

KICK THAT FLAB



Get another step closer to the body you really want with Phase Two of Dr John D'Arcy's unique Kick-Start program for better health

Does the thought of baring your body on the beach next summer fill you with dread? If so, you're probably one of the ever-increasing number of Australians who are either overweight or obese.

It's a sad fact that Australia is fast becoming one of the fattest nations on earth, just behind the US.

Apart from the discomfort and embarrassment, obesity is associated with serious health risks such as heart disease, stroke, diabetes and cancer.

But thanks to New Idea and the Seven Network's resident physician Dr John D'Arcy, you can kiss goodbye to the blubber and say hello to the slimmer, healthier new you – all in time for summer. And it's all thanks to the Kick-Start Winter Flab Buster diet.

The diet is not only simple to follow, it's full of delicious and nutritious low GI meals for you to enjoy.

Over the last two weeks New Idea published Phase One of Kick-Start, an intense, soup-based diet designed for those who need a big weight loss at the beginning to keep them inspired.

If you missed Phase One and want to go back and start there, you can log on to www.newidea.com.au for details.

Those who have persevered and exercised regularly, ideally for an hour a day, will already be seeing benefits, depending on their starting weight.

GO SLOW, GO LOW

This week we begin Phase Two of the Kick-Start diet, which sees many of the carbohydrates that were missing in the first two weeks slowly re-introduced.

Phase Two achieves slower, steadier weight loss than Phase One. It can be followed after Phase One, or on its own for those who just want to lose a few kilos.

Of course, consult your doctor before beginning any weight-loss or exercise regimen – especially if you are very overweight, have an underlying medical condition or are on medication.

THE LOW GI LOWDOWN

- ✓ Low GI fruit and vegetables. Visit www.glycemicindex.com for a comprehensive list of foods and their GI rating.
- ✓ Wholegrain bread.
- ✓ Lean protein and low-fat dairy.
- ✓ Rice and pasta.
- ✓ Moderate intake of alcohol.



THE LOW GI LOWDOWN

Foods with a high GI such as white bread, potatoes and large portions of starchy pasta and rice cause insulin levels to run riot. Because the energy from them is absorbed quickly, your body stores this as fat rather than burning it as fuel, and insulin levels drop quickly, so your body signals it is hungry – and the cycle continues.

1 Foods that are low in GI, such as most vegetables, fruits and unprocessed grains, take time to digest, and the glucose they release is absorbed slowly and steadily by the body. The insulin rush caused by high GI foods is avoided, you stay fuller longer and the body starts to burn the fat you've collected as fuel.

2 By concentrating on low GI carbs (55 and less) and enjoying lean protein and low-fat dairy foods, you will eat more, feel satisfied and still lose weight. Enjoy herb chicken pasta, roast lamb, a Ploughman's lunch and more.



Dr John D'Arcy's Kick-Start Diet, A New Idea Mini Mag, is a great, no-fuss way to get the weight loss results you want, with an eating and exercise plan, motivational tips, a diary, recipes plus much more. Available from newsagents for \$5.95.



Italian herb chicken, spinach fettuccine and tomato salad

⌚ Prep time: 10 minutes.
⌚ Cooking time: 35 minutes. 🍴 Serves: 4.

- 4 x 200g chicken breast fillets
- Plain flour for dusting
- 1 tbslp extra virgin olive oil
- 1½ cups chicken stock
- 150ml white wine
- 1 cup kalamata olives
- 2 garlic cloves, crushed
- ¼ cup chopped basil leaves
- ¼ cup chopped oregano leaves
- 200g green beans, cut into 3cm lengths
- 1 bunch English spinach, stems removed
- ⅔ cup light sour cream
- 1 tbslp grated lemon rind
- 1 tbslp lemon juice
- 300g fresh fettuccine

Tomato salad

- 4 roma tomatoes, quartered
- 1 small red onion, finely sliced
- 2 tbslps white wine vinaigrette

- 1 Preheat oven to 180C.
- 2 Dust chicken lightly with flour. Heat the oil in a large non-stick frying pan, add chicken, cook over medium heat for 2 minutes on each side, or until browned. Place in a baking dish and add stock, wine, olives, garlic and herbs. Cover with foil and bake for 20 minutes, or until chicken feels firm. Remove chicken, reserving olives and pan juices. Slice chicken thinly.
- 3 Heat reserved pan juices in a frying pan. Add beans and simmer for 3 minutes, or until beans are tender. Add chicken, spinach, sour cream, lemon rind and juice, heat through.
- 4 Meanwhile, cook fettuccine according to instructions on packet. Drain, then serve topped with chicken sauce.
- 5 Mix salad and serve with fettuccine.

Nutrition per serve Kilojoules: 1890. Carbohydrates: 30g. Protein: 50g. Fat: 14g. GI rating: Intermediate to low.



THE GOOD OIL

❑ Avoid margarine and butter, but you can use 3-4 tps of added oils per day, including canola oil for general use, olive oil for salads and sesame oil for stir-fries.

❑ Always trim the fat from meat and take the skin off poultry.

❑ Choose low-fat dairy products and skim or reduced-fat milk.

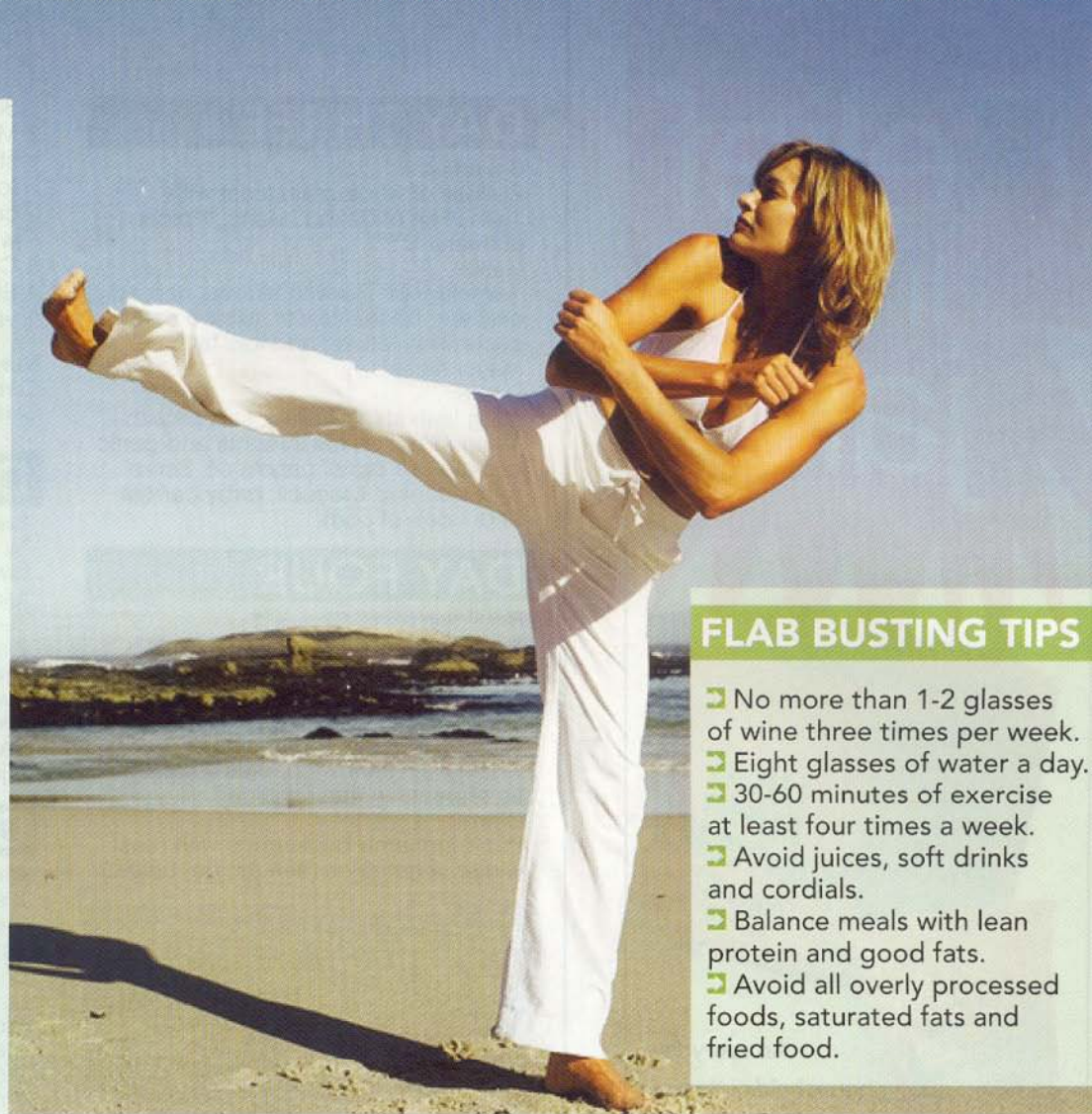
SNACKS

❑ Snacks are an important part of the Kick-Start Winter Flab Buster diet. The right snacks will help keep hunger at bay between meals and make it less likely for you to overeat at meal times.

❑ Incorporate two snack choices into your daily menu as morning and afternoon tea.

❑ Avoid high-fat, high GI snacks such as crisps, cake and biscuits. Instead enjoy:

- 1 cup microwaved or home-cooked popcorn using very little fat.
- Low-fat yogurt, mousse, custard or creme caramel.
- 2 wholegrain crackers with 1 slice of low-fat cheese.
- 1 piece of fresh fruit, 1 small tin of fruit in natural juice or veggie sticks.
- Handful of unsalted nuts.
- Low-fat banana smoothie.



FLAB BUSTING TIPS

- ❑ No more than 1-2 glasses of wine three times per week.
- ❑ Eight glasses of water a day.
- ❑ 30-60 minutes of exercise at least four times a week.
- ❑ Avoid juices, soft drinks and cordials.
- ❑ Balance meals with lean protein and good fats.
- ❑ Avoid all overly processed foods, saturated fats and fried food.

KICK-START WINTER FLAB BUSTER DIET

DAY ONE

Breakfast

2 slices of Burgen Fruit Loaf topped with a thin serving of low-fat cream cheese spread.

Lunch

1 cup of minestrone soup with 2 crispbreads or crackers.

Dinner

Warm roasted rosemary lamb on a bed of polenta with steamed vegetables (see recipe, right).

DAY TWO

Breakfast

1 slice of wholegrain toast, 1 poached egg, 1 slice of smoked salmon and 1 small tomato, sliced.

Lunch

Wholemeal pita pocket bread with 2 thin slices of rare roast beef or roast lamb, wholegrain mustard, tomato and lettuce.

Dinner

Italian herb chicken with spinach and fettuccine, with side salad of roma tomatoes and red onion (see recipe, left).



Roasted rosemary lamb with polenta and green vegetables

⌚ Prep time: 15 minutes.
⌚ Cooking time: 40 minutes. | Serves: 4.

500g-600g lean deboned leg of lamb
2 stems rosemary
3 garlic cloves, chopped
Salt and pepper to taste
1 tbsl olive oil
1 cup prepared low-fat instant gravy

Polenta

1 litre water
1 cup (170g) polenta
½ cup grated fresh parmesan cheese

Vegetables

300g baby bok choy, quartered
(or chopped silverbeet)
150g broccolini
100g snow peas

- 1 Preheat oven to 200C.
- 2 Lay lamb out flat, skin side down. Top with rosemary, garlic, salt and pepper. Roll up, tie with string and rub with oil. Place in a non-stick baking dish and bake 40 minutes (for rare). Remove from oven, cover with foil and stand 10 minutes.
- 3 For the polenta: Line a lamington tin with baking paper. Bring water to boil in a medium saucepan. Add polenta, stir over medium heat for 15 minutes or until very thick. Stir in cheese. Spread into tin and bake in the oven for 20 minutes, or until browned.
- 4 For the vegetables: Steam together until tender.
- 5 Slice lamb and serve with polenta, vegetables and gravy.

Nutrition per serve Kilojoules: 2016.
Carbohydrates: 28g. Protein: 50g. Fat: 15g.
GI rating: Low.

DAY THREE

Breakfast

2 slices of wholegrain toast with 1 small tin of baked beans, 1 piece of fresh fruit.

Lunch

1 wholegrain roll with leftover herbed chicken, bean sprouts, grated carrot, cucumber, lettuce and low-fat mayonnaise.

Dinner

200g lean steak grilled, served with sauteed button mushrooms and garlic cooked in 1 tsp of canola oil. Serve with steamed broccoli, baby carrots and 1 cob of corn.

DAY FOUR

Breakfast

1 serve of porridge with low-fat milk and small serve of honey, and 1 serve of tinned fruit in natural juice, drained.

Lunch

Toasted leg ham and mustard wholegrain sandwich, plus 1 small tin of pears in natural juice.

Dinner

Pan-fried lamb backstraps with roast winter vegetables (see recipe, below).



Pan-fried lamb backstraps with roasted winter vegetables

⌚ Prep time: 20 minutes.

🕒 Cooking time: 45 minutes. 🍴 Serves: 4.

1 medium kumara, peeled and cut into 4cm cubes

2 cobs corn, quartered

4 medium new potatoes, halved

1 red capsicum, quartered

4 small zucchinis, halved lengthways

1 tblsp olive oil

Salt and pepper to taste

2 tsps olive oil, extra

600g lamb backstrap

Dressing

¼ cup extra virgin olive oil

2 tsps lemon juice

Salt and pepper to taste

1 Preheat oven to 200C. Toss the kumara, corn, potatoes, capsicum and zucchini pieces in a baking dish with the oil, salt and pepper. Bake for

- 30 minutes, or until vegies are tender.
- 2 Meanwhile, heat extra oil in a non-stick frying pan. Add lamb and cook for 4 minutes on each side, or until cooked as desired. Remove, cover with foil and allow to stand 10 minutes.
 - 3 Combine all ingredients for dressing.
 - 4 Slice lamb and serve with roasted vegetables drizzled with dressing.

Nutrition per serve Kilojoules: 2100.

Carbohydrates: 40g. Protein: 50g. Fat: 18g.

GI rating: Intermediate to low GI.

DAY FIVE

Breakfast

¾ cup of wholegrain cereal with low-fat milk and 1 tin of fruit in natural juice, drained, or 1 piece of fresh fruit.

Lunch

2 slices of sourdough bread with sliced turkey breast, 1 slice of low-fat Swiss cheese, plus salad.

Dinner

Savoury curried mince served with a jacket potato.

DAY SIX

Breakfast

2 slices of wholegrain toast, 2 eggs – poached, boiled or scrambled – and 1 small glass of apple juice.

Lunch

Ploughman's lunch: sliced cold meats (lean ham, pastrami), 2 slices of reduced-fat cheese, 1 roma tomato, sliced, kalamata olives, 2-4 Ryvita crackers.

Dinner

Takeaway or home-cooked braised beef and black bean sauce with steamed or stir-fried Chinese vegetables, such as bok choy, red capsicum, baby corn, sliced ginger and bean shoots, and steamed rice.

DAY SEVEN

Brunch

Scrambled eggs (2 eggs) with lean ham, cooked tomatoes, English spinach, Spanish onion and a small amount of grated 25 per cent reduced-fat cheese. Have with 1 slice soy and linseed bread or nine-grain English muffins, 1 piece of fresh fruit and 200g low-fat yogurt. If brunch isn't practical, substitute a breakfast and a lunch from one of the other days.

Dinner

Grilled fish with Greek salad.



NEXT WEEK

Don't miss the final week of Dr John D'Arcy's Kick-Start Winter Flab Buster diet, with new tips to stay on track.