

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?

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**Hot
Tip**

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?**