

GR² Control Weight Loss Challenge



Weeks 9 & 10

Let's spend some time looking at an issue that is fundamental to long term success in any area of life, but importantly for us in terms of weight-loss. We all have to create a lifestyle that we accept and are happy with. Your lifestyle must be a sustainable one. Long term success is your goal and the approach you take should incorporate this. There is no point going all out for three months only to gain all the weight back plus some. This approach is characterised by a cyclical up and down of bodyweight, motivation and energy but it also generally results in the loss of precious muscle mass, which in the long term can have a disastrous effect on your metabolic rate.

Try not to adopt a "black or white" approach or an "all or nothing" attitude. Whilst this type of approach can and does work in the short term, it will generally fail you in the long term. Someone may go on the Atkins diet for a set period and lose the weight they want to and then go back on their normal maintenance diet. This is not an easy thing to do. Most of us need to work at it on an hour-by-hour and day-by-day basis. This means being mindful of what we put in our mouths but not to chastise ourselves if we digress temporarily.

If you do happen to have a meal which doesn't fit into the diet, don't let this get you down. If you have a couple of days where you eat too much, don't let it ruin your week. Get back on the horse, as they say, and get on with it!

These type of things are part and parcel of life. They will happen after you reach your goal weight, so why not learn how to deal with them before that happens. It is not possible to maintain your weight in the long term without having developed the ability to deal with these types of indiscretions.

Remember successful weight-loss is about long term changes and results, not short term glory.

Exercise Schedule



DAY	EXERCISE (Weeks 9-10)
Monday	40 minute walk or swim
Tuesday	Weights or pilates
Wednesday	40 minute walk or jog
Thursday	Fit Ball Core Strength Exercises
Friday	Walk/jog/swim or Cardio 40 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.

GR² Control Appetite Reducer

A full stomach is something that we get used to and for many of us is a very important aspect of our meals and diet. We teach ourselves to be satisfied by the volume of food we normally ingest. If we suddenly reduce the volume and energy content of our diet we are bound to feel less satisfied.



This typically happens when someone goes on a diet. This is because when losing weight it is important to eat fewer kilojoules than you require which forces the body to draw upon fat reserves to supply energy. Eating fewer kilojoules does produce a less satisfying diet simply because the volume of food typically eaten is less. If maintained, eating a less than satisfying diet eventually leads to non-compliance and ultimately failure to sustain the new diet and lifestyle.

Something can be done about this. Bulk can be gained with GR² Control Appetite Reducer and extra dietary fibre. The fibre content of our diet has a large role to play in this regard. Fibre satisfies us by literally filling the stomach. The stomach has stretch receptors that detect the volume of food we eat and send a signal to our brain which interprets the information.



Why Fibre to Curb Appetite?

- Fibre adds “bulk” without adding kilojoules. Natural fibre absorbs water in the stomach and increases in volume, helping you to feel full faster, naturally.
- Fibre plays an important role in carbohydrate metabolism by delaying gastric emptying and slowing the release of carbohydrates into the bloodstream, thus helping to minimise the insulin response.
- Non-habit-forming. Fibre provides a safe, natural alternative to potentially harmful diet pills.

Why GNLD GR² Control Appetite Reducer?

- Contains glucomannan (Konjac flour) which expands up to 50 times its weight in water, along with five other sources of fibre.
- Exclusive formula works with your body to create the feeling of fullness on fewer kilojoules.
- Helps control glycaemic response by slowing carbohydrate release into the bloodstream, thereby encouraging the body to burn fat for fuel, instead of placing it in storage.
- Convenient. Taken 20-30 minutes before mealtime with a glass of water, three capsules provide hunger curbing fullness and satisfaction on less food.
- No added sodium, sugar, or other sweeteners. Zero kilojoules per serving.
- No artificial colours or flavours.

Additional ways in which appetite can be satisfied:

- Eat extra salad or cooked vegetables with your main meals.
- Use legumes as a carbohydrate source regularly.
- Have a raw carrot or other vegetable instead of a late night snack.
- Have a large glass of water 20 minutes prior to meals. Often thirst masquerades as hunger.

Did You Know?

- Eating less carbohydrate and slightly more protein teaches the body to burn more fat as an energy source
- Antioxidants improve peripheral circulation
- Exercise improves your sensitivity to insulin which can lead to better blood glucose control
- Exercise increases HDL or good cholesterol levels in the body



Your Recipes

Garlic & Rosemary Marinated Chicken

(Main meal - serves 4)



Ingredients:

500g skinless chicken breast fillets
2-3 cloves garlic finely chopped
1 tablespoon finely chopped
rosemary (or lemon thyme)
1 tablespoon extra virgin olive oil
Lemon juice or vinegar to taste
Salt and pepper

Method:

1. Marinade: in a large mixing bowl add garlic, olive oil, rosemary, lemon juice or vinegar, salt and pepper and mix together well.
2. Slice chicken into strips. Combine with marinade and leave (from 1 minute to overnight)
3. Grill on a barbecue plate, char grill or in a non stick pan. Make sure the pan or plate is very hot before adding chicken.
4. Turn chicken only once during cooking. The chicken will cook within a few minutes. Make sure not to overcook.

Serve with salad.

Notes:

- The actual proportions of lemon juice or vinegar and oil will depend on your tastes
- Can be stirred through pasta with a little cheese
- This recipe works well with fish

Barbequed Chicken in Lime Chilli Marinade

(Main meal - serves 4)



Ingredients:

500g skinless chicken breast

Marinade:

1 tablespoon extra virgin olive oil
1/3 cup (80ml) lime juice
2 cloves garlic, crushed
2 teaspoons grated fresh ginger
1 tablespoon low-salt soy sauce
1 small fresh red chilli, finely chopped
2 spring onions, chopped
1-2 teaspoons brown sugar

Method:

1. Combine all marinade ingredients in a bowl and mix well.
2. Pound chicken fillets with a mallet to an even thickness. Combine chicken and marinade in a bowl, cover and refrigerate for a couple of hours or overnight.
3. Heat barbeque or pan to a high heat and cook on both sides turning only once.

Mini Meals



- A cup of homemade vegetable soup with 30g of grated reduced fat cheese. Homemade is better as it is generally more nutritious and has much less salt. This can be made in bulk and frozen in individual serves.



- One boiled egg and vegetable sticks.



- 200g skim milk yoghurt.



GR² Control

Weight Loss Challenge



MONDAY	Breakfast	Mini-Meal	Lunch	Mini-Meal	Dinner	Desert
	GR ² Control Meal Replacement Protein Shake	30g reduced fat cheese and 2 Vitawheat crackers	Mixed salad with 60g salmon and 2 tbs legumes: such as red kidney beans, tinned are good but look for reduced salt options	30g raw nuts	Garlic and Rosemary Chicken with chargrilled vegetables	1 cup raspberries
TUESDAY	Breakfast	Mini-Meal	Lunch	Mini-Meal	Dinner	Desert
	GR ² Control Meal Replacement Protein Shake	Plan your own meal here.	Plan your own meal here.	Plan your own meal here.	Plan your own meal here.	Plan your own meal here.
WEDNESDAY	Breakfast	Mini-Meal	Lunch	Mini-Meal	Dinner	Desert
	GR ² Control Meal Replacement Protein Shake	Peach and 30g raw nuts	Wholegrain bread roll spread with pickles, salmon or other meat, lettuce, tomato, carrot, beetroot, cucumber	2 Ryvita with 2 tbs hommus & sliced tomato	150g Roast pork roast pumpkin steamed carrots, peas and cauliflower	1/2 cup fruit salad
THURSDAY	Breakfast	Mini-Meal	Lunch	Mini-Meal	Dinner	Desert
	GR ² Control Meal Replacement Protein Shake	30g reduced fat cheese and 1 green apple	Pasta salad: 60g chicken, 1/2 cup pasta and 3 cups vegetables	200g Skim Milk Yoghurt	150g Corned silverside with steamed vegetables and mixed salad	100g low-fat yoghurt and 1/2 cup blueberries
FRIDAY	Breakfast	Mini-Meal	Lunch	Mini-Meal	Dinner	Desert
	GR ² Control Meal Replacement Protein Shake	1 banana	Chicken Wrap: 1/2 wholemeal lavash bread, 60g grilled chicken breast, low-fat yoghurt or hommus, rocket, tomato, cucumber	30g reduced fat cheese with 2 Vitawheats	Stir fried beef with mixed vegetables and 1/2 cup noodles	1 cup strawberries
SATURDAY	Breakfast	Mini-Meal	Lunch	Mini-Meal	Dinner	Desert
	GR ² Control Meal Replacement Protein Shake	200g Skim Milk Yoghurt	Salad: 1 potato, 60g tuna, gherkins, low fat mayo lettuce, tomato, onion and green beans	1/2 punnet strawberries with 100g yoghurt	Stir fried sweet and sour chicken with green salad or stir-fried vegetables	100g low-fat yoghurt and 1/2 cup raspberries
SUNDAY	Breakfast	Mini-Meal	Lunch	Mini-Meal	Dinner	Desert
	GR ² Control Meal Replacement Protein Shake	10 raw almonds, 4 dried apricots	Roast beef sandwich with salad	200g Skim Milk Yoghurt	Tossed salad Grilled fish	1/2 cup fruit salad

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MONDAY	Breakfast	Mini-Meal	Lunch	Mini-Meal	Dinner	Desert

TUESDAY	Breakfast	Mini-Meal	Lunch	Mini-Meal	Dinner	Desert

WEDNESDAY	Breakfast	Mini-Meal	Lunch	Mini-Meal	Dinner	Desert

THURSDAY	Breakfast	Mini-Meal	Lunch	Mini-Meal	Dinner	Desert

FRIDAY	Breakfast	Mini-Meal	Lunch	Mini-Meal	Dinner	Desert

SATURDAY	Breakfast	Mini-Meal	Lunch	Mini-Meal	Dinner	Desert

SUNDAY	Breakfast	Mini-Meal	Lunch	Mini-Meal	Dinner	Desert



Are you experiencing your desired weekly weight-loss? If you require additional information or support on the GNLD GR² Control Weight-loss Challenge, please contact Distributor Services on 1800 637 057 / 0800 445 049