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HEALTHY LIFESTYLE WEIGHT REDUCTION PROGRAMME

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Guidelines to help you after the course

A TYPICAL WEEKLY GUIDELINE

HEALTHY LIFESTYLE WEIGHT REDUCTION PROGRAMME

Drink at least eight glasses of water every day

Do not drink alcohol for the first week – yes seven days!

NO potatoes or bread for seven days.

NO processed food and sugary foods including cakes, biscuits, pudding, ice cream, chocolates etc.

Stop having caffeinated drinks or at least reduce them to one a day – You may experience a headache which is a withdrawal symptom, caffeine is a drug. Caffeine stimulates the nervous system and is an irritant to the stomach and bladder. You will feel calmer and sleep better without it.

Think portion control – try using a smaller plate at dinner.

Meals should generally be divided into four parts one quarter lean protein, one quarter carbohydrates e.g. pasta, rice, sweet potato and the remaining half for vegetables.

This is a change of lifestyle and the menus and recipes are included for you to try different types of food. Variety in your diet together with your exercise programme will keep your metabolism moving. Do not be tempted back into your bad habits, keep focused on your goals and your health; be vigilant. Be good to yourself and your body, you deserve the body you are working toward.

This is a lifestyle change an important aspect of this is to ensure that you have good strategies in place not just for the next few weeks but for the rest of your life. The strategies should be based on shopping, meal planning and a set exercise routine. Document these strategies, almost as if you are running a business; this is your life and the health of you and your family so it is even more important than work. Take the time to do this and you will really notice the benefits in the next few weeks and months. If you are really very busy take the time to do your main grocery shop online. This will save you valuable time.

TYPICAL MENU

HEALTHY LIFESTYLE WEIGHT REDUCTION PROGRAMME

DINNER

Portion control must be observed at dinner. Try not to eat later than 7.30pm to ensure that you have time to digest your food before bed.

Marinated Baked Salmon

Serve with steamed vegetables of your choice

Or

Aduki Bean Stew

Serve with Basmati Rice or roasted sweet potatoes

Or

Char-grilled Steak with Chili Corn Salsa

Serve with steamed vegetables of our choice

Or

Lemon and Dill Salmon with Potatoes

Serve with baby carrots, baby corn, and sugar snap peas

Or

Mediterranean Style Chicken

Serve with salad as recipe states, followed by **PUDDING!**

Zesty Apple and Plum Crunch

Supplements with Dinner -1 Omega 3 capsule

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TYPICAL RECIPES

HEALTHY LIFESTYLE WEIGHT REDUCTION PROGRAMME

Char-Grilled Steak with Chili Corn Salsa - Serves 2

Do not eat this dish later than 7.30 pm.

2 x 100g small lean beef steaks
150g rocket leaves

Chili Corn Salsa

2 corn cobs
1 tomato, seeded and cut into small diced pieces
½ red onion, finely chopped
2 small red chilies, seeded, finely chopped
10g (¼ oz) chives, finely chopped
45g (1½ oz) coriander, leaves picked and finely chopped
2 tablespoons balsamic vinegar
2 tablespoons extra-virgin olive oil

Put the corn cobs in a saucepan of boiling water and cook for 5 minutes. Drain. Use a sharp knife to cut the kernels from the cobs, then place them in a large bowl. Add the tomato, onion, chilies, half the chives and half the coriander.

Whisk together the vinegar and oil and toss through the salsa.

Char-grill or barbecue the steaks to your liking. To serve, put a steak on each plate, spoon a small mound of salsa on each steak and serve with the rocket. Garnish with the remaining herbs.

Lemon and Dill Salmon and Potatoes - Serves 4

4 fresh salmon fillets, skinned; 400g baby new potatoes, halved; 2 tablespoons olive oil; 2 tablespoons chopped fresh parsley; 2 tablespoons freshly squeezed lemon juice; 8 thin slices of lemon; 2 tablespoons chopped fresh dill; 200g baby carrots, trimmed and cut in half lengthways (if thick); 200g baby corn, trimmed or you can use green beans; 200g sugar snap peas, trimmed; freshly ground black pepper; Lemon wedges.

Fill the bottom of a steamer with cold water. Toss the potatoes with the oil and parsley and place in a steamer basket. Steam until the potatoes are tender.

Transfer to a serving dish and keep warm. Place the salmon fillets in a lightly oiled ovenproof plate. Squeeze the lemon juice over the salmon fillets top with the lemon slices and sprinkle with dill. Season with a little ground black pepper. Place the plate in a steamer and arrange the mixed vegetables around the plate. Steam for about 18 – 20 minutes until the vegetables are tender and the fish is cooked. Serve with the extra lemon wedges.

Mediterranean Style Chicken - Serves 4

15g pine nuts
4 x 175 g boneless skinned chicken breasts (preferably free range or organic)
1 small red pepper, deseeded
1 small yellow pepper, deseeded
50g soft goats' cheese, cut into rough 1 cm pieces
1 tablespoon pesto sauce
1 bag mixed baby leaf salad
4 tomatoes, quartered
Balsamic vinegar and extra virgin olive oil, to serve

Place the pine nuts in a small pan and cook over a medium heat for 2-3 minutes until lightly toasted, stirring regularly. Set aside. Cut roughly a quarter of each pepper into thin slices and cut the remainder into 2.5cm pieces; set aside. Wash and rinse the chicken and dry. Carefully cut each chicken breast horizontally three quarters of the way through the middle with a sharp knife to make a large pocket. Open out and fill the pockets with the sliced peppers, goats' cheese and pine nuts.

Close the pockets and brush the chicken with the pesto sauce. Place in a steamer basket. Put the lid on top and steam for about 20 minutes until the chicken is completely cooked and no pinkness remains.

Toss the salad leaves with the tomatoes and reserved peppers. Drizzle with a little balsamic vinegar and olive oil. Serve with the chicken.

Zesty Apple and Plum Crunch - Serves 4

4 Apples; 4 plums, stoned and quartered; Freshly squeezed juice of 1 orange; Finely grated zest and juice of 1 lemon; 75g sultanas; ½ teaspoon ground mixed spice; 50g shelled mixed nuts.

Preheat the oven to 190°/Gas 5. Peel the apples, cut into quarters and remove the core. Slice all the apples. Place the apple slices in a bowl and add the plums orange juice, lemon zest and juice, sultanas and mixed spice toss well together then tip into a 1.4 litre pie dish. Roughly chop the nuts and sprinkle over the top. Bake for 30 – 45 minutes until the apples are tender and the topping is pale golden brown. Serve warm or cold with low fat Greek yogurt.

EXERCISE GUIDELINE

HEALTHY LIFESTYLE WEIGHT REDUCTION PROGRAMME

You need to move that body everyday but on the Programme you need to get your heart pumping for 30 minutes at least five days each week.

Exercise boosts energy levels and makes you feel good and there are many other health benefits including:

1. Lowers blood sugar levels and promotes insulin efficiency – fatigue is a symptom of blood sugar imbalance.
2. Helps keep bowels working efficiently to eliminate waste products your body does not need or want and which can slow you down.
3. Boosts immunity which means you are less likely to get ill.
4. Burns calories and builds up muscles. The more your muscles build up the speedier your metabolism becomes.
5. Encourages a good night's sleep
6. Improves your sex life
7. Boosts mood through the release of brain chemicals called endorphins.

Suggested exercises:

Brisk walking as fast as you can - not strolling

Run up and down stairs ten times (good if weather is bad)

Dance with your children

Dance alone to your favourite music – no one is watching, enjoy

Swimming – wonderful, puts no strain on the joints

Go to the gym and really work those muscles

Ride a bicycle to the shops

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NB. Always consult your doctor prior to starting an exercise programme if you have any concerns about your health.