

IMPORTANT INFORMATION FOR THE MENU PLANS

TOPIC	NOTES
BEFORE you follow the menu plans	<p>Your calorie and fat level has been determined by information you provided when you registered for this program. Before you commence this program, I suggest you consult with your dietitian or doctor.</p> <p>The food quantity shown in the menu plan is not suitable for children, pregnant or breast feeding mothers.</p> <p>Try not to miss any of the food listed for your level as it may cause you to be hungry the following day. Likewise, eating more than what is listed on the daily menu may jeopardise your weightloss.</p> <p>Don't swap any individual items from one day to another; only eat what is on the list for that day. However, if you would like to exchange one of my recipes in the menu plans, then look at Books 1-7 to find a suitable substitute recipe that has similar calories and fat count.</p>
Weighing your food	<p>The secret to success is to be accurate. You should weigh and measure ALL of your food rather than guessing as this could stop you from losing weight. It is recommended you invest in a small set of digital scales so your portions are accurate.</p>
Breads and cereals	<p>9 grain bread and multigrain bread rolls are recommended due to their low GI rating. Rice should be Basmati or Doongara as they are also low GI.</p> <p>If you have a gluten or wheat intolerance replace bread with gluten-free bread that weighs no more than 36g a slice and replace pasta with gluten free pasta. Make sure the other ingredients in the recipe are also gluten free.</p>
Extra serves	<p>Sometimes extra serves will be used in following days. These will be listed at the bottom of the menu plan for the day and will tell you what day the extra serve is used again.</p>
Freezing	<p>When preparing the recipes for the menu plans, if you have extra portions leftover, remember they may be able to be frozen and used at a later date; you can repeat that day menu plan to use up leftovers.</p> <p>Refer to each recipe to see if it is suitable to be frozen.</p>

<p>Diabetes</p>	<p>All the menu plans and recipes are suitable for people with diabetes. The menu plans are particularly suitable as they encourage three balanced healthy meals for breakfast, lunch and dinner as well as two snacks (morning and afternoon tea) throughout the day.</p>
<p>Drinks</p>	<p>Drink at least eight glasses (approximately 2 litres) of water each day.</p> <p>Skim milk is included in your snacks each day. Use the skim milk allocated for tea and coffee or as a drink. If you are dairy intolerant then use unsweetened almond milk or similar.</p> <p>Have only a couple of cups of coffee or tea each day unless they are de-caFFEinated. Herbal tea is unlimited. De-caFFEinated diet soft drinks are also allowed in moderation.</p> <p>Alcohol is not included in the menu plans. If you wish to include alcohol be aware that you are adding extra calories to your day, which may slow your weightloss down.</p>
<p>Salads and vegetables</p>	<p>Salad and vegetables are unlimited but make sure you have at least what is suggested in the menu plans. You should have a minimum of five serves (which equals 2 ½ cups) of salad or vegetables per day.</p> <p>Salad consists of items such as lettuce, spinach, tomato, cucumber, capsicum, onions, sprouts, beetroot, celery and carrot. It does not include avocado or corn - if you are to have these choices, they will be listed separately.</p> <p>Vegetables mean all vegetables except potato, sweet potato and corn. If you are to have any of these choices, they will be listed separately.</p>
<p>How much weight can I expect to lose?</p>	<p>Each person is different and it is impossible to predict how much weight a person will lose. Aim for 1/2 to 1 kilo of weightloss a week - if you lose weight too quickly you may struggle to keep the weight off. Eating less than you need is unhealthy, can't be maintained for very long and can create a "yo-yo" diet mentality. It is much better to be satisfied, happy and making healthy choices that you can sustain forever.</p> <p>As/when you lose weight, you may need to drop to a lower calorie level, you can do this in the program. Be guided on how much weight you lose. Only edit your level when your weightloss stops or slows down.</p>