

# GR<sup>2</sup> Control Weight Loss Challenge



## Weeks 23 & 24

This issue of the newsletter is the last in a series that hopefully has done a lot to improve your knowledge and practical skill base. Hopefully you have tried lots of the recipes and experimented in different ways with your cooking. Remember that the process of losing weight and maintaining it, is very much a process of learning and in many ways of changing our previously held beliefs.

If we look at competency in a general sense, the process that a person goes through when learning any new habit advances through defined stages that are as follows: unconsciously incompetent – consciously incompetent – consciously competent – unconsciously competent. The goal is to become unconsciously competent at the task or habit and in doing so reinvent yourself.

Hopefully these newsletters have helped to facilitate this process in your life. If you still have some work to do, keep at it and don't give up. If you have become unconsciously competent at creating a healthy body, that is great. Continue to do what you are doing.

Congratulations to all those who have made the effort to do something positive for themselves and enjoy your new found better health.

## Exercise Schedule

DAY	EXERCISE (Weeks 23-24)
Monday	50 minute walk or swim
Tuesday	Weights or pilates
Wednesday	50 minute walk or jog
Thursday	Fit Ball Core Strength Exercises
Friday	Walk/jog/swim or Cardio 50 minutes
Saturday	
Sunday	Walk or Cardio for 60-90mins



### Weights:

Otherwise known as resistance training this will significantly improve your metabolic rate and improve bone density. This type of exercise can be performed twice a week for optimal results.

**Fit Ball Core Strength:** These exercises will improve the strength of your abdominal and lumbar muscles.

### Cardio:

Otherwise known as cardiovascular exercise, this can include an exercise/aerobics class or any other type moderate intensity exercise.

### Pilates:

A system of exercise designed to improve balance, core muscle strength, postural alignment and co-ordination.

### Social:

Activities designed to be fun and effective fitness boosting exercise.

The basic building block for this regimen is regular aerobic exercise. This includes walking, jogging, swimming, cycling or exercise classes at a gymnasium. In addition to this, resistance training and core strength exercises should be used to promote well-rounded fitness and to help maintain muscle mass. Social exercise should also be incorporated into this regimen as it can be a fun, enjoyable and effective form of exercise.

## Weight Management

Successful weight management is based upon behaviour change. Maintaining your weight at a healthy level is about maintaining those changes that have helped you to lose weight. It is absolutely necessary to make a lifelong commitment to changing your eating and exercise habits.

The lifestyle you adopted to cause your body to change in shape and weight is the one that will keep you fit and trim for the remainder of your life. The key to long term health and weight maintenance is to both come to terms with this and be skilful at making this as easy on yourself as possible.

There are many different ways to modify a weight loss program into a weight maintenance program. One simple way to maintain your weight is to take one GR<sup>2</sup> Control Meal Replacement Shake instead of two per day. Another would be to add one dairy food serve per day or add one fruit serving per day. The transition from weight loss to weight maintenance should be a natural one. I think the main focus should be to get to your goal weight and then work hard to stay active and maintain good eating habits. The goal would then be to keep this up until it becomes natural for you to live in this fashion.

The following factors are important aspects of this transitional phase:

**Variety:** You should choose a variety of different foods from each of the main food groups each day to ensure optimal health. This will ensure you are consuming a nutritionally adequate and balanced diet and also that



you do not become bored with eating a limited number of foods. Variety in your exercise routine is also important and also promotes well rounded fitness.

**Balance:** Weight gain and excess fat stores are the result of an imbalance between energy intake (calories or kilojoules from food) and energy output (metabolism and exercise). To lose weight, it is essential to decrease energy intake while at the same time increasing activity or exercise. To maintain weight, it is necessary for energy demands to be matched by kilojoule or energy intake.

**Moderation:** The quantities and frequencies of certain foods can determine whether they help or do harm to your health. Everything in moderation is fine but you need to determine what moderation is.

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## Low-carb Dinners

Low carbohydrate dinners are a way of both limiting kilojoule intake at night and facilitating weight loss and maintenance. The key to low carb dinners is to include plenty of vegetables and prepared in different ways.

Tips:

- Try to increase the number of ways you cook non-starchy vegetables and try some new vegetables. They can be stir fried, baked or roasted, steamed, char grilled, mashed, incorporated into stews, sauces, soups and salads.
- Bulk up your meals with vegetables. Examples include:
  - Stir fried chicken or pork with plenty of vegetables.
  - Serve pasta sauce with vegetables as the main part of the meal.
  - Have a vegetable-based soup first followed by a smaller serve of the main course.

Sample Meal Ideas

- Roast chicken breast, salad of rocket, red onion, tomato, cucumber and reduced fat fetta cheese
- Barbecued marinated rump steak with char grilled vegetables
- Grilled salmon with snow peas, asparagus and carrots
- Moroccan-style pork fillet with green bean salad (finely diced tomato, capsicum, red onion, parsley, balsamic vinegar)
- Baked fish (ginger, lemongrass, shallots, sesame oil) with steamed or stir-fried vegetables

## Essential Ingredients

These ingredients are some of the basic ingredients that form the foundation of a well stocked kitchen. It is important to have these at your disposal in order to create healthy meals at short notice and to give you lots of meal options.

Of course, not all of these are necessary and you will develop favourites over time. Buy fresh foods on an as-needed basis.



### Seeds/Nuts

Flaxseeds (linseeds)  
Raw almonds, pecans or other nuts

### Oils

Extra virgin olive oil (dark bottle or tin)  
Sesame oil

### Grains

Maize meal or Polenta  
Wholemeal pasta  
Rolled oats  
Rice – Basmati and brown  
Millet

### Canned vegetables/legumes

Dried legumes  
Canned legumes – chickpeas, kidney beans, lentils, cannelloni beans  
Canned tomatoes without salt added

### Sauces/condiments etc

Vinegar – red wine, white wine, balsamic etc  
Fish sauce  
Oyster Sauce  
Soy sauce  
Light coconut milk

Capers  
Mustard  
Stock Powder – salt reduced  
Shitake mushrooms  
Evaporated skim milk  
97% fat free mayonnaise  
Tahini

### Spices

Cinnamon  
Cumin  
Coriander Seeds  
Curry paste/powder  
Fennel seeds  
Dried chilli  
Paprika  
Turmeric  
Bay leaves  
Nutmeg  
Star anise  
Salt  
Pepper  
Kaffir lime leaves

## Different Cooking Methods

### Stir fries

- Chicken and asparagus
- Beef with bok choy
- Barbecue pork and broccoli

### Stews or casseroles

- Include onions, garlic, carrot, celery etc; tomato or stock based sauce
- Serve with extra steamed greens (beans, broccoli etc)

### Salads

- Serve two or three different salads rather than one – eg. coleslaw with low fat dressing and a green salad
- Incorporate the protein component into the salad - eg. prawns with lime dressing, Thai or Vietnamese style beef/chicken salads

### Soups

- Minestrone (no pasta)
- Thai-style eg. Tom Yum Goong (no noodles)

- Chinese (no dumplings or noodles)
- Laksa (coconut flavoured evaporated milk, no noodles)

### Rissoles/Fish cakes/Chicken Patties

- Incorporate vegetables into patties; serve with vegetables/salad;
- Bake in tomato-based pasta sauce, add to soups etc

### Marinades

- Use marinades to add flavour and interest to your meals
- Teriyaki, garlic and rosemary, tandoori, moroccan spices, lemongrass and ginger

### Mash

- Rather than potato, use carrot, pumpkin or Jerusalem artichoke, add some fresh herbs or garlic

# Your Recipes

## Ratatouille



### Ingredients:

- 1 Large or 2 small eggplants diced
- 4 cloves of garlic
- 1/2 White onion (diced)
- 1/2 Spanish onion (diced)
- 1 Medium zucchini (diced)
- 1 Large tomato (diced)
- 400g of chopped, peeled Italian tomatoes or prepared bottle of pasta sauce
- Small bunch of basil
- Salt and pepper
- 1 tablespoon Extra virgin olive oil

### Method:

1. In a heavy based pot add oil, onions and garlic. Cook until golden brown.
  2. Add eggplant, zucchini, fresh and tinned tomatoes and basil. Cook for approx. 45 minutes over low heat until vegetables soften and the sauce is thick.
- Serve with grilled lamb, fish or chicken.
  - Use as a pasta sauce or in lasagne.
  - Basil can be used as a garnish as a source of vitamin C

### Notes:

Both these recipes can be used as an accompaniment to various protein sources. They are low in kilojoules, high in fibre, delicious and very nutritious.

## Field Mushrooms



### Ingredients:

- 4 large field mushrooms
- 2 cloves garlic, finely chopped
- 4 sprigs parsley, finely chopped
- 1 tablespoon lemon juice
- 1/2 teaspoon pepper
- Salt to taste
- 1 tablespoon Extra virgin olive oil

### Method:

1. Combine garlic, parsley, lemon juice, pepper and salt together.
2. Brush or spray mushrooms lightly with oil.
3. Place mushrooms flat side down (gills up) on hot barbecue plate.
4. Drizzle dressing over and cook for several minutes.
5. Turn mushrooms and cook for approximately one minute until done to your taste.

