

## IMPORTANT INFORMATION FOR THE MENU PLANS

SUBJECT	NOTE
<p><b>BEFORE you follow the menu plans</b></p>	<p>To work out which level is suitable for you (1, 2, 3 or 4) please refer to the Calculate Your Level section in the welcome to the 28 Day Weightloss Masterclass in the book (on page 90).</p> <p>Please note these levels are a general guide only as the amount of calories and fats someone needs depends on their height/weight, activity level and gender. Before you commence this program, I suggest you consult with your dietitian or doctor.</p> <p><b>This plan is not suitable for children, pregnant or breast feeding mothers.</b></p> <p>Try not to miss any of the food listed for your level as it may cause you to be hungry the following day. Likewise, eating more than what is listed on the daily menu may jeopardise your weightloss.</p> <p>Don't swap any individual items from one day to another and only eat what is on the list for that day. However, if you would like to exchange one of my recipes in the menu plans, then look at Books 1-7 to find a suitable substitute recipe that has similar calories and fat count.</p> <p>Upon completion of the masterclass and as/when you lose weight, you may need to drop to a lower level. Be guided on how much weight you lose. Only change when your weightloss stops or slows down.</p> <p>Try and aim for no more than 1/2 to 1 kilo of weightloss a week - if you lose weight too quickly you may struggle to keep the weight off. Eating less than you need is unhealthy, can't be maintained for very long and can create a "yo-yo" diet mentality. It is much better to be satisfied, happy and making healthy choices that you can sustain forever,</p>
<p><b>EXTRAS</b></p>	<p>Everyone should follow Level 1 menu plan and if you are on Level 2, 3 or 4 you should also have the EXTRAS listed for your level.</p> <p>For example, if you are level 1, eat what is listed for breakfast, lunch, dinner and snacks in level 1 each day.</p> <p>If you are level 2, 3 or 4 eat what is listed for breakfast, lunch, dinner and snacks in level 1 each day PLUS the level 2, 3 or 4 EXTRAS depending on which one level is suitable for you.</p>
<p><b>Breads and Cereals</b></p>	<p>9 grain bread and multigrain bread rolls are recommended due to their low GI rating. Rice should be Basmati or Doongara as they are also low GI.</p> <p>If you have a gluten or wheat intolerance replace bread with gluten-free bread that weighs no more than 36g a slice and replace pasta with gluten free pasta. Make sure the other ingredients in the recipe are also gluten free.</p>

<p><b>Extra Serves</b></p>	<p>Sometimes extra serves will be used in following days. These will be listed at the bottom of the menu plan for the day and will tell you what day the extra serve is used again. The plan also highlights if you need to freeze the extra serve. For example, if you cook something one day and are not using the extra serves for another 5 days, the menu plan may tell you to freeze it.</p>
<p><b>Cooking for One</b></p>	<p>If you are cooking for one, you can reduce the recipes in halves or quarters (where possible) so that you cook only for one or two serves instead of four or six. You can also freeze leftovers (check the recipe to see if it can be frozen) so that you have meals to enjoy once the masterclass is completed.</p>
<p><b>Freezing</b></p>	<p>When preparing the recipes for the menu plans, if you have extra portions leftover, remember they may be able to be frozen and used at a later date, as you can repeat the menu plans beyond the four weeks.</p> <p>Refer to each recipe to see if it is suitable to be frozen.</p>
<p><b>Diabetes</b></p>	<p>All the menu plans and recipes are suitable for people with diabetes. The menu plans are particularly suitable as they encourage three balanced healthy meals for breakfast, lunch and dinner as well as two snacks (morning and afternoon tea) throughout the day.</p>
<p><b>Drinks</b></p>	<p>Drink at least eight glasses (approximately 2 litres) of water each day.</p> <p>1 cup of skim milk is included in your snacks each day. Use the skim milk allocated for tea and coffee or as a drink that day. If you are lactose intolerant then use no-fat soy milk or similar.</p> <p>Have only a couple of cups of coffee or tea each day unless they are de-caffeinated. Herbal tea is unlimited. De-caffeinated diet soft drinks are also allowed in moderation.</p> <p>Alcohol is not included in the menu plans. If you wish to include alcohol be aware that you are adding extra calories to your day, which may slow your weightloss down.</p>
<p><b>Salad and Vegetables</b></p>	<p>Salad and vegetables are unlimited but make sure you have at least what is suggested in the menu plans. You should have a minimum of five serves (which equals 2½ cups) of salad or vegetables per day.</p> <p>Salad consists of items such as lettuce, spinach, tomato, cucumber, capsicum, onions, sprouts, beetroot, celery and carrot. It does not include avocado or corn - if you are to have these choices, they will be listed separately.</p> <p>Vegetables mean all vegetables except potato, sweet potato and corn. If you are to have any of these choices, they will be listed separately.</p>
<p><b>Weighing Your Food</b></p>	<p>The secret to success is to be accurate and weigh and measure ALL your food rather than guessing as this could stop you from losing weight. It is recommended you invest in a small set of digital scales so your portions are accurate.</p>