30 Day Online Weight Loss Course

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Thank you for joining the program. We wish you much success on your weight loss journey.

If you have just a little bit of weight to lose, you'll likely achieve your weight loss goals after the 30 days. If however, you have lots of weight to lose, the 30 days will be a wonderful kick-start to your ongoing weight loss journey.

This program has been scientifically proven to be effective for weight loss as it focuses on healthy, low sugar foods and quality protein sources to keep your body nourished and to support the body's mechanisms for weight loss, such as hormonal balance, blood sugar regulation, as well as using anti-inflammatory and low-allergenic foods.

You'll have access to everything you need to follow the program successfully, including an Allowed Foods List, Menu Planner and Recipe Booklet.

So, let's get started...

For weight loss success for the first 30 days, please follow these guidelines:

Avoid sugar and all sugary foods, such as pastries, cakes, biscuits, sweets, desserts, as the body turns excess sugar into fat. Avoid natural sugars too such as honey, molasses, maple syrup, agave syrup, date syrup. The aim this month is to start fat burning. The body simply won't fat burn if you're eating sugar.

Avoid white refined carbohydrates, such as white bread, white rice, white pasta, white noodles, croissants, cakes, pastries, pretzels, biscuits. They will turn to fat in your body very quickly and upset your blood sugar control.

Add protein to each meal and snack to increase metabolism, keep you fuller for longer and keep blood sugar levels steady. (See Sources of Protein document).

Always eat breakfast to set correct insulin and stress response for the day. Skipping breakfast results in increased hunger later on and cravings, as well as improper blood sugar control. Eating a good, healthy breakfast increases the metabolism and provides energy for the day ahead.

Eat small, regular meals to keep blood sugar levels even and increase metabolism. Eating every 2-3 hours will stop you over-eating and prevents cravings and unhealthy food choices. Eat breakfast, lunch, dinner, a mid-morning and a mid-afternoon snack.

Eat a healthy snack mid morning and mid afternoon to keep your blood sugar levels even and to avoid cravings and overeating. (See Healthy Snack Ideas document)

Eat most of your food during the morning and lunch, choosing lighter foods as the day goes on and a light evening meal. This ensures calories get burned up during the day and helps to increase the metabolism. Eating large meals at night encourages weight gain, slow digestion and sluggishness upon waking.

Never skip meals. If you do, you will be very hungry and likely to over-eat as well as eating whatever you can get your hands on! This is the reason for most people's unhealthy food choices.

Don't get caught out without a healthy option. Plan ahead so that you don't have to settle for unhealthy food choices when out and about or at work.

Avoid unhealthy fats, such as fried food, refined vegetable cooking oil, butter, margarine, trans fats in processed foods, fatty meats such as sausages, bacon, salami and processed meats.

Eat healthy essential fats from raw almonds, walnuts, pumpkin seeds, sesame seeds, linseeds (flax) and sunflower seeds, as well as avocado, extra virgin olive oil and oily fish. Use quality oils on your salads, such as flax, hemp, walnut, extra virgin olive oil.

Eat low sugar fruits, not high sugar fruits. Low sugar fruits include: apples, pears, plums, citrus fruits (grapefruit, lemon, lime, orange, mandarin), kiwi, peaches, nectarines, berries (strawberries, raspberries, blueberries, blackberries, cherries.

Avoid or eat only in small portions high sugar fruits: bananas, pineapple, papaya, melon, dried fruits, grapes.

Eat as many vegetables and salads as you can. These are high in nutrients and low in calories. Fill half of your plate up with vegetables.

Eat only small portions of starchy vegetables, such as pumpkin, squash, sweet potato. Avoid potato.

Drink a nutritious smoothie everyday, preferably a green smoothie packed with green leafy vegetables. Adding a superfood such as spirulina, chlorella or wheatgrass powder to your smoothie will flood your body with nutrients. Increased nutrient status equals a healthier, more efficient body without cravings. Many cravings are a sign of nutrient deficiencies.

Avoid stimulants, such as coffee, black tea and energy drinks. Green and oolong tea may be beneficial for weight loss up to three cups a day.

Avoid fruit juice and sweetened drinks as they encourage weight gain and blood sugar fluctuations. Avoid diet and no-sugar drinks, as these contain artificial sweeteners like aspartame, which also encourage weight gain, as well as being neurotoxins.

Avoid alcohol. If you're serious about kick-starting your weight loss, you must avoid alcohol. (Once you have got through the first 30 days, you may choose to have the occasional drink. Choose red wine, champagne or dry white wine as they are lower in sugar, or a spirit such as gin, vodka or whiskey with soda water and fresh lemon or lime).

Have a teaspoon of cinnamon each day. This helps balance blood sugar levels, reduces cravings and increases energy.

Drink 1.5-2 litres of pure water every day. Dehydration is often mistaken for hunger.

Use a smaller plate than the one you usually use to control the amount of food you eat in one meal. Eat smaller portions than you usually eat.

Chew slowly and mindfully. If you eat too fast you will overeat as your brain takes about 20 minutes to receive the message that you are full.

If you feel the need to eat more, do the "20 minute test" : wait 20 minutes before going back for second helpings. You'll realise by then that you don't actually need anymore food!

Exercise. This is a really important part of weight loss and body composition changes. It's crucial to keep muscles strong to avoid muscle loss and to keep your metabolism high for effective fat burning.

Do at least 3 sessions of weight-training per week. Increasing your lean muscle mass will help you burn more fat. Ensure you eat quality protein every day.

Aim to exercise every day for 30 minutes. Find something that you enjoy and make it a priority to do it every day. Avoid over-working your body, especially if you are already tired and have a busy schedule. Try yoga, walking, swimming as healthy, gentle exercises.

Get more active in your daily life: take the stairs instead of the elevator, park your car or get off the bus/tube 5-10 minutes walk away from where you wish to go. Get to your local park regularly just to walk. Maybe a walk during your lunch break?

Relax. Making time for quality relaxation actually helps you lose weight by allowing your nervous system to calm down and your body to come out of stress response, which is often a contributing factor in weight gain.

Get enough sleep. Minimum 8 hours per night is recommend. Without adequate sleep, the body is more likely to store fat due to imbalances in the circadian rhythm and cortisol output.

Be gentle with yourself. Be patient and know how wonderful you are. Avoid setting yourself unachievable goals. Take it slowly and enjoy the process.

Beware of hidden sugars. All sugars will cause a rapid rise in blood sugar, followed by a drop and the subsequent release of stress hormones and weight gain. Any food that has sugar added to it must be avoided. Many foods contain hidden sugars such as:

Glucose – from carbohydrate foods

Fructose – fruit sugar

Lactose – milk sugar

Dextrose – sugar from cornstarch (chemically identical to glucose)

Maltose – starch sugar

Sucrose – common table sugar, made from sugar beet or cane

Food manufacturers have to list ingredients in order of quantity with the highest being at the top of the ingredients list. Many common foods would have the word "sugar" at the top of their ingredients list, so to avoid this, manufacturers cleverly split the sugar into its different forms (fructose, dextrose etc) to spread the perceived sugar load and move it further down the list.

Sugar is added to many savoury foods as well, such as baked beans, soups, pasta sauces, tomato ketchup and tinned foods, such as tinned vegetables. **Be vigilant! Read labels!**

Lunches and dinners

Eat as many vegetables and salads as possible. These are low calorie, low sugar and are packed with nutrients. Remember that if you have eaten your healthy snacks during the day, you won't need a large meal in the evening and you'll be satisfied with a delicious salad.

Salads are wonderful as the combinations of ingredients are endless. You can make more than you need so that you have some for lunch the next day. Try as many varieties of leaves as you can, chop up many vegetables, such as carrot, mushroom, celery, beetroot, onion, radish, peppers, green beans, tomatoes, cucumber etc. Sprinkle on some seeds. Serve with grilled fish, organic chicken or eggs (if you've not had eggs for breakfast).

Avocados are packed with nutrients that help weight loss. Add them to your salads or make them into a dip with garlic and lemon juice.

Weight Loss Recipe and Allowed Foods List

Now that you've read all the guidelines of why and how to follow the 30 Day Online Weight Loss Program, please read through the **Weight Loss Recipes** booklet. You may simply follow the recipes suggested in the booklet, or make your own recipes using the **Allowed Foods List.**

Closed Facebook Group

Jump on over to Facebook to join the 30 Day Online Weight Loss group for daily support and motivation.

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