespoons Vegetable Stock
Juice and Zest of one Lemon
Red Chili Flakes, optional
¼ Cup Fresh Parsley, chopped

Method

The Chicken

In a shallow plate, combine parmesan cheese, garlic, paprika, and Italian seasoning. Season the chicken breasts with salt and pepper, coat in the parmesan mixture. Shake off excess and set aside.

Heat Oil in a large frying pan over medium-high heat. Cook chicken breasts until golden on each side and cooked through, about 3-4 minutes for each side. Transfer to a plate to rest.

The Cauliflower Rice

In the same pan, fry the garlic and onion in a small amount of oil for 1 minute until fragrant, being careful not to burn. Add the riced cauliflower to the pan and stir to coat everything together well. Cook, stirring regularly for 1 minute.

Stir in the 2 tablespoons vegetable stock, about half the parsley, and lemon zest. Cook the cauliflower rice for one minute to reduce juices then add the lemon juice and a few sprinkles of leftover parmesan cheese, if you like.

Adjust seasoning as desired. Stir in the remaining parsley. Return chicken breasts over cauliflower rice and reheat quickly. Serve your parmesan chicken with fresh pepper and red chili flakes. Serve warm. Serves 4.

Zucchini Lasagne (this is a Phase 2 recipe)

Serves 4

Ingredients

Meat Sauce

1 Tablespoon Olive Oil
1 Large Onion, diced
4 Teaspoons Minced Garlic
500g Beef Mince

2 Bay Leaves
½ Teaspoon Cinnamon
1 Teaspoon Dried Oregano
½ Teaspoon Pepper
1 Tablespoon Hot Sauce
2 x 425g Tins Diced Tomato
Zucchini Lasagne
3 Large Zucchini, thinly sliced
2 Cups Mozzarella Cheese, grated
2 Cups Mushrooms, sliced
1½ Cups Ricotta Cheese
½ Cup Parmesan Cheese, grated
1 Tablespoon Parsley, for garnish

Method

To make sauce: Heat olive oil in a large pan over medium heat. Add onion and cook for a couple minutes until onion is soft. Add garlic and minced beef, breaking up the beef while cooking. Add bay leaves, cinnamon, oregano, pepper and hot sauce and stir to combine. Cook for a couple of minutes, then add crushed tomatoes. Reduce heat and simmer for 10 to 15 minutes. Prepare the zucchini by either using a knife to slice them thinly or using a mandolin. Slice the zucchini so they are about 3mm in thickness.

Preheat oven to 180 degrees Celsius. Prepare a baking dish by spraying with cooking spray. Use a 9x13 inch baking dish. Assemble lasagne by starting with a layer of zucchini slices. Top the zucchini layer with a bit of mozzarella cheese and then a layer of mushroom slices. Next add a layer of the meat sauce, followed by dollops of ricotta cheese. Repeat so that you end up with 3 layers of zucchini. When you get to the last layer of ricotta cheese, top with shredded mozzarella. Finally sprinkle Parmesan cheese over the top. Bake for about 40 to 50 minutes or until the top is starting to get golden and the cheese is bubbly. Garnish with parsley, if desired. Allow the lasagne to sit for about 10 minutes before serving. Serve hot. Serves 4.

Spinach and Feta Crustless Quiche (this is a Phase 3 recipe)

Serves 6

Ingredients

200 grams Button Mushrooms, thinly sliced
1 Teaspoon Minced Garlic
250 grams Frozen Spinach, thawed
4 Large Eggs
1 Cup Lite Milk
50 grams Feta Cheese, crumbled
¼ Cup Parmesan Cheese, grated
½ C Mozzarella Cheese, grated
Olive Oil, for cooking
Salt and Pepper, to taste

Method

Preheat the oven to 180 degrees Celsius. Squeeze the excess moisture from the thawed spinach. Heat a little olive oil in a large frypan and add the mushrooms, garlic, and a pinch of salt and pepper. Sauté until the mushrooms are soft and all of their moisture has evaporated, about 5-7 minutes.

Spray a 9-inch pie dish with cooking spray. Place the squeeze-dried spinach in the bottom of the dish. Place the sautéed mushrooms on top of the spinach, followed by the crumbled feta. In a medium bowl, whisk together the eggs, milk, and parmesan cheese. Season lightly with pepper. Pour the egg mixture over the vegetables and feta in the pie dish and top with grated mozzarella cheese. Bake the crustless quiche for 45-55 minutes, or until the top is golden brown (ovens may vary). Cut into six slices and serve with a fresh garden salad. Serves 6.

One Pan Mushroom Cauliflower Rice (this is a Phase 1 recipe)

Serves 4

Ingredients

2 Tablespoon Olive Oil
1 Stick Celery, sliced
1 Brown Onion, chopped
1 Teaspoon Minced Garlic
3 Cups Mushrooms, sliced
400 grams Cauliflower Rice
1/3 Cup Vegetable Stock
Soy Sauce, to taste
2 Cups Spinach
Salt and Pepper, to taste
1 Tablespoon Fresh Parsley, chopped

Method

Pulse the cauliflower florets in a food processor for about 25-30 seconds until it's a rice-like consistency. Set aside.

Heat olive oil in a large pan over medium heat and add onions and celery and cook until tender, about 5 minutes. Add garlic and cook for 30 seconds. Add mushrooms and sauté until cooked through. Add the cauliflower rice, vegetable stock and soy sauce. Allow the cauliflower rice to absorb the vegetable stock. Cook until it is tender, but not too soft.

Add spinach and cook for 2 minutes. Season with salt and pepper to taste. Garnish with chopped fresh parsley before serving. Serves 4.

Daily Progress Tracker

Monday Date and Your Name:

MONDAY

FOOD

Did I only eat food outlined in the meal plan?

YES NO

What can I improve tomorrow?

EXERCISE

Did I achieve my 12,000 steps or equiv. exercise?

YES NO

WATER

Morning Warm Lemon 

Water        

Evening Cinnamon 

TUESDAY

FOOD

Did I only eat food outlined in the meal plan?

YES NO

What can I improve tomorrow?

EXERCISE

Did I achieve my 12,000 steps or equiv. exercise?

YES NO

WATER

Morning Warm Lemon 

Water        

Evening Cinnamon 

WEDNESDAY

FOOD

Did I only eat food outlined in the meal plan?

YES NO

What can I improve tomorrow?

EXERCISE

Did I achieve my 12,000 steps or equiv. exercise?

YES NO

WATER

Morning Warm Lemon 

Water        

Evening Cinnamon 

THURSDAY

FOOD

Did I only eat food outlined in the meal plan?

YES NO

What can I improve tomorrow?

EXERCISE

Did I achieve my 12,000 steps or equiv. exercise?

YES NO

WATER

Morning Warm Lemon 

Water        

Evening Cinnamon 

FRIDAY

FOOD

Did I only eat food outlined in the meal plan?

YES NO

What can I improve tomorrow?

EXERCISE

Did I achieve my 12,000 steps or equiv. exercise?

YES NO

WATER

Morning Warm Lemon 

Water        

Evening Cinnamon 

SATURDAY

FOOD

Did I only eat food outlined in the meal plan?

YES NO


What can I improve tomorrow?

EXERCISE

Did I achieve my 12,000 steps or equiv. exercise?

YES NO

WATER

Morning Warm Lemon 

Water        

Evening Cinnamon 

SUNDAY

FOOD

Did I only eat food outlined in the meal plan?

YES NO

What can I improve tomorrow?

EXERCISE

Did I achieve my 12,000 steps or equiv. exercise?

YES NO

WATER

Morning Warm Lemon 

Water        

Evening Cinnamon 

Weekly Meal Planner

Monday Date and Your Name:

M O N	BREAKFAST	_____
	SNACK	_____
	LUNCH	_____
	SNACK	_____
	DINNER	_____

T U E S	BREAKFAST	_____
	SNACK	_____
	LUNCH	_____
	SNACK	_____
	DINNER	_____

W E D	BREAKFAST	_____
	SNACK	_____
	LUNCH	_____
	SNACK	_____
	DINNER	_____

T H U R S	BREAKFAST	_____
	SNACK	_____
	LUNCH	_____
	SNACK	_____
	DINNER	_____

F R I	BREAKFAST	_____
	SNACK	_____
	LUNCH	_____
	SNACK	_____
	DINNER	_____

S A T	BREAKFAST	_____
	SNACK	_____
	LUNCH	_____
	SNACK	_____
	DINNER	_____

S U N	BREAKFAST	_____
	SNACK	_____
	LUNCH	_____
	SNACK	_____
	DINNER	_____

DITCHING — the diet —

Baron Grant

Overcome Emotional Overeating in 4 Easy Steps

Do you feel like you have a never-ending battle with the scale? Are you tired of gaining weight that stays with you forever? The cause of your weight gain might be emotional overeating.

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Do it Anyway Audiobook by Baron Grant

<https://drive.google.com/file/d/1-Epf3fEKjMJlH732hPOja9QTh7QWVM1J/view>

What is emotional overeating?

Emotional overeating is a complex topic, but it has essential elements that are easy to recognize.

Emotional overeating is defined as disordered eating that is characterized by the compulsion to eat even if you're full. It tends to be a response to negative emotions or thoughts. It's also seen as a coping strategy for those who are under stress or who have suffered abuse.

Food often provides comfort for emotional eaters. But the comfort is only temporary! Emotional overeating can sabotage your diet and weight-loss goals. It can also negatively affect your health.

Luckily, there are easy steps you can take today to stop emotional overeating!

try these strategies

1. Figure out your triggers:

In many cases, emotional overeating is triggered by an event, thought, or feeling.

- If you can figure out your triggers, then it will be easier to take control of them and stop them from encouraging you to overeat.
- The most common triggers are stress and negative emotions. Other triggers can be difficult days at work, fights with your family or spouse, and issues with friends or coworkers.

2. Only eat when it's feeding time:

Teach your body to accept food only when it's time to eat instead of viewing it as a constant source of comfort.

- This step will take time because changing your eating habits is challenging. However, you can take small steps to make dietary modifications. Learn to listen to your body and pay attention to real hunger pangs.
- Instead of grazing all day, only eat at set meal times of breakfast, lunch and dinner.

3. Create alternative plans:

For example, if you know that you overeat after a difficult meeting at work each week, then plan ahead and try to prevent it. Try substituting a more positive action that also brings you comfort or reduces your stress.

- By creating alternative plans that don't involve eating, you will be setting yourself up for diet success.
- For example, you can plan a long walk or gym workout after work to get rid of stress.
- Instead of turning to your fridge and ice cream after an argument, you can get on the phone with a friend.
- The key is to find other ways to deal with stress and negative emotions.

4. Surround yourself with people who hold you accountable:

- One of the main reasons many people turn to emotional overeating is because they feel like they don't have a support network. Do you feel alone and isolated?
- Reach out to family, friends, coworkers, and others for help. Remember to choose very carefully. You want people who lift you up, not meet you where you are.
- Build a strong support network around you that can help you deal with negativity and stress. Find those whom you can call or visit without worrying that you're intruding or upsetting them. In turn, be open to offering them support, too.
- Explain to friends or loved ones about your habits of emotional overeating. Discuss effective techniques that can motivate you to stick to a healthy eating plan. They can hold you accountable by reminding you of these techniques when you are struggling, helping you to get back on track.

Emotional overeating doesn't have to control your life. You can fight it and overcome it with these simple strategies.

Questions

write them down

Your Name

Date

1. What are your triggers?

2. List how these triggers make you feel:

3. Who are those you can reach out to for help?

DITCHING — the diet —

Baron Brant

Creating your *Weight-Loss* mindset

Having a positive mindset is an often overlooked but essential element of weight-loss - but you can achieve your goals as you develop a weight-loss mindset and overcome your challenges.

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Getting healthy for you

How do you feel when you first wake up in the morning? Are you eager to get your day going because you're full of energy or do you grumble and hide your head under the pillow because you could use another 12 hours of hibernation?

Evaluating how you feel first thing in the morning is a good indicator of your overall health. Generally speaking, if you're maintaining a healthy weight and eating a good share of fruits and vegetables daily, you should be starting the day with a bang and not feeling sluggish.

On the other hand, if you live a sedentary life and rely on the closest fast food joint, then you will likely be the one who wants to go back to sleep, who needs 5 cups of coffee to conquer the day, or who grumbles about every little thing that might go wrong.

How you start your day has a direct impact on whether you see things positively or negatively and it can also affect the moods of your family members and coworkers.

Quick Tip: Not sure how to start exercising? March in place during the commercial breaks of your favourite TV shows (or between episodes). Sounds silly but it works!

Why should I lose weight?

We've all heard the same news stories for years telling us to lose weight, eat healthy, and exercise more. But there are just as many people who believe you should just accept your body as it is and, so long as you're a good person and living a productive life, then that's all that matters.

Well, it's true that you shouldn't judge people strictly based on looks. And it's also true that losing weight for shallow or vain purposes will only be a temporary fix until the wedding, class reunion, or vacation passes, then it's back to your old, unhealthy habits.

The real reason to lose weight is that you love your body so much that you have a deep desire to be physically, emotionally, mentally, and spiritually healthy.

You already know about the life-threatening illnesses and problems you face due to excess weight. You already know your risks increase significantly as your weight increases. This shouldn't scare you because it's nothing you haven't heard already – and if you were really concerned about the risks, you probably would have taken action already!

- Here's a refresher about a few risks relating to carrying extra pounds:
- Heart Disease – high blood pressure and cholesterol
- Type II Diabetes – high blood sugar levels
- Sleep Apnea – snoring and breathing issues
- Depression – severe sadness
- Osteoarthritis – stiffness in weight-bearing joints

Studies have proven that lifestyle changes ultimately decrease the risk of weight-related illnesses. Whether you could stand to lose 10 pounds or 100, it's time to love your body and love your life!

Benefits of losing weight

In addition to preventing the onset of these diseases, there are many benefits to losing weight! Here are just a few:

- Increased self-esteem – you'll feel more confident and ready to tackle life
- Increased happiness – the endorphins in your brain start to kick in when you make healthy choices and, in turn, improve your general mood
- Improved relationships – you'll have deeper relationships with the people in your life
- Decreased use of medications – countless numbers of overweight patients now need fewer medications after making simple lifestyle changes to lose even a small amount of weight.

Reasons for obesity

Many people concoct excuses to explain why they're overweight or obese. They range from bad family genes to thyroid problems, but rarely do they include the simple fact that people don't proactively take care of themselves. It boils down to this simple question:

Do I love myself enough to take care of my body?

If you do, then you can choose to deal with your problems with words, not spoons of ice cream. You can choose to make time for exercise instead of television. You can choose to take ownership of the weight, instead of externalizing the problem.

Part of human nature is looking for a scapegoat or someone else to blame. Taking care of our health is a huge undertaking and if we fail, it's difficult to admit our mistakes.

However, blaming a scapegoat for your own unhealthy lifestyle is becoming a victim in your own life story. When you blame outside sources for your problems it shows the world that you're not taking responsibility for your life; you're letting others dictate how you should look and feel.

Escaping the blame game

Rather than wasting time finding someone to blame for being overweight, close your eyes and give praise for having a body that works. Maybe it works a little slower than you'd like, but start being grateful that you're able to breathe and move.

Take joy in a sunrise. Take joy in the smell of a luscious garden. Take joy in a stroll through the park. Take joy in the fact that you are making the conscious decision to love yourself and your body!

You need to break free of the negative thoughts that invade your head when it comes to loving and respecting your body. If you're so quick to notice the "perfect" parts of other people's bodies, then you should give praise to your strengths as well.

Instead of thinking, "I'd love to have her tight abs," find something that you like about your own body. Maybe you've got the curly hair that your friends envy or the shiny white teeth of a movie star. Learning to appreciate what you have may be a slow process, but it's the first step in recapturing control of your life.

Losing weight is a spiritual experience

Do you ever consider why you were given the body you have?

Whether or not you believe in God, tackling a large weight loss can seem overwhelming, even to the strongest and most positive person. Incorporating prayer or meditation into your daily routine will calm your inner being, which will then help you believe in yourself.

If you don't believe in a higher being, you can still meditate and put forth positive thoughts and energy into the universe. This is the basis of the Law of Attraction, which holds that the more positive energy you give out, the more positive energy you'll attract into your life.

Visualizing what you want to achieve is an example of putting forth positive energy. Thanking God for all that is good in your life is acknowledging the positive and good in your life. If you firmly believe that you will lose weight and become a healthier person, then you're more likely to take the necessary steps to make it a reality.

Surviving setbacks

Even after you develop a well-crafted health plan, you're bound to experience setbacks along the way. It's inevitable that you'll face family stress, changes at work, or temptation during the holidays. This is when you need to take a breath, close your eyes, and remember that you are doing what you do because you love and respect your body.

First and foremost, think of how your body has already benefited from choosing to live a healthy lifestyle. Maybe you've already shed a few pounds, maybe you're less stiff in the mornings, maybe it's easier to walk up your stairs without getting winded. These are all remarkable signs that your body is honored and respected!

Take an inventory of all the things you like about your body now. Perhaps you only noticed one positive aspect of your body at first, but as you go, you'll begin to see more things you like about yourself. This is improvement!

As you see progress, you'll start loving your body more, and self-sabotage won't even be an option because you'll never want to go down that dark path again.

When faced with stress, remember to pray or meditate to achieve a sense of calm. Visualize yourself living a healthy lifestyle. Visualize yourself making healthy choices. Take these few moments in prayer to center yourself, even if the world around you is in chaos.

Remember that you are in control of your body and how you nourish it. Show yourself the kind of love and respect you deserve.

Questions

write them down

Your Name

Date

1. What would be better in your life if you were your dream weight?

2. What about your body do you love?

3. What are some of the excuses you use to excuse your weight?

DITCHING — the diet —

Baron Grant

Eating Out CHEAT SHEET

There will be times you find yourself eating out and not knowing what to do. Don't stress! We got you covered with this handy cheat sheet.

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Eating Out not always ideal

Let's face it, eating out is not the best option when you're trying to lose weight. But, you can still eat out if you make good decisions. You don't have to be a hermit and lock yourself away eating out of plastic containers on your weight loss journey. With a bit of guidance and support you can make great decisions while eating out with your friends and still be losing weight at the same time.

This cheat sheet is to help you stay on point with your eating while out and about and socialising with your friends.

Remember it's about the company not about the food. The experience will be just as enjoyable even if you're not eating the crap food that your friends are.

If you follow these key points you'll be able to go out with your friends whenever you like and still lose all the way you want.

The Cheat Sheet

Chicken, fish and turkey are your best friends

When it comes to the meat component of your meal, chicken, fish and turkey are the best options. This is because they are the highest in protein and the lowest in calories. The protein will fill you up but it doesn't come at a high calorie rate. Remember keeping the calories low will allow your body to continue to lose weight.

Avoid bread, pasta and rice

Bread, pasta and rice are all high in carbohydrates and high in calories. This is not a good mix. Carbohydrates turn into fat faster in our bodies.

Lean steak, eye fillet is best

Steak is healthy for us to have occasionally, however, it is high in calories. If you choose to have a steak ensure it is lean cut (less fat). Even a lean cut of steak will contain double the amount of calories as a similar sized chicken breast.

Salads are your best friend

Generally speaking salads are the leanest food you could possibly choose. Just insure you don't have one packed full of nuts, croutons or avocados. Those things will bump up the calorie content significantly.

Veggies are great, make sure you choose the steamed ones

Steamed vegetables are a great option, but not all vegetables are fantastic. Some vegetables are quite high in carbohydrates, so choosing the right ones is important. Things like broccoli and cauliflower are a fantastic option.

The Cheat Sheet

cont.

Choose water instead of alcohol or soft drink

Alcohol or soft drink and weight loss don't mix. They are both high in sugar and therefore very high in calories as well. If you're serious about losing weight make sure you choose water instead of alcohol or soft drink, if you need something a little fancy, sparkling water is a better option. Remember, nobody needs a drink of alcohol, we may want one, but we don't need one.

Always skip dessert

Let's be honest everybody loves a nice desert. However, if you really want to lose weight desert cannot be on your menu. Stay away from it, you don't need it.

With these tips, you can be confident in going out and spending time with you friends and family, while also knowing you're still on your journey to your dream weight.

DITCHING — the diet —

Baron Grant

positive affirmations

The weight-loss journey is won in the mind. Positive affirmations change the way we look at ourselves and help us overcome the challenges that we face.

Here are some positive affirmations to help you everyday. Practice reading them and notice how your mind changes.

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positive affirmations

My health and fitness are important to me.

I am losing any excess fat that is stored on my body. My body desires to be in a lean condition. I eat in a healthy manner that supports fitness and rejects body fat.

I am becoming leaner and healthier each day.

I enjoy exercising. I know that exercise is necessary to be lean and healthy. Plus, my body craves exercise. I feel better physically and psychologically when I exercise.

I feel vibrant and healthy after a good workout. Many people struggle to make exercise a habit, but it is easy for me. I love to exercise.

I am driven to make healthy choices. I realize that each decision I make can influence my health.

I make the healthiest choice as often as I possibly can.

Being healthy is a lifestyle for me. I choose to be healthy each day.

Today, I am making the right choices to become leaner and healthier. I am eating a healthy diet and exercising today. My body wants to be lean and healthy and I am doing all I can to make that possible.

Self-Reflection Questions #1

1. How can I add more physical activity to my workday?
2. How can I exercise when I am unable to go to the gym?
3. What is one new sport I want to try?

Positive affirmations cont.

I lose weight and keep it off.

I am healthy and fit.

I manage my weight because I value my health. I love my body and respect its needs. Taking care of myself helps me to lead a long and active life.

I avoid fad diets. I adopt healthy habits that I can stick with for the long run. I am aware of what I eat. I get the nutrients I need from healthy food.

I load up on vegetables. Foods high in fiber keep me feeling full with fewer calories. I enjoy at least 5 servings each day..

I exercise regularly. I burn calories with daily walking and exercise. I turn off the TV and move around more.

I reach out for support. I ask my family and friends for help. I join online forums where I can share suggestions and encouragement.

I deal with stress. When I am upset, I take a walk or listen to music instead of eating a donut.

I prepare for setbacks. If I overindulge one day, I don't berate myself, but reset and start again.

Today, I make choices that help me to maintain a healthy weight. I eat slowly and mindfully. I enjoy an active lifestyle. I keep my mind and body in top shape.

Self-Reflection Questions #2

1. How can I lose weight without feeling deprived?
2. What is my motivation for losing weight?
3. What are 3 things I love about my body?

Positive affirmations cont.

I exercise self-control in my eating.

Food is my sustenance. I eat because I need food to keep my body healthy. Rather than eating purely for pleasure, I keep in mind that it is one of my basic life needs. With the understanding that food has a purpose, I am able to exercise self-control when I eat.

I consume foods that are rich in nutritional value. I prefer to eat healthy foods rather than foods that taste good only because they are high in sugar and fat. My food selection is based on my nutritional needs, rather than on my need for pleasure.

Activating my willpower gives me the strength to cease doing harmful things I may want to do. I draw on that strength to build up my self-control when I feel I might give in to temptation. The more frequently I activate my willpower, the stronger I become.

Reminding myself of the consequences of my actions helps me to make good choices. Overeating can lead to disease, lack of energy, and obesity. When I exercise restraint in my eating, I feel healthy, active, and strong.

Today, I choose to make responsible decisions based on knowledge rather than just on what feels good. I exercise self-control in my eating so I can live a healthy life without regrets.

Self-Reflection Questions #3

1. Why is self-control necessary?
2. Why do I need to exercise restraint in my eating?
3. What would happen if I allowed myself to engage in out-of-control eating?

positive affirmations cont.

I eat healthy and it is easy.

I know that eating healthy is one of the best things I can do for my body. The quality of the food that I put into my body greatly influences the level of health that I enjoy.

I want to be healthy, so I eat healthy food.

My body craves nutritious food. When I even think about eating unhealthy food, I immediately reject the thought. My body rejects unhealthy food. I naturally gravitate toward food that provides the nutrition my body requires to be at its best.

My mind is at peace when I consume a healthy meal. On the other hand, unhealthy food agitates my mind and body.

I reject anything that compromises my health.

My natural instinct is to make healthy choices in every aspect of my life. My mind and body are committed to a healthy lifestyle. This is the way I like to live. This is the way I am committed to living each day.

My home is filled with an abundance of healthy foods. I always have something nutritious available to eat at all times. I keep unhealthy food away from my home. I avoid the temptations of junk food.

Today, I make choices based on what is best for my health. I have plans to eat healthy meals with people that I love.

Self-Reflection Questions #4

1. What are five things I could do to eat more healthy?
2. What are the five worst foods I eat on a regular basis? What are some healthier options that I would enjoy?
3. How would my body weight, mood, and overall health be affected if I ate a healthier diet?

Positive affirmations cont.

I am strong and fit.

I take care of my body and mind.

I work out regularly. I walk and drink water every single day.

I eat healthy. Both meals and snacks include healthy, whole foods. I cut down on excess sugar, salt, and unhealthy fats. My diet gives me the energy I need for my busy life.

I manage stress. I slow down and focus on one task at a time. I talk with my loved ones about my feelings. I relax by including self-care in my daily routines.

I persevere through obstacles. I remember my purpose and keep my goals in mind. I turn to my loved ones for support. I think positive. I keep moving forward.

I bounce back from disappointments. I tell myself that ups and downs are natural. I appreciate the value of learning from experience.

I embrace challenges. I give myself something to strive for each day. I enjoy stretching my skills and learning new things.

I adapt to change. I pay attention to what I have to gain. I create routines that give me a sense of comfort and security. I search for solutions and concentrate on the things I can control.

I face my fears. I evaluate risks rationally. I take action even when I feel uncomfortable. I teach myself that I can handle difficult situations.

Today, I celebrate my strength. I work hard and achieve my goals.

Self-Reflection Questions #5

1. How do I define inner strength?
2. How can I gain more control over my life?
3. Why is it important to be consistent?

positive affirmations cont.

Exercise is fun.

I love to work out.

I create interesting challenges for myself. I set goals for building my strength, increasing my flexibility, and conditioning my heart. I track my progress. I savor the satisfaction of my achievements. I give myself rewards like healthy desserts and new shoes.

I vary my routines. Mixing things up helps me to avoid boredom. I alternate between pilates classes and rock-climbing sessions. I read fitness books and watch videos to gather new ideas.

I socialize with others. I surround myself with support. I invite family and friends to join me. Having a workout buddy provides company and makes me feel more accountable. I participate in online forums where I can share encouragement and helpful feedback.

I connect with nature. Running requires less effort when I have a river view.

I dance and sing. I play music that lifts my spirits and makes me want to move.

I buy some toys. I keep simple equipment at home and bring it with me on business trips. I skip rope and shimmy around with a hula hoop.

I play games. I use apps that let me workout with friends while I collect points or run from zombies. I practice my favorite sports or try pickleball for the first time.

I cultivate a positive body image. I look at exercise as something positive I do for myself.

I am grateful for my body and how hard it works. I want to keep it strong and fit. Today, I enjoy myself while I work out. I have so much fun that I forget I am exercising.

Self-Reflection Questions #6

1. What do I like about working out?
2. How does my diet affect how I feel about exercising?
3. What is one new workout I want to try?

