

Circulation Cycle™

Sit and Get Fit Guide



Circulation Cycle - Sit and Get Fit™

This guide is designed to give you little hints and tips to help you get the most out of your workout on your Circulation Cycle™.

Packed full of recipes, planners and inspo it's designed to keep you motivated and focused, all while you have fun.

Disclaimer

The information, recommendations and guidelines given relating to diet and weight loss are only to be used as a guideline for healthy eating. It is not intended to be a substitute for a medically prescribed diet. The information, recommendations and guidelines that we provide in this reference guide are not intended as medical advice or to replace medical advice given by a doctor or other healthcare professional. In the case of illness or other medical condition, a doctor or health professional should be consulted prior to commencing a weight loss program or diet. The author, the publisher, its distributors, its clients and its officers, employees and agents give no warranty and make no representation that the information, recommendations and guidelines contained in this reference guide are suitable for any purpose or are free from error and they accept no responsibility for any person acting or relying upon the information, recommendations and guidelines contained in this reference guide, and disclaim all liability for any loss, damage, cost or expense incurred by reason of any person using or relying on the information, recommendations and guidelines or by reason of any error, omission, defect, or misstatement contained in such information, recommendations and guidelines.



Use your TV Time

Most people watch 3 hours of TV on average a week. Some people manage to squeeze that in every day. Yes, you know who you are. Yet 66% of adults say they don't have the time to exercise. TV actually reduces your metabolic rate meaning that your body burns less fat. Now, no one is saying that you should throw the TV out the window or miss all of your favourite shows, just utilize the occasional half an hour. Jump on your Circulation Cycle™ whenever you watch your favourite show or series. You can squeeze in 30 minutes of exercise all while doing something you love.

Marvellous Music

Listening to music while you exercise increases your endurance, makes you work out longer and feel better afterwards. Putting on something uplifting can distract you from your sore muscles, which is especially useful in the last 5 minutes of your workout. Studies have shown that people who listen to music while working out do so for harder and longer than those who exercise in silence. Jump on your Circulation Cycle™ and make a playlist of all your upbeat favourites and turn your home into your very own spin class.

Grab a Buddy

Friends have to be one of the greatest inventions ever made. Friends are great for motivation in any form, but especially when it comes to exercise. It's easy to make excuses if you are all on your lonesome. Find someone who shares the same goals as you and has a Circulation Cycle™ so you can help keep each other on track. It can be your partner, neighbour, fitness trainer, online coach, group, or even a work colleague. You are less likely to skip training if there is someone else expecting you to help keep them on track too. Why not set each other little challenges to keep each other accountable and motivated.

Do It First Thing

The best time to make a habit of cycling is before breakfast. Your blood sugar levels are low first thing in the morning because you haven't eaten for several hours. Your body will tap into stored fat in order to provide you with the energy you need. Exercising before you start your day will ensure that you burn off 50% more fat than if you did the same activity at night. It will boost your metabolism so you burn more calories during the day. There are usually minimal interruptions at this time so it's harder to make excuses. If you find it really difficult to motivate yourself to get out of bed 15 minutes earlier to do some cycling, sleep in your workout clothes or do it in your pyjamas. Seriously, it's one less step to worry about!

Try Intervals

Don't try this one until you have made a habit to do even the smallest amount of cycling. However, once you have, here's a tip to burn more calories in the same amount of time. Interval training is all about bursts of high intensity with recovery periods in between. Add some variety to your routine and research proves that you will burn 3 times more than usual. In between your spin sessions, stop every 5 minutes and do some push ups, sit ups or star jumps. Alternatively, try spinning on a high level for 30 seconds and then cycle at a slower pace for 2 minutes. As your endurance level increases, spin for 1 minute and then intensely for 2. Work your way up to incorporate the resistance bands into your workout for extra strength training. Start small then you can reach for the stars.

Super Strength

People often avoid strength training because they believe they will end up looking like Arnold Schwarzenegger. It's a myth. Including some strength training in your regime, will increase your metabolism and help you burn more calories. Starting small maximizes your fat burning potential. Use the built in resistance bands with your Circulation Cycle™ for training. Work up to incorporating them 3 days a week and give your muscles a rest in between.

Always Warm Up

The good old stretch and warm up actually helps you burn more calories. It's a warning signal to your body that you're about to make it work hard for the next 20 minutes.

Gradually increasing your heart rate means more oxygen and glucose gets pumped to your muscles, which in turn helps them work better.

When you get started on your Circulation Cycle™ in the morning, go at a slower pace for the first 2-5 minutes depending on how long you are exercising for, then stop and stretch. Never stretch cold muscles, they won't like it and you won't like the injuries that can occur from it.

Reward Yourself

This is, without fail, the most important tip of all. Set yourself a goal. It might be doing 15 mins, 3 times a week for the first week and then increasing to 20 mins in the 2nd week. When you have completed your first month of cycling, reward yourself! Sorry, not with chocolate. Think of something you have been dying to buy but couldn't quite justify. Now go out and splurge! You deserve it. Reward yourself each time you reach a goal or create a new habit. It's important to congratulate yourself on a job well done or your motivation will lapse. And you know what? Next week or month you get another treat! Hooray!

Allow for Error

We all make mistakes so it's best to accept that your weight will fluctuate from time to time. Set a deadline about 2-4 kilos above your ideal weight. That way you will know when it's time to make changes before the gain gets out of control. Admit it; 2 kilos are much easier to lose than 30!

**“It is not the strongest of
the species that survive,
nor the most intelligent
but the one most
responsive to change.”**

Charles Darwin

Secrets to Staying Forever Slim

Never Quit

If you choose to never quit then your success is inevitable, isn't it? Exactly! View your failures as feedback instead of insurmountable hurdles and let nothing hold you back. You deserve this, so make sure to remind yourself of it regularly.

The Occasional Indulgence

From now on, the word "never" must be banned from your vocabulary. After all, it's not like you're never going to eat ice cream or chocolate again. Why on earth should you give them up completely? Indulging occasionally is essential for successful weight loss. You will end up bingeing if you don't anyway, so treat yourself from time to time.

Be Realistic

Having unrealistic expectations does you no favours at all. Set a goal weight and work towards it slowly instead. Aim to lose a kilo a week and be content in the knowledge that it's not coming back.

Choose to Plan

Learn to love making lists; it takes the guesswork out of healthy eating. Take the time to sit down and plan your meals for the week. Write down the shopping list too while you're at it. Planning ahead for holidays and social occasions makes it easier to choose healthier options. Most importantly, plan to succeed! If you get it right 70% of the time, you will reach your goals. Just think how great you will feel when you do!

Find What Works For You

Developing a bit of self-awareness is essential to successful weight loss. Being honest with yourself about what your limits are will help you find ways to combat them. If you find yourself constantly having a mad craving for muffins every afternoon then eat more brown rice at lunchtime. It has plenty of fibre to maintain blood sugar levels and keep you satisfied for longer. Blueberries are also a good alternative for those with a sweet tooth. Truly one of nature's super foods, blueberries are full of antioxidants, Vitamin B and folate to boost your mood and make you look younger too!

Keep Track Using your Smart Scale™

Using your Smart Scale™ you can weigh yourself each week to keep track of your health, fitness and weight loss progress. This smart scale tracks 5 key health indicators and can store details for up to 10 users, making it perfect for the whole family! You can also check that you're keeping hydrated which is essential for weight loss.

Your Daily Circulation Cycle™ Weight Loss Progress



To make your journey simpler, you can't go past keeping a daily weight loss diary. A weight loss diary records what you've eaten, how food makes you feel, keeps track of your calories, as well as integrating exercise on your Circulation Cycle™ and general reflections. With this simple tool you can work out why you may overeat by paying attention to your feelings over the course of the day and discern any patterns which might help you eliminate any barriers to losing weight. Become aware of the portion sizes you consume, stay focused and work on slow, step by step changes to make healthier eating and living a new habit.

What to do: Record everything that you eat and drink in a day, including how much you had, how full it made you and how you felt. Fill in the exercise you complete on your Circulation Cycle™, time, repetitions and calories.

Note: In the ‘Hunger’ column, rate how hungry you felt after each food or beverage consumption from 0 to 5 (0=full - 5=famished). This way you can see how beneficial certain foods are in reducing hunger and adjust to include products which help you feel fuller for longer. In order, to fill out the calories column you will need to buy a calorie counter book or look on the packaging of the food.

Breakfast and Morning Snacks				
Food or Drink Consumed	Feelings	Hunger	Amount	Calories
			Total:	Total:

Lunch and Afternoon Snacks				
Food or Drink Consumed	Feelings	Hunger	Amount	Calories
			Total:	Total:

Dinner and Evening Snacks				
Food or Drink Consumed	Feelings	Hunger	Amount	Calories
			Total:	Total:

Exercise and Activities		
What Exercise did you Complete on your Circulation Cycle™ (for e.g interval training)?	Time/ Repetitions	Calories
		Total Time:
		Total:

Daily Reflections and Summary

Here's your chance to add up calories consumed versus calories burnt, reflect upon your day and how you feel about what you ate and did. Give as much detail as you wish. Use this area to contemplate ways you can improve for tomorrow!

TOTAL CALORIES CONSUMED: (Add up all your totals in the calories columns for each meal) <div></div>	TOTAL CALORIES BURNT: (Write in your total calories burnt from your Circulation Cycle™ workout) <div></div>	MY GOALS FOR TOMORROW: <div>1.</div> <div>2.</div> <div>3.</div> <div>4.</div> <div>5.</div>
FINAL STEP: Subtract your calories burnt from your calories consumed. You're aiming for a negative number! This will mean you burnt more calories than you consumed, and are on your way to losing weight! <div></div>		
PERSONAL REFLECTIONS: <div></div>		

- Tips:**
- Note that some foods are more calorie-dense: e.g. carbohydrates and protein have the same calories per gram; however fat has twice as many calories per gram of fat you consume.
 - Your body needs some fat to function properly, don't cut fat out altogether.
 - Start by simply counting your calories in a normal day, and use this as a base upon which to begin your new regime.
 - Aim to cut out at least 250 calories each day from your total. If this all seems too hard to maintain there are plenty of applications you can buy or download for your phone with preinstalled food-calorie libraries. If in doubt trawl the internet! There is a plethora of wonderful free programs you can utilize in this fight against fat.

Start at the Supermarket

Healthy eating starts at the supermarket. Change your shopping habits and your weight will follow. Swap your naughty snacks for healthier alternatives but again, only make those changes you can live with. Try frozen yoghurt instead of ice cream or rice crackers instead of chips. Never shop on an empty stomach otherwise your hunger will make the decisions for you! Remember to read the food labels and take a list.

Keep Your Goals Handy

Always keep your long term goal in sight. Stick affirmations somewhere you can see them or cut out pictures that motivate you to achieve your goals if that's what it takes. Anything and everything that will keep you motivated. Staying on the right path means remaining as enthusiastic and positive as humanly possible.

Daily Circulation Cycling™

This might seem like a big task at first but you just can't lose weight without exercise. Your Circulation Cycle™ is a great place to start. Not having to leave home in the morning to get to the gym is a great motivator, as often cold weather or having to wake up earlier in the morning to fit it in, stops us from reaching our fitness goals. Start on the easiest setting and the shortest time and increase day by day. If you are just starting out maybe workout every second or third day. Before long you will have increased your time and intensity and perhaps even frequency, and will be well on the way to melting away those kilos.

Less is More

Want to eat more and still lose weight? No worries! You can lose weight just by turning your 3 big meals into 6 smaller ones. Eating small and regularly keeps your blood sugar stable and your metabolism high. Not to mention if you always feel full, you are less likely to binge. To start off with, try to have your meals at the same time every day. Keeping it regular will act as a signal to your body and make it easier to turn into a habit.

Write it Down

If you aren't already keeping a food diary, start one. This is one of the biggest secrets of long term weight loss because it helps keep denial at bay. Knowing what you put into your body and when will help you identify and fix any bad habits.

Down to One

Once you have reached your goal weight, have a big party and throw out all your oversized clothes. After all, you won't need them anymore! Sticking to the one wardrobe size will keep you motivated and make it easy to tell when you are straying from the plan.

Have a Photo

Keep a photo of yourself at your heaviest to remind you of why you will never go back. Also get a photo of you looking great to motivate you.

Slimmer in One Day



Exercise

Do an hour of Circulation Cycling™. The aim is to raise your heart rate for an extended period of time, so start off slow and work your way up. If this is too difficult for you, just do as much as you can. Incorporate the resistance bands otherwise workout using your Fast and Firm Pilates Power Bar™ exercises.

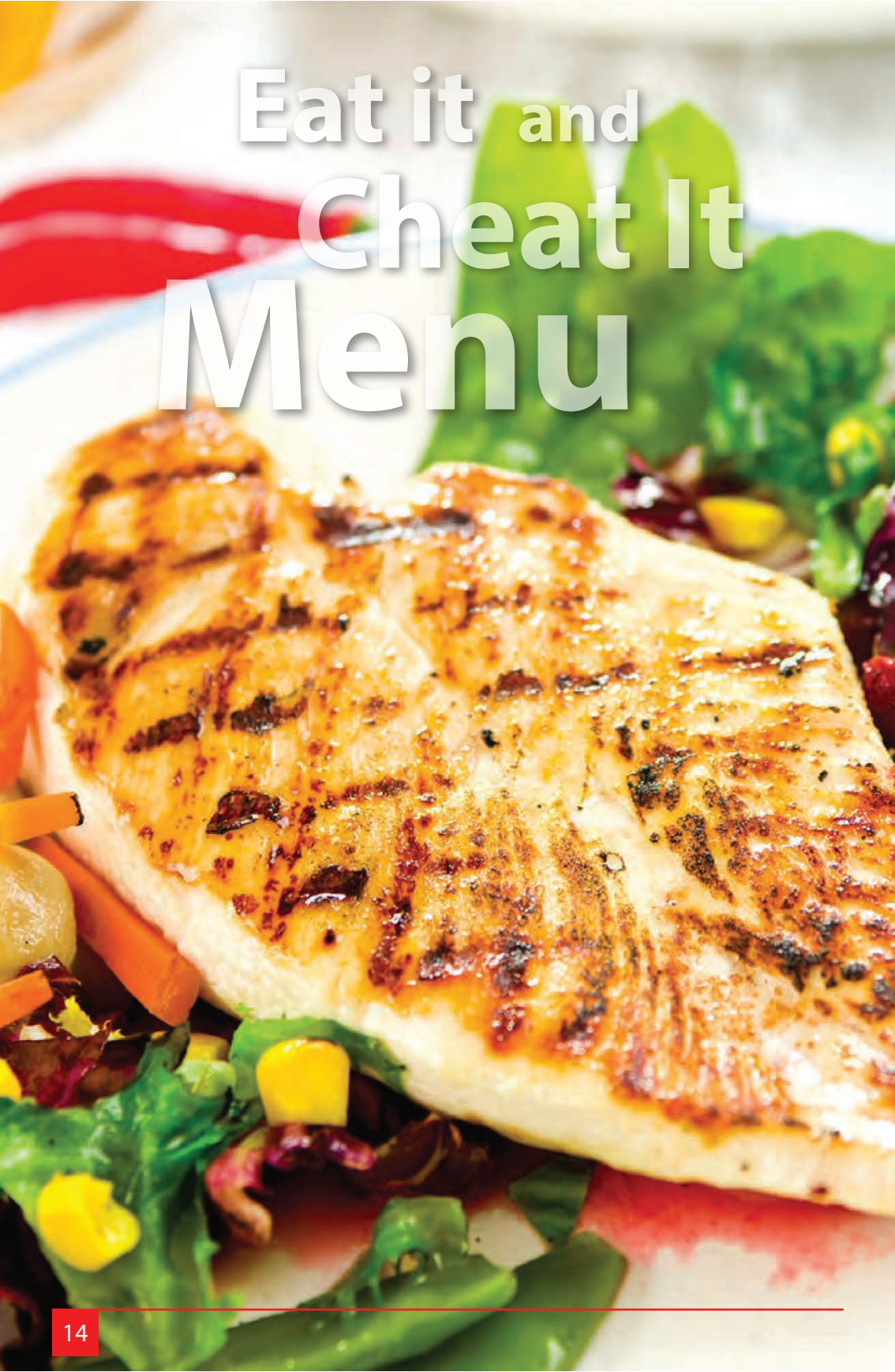
Steam

Consider heading to a steam room, but for no more than 20 minutes. This helps to release impurities in the pores of your skin and shed a little water weight.

Breathe/Meditate

Breathe deeply and slowly. Take each breath in so that your ribcage expands to its fullest, and then exhale slowly and completely. Make sure you repeat this several times whenever you're stressed and try to dedicate 15 minutes of your day to breathing properly. Clear your mind, let go of your worries and it will do wonders for your appearance and sense of wellbeing.

Eat it and Cheat It Menu



2 Week Eat It & Cheat It Menu

MONDAY WEEK 1

On waking:

Before breakfast:

Breakfast:

½ hour after breakfast:

Snack:

Lunch:

Snack:

½ hour after snack:

300ml water

300ml hot water with juice of ½ lemon

1-2 poached eggs on 1 slice of wholegrain bread; a mug of green tea

600ml water

8 raw almonds with your choice of raw veggies (carrot, capsicum, a handful of mushrooms or beans)

Roasted Capsicum with Tuna Mix

Ingredients:

1 hardboiled egg

1 small can of tuna (in spring water)

1 red/green capsicum

2 tsp low-fat mayonnaise

1/3 cup chives (chopped)

1/2 tsp or Spray on extra virgin olive oil

Preparation:

1. Cut the capsicum in half and remove the seeds and stalk.
2. Pre heat the oven on 180°C and place the capsicum on a tray with foil - spray with olive oil. Leave in for approximately 15 minutes and then take it out and wait for it to cool down.
3. In a bowl place the cooled down hardboiled egg, tuna, mayonnaise and chives- mash until relatively blended and smooth (tuna mix).
4. Place the tuna mix inside the cut halves of the capsicum.

200g tub low fat natural yoghurt and 6 raw almonds

500ml water

MONDAY WEEK 1

Dinner: *Grilled Chicken Breast with Mixed Vegetables- use one serve for lunch tomorrow (serves 2)*

Ingredients for chicken:

2 skinless chicken breast (100-125g each),
1 tbsp olive oil,
1 tsp dried rosemary,
1 clove of garlic crushed,
1 tsp of sea salt,

Ingredients for veggies:

2 capsicums chopped into small pieces,
4 cloves of garlic (skins removed, not crushed),
2 onions chopped into 1cm pieces,
1 punnet of mushrooms chopped,
1 punnet of cherry tomatoes,
4 tbsp of fresh oregano,
1/3 cup of water,
4 tbsp olive oil

Preparation:

1. Place all chicken ingredients in a bowl and let it marinate for 20 minutes.
2. Wash and slice all the veggies besides the tomatoes and garlic cloves.
3. Toss all the veggies in a large roasting pan with the olive oil, thyme and 1/3 cup of water.
4. Place in a pre-heated oven at 180°C for 20 minutes or until the vegetables have turned golden brown.
5. Place the chicken in the grill on medium heat for 7 minutes and then turn them around for another 5 minutes or until it is cooked and golden brown.
6. Serve the chicken and the mixed veggies on a plate.

After dinner:

Chamomile Tea or any other Caffeine Free Tea

TUESDAY WEEK 1

On waking:

300ml water

Before breakfast:

300ml hot water with juice of $\frac{1}{2}$ lemon

Breakfast:

1 omelette. Whisk 2 eggs in a bowl and then pour into a hot pan. Add chopped capsicum, onion and mushroom and then using a spatula flip in half. Cook for a further minute or 2 and then flip onto otherside. Cook for another minute before serving.

$\frac{1}{2}$ hour after breakfast:

Snack:

600ml water

100g turkey or smoked salmon or cold meat wrapped in Cos lettuce

Lunch:

Left over Grilled Chicken Breast with Roast Vegetables

Snack:

1x hardboiled egg

$\frac{1}{2}$ hour after snack:

Dinner:

500ml water

Mixed Chickpea Salad- use one serve for lunch tomorrow (serves 2)

Ingredients:

2 cups of chickpeas

(or other canned beans must be drained),

1 punnet of cherry tomatoes, halved,

$\frac{1}{4}$ cup sliced green onions,

Juice of 1 large lemon,

1 tbsp extra virgin olive oil,

1 tbsp finely chopped fresh basil

Preparation:

1. Combine chick peas, tomatoes and onions in a medium-sized bowl.

2. Combine lemon juice and olive oil.

3. Drizzle over salad. Add chopped basil and toss well.

After dinner:

Chamomile Tea or any other Caffeine Free Tea



WEDNESDAY WEEK 1



On waking:

Before breakfast:

Breakfast:

300ml water

300ml hot water with juice of $\frac{1}{2}$ lemon

Berry Smoothie

Ingredients:

1 cup low-fat milk,

$\frac{1}{2}$ cup water,

5 ice cubes $\frac{1}{2}$ cup mixed berries (fresh),

2 tbsp low-fat plain yogurt,

3 tbsp oats (raw),

1 tsp cinnamon.

Preparation:

Place in a blender until thoroughly mixed;
a mug of green tea

$\frac{1}{2}$ hour after

breakfast:

Snack:

600ml water

1 open tuna sandwich with salad
(spinach leaves, tomato, cucumber,
carrot and onions/chives) with a small squirt of
low-fat mayonnaise on 1 slice of whole grain bread

Left over Chickpea Salad

2 cups air-popped popcorn (plain and unsalted)

500ml water

Spicy Chicken with Brown Rice-
use one serve for lunch
tomorrow (serves 2)

Ingredients:

2x 150g chicken breast (skinless),

1 tsp dried Cajun seasoning,

2 tsp olive oil, 2 garlic cloves (crushed),

$\frac{1}{2}$ cup chopped onion,

1 green pepper (diced),

1 cup brown rice

2 tbsp tomato paste, few dashes tabasco sauce (to taste),

Preparation:

1. Sprinkle Cajun seasoning on chicken and bake or grill.

2. Add olive oil to frying pan; sauté garlic, onion,
pepper, tomato paste, and tabasco for 2 to 3 minutes.

3. Cook rice and then sauté for 5 more minutes.

Serve chicken on rice.

Chamomile Tea or any other Caffeine Free Tea

After dinner:

THURSDAY WEEK 1

On waking:

Before breakfast:

Breakfast:

300ml water

300ml hot water with juice of $\frac{1}{2}$ lemon

Blueberry Oatmeal – Pour $\frac{1}{2}$ cup of quick oats and 1 cup of water in a saucepan. Stir regularly and cook for approx. 5 mins or until water has evaporated. While cooking add a tsp of cinnamon and a handful of frozen blueberries. Serve warm.

$\frac{1}{2}$ hour after breakfast:

Snack:

600ml water

1 chopped carrot and 1 chopped cucumber with cottage cheese or hummous as a dip

Lunch:

Left over Cajun Chicken with Brown Rice

Snack:

$\frac{1}{2}$ hour

after snack:

Dinner:

500ml water

Tofu Stir-Fry with Veggies and Brown Rice- use one serve for lunch tomorrow (serves 2)

Ingredients

125g fresh firm tofu

1 tbsp olive oil

1 clove garlic, crushed

100g broccoli

30ml water

150g baby bok choy,

chopped coarsely

100g bean sprouts

1 cup of brown rice

$\frac{1}{2}$ large brown onion (200g)

150g button mushrooms, halved

30ml soy sauce

$\frac{1}{2}$ cup vegetable stock

2 green onions,

chopped coarsely

Preparation:

1. Cook rice.

2. Cut tofu into 2cm cubes.

3. Heat oil in wok or large frying pan; stir-fry brown onion and garlic until onion softens.

4. Add bean sprouts, broccoli; stir-fry until almost tender.

5. Add mushrooms stir-fry for 1 min.

6. Add combined sauce, stock and the water; bring to a boil.

7. Add bok choy and green onion; stir-fry until bok choy just wilts.

8. Add tofu, and rice; stir-fry until hot.

Chamomile Tea or any other Caffeine Free Tea

After dinner:

FRIDAY WEEK 1

On waking:

Before breakfast:

Breakfast:

300ml water

300ml hot water with juice of $\frac{1}{2}$ lemon

1 slice of whole grain bread toasted with low-fat cottage cheese and a piece of fruit (grapefruit or watermelon or orange);

a mug of green tea

8 raw almonds with a piece of fruit of your choice

Snack:

$\frac{1}{2}$ hour after breakfast:

Snack:

Lunch:

600ml water

1 hardboiled egg

Left over Tofu Stir-Fry with Veggies and Brown Rice

1x low-fat, plain yogurt

Snack:

$\frac{1}{2}$ hour

after snack:

Dinner:

500ml water

Stir Fry Chicken and Vegetables

Ingredients:

1 cup bok choy,

$\frac{1}{2}$ carrot,

$\frac{1}{4}$ capsicum,

$\frac{1}{2}$ cup mushroom,

2 shallots,

125g chicken breast,

1 tsp sesame seeds,

60ml chicken stock

$\frac{1}{2}$ tbsp soy sauce,

$\frac{1}{2}$ tbsp olive oil

$\frac{1}{2}$ tsp honey

Preparation:

1. Chop the chicken into small pieces and set them aside.

2. Chop all the veggies and set them aside.

3. Add the soy sauce, chicken stock, olive oil and honey into a mixing bowl.

4. Cook the chicken pieces in a wok using 2 tsp of olive oil until golden then set them aside.

5. Put the carrot, shallots and capsicum in for 2 minutes, then add the rest of the veggies, chicken, the sauces and the sesame seeds in the wok for an extra minute toss everything together.

After dinner:

Chamomile Tea or any other

Caffeine Free Tea

SATURDAY WEEK 1

On waking:

Before breakfast:

Breakfast:

300ml water

300ml hot water with juice of $\frac{1}{2}$ lemon

Omelet with veggies

(2 beaten eggs with mushrooms, onion, capsicum, tomato) make sure to use a non-stick pan so you will be using little or no extra virgin olive oil. This can be eaten with 1 slice of whole grain bread toasted; a mug of green tea

$\frac{1}{2}$ hour after breakfast:

Snack:

Lunch:

600ml water

1x low-fat, plain yogurt

Lean Ham or Pastrami with Chutney Sandwich

Ingredients:

50g pastrami or lean ham

1 tsp tomato or onion chutney,

3 slices of tomato, 2 lettuce leaves,

2 slices of rye or whole grain bread

1 small can tuna (in spring water) on 1 crispbread

Snack:

$\frac{1}{2}$ hour

after snack:

Dinner:

500ml water

Salmon with Baby Bok Choy

Ingredients:

125g salmon fillet,

1 bunch of baby bok choy,

1 tsp olive oil,

1 tbsp soy sauce,

1 tsp lime juice,

1 chopped chili (optional)

Preparation:

1. Heat a small amount oil in a small frying pan (medium heat).

2. Add salmon, cooking 3-4 minutes on each side.

3. In a wok place the washed baby bok choy for about 2 minutes.

4. Drizzle the soy sauce, lime juice and fresh chili onto the fish and bok choy.

After dinner:

Chamomile Tea or any other Caffeine Free Tea



SUNDAY WEEK 1

*On waking:
Before breakfast:
Breakfast:*

300ml water
300ml hot water with juice of $\frac{1}{2}$ lemon
 $\frac{1}{2}$ cup untoasted muesli with no added sugar,
low-fat milk and kiwi fruit/an orange; a mug of
green tea

*$\frac{1}{2}$ hour after
breakfast:
Snack:*

600ml water
8 raw almonds; 1 small handful raw vegetables,
(e.g. carrot stick/ capsicum/ handful of mushrooms)

Lunch:

Tuna Salad
(one small can tuna in spring water)

with 1 cup mixed salad greens, 3 olives,
5 cherry tomatoes, $\frac{1}{2}$ cup steamed green beans
and vinaigrette (1 tbsp extra virgin olive oil, 1 tsp
lemon juice and $\frac{1}{2}$ tsp grain mustard)

Snack:

Indian Style Hard Boiled Egg

Ingredients:

1 hardboiled egg,
1 tsp curry powder,
1 tsp chilli powder
1 tsp lemon

Preparation:

1. Place everything in a mixing bowl and mash
until relatively smooth.

*$\frac{1}{2}$ hour after
snack:
Dinner:
After dinner:*

500ml water

Treat yourself to your favourite dish

Chamomile Tea or any other
Caffeine Free Tea



MONDAY WEEK 2

On waking:

Before breakfast:

Breakfast:

*½ hour after
breakfast:*

Snack:

Lunch:

300ml water

300ml hot water with juice of ½ lemon

1-2 poached eggs on 1 piece of wholegrain bread;
a mug of green tea

600ml water

8 raw almonds with your choice of veggies
(carrot, capsicum, a handful of mushroom or beans)

Mixed Grain Roll with Egg, Ricotta and Salad

Ingredients:

Mixed grain bread roll (1 medium),

1 tsp reduced fat margarine,

1 egg (boiled, sliced),

½ cup rocket,

½ cup baby spinach,

½ cup grated carrot,

1 tsp olive oil,

1 tbsp balsamic vinegar,

1 tbsp reduced fat ricotta cheese

1 cup strawberries

Snack:

½ hour

after snack:

Dinner:

500ml water

Turkey Fajitas- use one serve for lunch tomorrow

(serves 8, each person max 2x tortillas)

Ingredients:

300g Turkey Breast, Skinless ½ tsp Olive Oil

1 tbsp Lemon Juice

1 Clove Garlic, Crushed

½ tsp Cumin

1 tbsp Olive Oil

1 Small Eggplant

1 Medium Zucchini

1 Medium Yellow Pepper

1 Medium Onion

8 7" Tortillas

170g Pot Low Fat Salsa

50g Low Fat Sour Cream

MONDAY WEEK 2

Dinner Preparation:

1. In a large bowl mix $\frac{1}{2}$ tbsp olive oil, lemon juice, crushed garlic and cumin together.
 2. Cut the turkey breast into thin strips $1\frac{1}{2}$ cm ($\frac{3}{4}$ " wide).
Add to the bowl and stir until all sides are coated.
Set aside in the refrigerator to marinate.
 3. Meanwhile, top and tail the zucchini and eggplant; de-seed the pepper; halve and peel the onion
- cut all vegetables into thin strips 1cm ($\frac{1}{2}$ " wide).
 4. Preheat oven to 190°C and pre-warm 2 oven-proof dishes.
 5. Heat a wok over a hot heat. Add $\frac{1}{2}$ tbsp oil and, when smoking, add the vegetables (with great care!) Stir fry for 3-4 minutes, or until vegetables soften and turn brown around edges. Remove from wok to oven-proof dish and place in oven to keep warm.
 6. Place the tortillas onto a plate and cover with cling wrap (ready to microwave at last minute).
Alternatively, wrap in foil and place in the oven.
 7. Heat the remaining $\frac{1}{2}$ tbsp olive in the wok, add the turkey and stir fry for 3-4 minutes (or until browned on the outside and white on the inside). Once cooked remove from wok to remaining oven-proof dish.
 8. Heat the tortillas in the microwave for 1 minute (or remove pre-warmed tortillas from oven)
- These fajitas are best served ready to wrap - with each person taking an $\frac{1}{8}$ of the vegetables, an $\frac{1}{8}$ of the turkey, a large teaspoon of salsa and small teaspoon of sour cream per tortilla. Large bowl mix $\frac{1}{2}$ tbsp olive oil, lemon juice, crushed garlic

After dinner: Chamomile Tea or any other
Caffeine Free Tea



TUESDAY WEEK 2

On waking:

Before breakfast:

Breakfast:

300ml water

300ml hot water with juice of $\frac{1}{2}$ lemon

Banana Smoothie

Ingredients:

1 cup low-fat milk,

5 ice cubes

2 tbsp low-fat plain yogurt,

1 tsp cinnamon

$\frac{1}{2}$ cup water,

1 banana (fresh),

3 tbsp oats (raw),

1 tsp honey.

Preparation:

1. Place in a blender until thoroughly mixed;
a mug of green tea

$\frac{1}{2}$ hour after
breakfast:

Snack:

Lunch:

600ml water

200g tub low fat natural yoghurt and 6 raw almonds

Left over Vegetable and

Turkey Fajitas (max. 2 fajitas)

Low fat hummous dip with carrot and celery sticks

Snack:

$\frac{1}{2}$ hour

after snack:

Dinner:

500ml water

Lemon & Garlic Cod- use one

serve for lunch tomorrow (serves 6)

Ingredients:

600g white fish fillets

1 clove garlic, finely dice

3-4 tomatoes, seeded and diced

Salt and pepper, to taste

1 tbsp lemon juice

1 onion, thinly sliced

Preparation:

1. Preheat oven to 180°C .

2. Remove skin from fish (cut large fillets in half).

3. Place in a ovenproof casserole dish.

4. Drizzle over lemon juice.

5. Top with garlic, onion, tomatoes.

6. Sprinkle with salt, pepper.

7. Bake in a moderate oven (180°C)

for 30 minutes or until fish flakes
easily when tested with a fork.

- serve with steamed vegetables

or a green salad

Chamomile Tea or any other Caffeine Free Tea

Reward yourself with a small slice of
dark chocolate.

After dinner:



WEDNESDAY WEEK 2

On waking:

300ml water

Before

breakfast:

Breakfast:

300ml hot water with juice of $\frac{1}{2}$ lemon
2 x slices of whole grain bread toasted with low-fat cottage cheese (optional: with tomato) and a piece of fruit (grape fruit or watermelon or orange); a mug of green tea

$\frac{1}{2}$ hour after
breakfast:

Snack:

Lunch:

Snack:

$\frac{1}{2}$ hour

after snack:

Dinner:

600ml water

2 cups air-popped popcorn (plain and unsalted)

Left over Lemon & Garlic White Fish

1 small can tuna (in spring water) with crispbread

500ml water

**Lentil Mixed Salad- use one serve for
lunch tomorrow (serves 4)**

Ingredients:

1 cup dry brown lentils

1 cup diced carrots

1 cup red onion, diced

2 cloves garlic, minced

1 bay leaf

$\frac{1}{2}$ tsp oregano

2 tbsp lemon juice

$\frac{1}{2}$ cup diced celery

$\frac{1}{4}$ cup chopped parsley

$\frac{1}{4}$ tsp ground black pepper

$\frac{1}{4}$ cup olive oil

Preparation:

1. In a saucepan combine lentils, carrots, onion, garlic, bay leaf, and thyme.

2. Add enough water to cover by 1 inch.

3. Bring to boil, reduce heat and simmer uncovered for 15 to 20 minutes or until lentils are tender but not mushy.

4. Drain lentils and vegetables and remove bay leaf.

Add olive oil, lemon juice, celery, parsley, salt and pepper.

5. Toss to mix and serve at room temperature.

After dinner: Chamomile Tea or any other Caffeine Free Tea

THURSDAY WEEK 2

On waking:

Before breakfast:

Breakfast:

300ml water

300ml hot water with juice of $\frac{1}{2}$ lemon

$\frac{1}{2}$ cup untoasted muesli with no added sugar,

1 cup of low-fat milk, 5 raw almonds

(crushed to sprinkle in muesli)

and a kiwi fruit/or an orange; a mug of green tea

*$\frac{1}{2}$ hour after
breakfast:*

Snack:

600ml water

1 chopped carrot, 1 chopped cucumber and celery
with cottage cheese as a dip

Left over Lentil Salad

1 punnet of blueberries or an orange or a grapefruit

Lunch:

Snack:

$\frac{1}{2}$ hour

after snack:

Dinner:

500ml water

***Lamb and Pumpkin Salad- use one
serve for lunch tomorrow (Serves 4)***

Ingredients:

400g lean lamb rump steak, fat trimmed

2 tsp olive oil

Juice of 1 lemon

2 cloves garlic, crushed

$\frac{1}{3}$ cup thyme and sage, chopped

$\frac{1}{3}$ cup parsley leaves

500g butternut pumpkin, peeled,
cut into 3cm wedges

2 medium zucchini, sliced

$\frac{1}{4}$ tsp salt

$\frac{1}{4}$ tsp pepper

120g baby spinach

100g reduced fat fetta, crumbled

Olive oil spray

THURSDAY WEEK 2

Dinner Preparation:

1. Preheat oven to 200°C.
2. Combine half the lemon juice, 1 teaspoon of oil and garlic in a shallow dish. Add lamb and turn to coat.
Refrigerate for $\frac{1}{2}$ hour to marinate.
3. Line a baking tray with non-stick baking paper. Place pumpkin on the tray and lightly spray with olive oil. Season with salt and pepper and bake for 15 minutes. Add zucchini and bake for another 15 minutes or until tender golden brown. Set aside for later use.
4. Preheat char-grill on high. Spray lamb steak with olive oil and cook on char-grill for 3-4 minutes each side or as desired.
5. In a large bowl, toss spinach, thyme, sage and parsley. Add zucchini and pumpkin, and then add the remaining lemon juice and olive oil. Toss to combine. Top with lamb and crumbled feta. Serve immediately.

After
dinner:

Chamomile Tea or any other Caffeine
Free Tea

FRIDAY WEEK 2

On waking:

Before breakfast:

Breakfast:

300ml water

300ml hot water with juice of $\frac{1}{2}$ Lemon
Quinoa with Berries and Pistachios. Add $\frac{1}{2}$ a cup of quinoa with 1 cup of water to a saucepan bring to the boil and then simmer until the water has evaporated. While cooking add cinnamon. Once done top with Greek yoghurt, berries and pistachios and serve.
3 raw almonds with a piece of fruit of your choice

Snack:

$\frac{1}{2}$ hour after

breakfast:

Snack:

Lunch:

Snack:

600ml water

1 hardboiled egg on 1 crispbread

Left over Lamb, Pumpkin & Fetta Salad

200g tub low fat natural yogurt; and

1 large carrot cut into mini sticks to dip into low-fat cottage cheese

$\frac{1}{2}$ hour

after snack:

Dinner:

500ml water

Eggplant and Basil Soup - use one serve for lunch tomorrow (serves 4)

Ingredients:

500g chopped eggplant 2 chopped peeled potatoes

3 cups chicken stock $\frac{1}{2}$ cup basil leaves

$\frac{1}{3}$ cup low fat cream or yogurt

Sea salt & pepper to taste

Finely grated lemon rind Basil leaves, extra

Preparation:

1. In a medium saucepan add 500g chopped eggplant, 2 chopped peeled potatoes and 3 cups chicken stock, bring to the boil, simmer for 8-10 mins or until vegetables are tender. Remove from heat, stir in $\frac{1}{2}$ cup basil leaves.

2. Place in food processor, blend until smooth.

Return to saucepan; add $\frac{1}{3}$ cup low fat cream or yogurt, sea salt and pepper.

Simmer for 5 minutes or until thickened.

3. Spoon soup into bowls. Top with a little finely grated lemon rind and extra basil leaves.

After dinner:

Chamomile Tea or any other
Caffeine Free Tea

SATURDAY WEEK 2

On waking:

Before breakfast:

Breakfast:

300ml water

300ml hot water with juice of $\frac{1}{2}$ lemon

Omelet with veggies (2 beaten eggs with mushrooms, onion, capsicum, tomato) make sure to use a non-stick pan so you will be using little or no extra virgin olive oil. This can be eaten with 1 slice of wholegrain bread toasted; a mug of green tea

$\frac{1}{2}$ hour after breakfast:

Snack:

Lunch:

Snack:

$\frac{1}{2}$ hour after snack:

Dinner:

After dinner:

600ml water

200g tub low fat natural yogurt; and

Left over Zucchini and Basil Soup

1 small can tuna (in spring water) with 1 crispbread dish

500ml water

Treat yourself to your favourite dish

Chamomile Tea or any other Caffeine Free Tea



SUNDAY WEEK 2

On waking:

Before breakfast:

Breakfast:

300ml water

300ml hot water with juice of $\frac{1}{2}$ lemon

1-2 poached eggs on 1 slice of wholegrain bread;
a mug of green tea

*$\frac{1}{2}$ hour after
breakfast:*

Snack:

600ml water

8 raw almonds with your choice of veggies
(carrot, capsicum, a handful of mushroom or beans)

Lunch:

Mixed Grain Roll with Egg and Ricotta Salad

Mixed grain bread roll (1 medium),
margarine, 1 egg (boiled, sliced), $\frac{1}{2}$ cup rocket, $\frac{1}{2}$ cup
baby spinach,

$\frac{1}{2}$ cup grated carrot,

1 tsp olive oil,

1 tbsp balsamic vinegar,

1 tbsp reduced fat ricotta cheese

1 punnet of blueberries or an orange or a grapefruit

Snack:

$\frac{1}{2}$ hour

after snack:

Dinner:

500ml water

Beef Mixed Greens- use one serve for lunch tomorrow (Serves 2)

Ingredients:

250g scotch fillet steak

100g salad mix

1 cup grape tomatoes, halved

1 cup snap peas, sliced in half

Dressing:

$\frac{1}{4}$ cup balsamic vinegar

$\frac{1}{2}$ tsp dijon mustard

1 tbsp olive oil

Salt and pepper to taste

Preparation:

1. Preheat medium frying pan over medium-high heat.
2. Place fillet in pan and cook each side for about 3 minutes.
3. Place on plate, cover with foil and set aside.
4. Arrange salad mix in bowl, place grape tomatoes and snap peas on top.
5. Slice beef into thin slices, place on salad and pour dressing over the top. Serve immediately.
Chamomile Tea or any other Caffeine Free Tea

After dinner:

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**“Never, never, never
give up!”**

- Winston Churchill