



# *Eat With Me*

# *Train With Me*

## *Week 2: Eating for Weight Loss*



*8 Week Nutrition Program*

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## Eating for weight loss

TV shows like the Biggest Loser will have you believe that exercise is the key to weight loss...

### WRONG!

Losing fat is more than 80% diet dependant. Exercise helps a bit with burning off excess fat stores but it's almost impossible to burn off a bad diet!!

Not a believer? Think you can 'out train' your bad eating habits? Read on for the science behind weight loss...

## How to lose 1kg of fat in 1 week

There are lots of variables that influence weight gain and loss: from your nutrition in the womb to your friends eating behaviours to your genetics, environment, psychology, hormones and social and financial circumstances. Ultimately though, fat gain and loss is a numbers game that depends on the calories you consume versus the calories you burn. All those variables will influence the calories you consume and burn. BUT it is you who has the final say on what and how much you consume, and as you will soon find out, although you have less control over the amount of calories you burn, you can influence calories burned with the amount of activity you do.

So let's get on to the calorie maths for burning 1 kg of fat...

- 1 kg fat = 9000 calories
- To lose 1kg you need to create a 9000 calorie deficit in your metabolic balance in 1 week. i.e. use more energy than you take in from food.
- This means that there are 1300 calories per day that you need to either:
  - Cut out of your diet by eating less OR
  - Burn off by exercising more OR
  - a bit of both...

## Losing 1kg of fat with exercise

- Recap: 1 kg fat = 9000 calories
- 1 hour jogging = approx 500 calories (roughly)
- So to lose 1 kg per week you need to jog for 18 hours a week. **That's more than 2.5 hrs/day**



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## **Losing 1kg with Diet**

- Recap: 1 kg fat = 9000 calories
- To lose 1kg per week with diet you need to cut out approx 9000 calories over the week, which is approx 1300 calories per day

This is what 1300 calories looks like....

**Glass of orange juice**



**115 cal**

**1 muffin or banana bread**



**220 cal**

**2.5 slices takeaway pizza**



**625 cal**

**1 soft drink**



**180 cal**

**Hot chocolate**



**250 cal**

**Are you eating junk like this that is sabotaging your weight loss efforts?**

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## **Can you really lose 1kg of fat in 1 week?**

It depends... Whether you can actually lose 1 kg of fat each week will depend on a range of factors such as:

- Your start weight & how much extra weight you are carrying. The heavier you are to start with the faster you can lose the weight. If you are already in the healthy weight range (see last week's materials) you will find it very hard to lose weight!
- How much exercise you do.
- How much and what types of foods you eat. ie how well you can follow the diet plan.
- What your current metabolic rate is.

As you can see, it's very difficult to burn 1300 calories per day with exercise. Also, unless you are eating quite a lot of calorie dense foods, it's very difficult to cut out 1300 calories per day from your food intake. You will get the BEST results by following the Nutrition Plan (or simply cutting out all junk foods) and exercising for 1 hour 4 times per week.

## **Cleaning up your diet to lose fat**

There are various ways you can adjust your diet to lose weight. You can either follow the nutrition plan I give you or you can create your own healthy diet plan using the resources you get this week. Your options are:

- Option 1: Follow the weekly Nutrition Plans
- Option 2: Create your own healthier diet
- Option 3: Eating Clean to Get Lean

## **Option 1: Follow the nutrition plan**

This option is for you if you want a clear set of simple and easy instructions to follow and want to drop a lot of weight quickly.

## **Option 2: Create your own healthier diet**

Option 2 is a lifestyle change. You will make small changes each week that will result in gradual and sustainable weight loss over time and a permanent improvement to your lifestyle. This is a good way to lose weight if you don't like following meal plans and prefer a flexible approach.

This is also a good option if you are already quite confident that you know what foods to eat to be healthy and lose weight.

## Nutrition Targets – Weight Loss

Men

- Aim for the following target each day: **1800-2000 calories**

Women

- Aim for the following target each day: **1200 - 1500 calories**

### Putting it into practice

You are the master of your own destiny. Use this week's materials together with the food diary and table on the next page to create your own healthy diet for this week. Plan out what you will eat for each meal for every day of the week, get the groceries you need and try to stick to it. If you keep a food diary this week you can compare it to your meal plan to see how well you went!

When you finish your food diary take a good look at what you been eating. Any surprises?

Go through your diary and count up how much fruit, vegetables, dairy etc you are having each day on average and record it in the table on the next page.

Can you see where you can make improvements? Get a highlighter out and highlight all the parts of your food diary where you think you can improve. Then use the "Foods for Weight Loss Table" and "Healthy Snacks" list choose 1 to 3 changes that you feel confident that you can make this week. You can also use the tips under Option 3.

**Food Diary Analysis (per day)**

Food	How much is 1 portion	My intake – how many portions am I having?	How many portions you should have per day
<b>Fruit</b>	1 fresh fruit ½ cup juice 1 cup chopped fruit		2 - 4
<b>Vegetables &amp; legumes</b>	1 cup salad vegetables ½ cup cooked vegetables		4 - 8
<b>Dairy</b>	2 slices cheese 1 cup milk 200ml tub yogurt		2 – 4. Avoid cheese if your goal is weight loss.
<b>Carbohydrates</b>	1 medium potato 2 slices bread (small sandwich slices, not thick cut!) ½ cup raw oats or muesli 1 cup cooked rice, pasta or noodles		4 - 7
<b>Meat / Fish / Chicken &amp; alternatives (legumes, nuts, seeds, eggs, tofu)</b>	The size of your palm. (Approx. 100 grams lean meat/chicken/fish/tofu or 2 eggs or ½ cup legumes or 1/3 cup nuts)		1-2
<b>Snacks/junk/alcohol</b>	2 small glasses of wine (200ml) 1 doughnut 1 can soft drink 1 can beer 25g chocolate (less than a Freddo!) 2 tablespoons mayonnaise 1/3 of a meat pie 12 hot chips/fries (does anyone ever count?!) 1 ½ scoops ice-cream		Maximum of 2 per day

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## Foods for weight loss

Foods	Choose	Avoid
<b>Breads</b>	Small amounts (2 slices per day max) of whole grain bread, whole grain flat bread, crisp bread such as Ryevita.	White bread, fruit bread, banana bread, sweet buns, hot cross buns, scones, bacon and cheese rolls
<b>Cereals</b>	<ul style="list-style-type: none"> <li>Plain rolled oats, plain quick oats, Weet Bix, Oat Brits, natural untoasted muesli</li> <li>Pasta, couscous and polenta in small amounts eg ½ cup cooked amounts per day.</li> </ul>	Most other commercial cereals. Check the ingredients list and nutrition information panel on the label and ask me if you are not sure.
<b>Crackers and baked goods</b>	Water crackers, Vita Wheats, plain wholegrain rice cakes as snacks with a source of protein eg a table spoon of cottage cheese	Flavoured rice cakes, Jatz, pastries, sweet biscuits, croissants, all cakes and slices, pies
<b>Vegetables</b>	<p>All fresh and snap frozen vegetables (baked, steamed, stir fried, raw in salads) – you can have unlimited amounts!!</p> <p>Starchy vegetables such as corn, potato, pumpkin, sweet potato, beetroot, parsnip and peas in small amounts eg ½ cup per day are ok.</p>	Deep or shallow fried vegetables and creamy sauces
<b>Fruit</b>	All fresh fruit, frozen fruit (eg frozen berries) and tinned fruit in natural juices. Stick to 2 pieces per day.	Tinned fruit in syrup, fruit pastries, fruit pies, dried fruit
<b>Meats and alternatives</b>	<p>Lean meat, heart smart mince beef, chicken breast or thigh fillets, fish (including fish canned in water or low fat sauce eg tomato and basil flavour – check the label), beans, lentils, tofu, boiled or poached eggs.</p> <p>Lean deli meats such as lean ham and turkey are allowed too – but these are high in salt, so don't</p>	<ul style="list-style-type: none"> <li>Fatty meat</li> <li>Chicken skin</li> <li>fried chicken</li> <li>fried fish</li> <li>processed meat such as salami, cabanossi, sausages, canned meat (eg Spam), hamburger mince, fatty bacon</li> </ul>
<b>Dairy</b>	<p>Reduced fat/low fat/skim milk</p> <p>Low fat plain natural yoghurt</p> <p>Low fat ricotta cheese</p> <p>Low fat cottage cheese</p>	<p>Sweetened yoghurts</p> <p>Full cream milk</p> <p>Cheese, cream cheese</p> <p>Ice cream</p> <p>Cream, sour cream, whipped cream</p>

## Foods for weight loss

Foods	Choose	Avoid
<b>Fats</b>	Unsalted raw nuts (small handful only) Avocado (thin spread or ¼ avocado in salads) Olive oil Nut oils	Butter Margarine (Logicol is ok if you have high cholesterol) Lard Fried foods
<b>Beverages</b>	Water Tea (no sugar added) Coffee (max 2 per day) Soda water Mineral/sparkling water  You can have freshly squeezed fruit or vegetable juices eg 1 cup once or twice per week. Avoid having juice everyday because it is calorie dense and will not fill you up	Soft drink Fruit juice Diet soft drinks Energy drinks Sports drinks Alcohol Milkshakes Cordial Diet cordial Flavoured water eg Vitamin water
<b>Takeaway foods</b>	<ul style="list-style-type: none"> <li>• Salads with dressing to the side</li> <li>• Grilled fish with salad</li> <li>• Sandwiches with salad &amp; ham/turkey/chicken breast made with whole grain thin sliced bread, no butter</li> <li>• Rice paper rolls</li> <li>• Sushi with salmon or vegetable fillings (small amounts), sashimi, edamame</li> <li>• Pasta with tomato based sauces &amp; side salad</li> <li>• Poached eggs with smoked salmon</li> <li>• Fruit salad</li> <li>• Vermicelli noodle salad</li> </ul>	<ul style="list-style-type: none"> <li>• Hot chips</li> <li>• Meat pies, sausage rolls</li> <li>• Pastries, muffins, croissants, banana bread</li> <li>• Kebabs</li> <li>• Thick sliced breads &amp; focaccia breads</li> <li>• Spring rolls</li> <li>• Pasta in creamy sauces eg white sauces</li> <li>• Lasagne</li> <li>• Anything fried</li> <li>• Chain store foods eg McDondalds, Hungry Jacks, Pizza Hut, Dominos, KFC</li> <li>• Many vegetarian sandwiches – most of the time the vegies are fried or drenched in oil</li> </ul>

## Healthy Snacks

Even if you're trying to lose weight, don't let yourself go hungry - it's important to have a snack between meals so you don't overeat at your main meals. This list of snacks is highly nutritious and low in sugar, saturated fats and calories.

- Veggie bites – raw carrot sticks, snow peas, green beans, celery, cucumber sticks. You can have as much as you like.
- Raw vegies (eg celery or cucumber) dipped in plain, low fat natural yoghurt
- 2 crisp breads with 1 tablespoon low fat ricotta cheese or cottage cheese each, cracked pepper and sliced tomato
- Whole grain rice cake with 1 tablespoon cottage cheese, slice of turkey and 4-5 dried cranberries
- Boiled egg
- Piece of fresh fruit
- 1 cup of fruit salad
- Sliced apple sprinkled with cinnamon
- 10 nuts (raw, unsalted)
- 3-4 olives (stored in water/brine not oil)
- Plain, natural low fat yoghurt (girls max 100 grams, boys max 200 grams)



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- 1/3 cup plain, natural low fat yoghurt with berries or chopped fruit & sprinkle of cinnamon
- 2-3 cups air popped popcorn seasoned with cracked pepper or herb/spice of your choice (not salt!).
- Tea (green, black or herbal) with a splash of milk (optional), no sugar
- Black coffee, no sugar
- Skim coffee without sugar (eg small skim flat white, latte or cappuccino)



## Option 3: Eating Clean to get Lean

This option is for you if:

- You are already a healthy weight and need to lose those final few kilograms of fat.
- You are trying to get down to a low body fat % eg for a certain sport or competition.

This is a simple but strict high protein, moderate carbohydrate and low fat diet that gets results fast!

To help guide you, I have set out some nutrition targets for you below. Please note that those targets mean that your diet will be very meat/fish/chicken heavy and cut out some key foods (for example, grains, starchy vegetables and cheese) in order to facilitate fast and effective weight loss. Those targets are not suitable for women trying to fall pregnant, for women who are pregnant or lactating, for people under 18 years of age or for people with diabetes or any other serious illness. If you have any health concerns please get medical clearance from your doctor before trying this diet!! You should not give this diet to anyone else to follow without the advice of your Dietitian or doctor.

These nutrition targets are quite extreme and are suited to people that are training to get to a low body fat percentage. If you have a lot of weight to lose you will lose it even if you decrease the protein targets by up to 50% and increase your carbohydrate targets by up to 50%.

Now I don't expect you to be counting every single calorie and gram of protein, carbohydrate and fat that you put in your mouth (although you can if you want to).

Instead, I am going to give you some examples of what foods you should be eating to achieve your targets. This is a very basic diet that does not involve a lot of cooking or recipes.



## Nutrition Targets – Getting Lean

### Men

- Aim for the following targets each day:
  - 1800-2000 calories
  - 300 grams protein
  - 100 grams carbohydrate
  - 40 grams fat
- A few grams over or under the target is ok.

### Women

- Aim for the following targets each day:
  - 1200 - 1500 calories
  - 180 - 200 grams protein
  - 65 - 70 grams carbohydrate
  - 25 -30 grams fat
- Again, a few grams over or under the target is ok.



## Clean Eating Diet Plan – for the ladies

### Breakfast

- 1 small skim coffee (flat white, latte or cappuccino) AND 1/3 cup rolled oats with skim milk **OR**
- Egg white omelette (1 whole egg plus two whites, dash of skim milk and any vegetables of your choice eg grilled tomato, mushroom, grated carrot).

### Snack

- 1 cup strawberries
- 10 almonds

### Lunch

- 200g (raw weight) meat/chicken/fish of your choice (steamed, pan fried or baked with spray oil)
- 3 cups of free vegetables (raw, steamed, boiled, baked or stir fried)

### Snack

- Small can of tuna or salmon in brine or springwater **OR**
- 100 g plain natural yoghurt **OR**
- 1 boiled/poached egg

### Dinner

- 200g (raw weight) meat/chicken/fish of your choice (steamed, pan fried or baked with spray oil)
- 3 cups of free vegetables (raw, steamed, boiled, baked or stir fried)

## **Clean Eating Diet Plan – for the boys**

This is essentially the same as the diet plan for women just bigger portion sizes and the option to supplement with protein powder. I don't usually recommend supplements, however, it is virtually impossible to get the protein required on this diet from food only, without going over the fat target. **You will still lose weight without the protein supplement.** But you may get a bit hungrier and lose a bit more muscle mass than if you have the supplement (a small amount of muscle loss is an inevitable side effect of any weight loss/calorie restriction – make sure you do some resistance training to minimise this).

**See the next page for the plan!**



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## Clean Eating Diet Plan – for the boys

### Breakfast

- 1 small skim coffee (flat white, latte or cappuccino) AND 1/2 cup rolled oats with skim milk **OR**
- Egg white omelette (1 whole egg plus three whites, dash of skim milk and any vegetables of your choice eg grilled tomato, mushroom, grated carrot).
- Optional – protein shake (30g whey protein mixed with water)

### Snack

- 1 cup strawberries
- 10 almonds
- Optional – protein shake (30g whey protein mixed with water)

### Lunch

- 250g (raw weight) meat/chicken/fish of your choice (steamed, pan fried or baked with spray oil)
- 4 cups of free vegetables (raw, steamed, boiled, baked or stir fried)

### Snack

- Small can of tuna or salmon in brine or springwater **OR**
- 200 g plain natural yoghurt **OR**
- 1 boiled/poached egg
- Optional – protein shake (30g whey protein mixed with water)

### Dinner

- 300g (raw weight) meat/chicken/fish of your choice (steamed, pan fried or baked with spray oil)
- 4 cups of free vegetables (raw, steamed, boiled, baked or stir fried)

### Snack

- 1 piece fresh fruit
- Optional – protein shake (30g whey protein mixed with water)

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## **Vegetarians**

You can also lose weight on a more plant based diet, however it is more difficult. Either way, for this diet to work, it is important to get familiar with the amount of calories, protein, carbohydrate and fat that you need each day in order to lose weight. You need to be getting roughly 20% of your energy from fat, 20% energy from carbohydrate and 60% energy from protein. It is much easier to follow achieve that distribution of energy from macronutrients with a high protein diet.

If you are vegetarian you can replace the meat/chicken/fish with tofu and legumes or supplement with protein powder (I recommend whey protein with no added sugar or flavour – you can add coffee or cinnamon yourself to flavour it). You will still lose fat however the diet will not be as effective.



## **Tea and coffee**

Green tea is best for a whole range of reasons including promoting fat loss. You can also have any other tea, espresso, black coffee and white instant coffee, but no sugar!



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## **Favours and condiments**

To add flavour you can use:

- Any herbs and spices you like
- Vinegar, lemon/lime juice, soy sauce, fish sauce, oyster sauce, sweet chilli sauce, tomato paste (avoid tomato sauce)
- Small amount of salt (the diet has hardly any processed foods in it so it is very low in salt, therefore adding a small amount at the table is ok).



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## Vegetables

You can have as much as you like of the following vegetables – “free vegetables”:

- Lettuce
- Cucumber
- Tomato
- Spinach
- Celery
- Asparagus
- Mushroom
- Broccoli
- Cauliflower
- Bok Choy
- Cabbage
- Capsicum
- Eggplant
- Onion
- Shallots
- Brussels sprouts
- Green beans
- Snow peas
- Artichoke
- Leek
- Carrots

