

Congratulations on starting to change your body with Studio Pilates International®. Over the next few months you will find that you will be challenged, both mentally and physically and your willpower may be tested on more than one occasion. It is wise when starting your fitness or weight loss plan to set some clear goals. Here are some tips to help you to form your own goals, and ways to achieve them. What have you got to lose besides fat!

Most of all enjoy the journey and have some fun along the way.

Good luck!

Two handwritten signatures in cursive script, one on the left and one on the right, positioned below a horizontal line.

Jade & Tanya Winter

Co-Founders of Studio Pilates International®

GETTING STARTED

Follow these few simple steps to get you started on your road to a better you.

Step 1. Read all of the supplied material first.

Step 2. Set your goal.

Step 3. Clean out your fridge and pantry of bad foods today otherwise you will just eat them – give the food to a neighbour, family member or friend.

Step 4. Make the commitment to change your eating habits for the better.

Step 5. Do Pilates and exercise everyday and follow the supplied exercise guide.

Step 6. Book into do as many Pilates sessions as you can. If there are no spots ask to go on the standby list, you will most likely get a call. Remember to leave some workout gear at work or in the car so you are prepared.

Step 7. Walk as much as possible.

Step 8. Have fun and enjoy the journey.

Fully commit to the process and we guarantee you will see amazing results.

SETTING YOUR GOALS

First let's set some goals by going through this simple 14 step process to make sure you get the most out of your body. Only 2% of people in society set regular goals and strangely enough they are the top 2% of the most successful in their fields.

1. Think about what you want

You must decide on what you really want and it has to mean a lot to you. If you sort of want it, you will never achieve it. The pain of not achieving this goal must far outweigh the endurance and effort needed to achieve it.

2. Make your goal measurable and a statement

Your goal must have a specific measurable quantity and made into a positive statement. A goal of feeling better or looking good is not definitive enough. An example may be: "I will lose 10kg".

3. Set a date

Without a definitive date you will never see a light at the end of the tunnel and you will lose focus. Your goal statement should become "I will lose 10kgs by November 30".

4. Add some feelings

Add some good feelings to your goal statement; this will remind you how good it will be when you do achieve your goal. When you are feeling a little less motivated and you verbalise your goal statement you will regain your motivation quickly. "I will lose 10kgs by November 30 and I am feeling younger, fitter, healthier and more alive than I have ever felt before".

5. Imagine you have already achieved it

Change the tense to one of already completing and successfully achieving your goal Example: "It is November 30 and I **have lost** 10kgs and I am feeling younger, fitter, healthier and more alive than I have ever felt before".

6. Write it down

Write your goal statement down and make it very visible and put a copy of it everywhere. On the bathroom mirror, in your diary, on your computer screen saver, on the fridge, the inside of the front door - everywhere. Lose any feelings of embarrassment, your friends and family will see your goal statement and should support you in your quest.

Remember to mix up where you place your statements as your brain will get used to seeing it in the one spot and you will not take notice of it anymore, so get creative and move your goal statements around your environment.

7. Chunk it down

If you have set yourself a large goal that is a real stretch to achieve then you must simply divide it

into smaller portions that your mind can believe is possible. You must set monthly, weekly and even daily stepping stones that are easy to achieve.

8. Get support

Tell everyone who you know including family and friends and ask for their support. If your goal is weight loss then ask your partner (if you don't do the shopping yourself) not to buy junk food when doing the groceries. Ask your friends to choose a healthy restaurant to catch up at. If they *are* friends then they will more than happy to support you in your quest. This will also help you to remain accountable as you have let people you love and trust know what you wish to achieve.

9. Make it a priority

Your goal might mean sacrificing or changing what you normally do and this might be outside your comfort zone. Accept that this is going to be the case and move on, get over it, get past it otherwise you will never begin or give up at the first sign of physical, emotional or spiritual discomfort.

10. Test and measure

The only way you know if you are on track is if you test and measure yourself regularly. You should have your chunked down goal and time line so this should be easy to measure. Get one of the trainers to help you to do this if needed.

11. Get expert advice

To help you to achieve your goal, ask your instructor for other tips and techniques, don't ask your next door neighbour, family or friends (unless they are actually experts in the field). Your instructors are fitness professionals with university degrees in the body and exercise. Use this untapped resource.

12. Get out there and do it

You have to move if you want to achieve your goal. Take action now - don't wait till next week, next month. The clock is ticking and the 8 weeks will come fast, now is the right time. Remember, success won't come without a little effort.

13. Keep the confidence

Each time you set a goal and you don't do it i.e. 'I am going to exercise today' and you don't you erode your self confidence as you have made a promise to yourself and not kept it. If you boss told you each week you were getting a pay rise and 6 month later you were still getting paid the same you would believe him. Remember, don't make promises you can't keep and if you do break them you are breaking them to the only persons that really matters in this challenge...you.

14. Celebrate success

Celebrate each milestone or stepping stone along the way (this doesn't mean you have to get boozed- find a healthy fun way to celebrate). This will give you the encouragement to keep on achieving and striving towards your goal.

EXERCISE GUIDE

It may sound old fashioned or even corny but we truly believe exercise is the elixir of life. Current research indicates that every day you exercise now, adds one more day onto the end of your life. The end of our days is a little far off for some but a little nearer for others and thinking about it may be a little heavy but if you commit to exercising everyday now and make it just as natural as brushing your teeth you only have good, positive things in store to look forward to. Some of the many proven benefits of regular participation include:

- Losing weight and overall weight management
- Diabetes management and prevention
- Lowering cholesterol levels, resting blood pressure and heart rate
- Improving feelings of well-being and work performance
- Decreasing anxiety, stress levels and depression
- Lowering death rates and incidence of coronary artery disease, stroke and cancer
- Improving cardio respiratory fitness, lower back pain, bone and muscle strength
- Improving flexibility, agility, metabolism and sleep patterns

This all sounds great - so what type of exercise will get the best results? The most important thing is to keep it simple. Exercise is not rocket science. It has to be the right intensity and the right type of exercise you enjoy, otherwise you won't get results and you will stop at the first sign of boredom or fatigue.

Our recommendations to really change your body shape.

Ok, brace yourself. You have to do exercise daily! That's it, the secret is out....

The best way to get results and achieve your goals is to do Pilates and cardio every day. With the right combination of daily exercise your body will increase its ability to burn more fat.

Some of the main types of different exercise include:

Resistance Training: Pilates is resistance training. You are applying a force to a resistance (in the case of Pilates, a spring).

Cardio Training: This can be done two ways:

Aerobic Training: This includes running or swimming etc at a steady pace you can maintain for an extended duration of time. Good, but not the most effective way to burn energy.

Interval Training: This is running or swimming etc at a very hard pace for a short duration followed by a short bout of rest and this is repeated a number of times. Interval training burns the greatest amount of energy.

Any of your normal aerobic type of training can be changed into interval training and you will get twice the results in half the time. Doing long, moderate intensity activity is good but your body is excellent at adapting to the load you place it under. Within a couple of weeks you will gain fitness very quickly and your body will find your aerobic activity easier. You can stay on top of this by increasing the duration but who has the time to walk for two hours a day?

The best way to get the fastest results is to do a mix of all three and follow this guide.

Exercise recommendations

- Strength Training: 20 - 60min of Pilates every day.
- Interval Training: 20-40min Monday, Wednesday, Friday.
- Aerobic Training: 30 – 60min Tuesday, Thursday, Saturday.

To put this into a format that is easy to understand here are some sample programs.

Sample jogging program:

1. Walk to the end of your street: 2 min
2. Jog the few blocks to your nearest park: 5 min
3. Find an open space and do the following
4. 5 x 100m flat out sprints with a walk back to your start line.
5. 3 x 200m flat out sprints with 30 seconds rest between each.
6. 5 min jog back home

To increase the intensity of this program, turn the 100m into 200m and the 200s into 400s. If you are going flat out you will definitely get fantastic results.

Sample beginners swimming program:

1. 50m = one lap of an Olympic sized pool
2. 300m easy swim to warm up
3. 4 x 50m hard the first 25m then swim through easy
4. 6x50m flat out sprints with 1 min rest in between each
5. 200m kick with a kick board
6. 100 easy to finish 1.1km

To increase the intensity of this program, turn the 6x50m into 100m sprints. If you go as hard as you possibly can this set can benefit even an elite swimmer.

Sample walking program:

If you reside outside the local area find the steepest hill in your neighbourhood

1. Walk at a steady pace along riding road until you get to Main St
2. Get to the base of the hill where the median strip splits the road and start your stop watch
3. Get up that hill as fast as possible!
4. Then walk back down
5. Do this 3 times and then a slow walk back home

Build the amount of times you go up the hill and time everyone. Your aim is to do it more times and faster by the end of 8 weeks.

So as you can see, there are easy ways to make the cardio activity of your choice so much more effective and intense than just going along at a steady pace. You will gain greater results, build more muscle and look more toned.

Strength Training

The formula is simple: More muscle = more energy burned at rest and when doing your cardio.

The result is more energy burned and a better looking physique as the muscle you have gained can now be seen as you strip away the fat leaving you toned and your friends asking what you have been doing to look so amazing.

As we know Pilates is an amazing type of strength training. At Studio Pilates International we aim to give you an all over body workout and it is exactly that...a workout.

Pilates is lower impact, that doesn't mean lower intensity it simply means there is less stress on the joints and so much better for you than weights. You feel the target muscles working effectively, you can tone hard to get or problem areas, it's great for injury and it is always changing so it keeps you interested. Because it is lower impact, that means you can do it every day as your body recovers faster. Joseph Pilates' motto was "after 10 sessions you will feel better, after 20 sessions you will look better and after 30 sessions you will have a whole new body"! This is so true, but especially so if you do your Pilates everyday!!!!

After 24 hrs the body starts to lose what it has gained, it doesn't lose it completely but it starts to, so you must remind it of what it has done the day before and challenge the muscles to get and stay toned and adapt to the load or resistance you are placing it under. That is why after having a few weeks off you feel like you are so much weaker, it's because you are. You will regain it, but it takes a lot of hard work when you can simply maintain it with some regular training.

Now your Pilates workouts don't have to necessarily be in the studio, you can do a mat class or one of our DVDs at home. Exercise has to be convenient otherwise you will fall off the band wagon sooner rather than later.

WEIGHT LOSS

To achieve weight loss it is again a simple formula:

Eat less energy than you burn in a day

Sounds easy doesn't it? Well there are some tricks. You must know how much energy you are eating. Now you can measure this one of two ways, count every calorie or Kilojoule that you put in your mouth, or simply step on the scales. If you are eating more energy than you are burning off then you will be gaining weight. This might be only a very small amount each day that you may not even notice it. But a tiny little bit everyday adds up over time.

You may have to do the jean test. Not the gene test but the jean test. Find the oldest pair of jeans you have and put them on. If you can do them up and they are over 5 years old then you are doing well.

You must think of this weight loss formula on a **DAILY** basis. Meaning that you have to count each day as a cycle and from the time you wake till the time you go to sleep your aim is to have created a deficit of energy otherwise you will not lose weight. If you are checking your weight on an accurate pair of scales at the same time of the day and you are not losing weight you haven't created a deficit.

Remember the best way to create a daily energy deficit is to know your intake, do your Pilates and do some interval training as this burns a greater quantity of energy.

After understanding this it is now important to know what foods are energy rich (high in kilojoules) and which are lower in energy so you can make an informed decision on what to eat.

Here is another secret. Most foods tell you exactly how much energy is in them on the packet. Compare how much energy and fat is in each product per 100g and per serve. As a packet of food may seem okay per 100grams but to have enough to feel content the serving may need to be 500g.

You may be one like most of us and if you open a packet of something you can't stop till it's finished and god forbid not finishing a meal. Remember Mum and Dad telling you that you had to eat everything on your plate and that there were thousands of starving kids in Africa that would kill to eat what's left on your plate. Perhaps this was just my mum, thanks Mum. Give yourself permission not to eat everything on your plate and not to feel guilty.

Of course as a general rule of thumb the more things you eat that are not in a packet the better you will be. Now focus on choosing the foods that have a lower energy content and keep you fuller for longer so you don't eat as much throughout the day.

Luckily we have done all the hard work for you and created our Studio Pilates International Diet. If you follow this, you have a great variety of foods and recipes to choose from that will keep you going throughout the day and help you to gain dramatic results.

POPULAR DIET THEORIES

Every person you speak to has a different take on how to lose weight – there is no right or wrong, just what works for you and what doesn't work; what is healthy way to lose weight and what is not. Let's firstly look at some of the world's most popular weight loss theories/diets.

Atkins Diet

Dr Atkins' theory is that the reason most people are overweight is because they eat too much sugar and carbohydrate, which is very true. His diet is very low carbohydrate diet that allows you to eat as much meat, fat and low carbohydrate vegetables and salad as you like, but minimal or no fruit, grains or beans.

Interestingly, it has been shown that the diet actually lowers cholesterol and improves heart health even though the diet contains a lot of meat and fat, which we have been traditionally told are the culprits of these problems. It is now postulated that it is an excess in carbohydrates and sugar that causes these problems, along with obesity and diabetes.

Whilst you do lose weight on this diet, it can also have some nasty effects on your health, and you do need to eat some carbohydrate foods that contain important vitamins, minerals and fibre and give you energy. If you don't add these foods in to the diet, you can experience side effects such as vitamin deficiencies, constipation, bad breath, bowel cancer, and osteoporosis and can also place strain on the kidneys due to too much protein.

Kilojoule counting

Basically, the amount of kilojoules (called calories in the USA) you consume needs to be less than the amount of kilojoules you expend energy wise throughout the day in order to lose weight. So if you eat too many kilojoules and do no exercise, you will get fat, simple as that. If you exercise and eat fewer kilojoules, you will lose weight.

Weight Watchers is a simplified example of this – they have given a points value to different foods, depending on how many kilojoules they contain. Weight watchers allows you to have an unlimited amount of low carbohydrate vegetables and salad as they contain minimal kilojoules and lots of vitamins, and state that these should be the basis of your diet. Weight Watchers still allow you to eat cake and fatty foods, but they often make up a whole days worth of points with one serving! Some people doing this diet will still use up their points with unhealthy options, which is not how the diet is meant to work.

Alkalisising Diet

The alkalisising diet theory comes from a man by the name of Dr Young. One of Dr. Young's most well known discoveries is his theory of the cause of being overweight. He has shown that fat is actually an over-acidification problem. What does that mean? The body creates fat cells to carry acids away from your vital organs, so these acids literally don't choke your organs to death. Fat is saving your life! Fat is actually a response from the body to an alarming over-acidic condition. The solution? Alkalise your body and your body will not need to hold onto the fat to store the acids, hence you lose weight.

Being overly acidic also leads to many disease processes, including cancer, chronic infections and osteoporosis.

Food is either metabolised to acidic, neutral or alkaline substances in the body. Health and weight loss can be maximised by ensuring 70% of food intake from the alkaline group. In general, vegetables, avocado, tomatoes, grapefruit, lemon, nuts and seeds are alkalisising while meat, eggs, dairy, yeast, grains, high sugar fruits, alcohol, coffee and tea are acidic. Vegetables are a great source of alkalisising salts, vitamins, minerals, enzymes and fibre and a wide variety should be consumed.

Foods that are alkalisising or neutral to the body and should make up 70% of the diet

1. Vegetables: Asparagus, broccoli, cabbage, carrots, cauliflower, celery, cucumber, eggplant, garlic, green beans, leeks, lettuce, onions, parsley, peas, peppers, spinach, sprouts, kale, zucchini.
2. Nutrient dense grasses such as wheat grass and barley grass.
3. Fruits- avocado, tomatoes, grapefruit, lemons, limes, coconut. Lemon, limes and grapefruit are alkaline in the body because they contain lots of sodium and potassium bicarbonate and very little sugar.
4. Alkaline grains- amaranth, quinoa, millet, buckwheat, spelt.
5. Tofu
6. Healthy fats- extra virgin olive oil, coconut oil, flax seed, avocado oil, pomegranate oil, nuts, seeds.

Foods that are acidifying to the body, but still healthy, so should make up 30% of the diet

1. High starch vegetables: potatoes, pumpkin, yams, and legumes such as chick peas and beans.
2. Grains- brown rice
3. Fruits
4. Organic meats, fish and eggs

The alkalisising diet is not really a diet – it is a way of eating for health, vitality, energy and a body that looks and feels fantastic! When combined with exercise, it will keep your weight low and steady,

The thing that all 3 of these diets have in common – ***eating unlimited amounts of alkalising, low carbohydrate, high fibre vegetables and salad.*** So for all of you who don't like their vegetables and salad here is bad news for you - you MUST eat these foods to lose weight and be healthy!!!

Below is a list of foods to eat freely, foods to eat in moderation and foods to avoid. The foods have been delegated into their respective categories based on their alkalinity/acidity and also their kilojoules (carbohydrate and fat content). There are also many recipe ideas included, making eating salad and vegetables enjoyable and tasty – you may choose to use these or not. It doesn't matter, as long as you stick to the 70/30 rule in whatever you choose to eat, stick to the food lists and portion sizes, and exercise you will lose weight.

FOOD LISTS

Unlimited foods: eat as much of these as you like, they should make up **70%** of your diet

All low carbohydrate, alkalising vegetables and salad:

- All types of lettuce or green leafy vegetables
- English spinach, kale and silverbeet/Swiss chard
- All types of cabbage
- Fennel
- Asparagus
- Green beans
- Mushrooms
- Zucchini, squash
- Celery
- Snow peas/sugar snap peas, peas
- Sprouts eg bean sprouts, alfalfa sprouts, mung bean sprouts, bean sprouts
- Cucumbers
- Tomatoes
- Capsicum
- Onions, Garlic, Ginger
- Eggplant
- Shallots
- Broccoli/broccolini
- Herbs and spices
- Water, sparkling mineral water, soda water, herbal teas
- Vegetable juices

Foods to eat with portion control: these foods are healthy and should make up **30%** of your diet in portioned amounts

- Sweet potato and potato
- Carrots
- Fresh beetroot
- Avocado
- Fresh corn
- Wholegrain bread (gluten free if gluten intolerant)
- Sugar free unprocessed cereals eg oats or quinoa
- Wholegrain noodles, pasta and brown rice (gluten free if intolerant)
- Legumes – Beans and chick peas, lentils
- Nuts and seeds, including nut and seed butters (almonds and walnuts are the best nuts)
- Lean red meat, chicken, seafood
- Eggs
- Low fat dairy (and cheese in small amounts) -cows or goats if not sensitive or intolerant to it
- Tofu
- Fruit
- Decaffeinated coffee

Foods to avoid:

- Anything you are allergic, intolerant or sensitive to, for example many people cannot have gluten/wheat, dairy or certain nuts, particularly peanuts. Many people find when they omit these they lose weight and feel better.
- Sugar and sugary foods eg biscuits, cakes, yoghurt, most cereals and bars, ice-cream, puddings, lollies, pastries etc
- Processed foods or anything that contains a lot of chemicals and preservatives
- Foods high in bad fats eg hot chips, fried foods, crumbed chicken and fish, potato chips, most desserts and cakes, pastries, most fast food
- Highly refined and processed carbohydrates eg white bread and most crackers, corn chips, cereals, bars
- Alcohol – very high in kilojoules, and affects the way your body metabolises the food you eat with it. (plus you usually eat more bad food when drinking, and also when hung-over!) Alcohol is toxic to the body and toxins get stored in the fat cells (cellulite on the thighs for women, around the abdomen or (beer gut) for men. Limit alcohol to one day per week. The best alcoholic choice for weight loss is something like gin and tonic, vodka with fresh lime and soda or mineral water as these contain no kilojoules except for the alcohol.
- Soft drinks++++
- Fruit juice – very high in natural fruit sugar and kilojoules
- Butter and margarine – spread bread with healthy avocado or almond spread

MEAL PLAN

This is a guide on what to eat at each meal to ensure you get a good mix of nutrients, but not too many kilojoules. Remember though, 70% of what you eat throughout the entire day should be vegetables and salad. If you are not losing weight and you are sticking to the meal plan, then cut down your portions of things like snacks, nuts, avocado, fruit and bread/rice.

<u>Breakfast</u>	<u>Lunch</u>	<u>Dinner</u>
<p>Freshly made vegetable juice</p> <p>Hot water with lemon</p> <p>Breakfast type vegetables – spinach, tomato, avocado, asparagus, mushrooms</p> <p>Protein 60-80g – eggs, nuts, seeds, fish, chicken, tofu, salmon</p> <p>Carbohydrate ½ - ¾ cup or 1-2 slices of bread – cereal, beans, toast</p> <p>Fruit or nuts – you may wish to save fruit and nuts for snacks</p>	<p>Should consist predominantly of salad (3-4 cups) with either:</p> <p>Protein 60-80g – chicken, salmon, red meat, tuna, prawns, eggs</p> <p>and/or</p> <p>Carbohydrate – ½ cup or 2 slices of bread, or 4 crackers</p> <p>Fruit or nuts – you may wish to save fruit and nuts for snacks</p>	<p>Should consist predominantly of vegetable or salad, (3-4 cups) with either:</p> <p>Protein 100-150g (size of palm of hand) – seafood, red meat, chicken, tofu</p> <p>and/or</p> <p>Carbohydrate ½ - ¾ cup – pita bread, noodles, brown rice, beans, sweet potato, pumpkin, potato</p> <p>Dessert – small piece of fruit</p>

Tips

- Try to eat something every 4-6 hours so that you don't get too hungry and binge.
- Make sure that for lunch and dinner 70% of the plate is taken up with the unlimited vegetables/salad.
- Stick to 2 pieces of fruit per day.
- Limit nuts to 8 nuts per day (or 1 tablespoon nut butter)
- Limit avocado to a ½ avocado per day
- Protein/meat serving size: maximum should be roughly the size of your hand
- Carbohydrate serving size: maximum should be 1 pita bread, 2 slices of bread, ¾ cup of beans, rice or cereal
- If you are petite/short, your serving sizes will need to be less than a taller person.

Try to vary the meals so that in one day all 3 main meals do not contain meat or carbohydrate – mix it up. A good daily example would be:

- Breakfast: eggs and asparagus
- Snack: apple
- Lunch: kidney bean salad
- Snack: celery and carrot sticks
- Dinner: grilled fish with cabbage and orange salad
- Dessert: 1-2 coconut walnut balls

Some people do better on a vegetarian diet; others will do better with meat. It does not matter, as long as you are sticking to the 70/30 rule.

Try to eat different foods each day – do not have the same thing everyday eg for breakfast alternate eggs with cereal, beans, toast etc. do not have the same meat each day either.

Each meal has an option for extra, which is usually either fruit or bread. If trying to lose weight, it may be better to save up these extras, not eat them at the meal time and have them later for snacks when hungry. If you are very hungry, are male, are tall or have been doing a lot of exercise then you may need to have these extras with the meals.

Drink 2-3 litres of water throughout the day. We sometimes mistake thirst for hunger and eat more when we do not drink enough water. Soda water or mineral water such as San Pellegrino sparkling water can be a nice change to plain water. To improve the taste of water and help the body detoxify, place some lemon or lime wedges in the water or sparkling water.

At first you may find it difficult to adjust to eating so differently and may experience sugar cravings if you have been eating lots of high carbohydrate/sugary foods. This will disappear after a couple of weeks, and you will be surprised at how sweet even fruit tastes after awhile.

To save time, cook larger portions and have leftovers for lunch or dinner (don't do this if it will be tempting to eat it all in one go!) Meat cuts are usually way too large anyway.

If you have a slip up and eat too much or the wrong type of foods, don't lose the plot – just get back on track again as soon as possible by eating mostly the unlimited foods and upping the exercise.

Every time you want to eat something or feel hungry, ask yourself “would I want to eat a bowl of salad?” If not and the only thing you want is some ice-cream, then you are not truly hungry, you are just experiencing cravings.

You do not have to eat a large meal just because it is a meal time - if you are not hungry, still eat something small like a small salad or piece of fruit so you don't become ravenous later.

SHOPPING TIPS

As you become familiar with the foods on the food list and begin to decide on recipes, including those supplied here, you may need to shop a bit differently. Your grocery store may not carry some of the brands I am recommending, or it may not have enough fresh produce and meat options. If not, then you may need to research your options and find other sources for your shopping.

You may also need to approach shopping in a different manner. Here's what I have found to be helpful:

- Plan most of your big meals at the beginning of each week, and make a list of the ingredients you need to purchase.
- Do not plan for *every* meal – you will have leftovers, sometimes you may not be hungry and not feel like a big meal, you may want to make up a mix-and-match meal to use up all the vegetables, or may end up eating out etc. This will prevent you throwing out and wasting food you don't eat, or overeating to eat up all the food you have bought so it doesn't go to waste.
- Prior to going to the store, make a list of what you need.
- Never shop hungry.
- Don't overbuy.
- Try to buy local, fresh or organic ingredients when possible.
- Keep fresh fruits and vegetables on hand so that when you want a late night snack, you have something healthy to reach for.
- Stock up on frozen fruit and vegetables, especially when they are out of season.
- Stay away from canned goods, as often they contain a high amount of sodium. However, I often buy canned beans and legumes (lentils, chickpeas, beans etc.), but I rinse them with water before cooking to wash away the excess salt and sugar.
- Avoid buying junk food - chips, lollies, ice-cream, popcorn and the worst culprit – soft drinks. Even diet soft drinks are a no-no. They are full of chemicals and will make your sugar cravings worse, even if they do not contain real sugar in them. If it's in your cupboard or freezer, you will feel more tempted to indulge.

SHOPPING TROLLEY

Basically, if 70% of your diet consists of alkalising, low starch vegetables, they should make up 70% of your shopping trolley.

Vegetables

- Rocket leaves
- Baby spinach leaves
- Butter lettuce
- Cos lettuce
- Iceberg lettuce
- English spinach
- Chinese cabbage
- ¼ red cabbage
- Bok choy
- Fennel bulb
- Asparagus spears
- Green beans
- Mushrooms
- Zucchini
- Celery
- Capsicum
- Red and brown onion
- Garlic
- Ginger
- Parsley
- Basil
- Coriander
- Sage/any other herbs
- Sweet potato
- Carrots
- Eggplant
- Fresh beetroot
- Fresh corn
- Shallots
- Broccoli/broccolini
- Snow /sugar snap peas
- Sprouts
- Cucumbers

Fruit

- Avocado
- Tomatoes
- Grapefruit
- Lemons
- Limes
- Oranges
- Mango
- Berries
- Pears
- Apples
- Bananas
- Papaya
- Pineapple
- Kiwifruit
- Fresh prunes
- Fresh dates
- Other seasonal fruits

Meat and Seafood

- Organic free range eggs
- Lean beef fillets/steak
- Lean lamb steaks
- Chicken breast
- Chicken mince
- Fresh cooked prawns
- Green prawns
- Firm white fish

Spices/condiments

- Cumin
- Turmeric
- Pepper
- Sea salt
- Balsamic vinegar
- Olive oil
- Sesame oil
- Grapeseed oil
- Mayonnaise (low fat)
- Tamari (gluten free soy sauce) or soy sauce
- Oyster sauce

Nuts/seeds

- Almonds (whole and slivers)
- Pumpkin seeds
- Walnuts
- Tahini (sesame seed paste, *available in health food aisle Woolworths*)
- Almond butter (*available health food aisle Woolworths*)
- Desiccated coconut

Cans/packets

- Plain rolled oats OR
- Quinoa flakes/porridge (available at Health Foods Stores)
- Cans or packets of tuna
- Paramount brand can Wild Alaskan Salmon or other cans/pouches of wild salmon
- Sunrice Medium Grain Brown Rice in 90 secs microwave packet
- Tilda Pinto Bean and Chilli Steamed Basmati rice
- Wholegrain bread, either plain or gluten free
- Wholegrain wraps/pita bread
- Steamfresh Vegetable Pouches (in frozen vegetable section of supermarket)
- Can butter/lima beans
- Can kidney beans
- Can cannellini beans
- Can chick peas
- Hard tasty cows or goats cheese
- Natural cows or goats yogurt
- Vermicelli (rice) or soba (buckwheat) noodles
- Wholegrain wheat or buckwheat/gluten free pasta spirals
- Low fat cows or goat's milk, soy milk, or rice milk if wanted for porridge or cereal
- Soft Tofu
- Cans of chopped, peeled tomatoes
- Can of diced tomatoes
- Pizza Sauce or tomato paste

BREAKFAST RECIPES

Wholegrain Toast with Avocado and Tomato

Ingredients

2 slices wholegrain wheat or gluten free bread

¼ avocado

1 tomato

(Optional: smoked salmon slices on top)

Method

Toast the bread

Spread avocado onto the toast

Top with tomato slices (optional: and smoked salmon slices)

Sea salt and pepper to taste

Extra: piece of fresh fruit



Recipe from Jade Winter

Scrambled Eggs with spinach, tomatoes and mushrooms

Ingredients

2 eggs
3 cups of spinach leaves
1 tomato
1 cup sliced mushrooms
Chopped basil leaves



Method

Heat a non-stick pan to low-medium heat and add small amount of grapeseed oil, chopped tomatoes and mushrooms, cook for 1 minute then crack the eggs into the pan. Continue stirring constantly until eggs are just set.

To cook spinach, boil water in a saucepan, place spinach into the water and cook for 2 minutes, drain and serve with eggs.

Top with chopped herb leaves and season with sea salt and pepper and as desired.

Extra: piece of fruit or wholegrain toast

Recipe from Tanya Winter

Brown Rice topped with Steamed Greens

Ingredients

½ - ¾ cup cooked brown rice (there are various brands of 2 minute microwave rice pouches now available from the supermarket for convenience)

1 bunch of kale or English spinach

Asparagus spears

Pumpkin seeds or almond slivers

Tamari or soy sauce



Method

Chop ends of asparagus and chop into half, chop the ends off the spinach or kale. Place them into a saucepan of boiling water asparagus and spinach/kale for 1-2 minutes, drain then place on top of cooked brown rice. Sprinkle with tamari/soy sauce and pumpkin seeds or almond slivers.

Keep any leftover rice and vegetables for another meal.

Extra: piece of fruit

Recipe from The World's Healthiest Foods, George Mateljan, www.whfoods.org

Zucchini Omelette

Ingredients

1 grated zucchini

½ sliced capsicum,

1 sliced shallot or ¼ sliced red onion

2 eggs, whisked/beaten

(Optional: small amount of grated
hard goats or cows cheese)



Method

Heat small non-stick pan to low heat

Add small amount of grapeseed oil, and cook the vegetables for 1-2 minutes.

Pour egg mixture on top of the vegetables and cook on low until eggs are almost set. (Optional sprinkle small amount of grated cheese on top of egg mixture)

Sprinkle with salt and pepper to taste, and serve the omelette on a plate folded over in half.

Extra: piece of fruit or wholegrain toast

Recipe from Jade Winter

Baked Beans

Ingredients

Can cannellini beans

(or any white beans)

Can diced tomatoes

Red onion, chopped

1 capsicum, chopped

Fresh basil leaves

Black pepper



Method

Cook capsicum and shallots/onion in a non-stick pan with small amount of grapeseed oil on medium heat for 2 minutes. Add beans and canned tomatoes and bring to the boil, stirring occasionally, then simmer for 10 mins on low heat. Season with pepper and stir through fresh basil leaves.

Serves 2 -3

Serving suggestions:

Serve in a bowl, top with chopped avocado

Serve with cooked spinach or asparagus

Serve on top of baby spinach leaves (shown above) – leaves will wilt slightly as you stir it through

Extra: piece of fruit

Recipe from Tanya Winter

Quinoa or Oat Porridge

Either Rolled Oats or Quinoa Flakes (Quinoa flakes are perfect for gluten free diets and are available from most health food stores)

Make porridge using water, rice, soy or low fat milk (one serving size, made as per instructions on packet) topped with your choice or fruit or nuts, for example:

Chopped banana and tahini

Berries (fresh or frozen, thawed) and desiccated coconut

Chopped pears and walnuts

Chopped apple and almond slivers

Raisins and walnuts with a pinch of cinnamon

Chopped pitted prunes, tahini and desiccated coconut



Recipe from Tanya Winter

Boiled Eggs with Asparagus

Ingredients

2 eggs (they will be less likely to crack if taken out of fridge and at room temperature before putting into water)

Asparagus spears

Sea salt and pepper to season

Method

Place water in a saucepan (enough to completely cover eggs)

Place eggs into water; wait until the water boils then cook for 3-4 mins

At the same time, place asparagus into a steamer basket/saucepan over the boiling water and steam for 3-4 mins.

Serve boiled eggs in eggcups next to asparagus on a plate – use the asparagus spears to dip into egg

Extra: piece of fruit or toast (no butter or margarine)



Recipe from Tanya Winter

Tofu Scramble topped with tomato, pumpkin seeds and avocado slices

Ingredients

1 cup soft tofu, well drained
and roughly mashed
¼ avocado, diced or sliced
1 tablespoon chopped parsley
½ tomato finely, diced or sliced
½ teaspoon turmeric or curry powder
1 small diced onion
1 cup sliced mushrooms
Pumpkin seeds
Sea salt



Method

Sauté onion and mushrooms in small amount of grapeseed oil in non-stick pan.
Add mashed tofu and turmeric and sauté for 2 minutes (add more turmeric or curry for more spice)
Stir in parsley and transfer to a serving bowl
Sprinkle with salt to taste.
Serve in a bowl topped with tomato and avocado, and pumpkin seeds.

Extra: piece of fruit

Recipe from The Liver Cleansing Diet, Dr Sandra Cabot

Grated Vegetable Salad with Wholegrain Toast

Ingredients

1 zucchini

1 small carrot

1 small beetroot

Tahini or almond butter

1 tablespoon lemon juice

½ teaspoon honey



Method

Grate the zucchini

Peel and grate the carrot and beetroot

Mix together in a bowl with lemon juice

Spread almond butter or tahini and small amount of honey onto toast

Top with grated vegetables

Tip – keep leftover grated vegetables for a snack or to put in a salad.

Recipe from Tanya Winter

Other breakfast ideas

Make your own uncooked muesli using rolled oats or quinoa flakes, your choice of nuts and seeds, sprinkle of cinnamon and some chopped fruit such as fresh dates or prunes, or banana or grated apple. Serve with your choice of low fat milk, soy milk or rice milk.

Other cereal choices:

Almost all cereals contain a fair amount of sugar, good choices are Carmen's brand untoasted muesli, and also Sanitarium and Uncle Toby's wheat bix varieties – the whole grain, multigrain and oat options.

You can eat any salad, fruit, nuts, seeds, and natural cows or goat's yogurt, vegetables or leftovers for breakfast.

Fresh vegetable juices such as carrot, celery and ginger are a great way to start the day. Avoid too much juice, especially fruit juice, as it is very high in sugars (even though they are natural sugars, they are still sugars) without the fibre to make you feel full.

Do not skip breakfast as it will slow your metabolism. If not hungry in the morning, just eat something light such as fresh fruit and nuts. Also if you skip breakfast you will be more likely to eat more midmorning snacks and junk food.

SNACKS

8 x almonds or walnuts

Banana or apple slices with almond butter

Any type of fresh fruit

Hard boiled eggs

Steamfresh vegetable microwave pouches (very handy and one of the best snack options)

Natural yogurt (must have no sugar or flavouring) topped with fruit

Brown rice cakes or other low fat wholegrain cracker and tomato, avocado or almond butter

Crudités (one of the best options for snacks as these are all unlimited foods):

- Celery sticks
- Carrot sticks
- Cucumber
- Capsicum
- Green beans
- Sugar snap peas
- Mushrooms

Dip ideas for the crudités:

- Almond butter
- Tahini sauce (tahini, lemon juice, olive oil)
- Guacamole dip (recipe over page)
- Hummus (recipe over page – not can be store bought but will then be higher in fat))

Remember: dips can be very high in fat as they contain a lot of olive oil or natural fruit, nut or seed oils. Whilst these are very healthy fats, they can still put on weight if eaten in large amounts. The idea is to eat crudités with only a small amount of dip if any– it is just there to add some flavour.

Guacamole Dip

Ingredients

1 ripe avocado

1 tablespoon lemon or lime juice

1 shallot, finely sliced

Chopped coriander leaves

Optional: ½ teaspoon finely chopped red chilli



Method

Mash avocado and combine with other ingredients.

Fat free Hummus Dip

Ingredients

1 can chickpeas, rinsed and drained

4 garlic cloves crushed

2 tablespoons tahini

1 teaspoon paprika or cumin

Juice of 3 lemons freshly squeezed



Method

Place all ingredients in food processor and process until smooth. Garnish with parsley and serve with crudités.

Recipes from The Liver Cleansing Diet, Dr Sandra Cabot

SWEET TREATS/DESSERT

Remember, even though these foods are healthy, they do contain a lot of natural sugars, so only eat very small amounts of them.

Fresh fruit - one of the best fruit choices in strawberries as they are low in sugar and kilojoules

25 g Lindt 70% chocolate as a treat for the hard core chocoholics - only once a week though

Coconut Walnut Balls

Ingredients

2 cups walnuts

1 cup fresh dates, pitted and chopped
(Medjool or Californian dates work best)

3 tablespoons lemon juice

1 tablespoon finely grated lemon rind

1/3 cup desiccated coconut for coating



Method

Coarsely chop walnuts in food processor

Add dates, lemon juice and lemon rind. Run until well combined, stopping when it starts to stick together but before it makes a ball.

Place coconut in a bowl.

Scoop out 1 tablespoon of mixture. Form into a ball and roll in the coconut to coat the outside. Place the ball on a flat baking sheet or tray and refrigerate for at least ½ hour to firm up.

These will keep in the refrigerator in an airtight container for 1 month.

Recipe from The World's Healthiest Foods, George Mateljan, www.whfoods.org

LUNCH RECIPES

Tuna with Fennel Salad

Ingredients

1 can of tuna in olive oil
Rocket or baby spinach leaves
Fennel bulb
Cucumber
Sprouts
Chopped parsley
Shallots
Lemon juice
Olive oil



Method

Finely slice fennel bulb widthways, discarding the hard centre. Finely slice cucumber.
Drain tuna. Mix together tuna, leaves, fennel, cucumber, shallots, parsley and sprouts.
Drizzle with lemon juice.

Serves 1

Extra: piece of wholegrain bread or cracker, piece of fruit

Recipe from Tanya Winter

Asian Salmon Salad

Ingredients

1 can wild Alaskan salmon (Paramount brand)

Asian baby greens or baby spinach

Chopped celery

Chopped cucumber

Snow peas or sugar snap peas

Chopped red capsicum

Sprouts

Fresh coriander

Grated ginger

Lemon or lime juice



Method

Mix together all salad ingredients and top with grated ginger, lemon or lime juice (and tamari or soy sauce if wanted)

Serves 1

Extra: piece of wholegrain bread or cracker, fruit

Recipe from Tanya Winter

Chicken with Grapefruit and Avocado Salad

Ingredients

100 g cooked chicken, sliced (use leftovers for ease)

½ grapefruit, segmented (if grapefruit is unavailable, substitute with an orange)

¼ avocado

200g watercress leaves or shredded cos lettuce leaves

½ shallot, finely sliced

Olive oil, balsamic vinegar, salt and pepper to taste

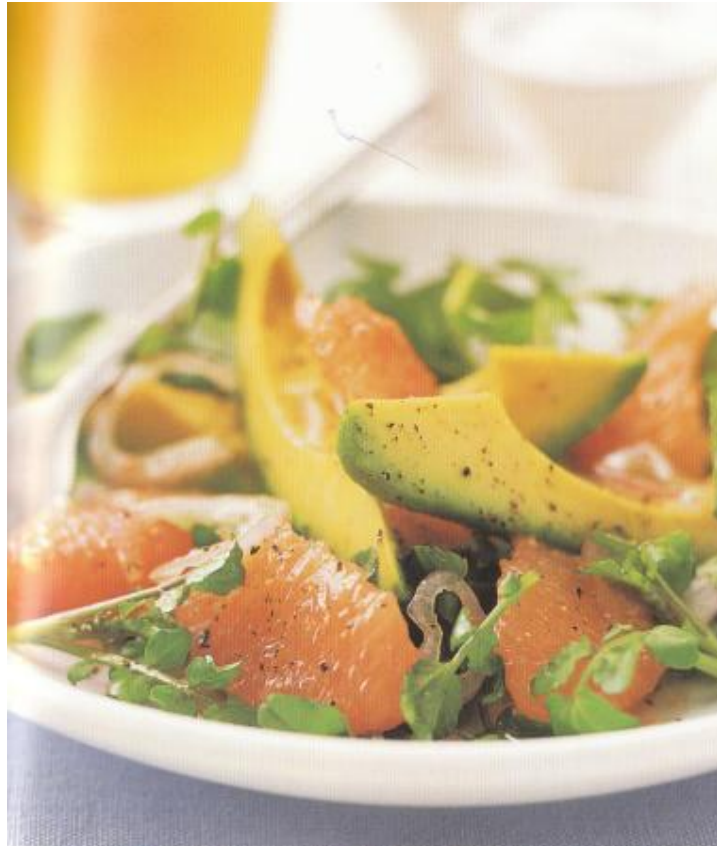
Method

Mix all ingredients together and serve. Squeeze some grapefruit juice over the avocado to stop it going brown.

Top with cooked chicken.

Serves 1

Extra: piece of wholegrain bread or fruit



Recipe from BBQ Foods, Murdoch Books

Moroccan Chickpea Salad

Ingredients

1 tin chickpeas, rinsed well and drained

2 tomatoes

Shallot or 1/2 red onion, sliced

1 red capsicum, cut into thin strips

½ cup chopped parsley

1 tablespoon chopped mint leaves

Iceberg lettuce, finely sliced

Dressing:

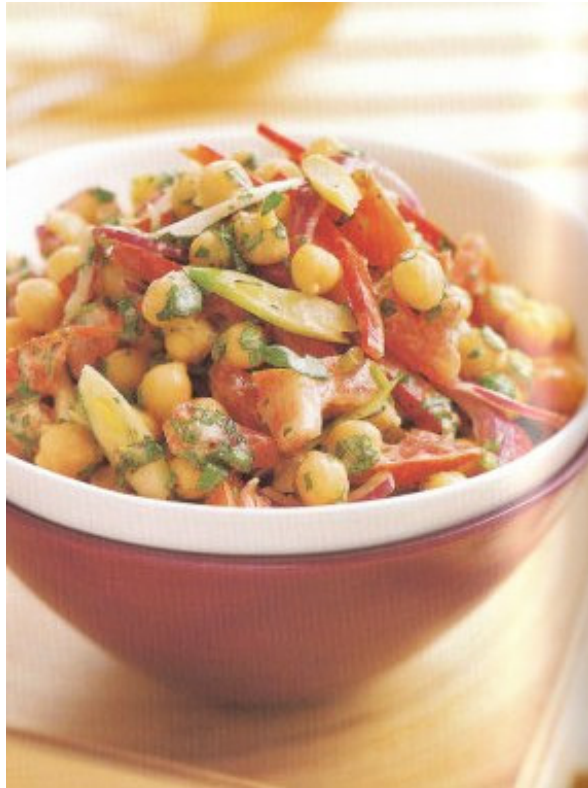
Tahini

Lemon juice

Olive oil

Crushed garlic

¼ teaspoon turmeric and cumin



Method

Mix salad ingredients together and serve with dressing

Serves 2

Extra: piece of fruit

Recipe from BBQ Foods, Murdoch Books

Salmon Boats

Ingredients

1 stalk celery, finely chopped

¼ carrot, grated

Mint, coriander or parsley leaves

1 cm ginger, finely grated

Lemon juice

Tahini

Can of tinned salmon

1-2 small-medium Lebanese cucumbers



Method

Cut cucumbers in half lengthways, and scoop out the seeds. (Note: see below for ideas with cucumber seeds)

Drain salmon, and mash flesh and bones with a fork. Mix with, celery, carrot, grated ginger, herb leaves and lemon juice and spoon the mixture into the cucumber halves. Top with tahini.

Serves 1

Extra: piece of wholegrain bread or fruit

Note: could also be made with chicken or tuna instead of salmon

Ideas for using the cucumber seeds:

Reserve and use in another salad

Mix with natural yoghurt, coriander leaves and cumin, turmeric or paprika and serve as a dip for crudités, a side dish for curries, dressing on a salad, as a spread on toast or crackers.

Recipe from Tanya Winter

Roast Beef Salad

Ingredients

100g rare roast beef, sliced (either home cooked/leftovers, or from the deli at Woolworths)

Cherry tomatoes or any type of tomatoes

Mixed salad leaves

Mixed herb leaves eg parsley, basil etc

Sliced cucumber

Red onion, sliced

Sliced celery

Optional: Sliced mushrooms or avocado

Dressing:

Wholegrain mustard (1/2 teaspoon)

Finely chopped garlic

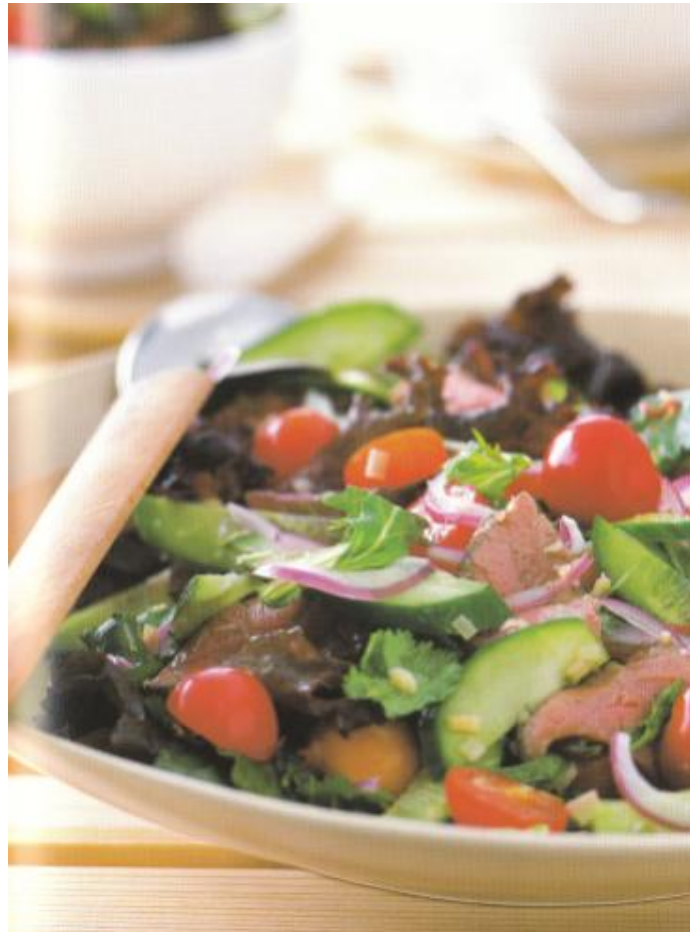
Olive oil

Method

Mix all ingredients together and serve

Serves 1

Extra: piece of wholegrain bread or fruit



Recipe from BBQ Foods, Murdoch Books

Kidney Bean and Corn Salad

Ingredients

1 cup corn kernels (either canned, rinsed and drained or cut fresh from the cob)

1 can kidney beans, rinsed and drained

1 tomato, chopped

Parsley, chopped

Red capsicum, chopped

Celery, chopped

Shallots, finely chopped

Optional: red chilli, chopped

Dressing:

Olive oil

Lemon juice



Method

Place all ingredients in a bowl and mix well.

Serves 2

Extra: wrap mixture in a corn or wheat tortilla with baby spinach or lettuce leaves to make a "burrito"

Recipe from The World's Healthiest Foods, George Mateljan, www.whfoods.org

Italian Bean Salad

Ingredients

1 can rinsed, drained butter/lima beans

Rocket or baby spinach/other leafy greens

Cucumber, sliced

1 tomato, sliced finely

Basil leaves and parsley leaves, chopped

Optional - Finely sliced hard cheese(eg parmesan, or pecorino romano – hard goats cheese) or low fat cottage cheese

Dressing:

Balsamic vinegar and olive oil to taste

Method

Combine all ingredients

Top with dressing

Serves 2

Extra: piece of fruit



Recipe from Tanya Winter

Chilli Rice Bean Salad

Ingredients

1 packet of Tilda Pinto Bean and Chilli steamed Basmati rice

Baby spinach leaves

½ avocado, chopped

Lebanese cucumber, chopped

Method

Heat rice sachet in microwave as per directions on the packet.

Place baby spinach leave in a bowl, top with rice, then avocado and cucumber

Serves 2 – only use half

a packet of rice for 1

Extra: piece of fruit



Recipe from Tanya Winter

Chicken, Pear and Walnut Salad

Ingredients

100g cooked sliced chicken

Arugula or rocket leaves

½ pear (or green apple) sliced

Walnuts, chopped

Celery, sliced



(Optional – grated hard cheese:

parmesan or goats pecorino romano)

Method

Combine all ingredients and serve

Serves 1

Extra: piece of wholegrain bread or cracker

Recipe from The World's Healthiest Foods, George Mateljan, www.whfoods.org

Other lunch ideas

There are now salmon and tuna pouches which are flavoured – they are available at the supermarket. They are very tasty with salad or Steamfresh vegetables and rice.

Sandwiches or wraps on wholegrain bread (wheat or gluten free). Ensure there is more salad than meat or bread and do not use butter or spreads. Low fat mayonnaise is ok.

Any salad concoction you can think of:

To boost flavour, add arugula, watercress, radicchio, fennel, sprouts to salad greens

Add herbs such as basil, rosemary, coriander, mint or oregano

Use tomatoes, cucumbers, capsicum, mushrooms, green beans, sugar snap and snow peas, celery, grated carrot or beetroot

Add roasted vegetables such as capsicum, beetroot, pumpkin, sweet potato, zucchini, and tomato

Add beans such as kidney, chick peas, lima beans etc

Add grains such as rice, barley, and cous cous

Add nuts, such as walnuts, almonds, peanuts, cashews

Add seeds such as pumpkin, sunflower, sesame seeds, pine nuts etc

Add cheese, olives or eggs

Add apricots, oranges, apples, pears, grapefruit, and raisins

Add meat and seafood

Use garlic, ginger, soy sauce, olive oil, lemon juice or tahini for dressings

Sushi or rice paper rolls (no fried ingredients in the sushi)

Any leftovers from dinner

DINNER RECIPES

Lamb with Sweet Potato Mash and Greens

Ingredients

150g lean lamb steak per person
Rosemary leaves, finely chopped
1 garlic clove, crushed
1 sweet potato, chopped
Green beans
Broccolini or broccoli
Olive oil
Sea salt and pepper



Method

Rub garlic, rosemary and pepper into the lamb steaks, then cook on a hot plate, BBQ or pan until browned both sides or cooked as desired

Cook sweet potato in a saucepan with boiling water until soft, drain and mash with small amount of olive oil.

Place a vegetable steamer over the top of the sweet potato pan and steam beans and broccolini for 5 mins.

To serve, spoon some sweet potato mash onto each plate, place the lamb on top and the beans and broccolini to the side.

Recipe from Tanya Winter

Coriander prawns

Ingredients

200g large green prawns per person

1 tablespoon sweet chilli sauce

2 tablespoons roughly chopped coriander

1 tomato, peeled, seeded and chopped

3 garlic cloves, crushed

Mixed lettuce leaves

Cucumber (peel the cucumber lengthways

to create long thin strips

Olive oil

1/3 cup lime juice



Method

Remove the head from the prawns and with a sharp knife, cut the prawns in half lengthways, leaving the tails attached. Pull out each dark vein.

Mix together the sweet chilli sauce, garlic, half the lime juice and a bit of olive oil. Marinate the prawns in this mixture for 30 mins covered in the refrigerator.

Meanwhile, to make dressing, mix tomato, remaining lime juice and coriander.

Cook the prawns cut side down on a BBQ grill or flat plate, or hot pan for 1-2 mins each side or until cooked.

Place leaves and cucumber on a plate, top with prawns and dressing.

Recipe from BBQ Foods, Murdoch Books

Prawn and Mango Salad

Ingredients

Cos lettuce, sliced

Baby spinach leaves

200g cooked cold prawns per person

1 large Lebanese cucumber, cubed

1 avocado, chopped

Snow peas

Dressing:

1 mango 2 tablespoons fresh coriander

½ lemon, juiced

½ lime, juice

Option: Either use 1 teaspoon of olive oil and 1 teaspoon of apple cider vinegar

OR 1 tablespoon of natural cows or goats yoghurt



Method

Dressing: Scoop mango flesh into a bowl and mash roughly. Mix well with lemon and lime juice and olive oil and apple cider vinegar OR natural yoghurt.

Peel prawns. Combine salad ingredients on a plate and pour dressing over top

Recipe from Tanya Winter

San Choy Bow

Ingredients

Sesame oil

500g chicken mince

1 small brown onion, chopped finely

2 tablespoons water

1 clove garlic, crushed

1cm piece of fresh ginger, grated

100g shiitake or other mushrooms

2 tablespoons tamari or soy sauce

2 tablespoons oyster sauce

1 tablespoon lime juice

2 cups bean sprouts

4 shallots, finely sliced

¼ cup chopped fresh coriander

12 large butter lettuce leaves (if can't get butter lettuce, iceberg or cos lettuce will suffice)



Method

Heat oil in wok, stir fry chicken mince, onion, garlic and ginger until chicken is just changed in colour

Add water, mushrooms, sauces and juice; stir fry until mushrooms are just tender.

Remove from heat, add sprouts, green onion and coriander and toss to combine.

Spoon mixture into lettuce leaves to serve, and roll the lettuce leaf up to eat.

Serves 4

Recipe from Women's Weekly, Lean Food

Grilled Fish with Cabbage and Orange Salad

Ingredients

100-150g any firm flesh white fish such as snapper or barramundi

Salad:

1 ½ cups finely shredded red cabbage (buy a quarter of a red cabbage)

5 cups coarsely shredded Chinese cabbage (buy 1 Chinese cabbage)

1 cup each of loosely packed basil, mint and parsley leaves

4 shallots, chopped finely

4 trimmed celery stalks

2 medium carrots

Fennel bulb

Dressing

1/3 cup fresh orange juice

½ teaspoon orange rind finely grated

2 cloves garlic

1 teaspoon olive oil

Pumpkin seeds



Method

Combine all ingredients for salad

Combine all ingredients together for dressing

Sear both sides of the fish on a BBQ grill or hotplate, or pan until cooked

Place salad on a plate, top with dressing and serve with grilled fish

Serves 4

Recipe from Women's Weekly, Lean Food

Ratatouille with Chicken and Broccoli

Ingredients

1 can whole peeled tomatoes

Grapeseed oil

1 large onion, chopped

1 red capsicum, diced

1 yellow or green capsicum, diced

1 eggplant, diced

1/2 tbs chopped fresh thyme

2 tbs torn fresh basil leaves

2 garlic cloves, crushed

Broccoli

100g chicken breast per person



Method:

Ratatouille: Heat the oil in a frying pan over medium heat and add the onion and garlic. Cook for 2-3 minutes then add the capsicum and cook for a further 5 minutes. Transfer the onion and capsicum to a plate and set aside.

Add the eggplant to the pan and cook over medium heat for 5-6 minutes. Return the onion and capsicum to the pan and add thyme.

Use a fork to take the whole tomatoes out of the can, place into the pan then break up the tomatoes with the fork. Pour a small amount of the tomato puree from the can into the pan also (you can add more sauce later if it looks too dry). Reduce heat to low, cover and cook for 15 minutes, stirring occasionally.

Stir in the basil leaves and serve with chicken and broccoli.

Meanwhile, cook chicken breast in a pan on medium heat until cooked through.

Steam broccoli for 5 mins in vegetable steamer.

Serves 4

Recipe from Tanya Winter

Vegetable Pasta

Ingredients

1 packet of Buckwheat pasta spirals or 1 packet of other wholegrain pasta spirals

2 cups of green beans, finely chopped

4 stalks of celery, finely chopped

2 carrots, finely chopped

1 red capsicum, finely chopped

1 fresh cob of corn, kernels cut off

(or 1 can of corn rinsed and drained)

1 red onion, finely chopped

2 garlic cloves, crushed

Dressing:

Lemon juice

Low fat mayonnaise

Sea salt and pepper to taste

Fresh parsley, chopped



Method

Cook pasta as per packet instructions

In a non-stick, use some grapeseed oil to cook onion and garlic for 2 minutes. Add other vegetables and heat through.

Rinse and drain pasta and return to the saucepan. Stir in vegetables and fresh parsley; and also the lemon juice and mayonnaise. Start with small amounts of lemon and mayonnaise, mix in and add more to taste if needed, along with the salt and pepper.

Tip: Also tastes great cold as a pasta salad if there are leftovers.

Recipe from Tanya Winter

Bok Choy and Noodle Stir Fry

Ingredients

Sesame oil

2 tablespoons grated ginger

2 cloves garlic, sliced

1 large red chilli, seeded and sliced

8 heads bok choy, quartered lengthways

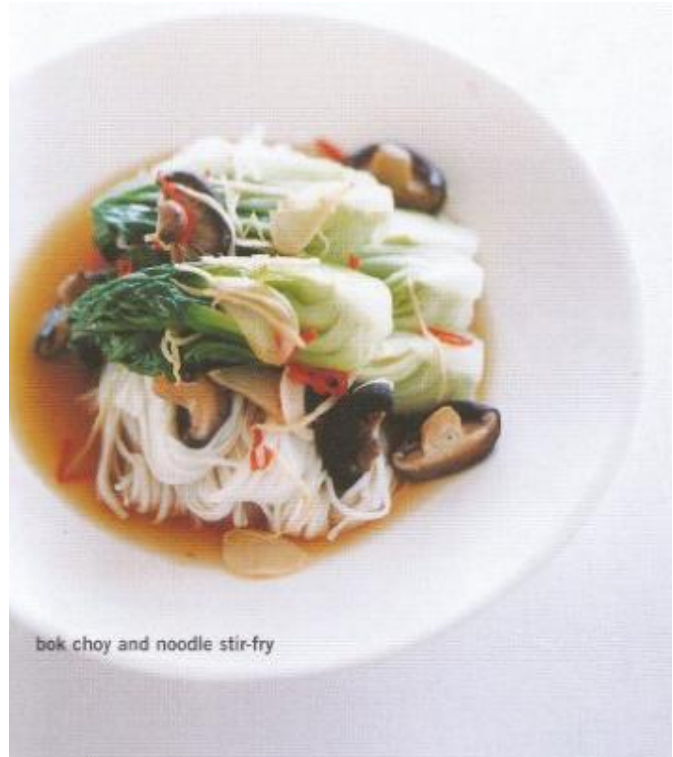
12 shiitake or other mushrooms, halved

1 red capsicum, sliced

2 tablespoons tamari or soy sauce

1 cup chicken stock (normal or gluten free)

250g dried noodles (either rice vermicelli,
buckwheat or soba noodles)



Method

Cook noodles as directed on the packet

Heat sesame oil in wok or deep frying pan on high heat

Add ginger, chilli and garlic, cook for 1 minute

Add the bok choy, capsicum and mushrooms, and cook for 2 minutes

Add the chicken stock and tamari/soy sauce and cook for 4 minutes or until bok choy is soft

To serve, place noodles into bowl and serve bok choy mixture on top

Recipe from Off the Shelf, Donna Hay

Warm Beef Salad with Rocket, Radicchio and Potato

Ingredients

100-150g beef sirloin per person, thickly sliced

400g chat potatoes, halved

1 red onion, thinly sliced

1 clove garlic, crushed

1 tablespoon lemon juice

1 bunch asparagus, trimmed and halved

2 heads of radicchio (or similar
reddish/purple coloured lettuce leaves)

1 bunch of rocket, loosely torn

½ cup parsley

Grapeseed oil

Balsamic vinegar



Method

Cook potatoes on boiling water for 20 mins until soft

Heat oil in frying pan over medium heat, add onion and garlic and cook for 5 minutes

Add 1 tablespoon of vinegar and lemon juice, add potatoes to pan and cook, stirring to break up potatoes slightly

Steam asparagus for 3 minutes.

Cook beef strips in pan over high heat as desired

Place the rocket, radicchio and parsley on a plate, top with potatoes, asparagus and beef strips.

From Gourmet Traveller Magazine, February 2007 edition

Pita Pizza

Ingredients

Pizza sauce

Red onion, chopped

Red capsicum, chopped

Mushrooms

Tomatoes, chopped

Basil leaves

Finely sliced meat

Rocket leaves



1 wholegrain pita bread/wrap (whole wheat or gluten free) or small pizza base

Optional: Grated hard cheese (either parmesan or goats – pecorino romano etc) the tastier the cheese the less is needed

Method

Preheat oven to 200 degrees Celsius

Spread a thin layer of pizza sauce over the wrap/pita bread

Cover with chopped tomato, mushrooms, capsicum and onion and herbs

Place meat on top of this

Then cover with rocket leaves

(Optional – sprinkle a small amount of grated cheese in top)

Place in oven on tray until base browns, usually 10-15 mins

Remove from oven, season with sea salt and pepper, cut into quarters to serve.

Recipe from Jade Winter

Other dinner ideas:

Lean meat, chicken or fish and steamed low starch vegetables

BBQ steak, fish or chicken and salad

Any type of stir fried meat and vegetables

Brown rice and vegetables

For a quick dinner, cook a Steamfresh vegetable pouch in the microwave and cook some meat in a pan and serve

Zucchini omelette

Use any of the lunch recipes

Steamed vegetables eg zucchini, broccoli, cauliflower, snow peas, with tahini sauce (tahini, lemon juice, olive oil) or tamari

Sushi

EATING OUT

Let's face it: we are a culture that loves to eat out - at restaurants, at fast-food joints, and even in our cars! It seems we eat anywhere but at home at the dining room table. So even though the food list is easy to use, I know that many of you have to dine out occasionally or even on a regular basis.

When you do so, there are some tips you should keep in mind:

- Choose restaurants that you know serve some fresh foods, including salads and grilled meats and chicken.
- Don't be shy about asking the kitchen to prepare a food without oil or salt. Remember, oil adds fat calories and salt makes you want them.
- Always ask the waiter for your dressing to be served on the side so you can choose the amount to put on your salad.
- Refrain from eating bread- you may even want to ask the waiter not to bring it to the table.
- Eat your salad before you meal. This way, you fill up on fibre-rich greens and will eat less carbohydrates and protein.
- If the portions are enormous, decide what amount you will eat and then push the rest to the side of your plate and bring it home.
- Choose fruit for dessert. Yes, it's hard to resist finishing off a meal with something sweet, but instead of selecting a high-fat, high-sugar food, satisfy your taste buds with a fruit cup or sorbet that will cleanse your palate and answer the call for something sweet.

For quick take-away dinners, the best options are:

- ✓ Thai stir fries, salads and clear soups with lots of vegetables
- ✓ Grilled fish and salad (instead of the normal fish and chips)
- ✓ Sushi

When you need to stop at a convenience store or eat at a fast-food restaurant, educate yourself on their fresh, lower kilojoule meals. Essentially all the fast-food chains now offer non-fried options that are lower in calories. For instance, there are salads at McDonald's and Red Rooster. And all of the chains offer grilled chicken options.

One of the best fast-food options is Subway, which offers a great selection of sandwiches and salads with limited amount of calories. They also fill their sandwiches with nutritious, crunchy vegetables that add flavour, fibre, and texture, making the whole eating experience that much more enjoyable and satisfying.

If you can't resist a burger craving, then go for it, but take off the cheese, avoid special sauces, and make the burger "topless"- eat only one side of the bun. Or you can wrap the burger in lettuce and forget the bun entirely.

A harder pill to swallow is my request that you stay away from French fries or chips. They are not only high in calories but almost always filled with trans fat that practically blocks your arteries upon ingestion. If your craving for fries is uncontrollable, then you absolutely must purchase the smallest size.

A general guideline when eating at a fast-food restaurant is to avoid anything fried. You also want to avoid chips, packaged candy, baked goods such as donuts, cakes and muffins, and other high-starch or high-sugar foods that contain bad fats and additives that are unhealthy.

Let's Party!

Family gatherings, social events, and holidays are prime time for indulgences. When it's time to party, it's easy to lose sight of your goal, relax, and have too good a time. Now, I'm not saying you have to restrict yourself. I actually think enjoying an indulgence or two is good for both body and soul. But beware: straying too far away from your eating plan can be a slippery slope.

Here are some tips that can keep you free and clear of that downhill course.

- Eat before you go. If you arrive at a party or event on an empty stomach, you are much more likely to eat what is being served... and those options are often going to be fatty.
- Limit your alcohol intake. Not only are wine, beer, and mixed drinks filled with calories, the alcohol will wear away your resolve. Stick to a lower Kilojoule drink such as vodka, lime and soda and avoid sugary drinks.
- If you're attending a family event, offer to bring a dish that you know is low in fat and/or kilojoules and that you will enjoy eating.
- Focus on the people at the party and not the food – after all, they are why you are there, not for the cake.

