

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



## Weeks 7 & 8

Congratulations for doing something so positive for yourself! This newsletter marks the start of the seventh week of the program and it's a great time to reflect and reinforce the goals that you set at the start of this challenge. Goals are absolutely critical to your success.

Firstly, however, it's an opportune moment to take stock of all that is going on and look back upon what you have achieved so far. Hopefully everyone is losing weight and experiencing better health. Some of you will notice that your clothes are fitting better or you're wearing a smaller size and some of you will have reduced your blood pressure and blood glucose. It is inevitable that some will be doing "better" than others will be. Don't worry about that. This is inconsequential because you are all doing something positive and are all hopefully lighter and healthier than when you began.

In terms of where we are going, It's important to constantly remind ourselves of our goals. Keep a mental picture of your goals in the forefront of your consciousness to drive yourself when your motivation is low or when the burn in your legs is getting to be too much to bear.

Remind yourself of your goals regularly. They define where you want to be. This is really important. Can you imagine going for a drive without a specific destination in mind? You would not know how many clothes to pack, how much food to bring or indeed how to get there!

It's also recommend that you write this down somewhere so that you see it every day. Maybe write it on your fridge or put a note in your wallet. You should also remind yourself how much better you feel now than you did when you started this journey. Focus on your improved self-image, greater fitness and positivity and better overall health. Is that not worth it?

## Exercise Schedule

| DAY       | EXERCISE (Weeks 7-8)  |
|-----------|---|
| Monday    | 35 minute walk or swim  |
| Tuesday   | Weights or pilates  |
| Wednesday | 35 minute walk  |
| Thursday  | Fit Ball Core Strength Exercises                              |
| Friday    | Walk/jog/swim or Cardio 35 minutes                            |
| Saturday  |   |
| Sunday    | Tennis, Golf, Bush walking, Cycling, Ten Pin Bowling, Dancing |



### 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 and enjoyable, as well as an effective form of exercise.

## Modifying recipes

It is not necessary to throw away all your cookbooks to cook healthy, nutritious meals. Rather a few simple changes can turn your old favourites into fabulous low fat meals. When reducing or eliminating fat as an ingredient, it is vital to balance the flavour and texture with other techniques and ingredients.



### Cooking Methods:

- Use no fat cooking techniques to cook meat and vegetables. Try grilling, dry-frying, baking, boiling or steaming, instead.
- To dry fry, use non-stick cookware that has been preheated before cooking, and add a very small amount of olive or canola oil, stock or water.
- Instead of deep frying, lightly cook or steam the food first, then roast on a lined baking tray in a hot oven.
- When roasting meat, place it on a rack in a baking dish with 1-2cm of water. Make sure the meat or vegetables do not sit in the fat.
- Plan ahead. Stews and casseroles develop flavours when left overnight. Also, any fat will solidify on the surface, which can easily be skimmed before reheating.

### Ingredients:

- Reduce the amount of added fat - butter, oil, margarine and avoid using high fat ingredients such as sausages, processed meat, cream, cheese, sour cream, oil, butter, margarine, coconut milk.
- Marinate fish, meat, chicken and vegetables before cooking. Use lemon juice, vinegar or yoghurt as a base, or try a dry spice coating.
- Choose low-fat or reduced fat ingredients.
- Roast or caramelize vegetables such as onion, garlic, capsicum, sweet potato - they will develop a sweet flavour that will add depth to many dishes.
- Try using no added salt/reduced salt products and avoid adding salt during cooking and at the table.
- As a guide, 100-150g of meat per person is adequate. Extra vegetables and legumes can be added to bulk up dishes such as casseroles, stews and curries.
- Use herbs and spices to add flavour, and serve meat with sauces, chutney or pickles on the side rather than rich or creamy sauce.
- When making stews or casseroles, browning the meat and vegetables first helps develop the flavours. Use a very small amount of oil in a non-stick pan and cook the ingredients over high heat in batches.

| Method                     | Low-Fat Alternative   |
|----------------------------|---|
| Deep Fry                   | <ul style="list-style-type: none"><li>• Roast food in oven on a lined baking or grill tray.</li><li>• Lightly steaming or microwaving food first and brushing or spraying with a little oil will help crispiness.</li></ul>   |
| Shallow fry or Saute       | <ul style="list-style-type: none"><li>• Dry fry in a non-stick or lined pan.</li><li>• Spray or brush pan or food with a small amount of olive oil before cooking.</li><li>• Always preheat pan before adding ingredients.</li><li>• Stir fry or brown foods in a small amount of water or stock.</li><li>• Marinades provide extra flavour and moisture.</li></ul>   |
| Roasting Meat & Vegetables | <ul style="list-style-type: none"><li>• Place meat and vegetables on a rack in a baking dish with 1-2cm of water.</li><li>• Remove all fat from meat and chicken from skin before cooking.</li><li>• Wrap or cover lean meat, chicken or fish with foil and add vegetables, herbs, spices, lemon juice or tomato for extra flavour.</li><li>• Bake whole potatoes in their skins.</li><li>• Cut sweet potato or potato into chips or wedges, microwave for 4 minutes before cooking on a papered tray in a hot oven until golden brown. A small amount of oil may be sprayed or brushed onto potatoes before cooking.</li></ul> |
| Casseroles & Stews         | <ul style="list-style-type: none"><li>• Trim fat from meat before cooking.</li><li>• Add vegetables, legumes and/or pasta for a filling meal.</li><li>• Refrigerate casserole after cooking and skim fat from top before reheating.</li></ul>   |



# Your Recipes

## Mushroom Risotto

(Main meal - serves 12)



### Ingredients:

1/2 cup dried Shitake or Porcini mushrooms  
Extra virgin olive oil  
2 leeks or onions, finely diced  
3 short cut bacon rashers (optional), diced  
8-10 field or button mushrooms, sliced  
3 cloves garlic, finely chopped  
Rosemary, finely chopped

2 cups arborio rice - brown or white (barley can also be used to make barleyotto)  
2 1/2 cups chicken or vegetable stock - powder or real stock  
Parmesan cheese

### Method:

1. Cover dried mushrooms with 1 cup of boiling water and allow to soak for at least 20 minutes. When soft, remove from liquid (reserve liquid for use in risotto) and slice thinly.
2. Heat a large thick-bottomed pot on moderate heat.
3. Add olive oil, then leek and onion, and cook, stirring occasionally until soft and slightly golden.
4. Add half of bacon and cook until soft.
5. Add fresh and dried mushrooms and cook until slightly browned.
6. Add garlic and rosemary and stir until fragrant, approximately 30 seconds.
7. Add rice and stir until coated with mixture.
8. Add fraction of stock (reserved mushroom liquid can also be used, in addition to the stock, if a stronger mushroom flavour is desired) and stir, stir, stir!
9. Stop cooking when the rice grain is still slightly opaque in its centre.
10. The thickness of the risotto can be varied to suit your palate.

### Variations to method:

- A. Continuous method - add stock in small amounts, ensuring all liquid is absorbed before next batch is added. Stir almost continuously.
  - B. Stop start method - add almost all stock at step 8, reduce heat until liquid is just simmering and cover. Cook for 15-20 minutes or until liquid is almost all absorbed. Remove lid for final stages of cooking, adding extra stock if necessary.
- Eat with extra vegetables or salad.
  - A 3/4 cup of risotto is an appropriate serving.
  - Can be eaten with an egg or meat on the side as a protein source.
  - Serve with shaved parmesan on top for extra flavour.
  - Can be frozen for later use: this will not affect the flavour and will only affect the texture slightly.

### Variation - Chicken and Mushroom Risotto:

- Slice chicken breast into 1-2cm wide slices.
- Cook chicken quickly in very hot pre-heated thick-bottomed non-stick frying pan. Pieces will only need approximately 30-45 seconds cooking on each side before being stirred into risotto 2-3 minutes before cooked.

## Easy Dhal

(Main meal - serves 4)



### Ingredients:

250g Red lentils  
1 onion chopped roughly  
3 cloves garlic chopped roughly  
1 knob ginger chopped finely  
1 teaspoon ground cumin seed  
1 teaspoon ground coriander seed  
1/2 teaspoon turmeric  
1/2 teaspoon ground fennel seed  
1/2 teaspoon chilli flakes or 1 small chilli  
Stock powder  
Water

### Method:

1. Brown onions slowly.
2. Add finely chopped garlic and grated ginger and soften.
3. Add spices and cook until fragrant.
4. Add lentils and stock – follow packet instructions. Make approx 500mls to start.
5. Cook until lentils are soft.

### Note:

- A commercial curry powder can be used.
- Iron from lentils, and other vegetarian sources of iron, is absorbed better when eaten with a source of vitamin c such as fresh chilli or fresh herbs.
- Stir often and check water level.
- The thickness of the dhal can be varied by adding water or cooking longer.
- Dhal can be served with yoghurt, a fresh cheese or grains to improve the quality of the protein.

