

The art of weight  
management

# Congratulations

You've reached your new healthier weight! Welcome to your LighterLife Management plan.

Everyone is always in one of three states with their weight – losing, gaining or maintaining. You are already a skilled weight gainer and a skilled weight loser, but the toughest skill to develop and sustain is maintaining the weight loss and **being a skilled weight manager**.

You're feeling great at this point and determined to keep the weight off, but you need more than just determination. Without a management plan such as ours, statistics show that most people who lose weight put most of it back on, you may even recognise

this as part of your own journey. The key to keeping your weight off is what comes after weight loss – and that's LighterLife Management.

Our weight management plans have been helping people for decades. That's why we know LighterLife Management is the best way to guide you through the crucial early weeks and enable you to develop long-term tactics to help you remain at a healthier weight.

## Reintroducing a full range of food

On TotalFast you've had the benefit of Foodpacks and ketosis, getting full nutrition and suppressing your physical hunger – putting valuable distance between you and your old, unhelpful behaviours.

Now you're embarking on reintroducing a full range of food – the very substance you previously used in an unhelpful way – it's vital to establish healthy living habits.

Going back to how you used to eat isn't going to work – after all, if you do what you always did, you'll get what you always had. You need a different way of eating than you had before to maintain your new, smaller body, just as a smaller car uses less fuel than a larger vehicle.



## What you get with Lighterlife Management

- Carefully designed food and thinking plans to secure your weight loss, improve your relationship with food and guide you through to your lighter, healthier life.
- The opportunity to monitor your physical and emotional responses to different foods.
- Help with creating and developing new tactics for dealing with your potential trigger foods (the ones that seem to shout “eat me, eat me”).
- Great support while you learn to make those essential, long-term lifestyle changes.

## At a glance

Week	Overview	What you have each week
1-3	You're bringing back “baseline” foods. These will enable you to work with your body rather than battling it, to help you manage cravings.	<b>5 days a week*</b> Your nutrition comes from a mix of Foodpacks and ingredients from your weekly Management food list. Our carefully structured weekly plan minimises unnecessary Calories and helps you make the move from TotalFast weight loss to effective weight management.
4-6	You're experimenting with “trigger” foods that can be problematic, often those high in carbs, sugars and fats.	<b>2 days a week</b> Do Management FlexiFasting, replacing all food with four Foodpacks a day.
7+	You can now choose any types of food, while continuing to develop the skills you've been acquiring during weight loss. Regular weigh-ins will help you fine-tune your plan to keep you on track.	<b>Every day</b> Keep well hydrated (water, diet drinks, tea and coffee with milk) and add any LighterLife extras, as you've been doing on TotalFast.

\*It's your choice which two days you FlexiFast and which five days you combine your Foodpacks with Management foods. Flex it to suit your lifestyle.



## Mind yourself

You could spend months listening to someone telling you how to drive a car, but until you actually put on the L plates, sit in the driving seat, start it up and pull away, you'd never learn how to become a skilled driver. Weight management is just the same – you need to learn a new skill, which means you have to practise by doing it over and over again. If you choose to deviate from your plan, use it as a learning experience – drivers check their mirrors and set off again.

As well as your regular LighterLife group meetings, each week with your Management plan you'll get a few extra ideas to think about at home. These are designed to help you gain insight and self-awareness, so you can identify potential bumps in the road on your weight-management journey and work out the best ways to navigate them.

## Moving on

Keeping fit is great for your health and for keeping off your lost weight, so make it a key part of your LighterLife Management plan. The more active you are the better, and everything you do makes a difference, whether it's using the stairs or mowing the grass (great for your heart and legs) or carrying bags of shopping (good for building your upper body strength).

The best approach is to do something every day that gets your heart beating a bit faster, like brisk walking. Official advice is to aim for at least 2½ hours a week (or just over an hour a week of more vigorous activity like running, or a combination of the two). Strength exercises like weights and sit-ups a couple of times a week give your muscles a toning workout and strengthen your bones, too.



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# Practical Tips

## Shopping

- ✓ Plan your meals for the week and make a list of what you need before you shop.
- ✓ Jot down one of the benefits of living lighter at the top of your list.
- ✓ Avoid food shopping when you're hungry, stressed or tired – it's more likely to result in impulse purchases. Shopping online can help you avoid this.
- ✓ "Buy one get one free" isn't a bargain if you don't need it in the first place.
- ✓ Taste something that's unfamiliar each week from your Management food choices – you'll probably be surprised by how much your tastes have changed since you've lost the weight.

## Labels

There are different types of labels, and these are the two worth paying attention to.

### Front of pack: traffic lights

Energy 1046kJ 250kcal	Fat 3.0g LOW	Saturates 1.3g LOW	Sugars 34g HIGH	Salt 0.9g MED
13%	4%	7%	38%	15%

- These show you at a glance whether a food has high (red), medium (amber) or low (green) amounts of sugar, salt, fat and saturated fat. The more green lights on the label, generally the healthier the food is. However, foods that aren't healthy may just have uncoloured traffic lights. Beware, grey is not the same as green.
- The percentages refer to "reference intakes" – the maximum recommended amount of energy (calories) and fat, saturates, sugar and salt for healthy-weight adults who are moderately active.



## Back of pack: nutritional information and ingredients

### TYPICAL NUTRITIONAL INFORMATION

Serving size: 5 g

	PER 100 g	PER 5 g	*%RI
Energy	183 kJ	9 kJ	
Protein	0,0 g	0,0 g	0 %
Total Carbohydrates	7,1 g	0,4 g	
Of which Sugars	1,2 g	0,1 g	
Total Fats	0,0 g	0,0 g	
Of which Saturated	0,0 g	0,0 g	
Total Fibre	0,0 g	0,0 g	
Sodium	6 994 mg	350 mg	
Potassium	3 006 mg	150 mg	7 %
Calcium	2 006 mg	100 mg	12 %
Magnesium	1 992 mg	100 mg	26 %

\*Reference intake values

Ingredients are listed in order of weight, so if the first few are e.g. high fat, it's a high-fat food.

**Total fat High:** over 17.5g of fat per 100g  
**Low:** 3g or less per 100g

**Saturated fat High:** over 5g of saturated fat per 100g / **Low:** 1.5g or less per 100g

**Sugars High:** over 22.5g of total sugars per 100g / **Low:** 5g or less per 100g

**Salt High:** over 1.5g of salt (0.6g sodium) per 100g / **Low:** 0.3g (0.1g sodium) or less per 100g



## Healthy buys

- ✓ Canned food: buy fruit in natural juice, vegetables in water with no added sugar or salt, and fish in water or brine (but watch the salt content) rather than oil.
- ✓ Lean protein: choose cuts of meat that have already been trimmed of fat, and low-fat mince.
- ✓ Low-fat foods: go for reduced-fat milk, cheese, yoghurts and so on – they can have more calcium than the full-fat versions (but be aware that low-fat yoghurt and fromage frais can be higher in sugar, usually of the added variety).

## Virtually fat-free cooking

- Remove the skin from poultry and trim off any visible fat from meat before cooking.
- Mix 1 tsp of LighterLife Savoury Broth with 300ml hot water, pour in enough to cover the base of a non-stick pan and use it instead of fats and oils to “fry”. This works with any ingredients, and is particularly good with onions, turning them a lovely golden brown. If the pan gets a little dry at any point, just add a little more of the broth.
- Use good quality non-stick pans.
- Fat-free cooking methods include steaming, poaching, pressure-cooking, casseroles, microwaving, grilling, chargrilling, barbecuing and baking.
- Bake meat or fish wrapped in a parcel of foil or greaseproof paper, or inside an ovenproof bag. This seals in flavour and stops the food drying out.

## Healthy drinking

- We don't include alcohol at the moment, because it won't help with your weight management – it has almost as many Calories per gram as fat, and it's an appetite stimulator, plus there are addictive aspects for some people.
- Instead, try a ginless or vodka-free tonic (low-cal tonic over ice with a squeeze of lemon or lime juice and a couple of slices of cucumber) or a fruity, sugar-free spritzer (your favourite LighterLife Drink Mix made up with fizzy mineral water).
- Keep drinking water, tea and coffee (which in Management you can now have with milk – skimmed or semi-skimmed).



# Food & Mind

## Week 1

### For any 5 days

- 3 Foodpacks a day
- 1 simple low-fat, low-carb meal a day comprising:
  - Lean unprocessed meat, poultry, fish, eggs, meat alternatives (e.g. Quorn, soya, tofu)
  - Leafy, green salad vegetables (e.g. cabbage, celery, chicory, cress, lettuce, rocket, spinach, watercress)
  - Virtually fat-free dressings (e.g. lemon or lime juice, mustard, salad dressing, soy sauce, balsamic vinegar, Worcestershire sauce)
  - Any herbs and spices

### For any 2 days

- 4 Foodpacks a day
- No conventional food

### Every day

- Any LighterLife extras
- Water, tea and coffee (with a splash of skimmed or semi-skimmed milk), sugar-free diet drinks



### FAQs

#### How do I know how much to eat?

It's in your hands, literally! For protein foods like meat and fish, a healthy portion is roughly the size of your fist or what will fit in your palm (like two eggs). Fill your boots with leafy greens, as they're low in carbs and Calories, but stuffed full of nutrients and taste.

#### Why can't I have bread, pasta, potatoes or rice yet?

On Total you've been eating very little carbohydrate. Your Management plan slowly builds up your carb intake so your body can comfortably readjust, with little physical hunger. As you've already found, this makes it easier to follow your plan, and it also gives you the head space to concentrate on your responses to each of the foods you're reintroducing.

We've got lots of easy to make recipes for week 1 on our website, including basil and garlic marinade, chilli ginger salmon, koftas and coriander-spiced tofu salad.



# Is it all in the mind?

Now you're starting to reintroduce ordinary food, noticing the difference between your physical hunger and emotional hunger is key to keeping your weight off.

Next time you notice hunger pangs, check if they're in your stomach or in your head with these three quick questions.

1. Do I suddenly feel hungry? Y / N
2. Do I crave a particular food? Y / N
3. Am I checking the time to see if I'm hungry? Y / N

**No** suggests you're simply physically hungry, so choose something from your day's plan.

**Yes** means you're much more likely to be experiencing emotional hunger, especially if you've recently eaten. Ask yourself what really might be going on – are you stressed or tired, perhaps? And what might you really be hungry for – company, stimulation, a hug, “me” time?



Imagine yourself a few hours in the future, looking back on what you've just chosen to eat. Will you be pleased with your choice, or will you regret it?

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# Food & Mind

## Week 2



### For any 5 days

- 3 Foodpacks a day
- A low-fat, low-carb meal, which you can make with:
  - Anything from your week 1 choices
  - Leafy, green and salad vegetables (e.g. asparagus, avocado, broccoli, Brussels sprouts, cauliflower, cucumber, kale, peppers, radish, spring greens, tomato)
  - Aubergines, beansprouts, green beans, leeks, mangetout, mushrooms, okra, onions, sugar snaps and squashes (e.g. courgette, butternut squash, pumpkin)
  - Fresh, frozen, canned or bottled (in water not oil) vegetables are all fine
  - A portion of low-fat dairy or dairy-free alternatives (e.g. cottage cheese, quark, low-fat soft cheese, plain fromage frais and yoghurt, skimmed and semi-skimmed milk, unsweetened plant-based milks such as almond, oat or soya milk)

### For any 2 days

- 4 Foodpacks a day
- No conventional food

### Every day

- Any LighterLife extras
- Water, tea and coffee, sugar-free diet drinks

### FAQs

#### How much veg and dairy can I eat?

Enjoy as many of this week's vegetables as you like – they're a great source of low-calorie nutrition as long as they're cooked without adding fat. As a guide, one of your "five a day" portions is 80g – about as much as you can fit into your cupped hand. For a typical dairy portion, imagine what you can fit into a small yoghurt pot and use it as your guide for milk, yoghurt, fromage frais and cottage cheese (and about half that for soft cheese).

This is a golden opportunity to experiment and find out what works for you. Use last week's tips to help you judge when you are physically full, and if you can hear a little voice telling you to take something extra – well, you can choose to ignore it and stick to your boundaries (see over the page).



# Boundaries

All through TotalFast you've been choosing what you ate. Yes, really. It's easy to think that as you were following a plan that had very tight boundaries – four Foodpacks a day – you weren't making any choices. But of course you were.

Don't deny your power; you will have been confronted with situations where you chose whether to eat something different. However, one of the reasons TotalFast is so effective as a weight-loss plan is because, once you've chosen to follow it, the boundaries are very clear.

Your carefully devised Management plan gives you the opportunity to have tight boundaries, too. What you eat is ultimately your responsibility. Making wise decisions about how you follow the boundaries will have a really big impact on your ability to manage your weight long into the future.



Think about the type of boundaries that will be of help to you, and the potential consequences of ignoring them.

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# Food & Mind

## Week 3



### For any 5 days

- 2 Foodpacks a day
- 2 meals, which you can make with:
  - Anything from your weeks 1 and 2 choices
  - Any fruit, including olives and rhubarb – fresh, frozen, canned or bottled (in juice not syrup)
  - Root vegetables (e.g. beetroot, carrots, celeriac, fennel, potatoes, swede, sweet potatoes, turnips), plus breadfruit, cassava, plantain, yam – fresh, frozen, canned or bottled (in water not oil)
  - Beans, peas, lentils and sweetcorn – fresh, frozen, canned or bottled (in water not oil)
  - Reduced-fat houmous (we've got a great recipe on our website!)

### For any 2 days

- 4 Foodpacks a day
- No conventional food

### Every day

- Any LighterLife extras
- Water, tea and coffee, sugar-free diet drinks

### FAQs

#### How much can I eat?

As a rough guide, one of your “five a day” portions for all these fruit and veg choices is 80g – about as much as you can fit into your cupped hand. That’s also about the same as a piece of medium-sized fruit, such as an apple, orange, pear or banana, or two smaller ones (kiwis, plums, satsumas). With reduced-fat houmous, think back to last week’s yoghurt pot for a typical portion size.



# You know you!

How long have you been gaining (and losing) weight? Over that time you will have developed habits. They're your "go to" place, your comfort zone, where you fall back on a pattern of coping mechanisms and stress reducers. How many of those behaviours contributed to your weight?

On TotalFast you've had the best chance yet to change unhelpful habits, and Management is your tool for continuing to do this.

Your old habits will probably be associated with specific times, old favourite foods, a familiar range of unhelpful behaviours and weight-gaining situations, and a "thinking voice" inside you that criticises and tries to persuade you that "just one more won't hurt".

These old habits, problematic times of day, trigger foods, moods and situations haven't gone away, even though they may be quiet and leaving you alone at the moment. Yes, you feel so marvellous now that you now you're never going to put the weight back on... but have you ever had that thought before?

This time it's different. You are incredibly powerful, so ultimately it's up to you, but with our support you've got a golden opportunity to keep the weight off for good.

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**Hot  
Tip**

Don't choose to slip back into old behaviours and habits – use the skills you're acquiring in your group sessions to help you create new ones that support your new, lighter life.

# Food & Mind

## Week 4

### For any 5 days

- 2 Foodpacks a day
- 2 meals, which you can make with your weeks 1, 2 and 3 choices, plus anything from the following “trigger” options:
  - Pasta and noodles
  - Breakfast cereals, preferably wholegrain and reduced-sugar (e.g. All-Bran, muesli, oats, Weetabix)
  - Rice and grains (e.g. barley, buckwheat, bulgur/cracked wheat, couscous, freekeh, maize, polenta, quinoa, spelt)

### For any 2 days

- 4 Foodpacks a day
- No conventional food

### Every day

- Any LighterLife extras – from this week you can have Popped Chips every day if you prefer, rather than limiting them to a couple of times a week as on the TotalFast plan
- Water, tea and coffee, sugar-free diet drinks



### FAQs

#### How much can I eat?

It's easy to pile a bowl high with rice, pasta, breakfast cereals and grains, so begin by experimenting with small portions – 30g (uncooked weight), which is roughly 3 tbsp or a handful, is a good place to start.

#### Why are “trigger” foods on the plan now?

So far you've been introducing mostly single-ingredient foods. Trigger foods are those most commonly involved in overeating, and they are often high in fat, salt or sugar, or a combination of all three. Trigger foods are always going to be there, so take the opportunity to devise strategies for dealing with them within the structure of your Management plan and with our ongoing support, including from your Mentor and LighterLife community.

Find simple, delicious recipes for week 4 on our website – including fruity overnight oats, harissa-spiced salmon couscous and mushroom orzo (a super-quick way to make “risotto”, using orzo pasta).





# Food for the body is not enough. There must be food for the soul.

Dorothy Day, 20th century social activist

Management consists of many ingredients. It's easy to think it's all about the food, but as well as the ingredients on your plate, equally important are the ingredients of your behaviour.

There are all sorts of trigger situations and emotions. If you can spot regularly occurring situations linked to unhelpful food choices, these could be your trigger situations. It will help to keep a note in order to help identify patterns. Look out for:

- Time of day e.g. mid-afternoon, late evening, after a heavy day at work
- After eating certain foods e.g. bread, biscuits, cheese, chocolate
- Particular feelings e.g. angry, upset, frustrated, bored, excited, stressed
- When you experience particular physical sensations e.g. cold, tired
- When doing specific things e.g. out with friends, driving

For each trigger you identify, come up with at least three alternatives you could choose from e.g. ring a friend, play some music, make a coffee, have a LighterLife Raspberry Jelly.

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Hot  
Tip

Triggers are the foods most usually overeaten; people seldom eat too much lettuce. Keep Miss Piggy's wise words in mind: "Never eat more than you can lift."

# Food & Mind

## Week 5



### For any 5 days

- 2 Foodpacks a day
- 2 meals, which you can make with:
  - Anything from your weeks 1, 2, 3 and 4 choices
  - Cheese, including non-dairy alternatives
  - Nuts and seeds (avoid salted), including unsweetened nut butters
  - Dried fruit (with no added sugar)

### For any 2 days

- 4 Foodpacks a day
- No conventional food

### Every day

- Any LighterLife extras
- Water, tea and coffee, sugar-free diet drinks

### FAQs

#### How much can I eat?

These types of foods are nutritious but also Calorie-dense, so it pays to take care with your portion sizes – the difference between a level and a heaped tablespoon of nut butter, for instance, can run into hundreds of Calories.

As a guide, start with 1 level tablespoon of nut butter, 30g or 1 heaped tablespoon of dried fruit, 30g or 2 tbsp of nuts and seeds, and 30g of cheese (about the size of a small matchbox). There are lots of reduced-fat varieties available, and for cooking a stronger flavoured cheese goes further than a mild one. Vegan alternatives can be (but aren't always) lower in fat than their dairy equivalents, so do check the label.

If you want more guidance, there's plenty on our website, along with easy, tasty recipes for week 5, including nutty fruit breakfast smoothie, chicken and goat's cheese salad, and turkey and cranberry stir-fry.



## Temptation

What part does temptation play in your relationship with food? Is it the situations out there – takeaways, supermarkets, other people, social functions – that entice, seduce and invite you to “eat me, eat me”? Or is it your desire in there, within you, your choice, an urge or impulse to eat something extra?

What’s actually going on? The tempting event, the out there, is not the cause; the cause comes from in there, in you, your inward desire, your own mind. It’s always you who chooses what you do or don’t eat and drink. When a situation becomes a tempting one, it’s often a choice for instant gratification, those “I must have it now” thoughts; a short-term urge for enjoyment that, if not managed effectively, is regretted later.

Everyone has familiar situations they have difficulty handling. What is it about them and you that has led you to self-sabotage in the past? Use the 4Ps to make it different now:

- **PREPARE** look at why certain situations are difficult; get support from your Mentor and fellow group members, Facebook groups, family and friends.
- **PLAN** your strategy for coping with these situations, including organising your meal structure.
- **PRACTISE** mindful eating; keep your goals in mind and recognise the consequences of your actions.
- **PERFORM** to your best and acknowledge your achievements.

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Hot  
Tip

All food is simply a rotting thing.

Food can’t manipulate you, and you don’t have to let the old familiar you manipulate you, either.

## Food & Mind Week 6



### For any 5 days

- 2 Foodpacks a day
- 2 meals, which you can make with:
  - Anything from your weeks 1, 2, 3, 4 and 5 choices
  - Bread, including rolls, tortillas/wraps, thins, pittas, naans, chapattis, bagels, crumpets, English muffins, and breadcrumbs and flour – preferably wholemeal or wholegrain
  - Crispbreads, crackers, oatcakes, rice cakes, corn cakes, breadsticks and other types of savoury biscuits
  - Jams, sweet and savoury spreads (e.g. honey, maple syrup, marmalade, Marmite)
  - Snack foods (e.g. biscuits, cakes, chocolate, crisps, sweets, popcorn)
  - Alcohol

### For any 2 days

- 4 Foodpacks a day
- No conventional food

### Every day

- Any LighterLife extras
- Water, tea and coffee, sugar-free diet drinks

### FAQs

#### How much can I eat?

Think in terms of a medium slice of bread, 1 crumpet, 1 small pitta (half a large one), 2–3 crispbreads or crackers, half a bagel, roll or muffin... use the shape as a natural guide and the skills you've been developing so far to make your own judgement call.

Snack foods are often found in “family sized” packs – we'd recommend buying the smallest instead (e.g. a small packet of popcorn or a “funsize” chocolate bar). Some people find setting a limit of around 100–150 kcal per snack useful, while others split larger “sharing” quantities into individual bags or containers. With jams and other spreads, 1 tsp is a handy base level.



## Habit is what keeps you going

Humans are creatures of habit – helpful and unhelpful behaviours that are very familiar. When a habit is contributing to unwanted consequences, such as yo-yo dieting, then it's best replaced with more helpful behaviour. Rather than simply stopping an unhelpful habit and leaving a void, it's more effective to replace the old behaviour by setting up a new routine which will eventually become your new habit.

New choices are the stuff of change and change can be tough. Being back with conventional food can be a big reminder of old habits. If you had a habit of eating in a way that contributed to weight gain – like snacking in front of the television – you don't necessarily need to stop snacking completely but perhaps simply change what you snack on. If you have a habit of swallowing or drowning unhappy feelings with food or alcohol then it's helpful to find other ways of supporting yourself in these situations.

Weight regain is the result of what might feel like falling back into old habits, but it's not a passive act of "falling"; it's always you who chooses what you eat and drink. Fact! Support during this process of change is vital. Research shows that continuing to attend your weekly meetings is one of the main keys to long-term weight management, to a new life for life.

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Hot  
Tip

Pull up a chair. Take a taste.  
Be part of LighterLife.  
Life is so endlessly delicious.



**You can make notes here:**

A large, empty white rectangular area with rounded corners, intended for taking notes. It occupies the majority of the page below the header.

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