

THE LIST

BREAKFAST:

Toast: Burgen honey oat (or other very low GI)

+ fat free jam, vegemite, marmite, tomato, (no butter! Can have hommus or avocado if you're not being too strict)

OR

Cereal: Kellogs All Bran, Porridge (Uncle Toby's Oats) with low fat milk, (farmer's best or white lite) or malt free soy milk – plus a few berries if you like

OR

Omelette: with capsicum, onion, tomato, garlic, spinach (no toast if you go for the omelette option)

Black coffee or tea (with a splash of milk) + water

MORNING SNACK

Fat free yoghurt (small tub) or a small apple, or grapefruit +H2O

AFTERNOON SNACK

Small tin tuna or protein shake (mixed with water), or a boiled egg, a few slices of turkey or chicken breast or a handful of nuts (almonds good) +H2O

EXTRAS Eat as many as you like - celery/cucumber sticks, cherry tomatoes,

LUNCH AND DINNER

150g – 300g lean protein (depending on how big you are) + salad/veg +H2O

Lean protein: lean beef, chicken (no skin), fish, lean pork cuts, tofu (lamb usually tends to be fatty so maybe not – same with bacon unfortunately)

CHOOSE FROM THE FOLLOWING:

Veggies (green and leafy tend to be best): Asparagus, artichokes, bok choy, brussell sprouts, broccoli, cauliflower, celery, capsicum, cucumber, eggplant, green beans, lettuce, mushrooms, onion, pak choy, peas, radishes, spinach, spring onion, tomato, zucchini

Condiments: salt, pepper, chilli, garlic, ginger, fresh herbs, tobacco, tamari (or soy sauce) seeded mustard, fish sauce, small amount of vegetable or olive oil, lemon juice (for salad dressing)

There might be other sauces out there that don't have sugar in them – but there aren't many! Let us know if you find any

DRINKS: water, un-flavoured mineral water, herbal tea, soda water – if you can keep your coffee and tea in the morning it's better as it effects blood sugar levels (I prob can't but do as I say not as I do)

IF IT'S NOT ON THIS LIST YOU CAN'T HAVE IT!

WHAT I HAVE TO SAY ABOUT THIS:

Our diet is a combination of personal experience and knowledge and we've also gleaned a bit of info from the book *Low Carb Made Easy* by John Ratcliffe (so check it out if you want to know more)

THE AIM IS TO CUT OUT SUGARS AND FATS (including alcohol) for most of the day, having a bit of carbohydrate in the morning (but no fat with it) so that our brains don't go too hungry.*

Eat every 3 hrs, eg 7am, 10am, 1pm, 4pm and 7pm

From lunch onward stick to lean protein and LOWGI veggies

If you go for the Omelette for breakfast you're basically on lean protein and veggies for the whole day, so use the 'afternoon snacks' on the list as your morning snacks too.

EXPECT TO BE HUNGRY and a bit grumpy for the first couple of days – you are probably a bit addicted to sugar and will need to get over it (things will improve)

GET PREPARED by filling the cupboard with supplies from the list so you aren't tempted to sneak across the road for a snack burrito (Mac)

GET MEASURED – with a measuring tape – we can do it for you or you can just do it yourself (the scales do lie to you but the tape measure won't)

ENLIST SUPPORT, it's so hard to eat healthily if your flat-mate is sitting next to you drinking beer and eating pizza (Mac again) so even if they don't want to join you on your fat-fighting mission at least they might keep their treats away from you

READ LABELS maybe you'll find that things you thought were good for you have a lot of sugar in them, or you might find some sauces that I haven't listed here actually don't have sugar in them at all and if you do please let the rest of us know!

FACEBOOK (or Instagram if you are one of those people who like to take photos of their dinner) **it!** Let us know if you come up with a nice meal using the ingredients on the list so we can all try it. Fess up publicly about what you eat to keep you on the straight and narrow (if that's what it takes)

GIVE YOURSELF A BREAK – have at least a meal off a week (or even up to a whole day) and you should still be fine – this is the day that you get to have a few wines (or whatever tickles your fancy)

RAMP UP the training – can you squeeze in an extra workout or even two? They don't have to be in the gym...walk to work and back, try going for a run, hit of squash even...whatever you can

**It is true there are good fats and bad fats and some fat is good for you and part of a healthy diet but a.) we're only doing it for a month, b.) you're probably going to cheat a little tiny bit and c.) If you're aiming to lose a bit of fat, it's probably not going to hurt you to try not to eat it. You might've also noticed I haven't really included any dairy. You can if you like but you'll find the fat-loss is a bit slower. Maybe supplement with vitamins this month.*

GOOD LUCK!

