



# ALIVE & KICKING

## HERE'S HOW TO KEEP THE WEIGHT OFF FOR GOOD

**C**ongratulations – you've made it to Week Four of one of the most successful diets ever to sweep Australia! Dr John D'Arcy's Kick-Start Diet has led you through Phase One and its two weeks of wonder soup and lean, mean protein, and now we're leaving you with all the skills to keep those kilos off – for good. Depending on your starting weight and if you persevered, you should have lost 6kg or more. Here you'll find your final week of recipes, plus we've included lots of tips on keeping you on the low GI path, devised by dietitian and nutritionist Geraldine Georgeou.

So what's the secret to the diet? All carbohydrates aren't equal. High GI (glycaemic index) carbohydrates with a rating of more than 70, such as white bread, pasta, white rice and potatoes, digest quickly and cause a rapid flow of glucose into the body with a fast and furious insulin rush. Glucose is used as fuel or stored as fat. It also means you will become hungry again faster and want to eat again. Long-term dangers of this insulin rush include high blood pressure, raised levels of fat in the blood and an increase in diabetes and heart attack risk. Visit [www.glycemicindex.com](http://www.glycemicindex.com) for a list of GI ratings.

## KICK-START SUMMER DIET WEEK FOUR



### DAY ONE

#### ☑ Breakfast

Porridge with low-fat milk and small serve of honey. 150g tinned peaches in natural juice, drained.

#### ☑ Lunch

Wholemeal lavash with hummus, lettuce, low-fat cheese and lean chicken breast. 1 tub low-fat yogurt.

#### ☑ Dinner

200g skinless chicken and 1 cup of assorted vegetables cooked in tomato puree, basil, garlic and 2 tps of olive oil. 1 cup mashed sweet potato.

### DAY TWO

#### ☑ Breakfast

2 slices wholegrain toast with low-fat cream cheese.

#### ☑ Lunch

Toasted ham and mustard wholegrain sandwich. Small tin of pears in natural juice.

#### ☑ Dinner

Stir-fried pork fillets with Chinese vegetables (eg bok choy, baby corn, red capsicum, sliced ginger, small red chillies and bean shoots) with soy and chilli sauce. 1 small serving of rice.

### DAY THREE

#### ☑ Breakfast

Banana smoothie made from 1 banana, low-fat milk, 1 tsp honey, 2 tps LSA, and 1 tblsp low-fat yogurt. 1 slice wholegrain toast with Vegemite. 1 piece fruit.

#### ☑ Lunch

2 Ryvitas with 1 small can of salmon and chopped onion. 1 cup Greek salad with 1 tsp olive oil and 2 cubes feta cheese. 1 apple.

#### ☑ Dinner

Pasta with salmon and capers (recipe last week).

### DAY FOUR

#### ☑ Breakfast

$\frac{3}{4}$  cup wholegrain cereal or 2 Weet-Bix with 1 cup low-fat milk. 150g tinned pears in juice, drained, or 1 piece fresh fruit.

#### ☑ Lunch

2 slices wholegrain bread with tuna (no oil), 1 slice low-fat cheese, salad. 1 orange.

#### ☑ Dinner

200g lean steak, barbecued, with mushrooms and 1 tblsp mustard or BBO sauce. 1 cup salad with balsamic vinegar. 1 tub low-fat yogurt.

## YOUR NEW DIET

To maintain weight or continue to achieve weight loss:

- ▣ Balance meals with lean protein with low GI carbohydrates and small amounts of controlled good fats.
- ▣ Avoid juices, cordials and soft drink.
- ▣ Limit alcohol – no more than 2 standard drinks in a sitting, up to 2-3 times per week maximum.
- ▣ Exercise for at least 30-60 minutes, at least 3 times a week.
- ▣ Avoid overly processed foods.
- ▣ If weight/fat loss is slow you may need to seek medical advice as you may need to be reviewed for insulin resistance and treated accordingly.

### What to keep in the fridge

- Low-fat yogurt.
- Low-fat custard.
- Eggs.
- Low-fat cheese.

### What to keep in the freezer

- Low fat ice-cream.
- Spinach.
- Baby beans.
- Peas and corn.
- Berries.

## STOCK UP YOUR LOW GI PANTRY

- ▣ Rolled oats – used as breakfast or in desserts, cakes, loaves and biscuits.
- ▣ Sanitarium Up & Go for quick emergency breakfasts.
- ▣ Wholegrain crackers and crispbreads.
- ▣ Rice – basmati or doongara.
- ▣ Dried pasta.
- ▣ Dried noodles – low-fat choices.
- ▣ Dried legumes.
- ▣ Canned beans.
- ▣ Canned vegetables eg sweet corn, canned tomatoes and asparagus.
- ▣ Canned fish in spring water.
- ▣ Milo.
- ▣ Tomato paste.
- ▣ Prepared stock.
- ▣ Dried fruits.
- ▣ Canned fruits.
- ▣ Canned evaporated skimmed milk.
- ▣ Oils – canola for general use, extra virgin olive oil for salad dressings and sesame oil for stir-fries.
- ▣ Black pepper.
- ▣ Mustard.
- ▣ Asian sauces – hoi sin, oyster, soy and fish sauce.
- ▣ Vinegar.
- ▣ Curry pastes – no added oil.
- ▣ Spices.
- ▣ Honey.
- ▣ Herbs.
- ▣ Capers, olives and anchovies.

## TIPS ON HOW TO CREATE LOW GI MEALS

- ▣ Use lower glycaemic carbohydrates – a controlled portion of either pasta or basmati or doongara rice or 150g serving of sweet potato. Try to include grains such as barley or legumes including lentils and beans. Lunches should include grainy breads like soy and linseed bread.
- ▣ Always include vegetables – there are many options, either fresh, frozen or canned – and include salads with meals wherever possible.
- ▣ Include a lean protein with meals – try lean beef, low-fat cheese, eggs, leg ham, cottage cheese, ricotta cheese, low-fat cream cheese, chicken breast, lean pork, fish, tinned salmon or tuna in brine or spring water, tofu, legume and beans or a handful of nuts – and avoid frying and adding fats.
- ▣ Use good fats sparingly – check that you're using healthy types of fat – mono or polyunsaturated fats such as olive oil – but use them sparingly, no more than 4 tsps per day.
- ▣ Being on a low GI diet doesn't mean having to give up potatoes and bread altogether, even though they can have quite a high GI rating. You don't need to make every single meal a totally low GI one, just try to include at least one low GI food at every meal. Because only half of all your carbohydrate intake needs to be low GI to gain the health benefits, you can enjoy potatoes and bread occasionally without feeling guilty. And don't be fooled by the fact that fried chips have a lower GI rating than a baked potato, it's still best to avoid fried foods as their high fat content can contribute to heart disease over time. So it's really better to have the higher GI baked potato!

## DAY FIVE

- ▣ **Breakfast**  
2 eggs (poached, boiled or scrambled), with 2 slices of wholegrain toast. 1 small glass of apple juice.
- ▣ **Lunch**  
Lentil and vegetable soup. 1 slice of thick-cut sourdough bread, spread with a little low-fat cream cheese.
- ▣ **Dinner**  
Grilled lamb fillets with couscous (recipe last week). Fresh rocket salad.

## DAY SIX

- ▣ **Breakfast**  
Low-fat cheese and tomato slices grilled on 2 slices of wholegrain toast. 1 piece of fresh fruit.
- ▣ **Lunch**  
1 wholegrain roll with leftover couscous and low-fat cheese or Swiss cheese and salad. 1 piece of fresh fruit.
- ▣ **Dinner**  
Moroccan spiced lamb pita (recipe last week). Green salad with no-oil dressing.

## DAY SEVEN

- ▣ **Breakfast**  
Baked beans or a boiled or poached egg with 1 slice of wholegrain toast. 1 piece of fresh fruit.
- ▣ **Lunch**  
2 slices of wholegrain bread with lean steak with onion, lettuce, tomato and sliced beetroot. 1 tub of low-fat yogurt.
- ▣ **Dinner**  
Spaghetti bolognaise (recipe last week). Salad with small amount of oil or vinaigrette.

## SNACKS

- 2 choices per day:
- ▣ 1 cup microwave popcorn.
  - ▣ 1 tub low-fat yogurt or 1 Nestle Diet Dessert.
  - ▣ 2 wholegrain crackers with 1 slice of low-fat cheese.
  - ▣ Piece of fresh fruit.

## ABOUT FATS

- ▣ 3-4 tsps of added oils per day can be used, including canola oil, olive oil, sunflower oil or margarine.
- ▣ Always buy low-fat milk, cheese or yogurt.