

*Thin Tea*TM
EATING PLAN

www.ThinTea.com.au

THINTEA EATING PLAN

Our tea is designed to give you results, but following a sensible eating plan like this one can help boost your weight loss and ensure you keep it off in the long run.

Eating right is not nearly as complicated as it seems. There's no need to worry about counting calories if you choose nutrient-dense foods that satisfy your hunger and nourish your body. This guide will show you just how easy it is to eat properly!

What Should I Eat?

You should always try to eat food that is as close to its natural state as possible. This means focusing on things like:

- Fresh, organic fruits and vegetables
- Lean cuts of free-range chicken or turkey
- Fish
- Free-range eggs
- Organic milk and cheese

Choose foods from across the four food groups so your body does not miss out on any important nutrients. This will also help you avoid the weight regain that often occurs when you reintroduce a food group after eliminating it on a diet.

FOOD GROUPS

PROTEINS

You want to try to eat protein at every meal. Most people don't get enough of this essential nutrient, and it goes a long way toward helping you feel full. Here are some foods that are high in protein:

- Chicken
- Beef
- Lamb
- Turkey
- Fish
- Eggs (free-range and cage-free varieties are best)
- Short bacon
- Tofu
- Lentils

COMPLEX CARBS

Not all carbohydrates are bad. Your body needs some carbohydrates to keep your brain, central nervous system, and muscles running smoothly. When you eat carbs, stick to limited amounts of:

- Quinoa
- Brown Rice
- Rye bread
- Coconut flour
- Muesli

VEGETABLES

Fresh vegetables are ideal, but frozen vegetables can also work well in a pinch. Avoid canned vegetables. Try to eat at least three servings of vegetables per day.

- Asparagus
- Bean sprouts
- Bok choy
- Broccoli
- Brussels sprouts
- Carrots
- Cabbage
- Cauliflower
- Capsicum
- Celery
- Cucumber
- Eggplant
- Fennel
- Garlic Ginger
- Green beans
- Herbs
- Kale
- Leeks
- Lettuce
- Mushrooms
- Onions
- Parsley
- Snow peas
- Spinach
- String Beans
- Zucchini



GOOD FATS

Fats get a bad rap, but did you know that the right ones can actually help boost your immune system, increase white blood cell production, and help detoxify your body? You can find these healthy fats in foods such as:

- Raw nuts
- Avocado
- Organic nut butter
- Coconut oil
- Extra virgin olive oil
- Eggs (free range)
- Feta cheese
- Greek yoghurt



SALADS

Salad has long been considered a “diet food” staple for good reason: it’s a quick and easy meal to prepare, and you can pack in a lot of nutrient-rich vegetables and other foods into it. Don’t worry; we’re not talking about eating “rabbit food”; salads can be surprisingly delicious with the right toppings and dressings. Add a piece of grilled chicken or fish on top and you’ve got a well-rounded and satisfying meal!

Here are a few good salad bases:

- Mixed baby greens
- Spinach
- Romaine lettuce
- Spiralised zucchini or carrots
- Escarole

Protein ideas for salads: (don’t go overboard)

- Cheese
- Chicken
- Fish
- Garbanzos

Fruits that work well in salad:

- Apples
- Mandarin orange sections
- Peaches
- Pears
- Strawberries



SALAD DRESSING IDEAS:

Skip the bottled stuff. It's easy to whip up a healthy salad dressing at home, and in many cases you can simply add the ingredients to the salad directly and toss to avoid dirtying another bowl!

You'll want to mix an acid with a fat in a 1:1 ratio and then add the herbs of your choice and a pinch of salt.

Acids:

- Red wine vinegar
- Balsamic vinegar
- Rice wine vinegar
- Apple cider vinegar
- Lemon juice
- Lime juice

Other enhancements:

- Mustard
- Honey
- Sriracha
- Poppy seeds

Oils:

- Extra virgin olive oil
- Sesame oil



A FEW IDEAS:

Asian Sesame Dressing:

1 tsp rice wine vinegar
1 tsp sesame oil
1 tsp toasted sesame seeds

(excellent on a salad of spinach, grilled chicken, shredded carrots, etc.)

Spanish Garlic Dressing:

1 tsp white vinegar
1 tsp olive oil
1 clove garlic, made into a paste using a mortar and pestle

(traditionally served over escarole with thinly sliced celery)

Spicy Orange Vinaigrette:

1 tsp orange juice
2 tsp balsamic vinegar
1 tsp olive oil
¼ tsp crushed red pepper flakes
pinch of rosemary

(serve over romaine lettuce, red onion, and a small handful of toasted walnuts)

Sumalicious Dressing:

1 tsp sumac
2 cloves garlic (minced)
5 tsp lemon juice
1 tsp olive oil

(serve over romaine lettuce with cucumber, tomato, and feta cheese)

Lucky Lemon Dressing:

5 tsp lemon juice
1 tsp olive oil
pinch salt

(use for tabouli or garbanzo salad)

Greek Oregano Dressing:

1 tbsp olive oil
2 tsp red wine vinegar
1 clove garlic (minced)
dash oregano
dash black pepper

(serve over mixed baby greens with cucumber, black olives, tomatoes, and feta cheese)

FOODS TO AVOID

Cutting out any food that you love completely is a surefire way to set yourself up for diet failure. However, some foods truly are harmful for your body and/or your waistline and should be avoided at all costs. Do your best to avoid the following foods, or only indulge once in a while on special occasions:

- Alcohol
- Soft drinks (even the diet versions!)
- Packaged foods
- Preservatives
- Table sugar
- Corn Syrup
- Candy
- Cake
- Bread/pasta made with white flour
- Packaged cereals
- Margarine
- Artificial Sweeteners



THE IMPORTANCE OF PLANNING

One thing that can quickly undo even the best dietary intentions is a lack of planning. If it's lunchtime and you don't know what to make, it's easy to convince yourself to grab a quick burger "just this once" to save time. When you're hungry for a snack, opening up a bag of crisps seems like much less work than chopping up some vegetables and making hummus. However, if you take the time to do some prep work ahead of time, you'll have everything in place to stay on track and avoid common diet pitfalls.

- Plan your meals for the week and buy everything you need at once. Don't allow yourself to go to the store in between planned grocery hauls. This helps keep your budget under control while preventing you from overeating
- Chop some raw vegetables and store them in individual portions in baggies in the refrigerator so you can just "grab and go" when you feel like snacking. Good candidates include carrots, celery, red capsicum, broccoli, and cucumbers. You can also slice tomatoes in advance, or better yet, buy cherry tomatoes.
- Make green vegetable juice and place it in sealed jars in the fridge for quick access.
- When you bring home a loaf of whole meal bread from the store, divide it into pairs and place in freezer bags in the freezer for quick access and to prevent spoilage. Frozen bread thaws very quickly.
- Divide chicken breast and lean fish into 150-gram portions when you buy it and place in the freezer. This way, you'll only defrost what you need.
- Hard boil a dozen eggs and keep them in the fridge for a quick breakfast or snack, or keep them on hand to chop and add to salads for a protein boost.

TIPS

- Be sure to eat plenty of calcium for strong bones. Calcium doesn't just come from dairy products; you'll also find plenty of calcium (and a host of other useful nutrients) in leafy greens. Other good sources include broccoli, asparagus, cabbage, green beans, and Brussels sprouts.
- When you're craving something sweet, reach for fruit. Those cake and candy cravings will eventually subside. If plain fruit bores you, try grilling it or pairing it with protein, such as apple slices with a dab of peanut butter or pears with a few small cubes of Parmesan cheese.
- Yoghurt is a great food for dieters as long as you avoid the overly sweetened and processed variety. Buy plain yoghurt and sweeten it with a tiny bit of honey or some fresh fruit. Chop or puree fruits like berries or peaches, or mix in a little cocoa powder or cinnamon for a special treat.
- After you've plated your food using a reasonable portion size, set aside leftovers right away so you won't be tempted to go back to the stove to scoop another helping out of the pot. Wrap them up and stick them in the freezer or put them somewhere else out of reach to help resist the temptation to have more.
- If you're feeling hungry, ask yourself if you want to eat an apple. If an apple doesn't sound good but you do feel like eating some biscuits, there's a good chance you aren't truly hungry, because if you were, you'd eat that apple gladly. After all, any type of food will satisfy true hunger. This simple question can save you from a lot of unnecessary snacking.
- Take a "before" photo of yourself and display it prominently. This tip might be a bit brutal, but it works well for some people. If you're unhappy with the way your body looks in a swimsuit, for example, take a photo of yourself wearing a bikini and tape it to the pantry. If you recoiled in horror at how you looked in your dress in that picture your friend sent you from her wedding, hang it on the fridge. This could very well deter you from reaching for something unhealthy!



MEAL IDEAS

BREAKFAST IDEAS

Try beginning your day with a glass of refreshing ice water with a squeeze of fresh lemon.

Breakfast is the most important meal of the day. Be sure to choose food that is high in fibre to keep you fuller for longer so you won't be tempted to snack.

Colourful breakfast plate:

2 poached eggs

1 avocado, sliced

Grilled vegetable of your choice (tomato, asparagus, onion, baby spinach)

Sweet and fresh fruit bowl:

25g oats (organic muesli is much healthier)

50g of fresh berries

½ cup natural, low-fat yoghurt.

Protein Power Boost:

2 scrambled egg whites

Sliced avocado

1 slice of whole meal or rye toast

Mushroom Delight:

Stuff one large flat mushroom with chopped tomatoes, chives, ham, and/or capsicum.

Banana Pancakes:

Combine and fry in a dab of organic butter:

1 ripe banana

3 eggs

1tbsp of coconut flour



LUNCH IDEAS

If you're going to have a busy day, don't forget include some complex carbs in your lunch to provide a slow release of energy throughout the afternoon!

Cabbage Salad:

Cabbage
Red onion
Carrots

Red capsicum
Protein of your choice (grilled chicken/fish/turkey)
Any dressing from this guide

Chicken Muffin:

Combine and bake in a muffin tray greased with organic butter:

Organic chicken mince
Grated zucchini
Carrot
Thyme

Capsicum
Sesame seeds
Chopped bacon
Onion

Quinoa Tabouli:

1 bunch of parsley
1/2 red onion
40g quinoa

2 tomatoes
Lucky lemon salad dressing (from this guide)

Beetroot Protein Salad:

2 poached eggs
100g sliced beetroot
Diced Spanish onion

2 tbsp chopped fresh mint
Lucky lemon salad dressing.

Grilled Chicken Salad:

Grilled chicken
Sliced cucumber
1 tbsp goat cheese
1 tsp chopped macadamia nuts

Chopped mushrooms
Sliced avocado
Drizzle of apple cider vinegar



Skinny Steak Lunch:

Small Scotch Fillet Steak cooked using coconut oil

1 sweet potato, mashed

Steamed snow peas and broccoli.

Chicken or Prawn Rice Paper Rolls

Slice 4 vegetables of your choice into strips and wrap in rice paper rolls with grilled chicken or prawns. Use light soy sauce as a dressing.

Tuna Salad

1 can of tuna (95g)

Lettuce

50g sweet corn

Sliced Spanish onion

Balsamic vinegar

Drizzle of olive oil

DINNER IDEAS

Protein and Vegetables:

150g of grilled/poached/steamed lean fish, salmon or chicken breast

Steamed broccoli/carrots/cauliflower/zucchini.

Minestrone Full of Fibre:

200g diced tomatoes

1/4 white cabbage

1 chopped carrot

1 chopped zucchini

1 tsp vegetable stock.

You can add beans/lentils/quinoa for extra protein to keep you feeling full.

Garlic Prawns and Vegetables

Fry 4 minced garlic cloves and 1 thinly sliced onion in 1 tsp coconut oil until golden. Add prawns and stir.



Beef Stir Fry

Stir fry in a wok:

Lean organic beef, cut into strips

Snow peas

Broccoli

Carrot

Baby corn

Top with light soy sauce

Coconut-crumbed schnitzel

Coat chicken breast fillets in a mixture of coconut flour, egg, and coconut flakes, then shallow fry in organic butter or coconut oil.

Lettuce Burritos with Lemon-Pepper Chicken

Lightly pan fry the following in 1 tbsp olive oil:

150g diced chicken breast

Diced red capsicum

Top with 4 tbsp of lemon juice and a sprinkle of cracked salt and pepper and wrap in large lettuce leaf.

SIDE DISHES

Grill some of your favourite protein and pair it with one of the following:

Sweet potato mash

Tomato + cucumber + feta cheese + olive side salad

Boiled quinoa with sun dried tomatoes

Roasted cauliflower and broccoli

Boiled peas and corn

SNACKS

- Fresh fruit (small fruit with thin, dark skin tends to have the most nutrition)
- Fresh berries (blueberries, blackberries, strawberries, crane, acai, Goji, raspberries)
- Air-popped popcorn (limit your salt to 1tsp max)
- Raw almonds or mixed nuts (1 handful)
- Vegetable juice (Celery/carrots/cucumber/beetroot/ginger)
- Kale chips (crack some organic salt on washed/dried kale and bake until crunchy)

SLEEP



FIND OUT MORE
CLICK HERE

Believe it or not, sleep can affect your weight almost as much as it can affect your well-being. Sleep naturally regenerates your body and helps it absorb nutrients, so be sure to get at least eight hours of sleep every night. This will also give you more energy throughout the day. Our Sleepy Slumber tea can help you enjoy a deeper, better quality sleep.

DRINK TEA!



FIND OUT MORE
CLICK HERE

The all-natural ingredients in our teas are part of a healthy eating plan!

Our alkalising tea helps you get rid of harmful toxins and alkalises your body to prime it for nutrient absorption.

It contains the following ingredients:

- **Organic fennel seed** to help digestion and reduce gas and bloating
- **Organic nettle leaf** to help your kidneys release metabolic waste and curb hunger

- **Marshmallow leaf** to reduce inflammation, especially in the digestive tract, and help you feel fuller for longer
- **Organic juniper berry** to flush toxins from your body and purify your system whilst boosting digestion
- **Organic dandelion root** to stimulate gastric secretions and break down fat whilst reducing bloating
- **Organic rose petal** to promote a healthy gut, boost digestion, banish hunger, and strengthen the immune system.

THINTEA FAT BURN BLEND



FIND OUT MORE
CLICK HERE

Our fat burn blend helps your body do exactly that – burn the calories and fat you consume efficiently and keep hunger at bay.

It contains the following ingredients:

- **Organic peppermint** to help your body better digest fats, boost overall digestion, and prevent hunger
- **Olive leaf** to reduce inflammation, burn fat, and boost the immune system
- **Dandelion leaf** to help digest fats and flush out extra water weight whilst reducing acidity in the blood and cleansing the liver.
- **Hawthorn leaf** and flower to speed up your metabolism, flush out extra sodium, and keep water retention at bay whilst protecting your heart with a host of antioxidants.
- **Coleus root** to help break down adipose tissue and prevent the body from producing fatty tissue.
- **Organic cinnamon** to help regulate insulin levels and boost metabolism whilst suppressing appetite and burning abdominal fat.
- **Ginger root** to rev up your metabolism, soothe digestive issues, and suppress the stress hormone cortisol, which has been linked to excess belly fat and weight gain.

DID YOU KNOW?

- 1. Did you know that women are supposed to eat no more than six teaspoons of sugar in a day, and men should not exceed nine teaspoons?**



Before you say that doesn't sound like a lot and you just use a teaspoon in your morning coffee, consider this: the average Australian consumes a whopping 20 teaspoons of sugar a day! This often comes from the obvious offenders, like a can of soda with its 10 teaspoons of sugar, but it is also hidden in a lot of foods you wouldn't expect to find it, such as bottled pasta sauce.

Some doctors believe that sugar is the most toxic food you can eat and is even more dangerous to your body – and your waistline – than carbohydrates or fats. In addition, a lot of store-bought foods touted as “low fat” add extra sugar to make up for the lost flavour. The best way to control this is to eat whole foods and sweeten them yourself. For example, buy plain yoghurt and sweeten it yourself naturally with fruit or a dab of honey.

- 2. Did you know that if you deprive yourself, you are setting yourself up for failure?**



Cutting out unhealthy foods is an important step in any diet, but you should be careful not to restrict yourself too drastically, especially in the beginning. You need to find a happy medium, and you need to reward yourself from time to time.

You should probably never eat an entire pizza in one sitting again, but why not allow yourself a slice to celebrate a special occasion? If you're craving a cupcake, an ounce of dark chocolate just might satisfy that chocolate craving whilst costing you a lot fewer calories. You might need to give up your nightly ice cream habit, but a small scoop of frozen yoghurt at your best friend's birthday party is not going to kill you. If you completely ban a favourite food, there's a good chance you'll give up on your diet altogether.

3. Did you know that garlic can help you lose weight?



Everyone should make friends with garlic. This nutritional powerhouse has long been known to help reduce inflammation and blood pressure, lower the risk of heart disease, and boost immunity, but did you also know that in a lab test, rats who were fed a high-sugar diet actually put on less weight if they took a garlic compound?

Just a typical 3-gram clove is enough to get the benefits, and it's best if you eat it raw if you can stomach it because cooking it will destroy a few of the beneficial compounds. Don't worry; you don't have to pop a whole clove in your mouth! Try crushing it up with some parsley, olive oil, and vinegar and use it to add flavour to vegetables or meats. You could also add it to salad dressing or disguise it in hummus. Remember that it will taste stronger if you push it through a garlic press than it will if you chop it by hand. If you're not a fan of the lingering aftertaste, chewing on a bit of fresh parsley, mint, or citrus peel can go a long way toward cleansing your palate.

4. Did you know that having breakfast can make or break your diet?



You might think that skipping breakfast will save you a few calories, but it will actually end up costing you more in the long run. In fact, studies show that those who skip breakfast actually eat more calories throughout the day than those who do eat breakfast! Some studies also show that among people eating the same fixed number of calories each day, those who ate breakfast lost more weight than those who didn't.

Breakfast gives you the fuel your body needs to get through the day and helps keep your blood sugar even. It also makes you less likely to reach for those mid-morning snacks, which tend to be quite unhealthy.

5. Did you know that drinking water is a very easy and cheap way to boost your weight loss results?



Have you ever noticed how pretty much every healthy eating and weight loss plan emphasises drinking plenty of water? It turns out there is plenty of science to back this assertion. Drinking water increases the rate at which people burn calories, and much of this occurs when your body tries to heat the water to process it. In addition, water also has the effect of making you feel fuller without adding any extra calories whatsoever.

It is also recommended that you drink a glass of water when you feel hungry because many people mistake hunger for thirst. So when you find yourself searching the pantry or fridge for a snack, first drink a glass of water and see if the urge subsides. If you're still hungry after 15 minutes, go ahead and have a piece of fruit or some nuts.

6. Did you know that setting goals can make the difference between success and failure when it comes to weight loss?



While most of us have some idea in mind about what we want to achieve – “I want to lose ten pounds before my sister’s wedding” or “I want a flat stomach in time for summer” – having process goals is just as important. These are not the end game but rather smaller, more easily achievable parts of the process that will help you stay on track to reach the ultimate finish line.

For example, one week you might set the goal of starting to drink a glass of water with every meal. Once that has become habit, you might set a goal for yourself to eat five servings of vegetables every day or work out for half an hour three times a week. These small victories will help you reach your goal and build confidence in the process!

7. Did you know that walking after meals boosts weight loss?



Remember when you were young and your parents told you not to go swimming or run around while your food was digesting? They meant well, but they were way off the mark. We now know that taking a walk shortly after your meal actually helps digestion! One study found that walking speeds up the rate at which food moves through your stomach, while other studies have shown that it clears the glucose from your bloodstream, reducing your blood sugar.

A 15-20 minute walk about 15 minutes after you finish eating is all it takes to get these benefits. In addition, you'll glean the same benefits that walking offers at any hour – namely boosting your circulation and burning off those calories you just ate! This could be something as simple as a casual stroll while chatting with friends or family, but if you want to burn the maximum amount of calories, challenge yourself by going uphill at a lively pace.

8. Did you know that avocados actually help fat loss?



Don't turn up your nose at avocados because of their fat content. It turns out that avocados have a high amount of monounsaturated fat, which is a special fat that scientists have found can actually reduce the distribution of fat in the belly area!

Did you know that avocados are considered overachievers in the health food world? It's not just the high content of vitamins, minerals, fibre, and phytonutrients that make it so remarkable. It has been proven to help keep off belly fat, keep hunger pangs at bay, and lower cholesterol. According to a study published in *Nutrition Journal*, those who ate half an avocado with lunch noted a 40 per cent decrease in their desire to eat for hours after the fact. It's also associated with a reduced risk of metabolic syndrome, a lower body mass index, and a smaller waist circumference.

9. Did you know that skipping meals does more harm than good?



We've already told you that skipping breakfast is an invitation for weight gain, but did you know that skipping any meal is almost always a bad idea? Your body needs small meals throughout the day to keep your blood sugar levels even; if these levels drop, you'll find yourself in a bad mood and with a serious lack of energy. Skipping a meal also makes you feel hungrier when the next meal comes around, and you could very well end up eating way more calories at the next meal than you would have if you had eaten normally in both meals combined.

If you find yourself short on time, eat a protein-packed snack such as a handful of raw almonds or a hard-boiled egg to keep your body running smoothly so it can burn more calories!

10. Did you know that the Mediterranean diet is great for weight loss and also helps reduce your likelihood of dying from heart disease, cancer, and other conditions?



This way of eating focuses on vegetables, fruits, legumes, nuts, and grains and is rich in good fats. Red meat is kept to a minimum, and there is a heavy emphasis on poultry and fish. Olive oil is used instead of butter, and herbs are used to add flavour to food instead of salt. Even an occasional glass of red wine can form part of the Mediterranean diet.

It's also easy to stick to because it's delicious and satisfying, and the foods needed are basic ingredients that are widely available, making it a very sustainable dietary improvement.

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