



This weight loss protocol is designed to promote a steady weight loss and to maintain your healthy weight and well-being by:

- shifting your body's metabolism from burning sugar to burning fat for energy
- restoring normal functioning of insulin and leptin hormones that control metabolism of sugar and fat
- stabilising blood sugar and eliminating sugar- and junk food cravings
- building muscle mass and increasing your metabolic rate
- supporting normal functioning of liver for fat metabolism
- empowering you to maintain healthy lifestyle habits that avoid regaining unhealthy weight.

Insulin – hormone that enables glucose to move from blood into body cells

Insulin resistance – prevents glucose entry into cells and raises blood glucose levels

High insulin levels – converts glucose into fat and suppresses fat burning; and suppresses growth hormone.

Leptin – hormone that helps regulate appetite

Leptin resistance – slows down fat burning

*Change what you eat rather than calorie restriction * nutrient dense rather than energy dense
* portion control rather than calorie counting * intermittent fasting * no snacking * exercise*

Principles are:

Nutrient dense foods - provide high levels of micronutrients relative to their calorie content and fibre. Micronutrients are essential in the metabolic processes that make energy available from food you eat. The more micronutrients your body has, the fewer calories it needs!

Eating balanced meals, with complex carbohydrates, low sugar, healthy fats and protein, with plant foods for micronutrients, prevents hunger between meals.

No cravings for snacks → insulin levels under control → more fat burning

Intermittent fasting¹ - A pattern of fasting for 16 hours between eating two meals that provide your nutritional needs for the day.

- This allows body stores of glucose to be depleted and stored fat to be metabolised to provide energy.
- It increases insulin sensitivity and energy efficiency in body cells.
- This prevents fluctuating blood sugar and cravings for sugar and junk food.
- Human growth hormone is active at low insulin levels.

Exercise – helps to maintain your basal metabolic rate (BMR) even while calorific intake is lowered and increases lean muscle weight. Include:

*Regular low-impact walking exercise e.g. walking or swimming * moderate weightlifting for muscle growth * stability exercises for core strength * flexibility to protect connective tissue and joints * interval training to boost metabolism*

Use the **Food and Activity Diary** to record what you eat, do and how you feel while following this plan.



Meal planning

- Include *high quality protein* with every meal.
- Combine grains, legumes, nuts and seeds to get all essential amino acids from vegetarian foods.
- Have large volumes of nutrient dense vegetables, especially green leafy produce, every day.
- Regularly eat *liver friendly vegetables* (see suggestions below).
- Include raw plant food with every meal to provide enzymes that help your liver break down fats¹ and minerals and vitamins for metabolic processes in all parts of your body.
- Fill your main meal plate with 2/3 raw and cooked vegetables.
- Include some *healthy fat* to assist digestion and absorption of fat soluble vitamins and provide fatty acids for energy and synthesis of healthy hormone levels.
- Choose *complex carbohydrates* for slow release glucose.
- Have oily fish two times weekly to provide *essential fatty acids* (EFA), or take flaxseed oil daily if vegetarian/vegan.
- Limit your fruit to two serves low sugar whole fruit (e.g. berries, Granny Smith apples) until you reach your desired weight. Avoid fruit juices and dried fruit.

High quality protein – with all essential amino acids from which your body can synthesis all proteins that it needs.

Healthy fats – have more short-chained and medium chained fatty acids that the body uses more easily for energy, to build healthy cell membranes and hormones.

Essential Fatty Acids—keep cell membranes healthy and help to increase insulin sensitivity¹.

Complex carbohydrates – release glucose slowly which keeps insulin levels low and provides fibre.

Liver friendly vegetables – contain sulphur used in detoxification reactions in the liver, and bitter chemicals that stimulate bile production.

Plan your meals weekly → Find recipes if necessary → Make your shopping list

Exclude	Include
Refined carbohydrates: pasta, flours, sugar and processed foods made with these Sugary food, including dried fruit, cordials* All junk food Cow's milk and dairy products Wheat and other gluten containing Processed oils High fat processed meats Cage eggs Processed foods Alcohol * <u>Tip:</u> Avoid foods with more than 5g sugars/100g for weight loss or 10g sugars/100g for weight maintenance	Unprocessed meats: White fish, chicken, turkey, beef, lamb Eggs, preferably organic Legumes: chickpeas, lentils, kidney beans Nutrient dense and liver friendly vegetables, especially broccoli, cabbage, kale, collard greens, Brussels, bok choy, spinach, cabbage, asparagus, celery, sweet potatoes, lettuce, parsley, bamboo shoots, carrots. Butter, coconut oil, cold pressed olive oil and nut oils, avocado, and avocado oil Nuts, especially almonds Seeds, especially flaxseeds and chia seeds Cold water oily fish: mackerel, sardines, salmon Low GI carbohydrates in new potatoes, Basmati rice, brown rice, lentils, chickpeas Gluten-free grains: Quinoa, millet, buckwheat Frozen or fresh berries, Granny smith apples Green tea



Serving sizes

Vegetables – unlimited		Fruit – 2 serves daily	
High quality protein: –1-1.2 g protein per kg lean mass ²		Normal body fat for men is 10% to 20% Normal body fat for women is 15% to 25%	
Your body weight: _____	Your current fat % _____	Your lean body weight _____	Your protein needs _____
<u>Animal foods</u> 100g of fish or meat will provide 20-25g protein 2 eggs will provide about 12g protein Options for protein powder: <ul style="list-style-type: none"> • Dairy based e.g. whey protein isolate, Check for no soy, sugar or gluten. • Rice protein based e.g. Growing Naturals whole grain brown rice isolate powder – available in health stores When using protein powders, you should increase your daily water intake.		<u>Plant foods</u> Combination of 3 of 4 of legumes, nuts, seeds and gluten-free grains to provide all the essential amino acids your body needs ¹ : ½ cup cooked lentils ½ cup cooked chickpeas 1 Tblsp pumpkin seeds 2 Tblsp almonds 1/3 cup brown rice 1/3 cup Basmati rice 1 cup cooked quinoa ½ cup cooked millet	
Healthy fats – include some fats or oils with every meal			
<u>Animal foods</u> 2 eggs 1 Tblsp butter 100g full fat Yalna yoghurt Natural fat in lamb and bone marrow 100 g cold water oily fish, e.g, sardines, salmon, mackerel, herring – 2-3X weekly OR supplement with fish oil or cod liver oil for EFA		<u>Plant foods</u> ½ Avocado 2 Tblsp of most nuts; ¼ cup walnuts 1 Tblsp pumpkin seeds 2 Tblsp coconut oil 1 Tblsp olive oil in a salad dressing 1 Tblsp flaxseed oil	

With compelling evidence of the adverse health consequences of low fat and high carbohydrate diets, there is growing interest in and advocacy for high fat diets with 50% to 70% of calories provided by healthy fats.

The tolerance for fat will vary between individuals. Avoid bad fats, eat foods with healthy fats (as described above), and adjust your intake to suit how you feel.

These healthy fats will not make you fat. They will support normal, healthy processes in your body, including production of hormones, maintenance of healthy cell membranes and suppression of allergic and other inflammatory reactions.



Healthful weight loss

Very low carb diets that cause ketosis are not healthful for all people. A person's carbohydrate needs can be between 60g-300g daily¹. 50g – 100g is a normal healthy range that suits most people on a low carb diet.

Carb source		<40g for ketosis	50g – 100g is normal range that suits most people
		Starch, not sugars	You can include increments of these portion sizes to make up your meals during the day to provide an amount of carbohydrates that suits your healthy metabolism
1 thin rice cake		4.8g	
1 thick rice cake		7.8g	
Cooked quinoa	These are low GI gluten-free grains		
Cooked buckwheat			
Cooked Basmati rice		1/3 cup = 16.4g	
Cooked brown rice		1/3 cup = 18.9g	
Root veg higher in sugars, but nutrient rich	Starch & sugars	g sugars /100g	<p style="text-align: center;">Recipe resources</p> <p style="text-align: center;"> www.healthychef.com.au www.mydaringlemonthyme.com www.wildhealthfood.com </p> <p>I can provide tried and tested recipes on request, including green juices, green smoothies and protein smoothies.</p> <p>But I encourage you to look for recipes yourself, while keeping your food and meal choices simple and easy to prepare without too much fuss.</p> <p>Lots of salads; stock soups; slow cooked meals, curries and stews</p> <p>Steam, poach, oven bake and grill</p> <p>Avoid frying in oil</p> <p>Exercise with company for the motivation and socialisation!</p> <p style="text-align: center;">Enjoy!</p>
1 medium roasted carrot	3.4g	6.1	
1 medium roasted parsnip	12.2g	6.0	
1 medium roasted turnip	4.9g	3.4	
1 medium roasted swede	16.2g	4.2	
1 medium roasted white potato with skin	17.3g	2.3g	
½ cup mashed potato	14.4g	0.9g	
1 medium roasted sweet potato	19.3g	7.7	
Legumes – low sugar and high in fibre			
lentils	9.5g	0.5g	
chickpeas	16g	<1g	
Kidney beans	14.1g	2.4g	
Dairy and nuts			
100g Yalna Greek yoghurt	4.8g	4.8g	
100g unsweetened Yalna yoghurt	4.1g	4.1g	
2 Tbsp natural almonds	15.2g	3.8g	

Avoid foods with more than 5g sugars/100g for weight loss or 10g sugars/100g for weight maintenance