

Hello.

Welcome to the woman's weight loss plan.

My name is Wendy Shillam, I'll be your guide through this plan. I'm a qualified nutritionist, trained at University College London and a specialist in weight loss and lifelong nutrition for women.

This diet has been specially formulated for women over forty. At about that age our hormones start to change. It is the time of life when many women are facing busy careers, their family commitments may be changing and on top of all of this the change of life looms. And it is about that age when we start to notice a thickening of the waist, perhaps the first grey hair or a lack of tautness around the neck. The bathroom scales may be rising, just a tiny bit, week by remorseless week. I remember feeling some despair when in my thirties and forties weight started to creep on. But please do not give up. Statistically at forty, or even at fifty you are not half-way through your adult lifespan. Many women live well into their eighties, and a significant proportion live a lot longer than that. In 2018 there were 400,000 women living in Britain who were over 90 and almost 700 who had reached the grand age of 105\*. Even the ravages of Covid-19 hasn't wiped out this generation. Though some have sadly died, many have survived and there have been some heartening stories of centenarians getting through it.

The difference is resilience. Dr Jenny Harries, England's Deputy Chief Medical Officer

and the woman who we all saw at the No10 press conferences during lockdown, recently advised Brits that the major risk factor that we can all do something about is being overweight\*\*. You can't roll back the clock and grow ten years younger, but losing weight might have that effect.

Apart from the menopause, which is a fact of life, I don't believe that anyone should be pigeon-holed by their chronological age. The body is designed by nature to flourish, there is no genetically programmed ageing process. In fact, we think the menopause is a preservation system, so that women can pass on wisdom and skills, particularly all-important child-rearing skills, to the next generation. However, our bodies and our nutritional needs do change throughout life.

I know losing weight can feel like climbing Everest. It can seem very hard to get started, but the fact that you've downloaded this course, means you've taken the first step. Well done!

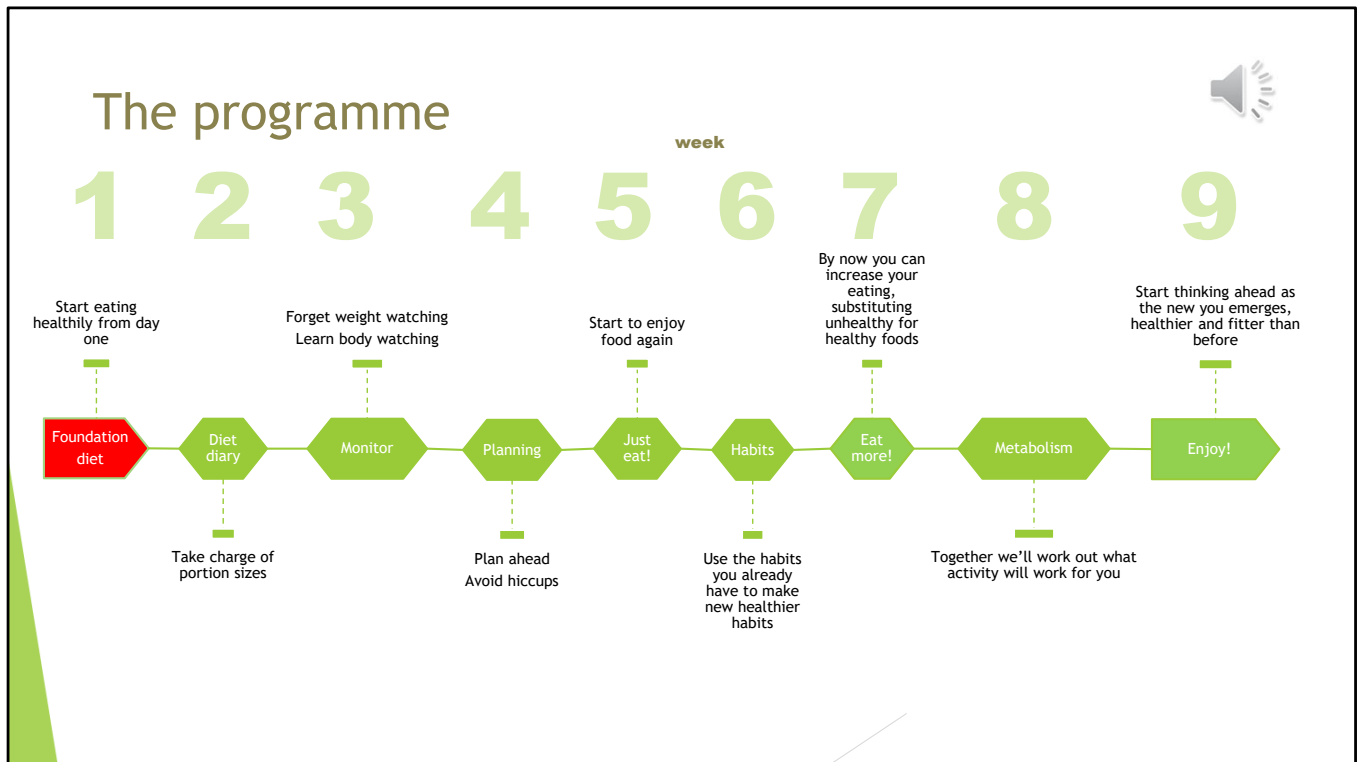
This diet isn't principally about looking younger, or being able to squeeze into a smaller pair of jeans – though that is going to feel nice. This diet is about helping you retain health and resilience into old age. Taking control of your weight now will mean that you reduce the risk of life-limiting diseases later on. I want you to live a long and healthy life, to see life beyond whatever age you've reached now as positive and enjoyable. There's a lot more living to be done.

There is another big difference between this diet and others that you may have tried. In this diet you will be in charge. I can't see your progress; I won't tut-tut if you sneak in something naughty but nice. My philosophy is that we all need to take responsibility for our own diets and our own bodies. I can offer advice – but it is you who has to make the final decision – “Will I eat this, or will I not?”. This diet recognises that all food is good for us – nothing is forbidden. I want you all to get to the point where you feel no foods are 'naughty' but that healthy foods are nicest.

Click now to go to the next slide

.\*. Office of National Statistics

\*\*. Dr Jenny Harries, ITV This Morning 8<sup>th</sup> July 2020



## The programme

Here is the programme showing how the course runs over the next nine weeks.

Today I'll be explaining the foundation diet. It is a very basic diet, to get started with. It is low in calories, but high in protein and essential nutrients. That means you will be less likely to experience hunger pangs or side-effects.

As time goes by you will progress to eating more healthy foods and to transforming the foundation diet into a fully-fledged diet for life. Eventually, this diet will have your name on it – not mine.

There'll be a programme at the beginning of every slide show, so you'll always have a guide close at hand. Once you've downloaded the slide show you are welcome to review it as many times as you like. I may be updating from time to time, so if you are re-reading this in a few months' time, it's best to go back to the source.

Next slide please.



- ▶ Do not commence this diet unless you have answered the questionnaire [HERE](#) and read the exclusions:
- ▶ If you have current health problems or you are at all concerned you can check with me at any time  
Email [wendy@wendyshillam.co.uk](mailto:wendy@wendyshillam.co.uk) or phone the helpline [07957 438 666](tel:07957438666)
- ▶ This diet is for women 40+ who are overweight or obese that is 25-40kg/m<sup>2</sup> BMI (body mass index) The foundation diet may only be followed for 4 weeks
- ▶ In the event that your weight reaches the normal range before the end of four weeks diet, you must add more healthy foods straight away. Use the optional extras.

## Safety

Before we start, I want to confirm with you that this diet is right for you.

You are here because you've downloaded the questionnaire and filled it in. You've confirmed that you are in general good health and have no medical impediments to starting a healthy weight loss diet. You have also confirmed that you can eat dairy and gluten protein (cereals) and that you have no objection to eating fish. Chicken and red meat are optional. There is nothing nutritionally wrong with following a fully vegetarian or vegan diet, but the foundation diet would be rather different.

Before we get started there are a few safety considerations that I'd like you to follow for your own benefit. Please read and ensure you understand the information on this slide. The foundation diet you are about to be given is solely for women 40+ who are overweight or obese. That means you have a body mass index (BMI) that is somewhere between 25 -40kg/m<sup>2</sup>. You'll find a BMI calculator in the sidebar of this website. Please use it to check.

The foundation diet you receive today, may only be followed for four weeks **MAXIMUM**. After that you may increase your eating.

You will find a safety sheet at the end of every session, which is relevant to the stage you will be at. Please read the whole thing. At any time, you can contact me by email, and I

will help you make a sensible decision for your situation. If you are in any doubt contact me or your GP.

Now, if you are happy to proceed, we'll go onto the next slide.

## How its going to work over 9 weeks



1 2 3 4 5 6 7 8 9



### How it's going to work

Very briefly, this course is divided into three sections. In the first three weeks you'll learn about the foundation diet, how to monitor eating and body composition. You'll find you can lose weight rather easily on this diet. You'll learn about the differences between fat mass and muscle mass. And you'll start to see how you can lose fat, whilst maintaining strong muscles.

The middle section is all about managing the diet and dealing with the inevitable thrills and spills of a new regimen. From week four you will gradually increase the healthy foods that you eat. This diet gets easier as it goes along. Sometime around week eight – depending on exactly when you started, I'll be organising a webinar. That will give you an opportunity to meet other women who are following the diet and take part in a discussion about how its going.

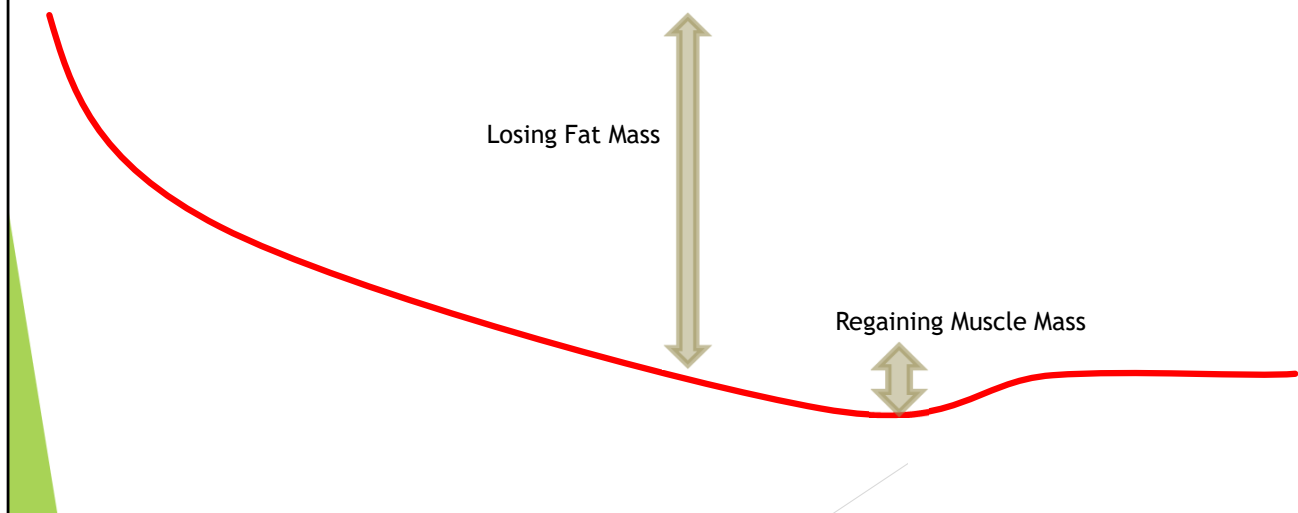
Week seven, eight and nine are about maintenance. I think this is the most important section to learn about. Most of us know that to lose weight we need to eat a bit less and move a bit more. The catch is keeping this going for an extended period of time. And at any time, you are welcome to email me, to ask a question.

Next slide:

## How its going to work over 9 months



1 2 3 4 5 6 7 8 9



### How its going to work in the long term

Most people who follow this diet lose a lot of weight quite quickly. By the end of week nine you should notice big differences. But no one can sustain a big diet for a long period of time. Your diet will gently transition into something a bit more generous, and a bit gentler, represented by the red, weight loss, line easing off.

At some point you'll find the balance between a healthy weight and a comfortable diet. At that point you'd think that you would be able to maintain that weight forever. That is the fallacy that so many weight loss gurus pedal. And it isn't true. As your diet slows down you will learn how to increase your metabolism. Put simply that's about being more active. So at some point you'll be gradually eating a little more and not gaining more weight. You're simply getting back to a faster metabolism.

But then something very unexpected will happen and it knocks many of us right out of the park. You'll suddenly start to put weight on again. Now if you are simply measuring weight, you will be alarmed. But on this diet, you will be measuring your fat mass as well as your muscle mass. What actually happens at the end of a successful diet is that we start to regain the small amount of muscle mass that we have inevitably lost during the diet. It is impossible not to lose a bit of muscle along with all that fat. Muscle is much denser than fat. It weighs more. So suddenly your weight will go up – but your dress size might not.

At this stage you'll be slimmer and more active and hopefully you will have discovered that you actually enjoy all sorts of activities that would have seemed impossible when you were overweight. So, you'll have an enjoyable time at the end of the diet re-building stronger muscles. I took up ballet quite recently and found it did wonders for my leg muscles and my sense of aplomb.

Eventually you'll achieve a good balance between a healthy diet, a healthy weight and good quality muscles. That balance isn't ever going to be quite such a smooth line as the red line here implies. It is absolutely normal for weight to fluctuate by a few pounds of even a few kilos over the course of the week. What you will be learning is how to distinguish between healthy muscle growth and unhealthy fat gain.

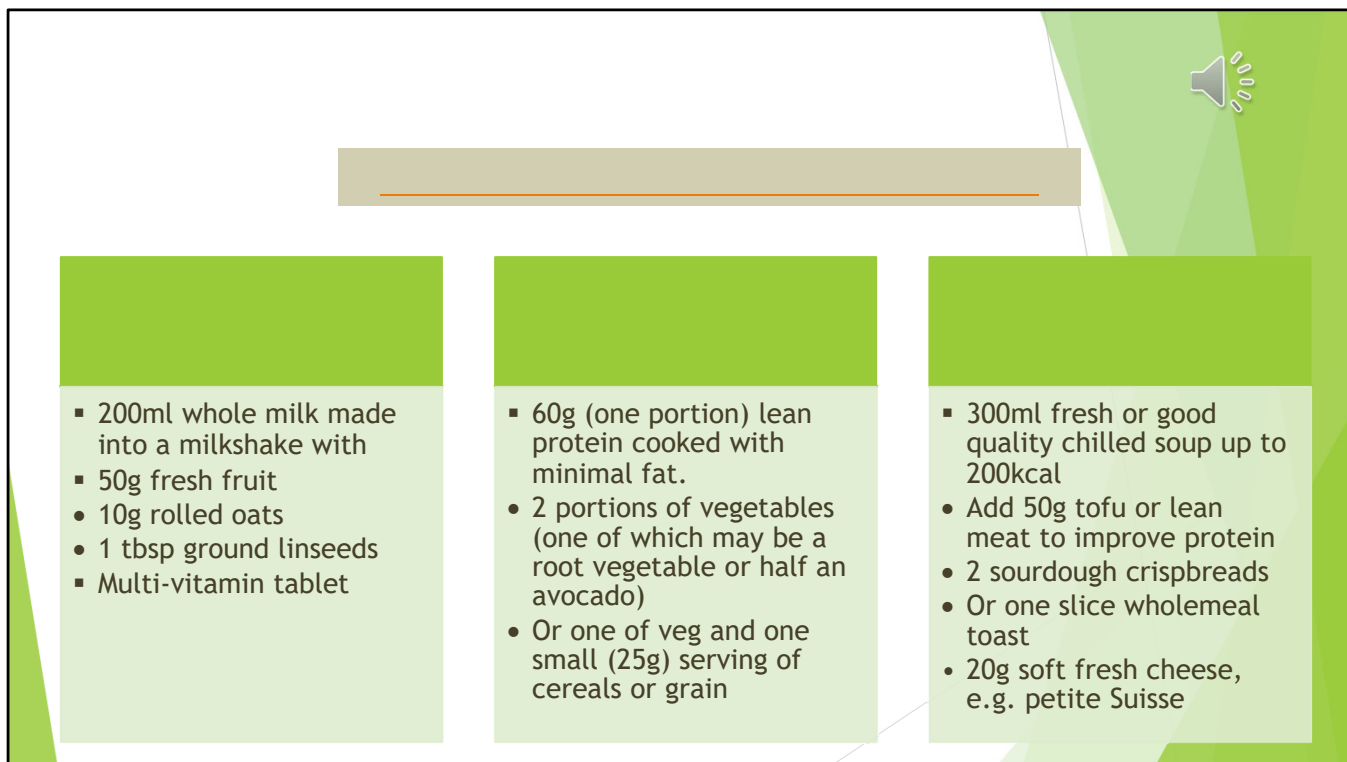
These days we know that lack of muscle mass can be brought on by poor diet, lack of exercise and hormonal changes at the change of life. Loss of muscle mass and tone, is one of the major contributors to frailty as we age. It is our muscles that push and pull our bones and contribute to maintaining all important bone mass as well. Finally, don't forget that the heart is a muscle too.

So, an important part of healthy living is retaining muscle strength. I'll explain a lot more later in the course. But for now, simply bear in mind that it is *fat* we are trying to lose, and *muscle* we will be maintaining. So, don't get fixated on weight.

Eventually you'll come to a nice gentle landing at a comfortable body composition, a stable weight and with a healthy diet you can follow forever. You'll learn how to dress-up this foundation diet, so that it gradually becomes a diet for life - augmented by all the healthy foods that you enjoy. And all the way along it is you who'll be making the decisions.

Next slide:





## The diet

Please read this and the following slides alongside the downloadable diet sheet. Just click on the button at the top of this slide to download a PDF of the foundation diet. The full details are also duplicated in the final three slides of this slide show.

Now, take a look at the diet slide in front of you.

This might be quite a bit less than you are currently eating. But do not be alarmed. Because you are overweight, you can live quite happily on this low-calorie diet for a few weeks. It is designed to get your body to start breaking down your own fat stores in order to provide you with energy. This is a perfectly natural process. In fact, it happens to us every night when we sleep. But if you've got into the habit of over eating, even by a little bit, you won't be used to feeling a bit hungry before a meal. Do not be afraid of this feeling. Appetite is one of life's pleasures. It helps us savour the food we eat, enjoying it far more than if we are already full.

If you don't eat less and you don't experience any feeling of anticipation for the meal, you won't lose weight.

Once you've been on this diet for a day or two it might start to feel rather easy. You might be tempted to eat less or even skip a meal. That way lies danger. Never force yourself to clear the plate, but try to eat the full diet. You are advised to eat the full

three meals each day, but you are not obliged to eat the extra snack foods that you see in a minute. However, make sure you are drinking enough liquids, so don't miss out on water by your chair, a morning coffee or a cup of tea in the afternoon.

You should have your maximum resolve at the moment. Take the opportunity to give this diet your best shot. It will only last for a MAXIMUM of four weeks. After that you'll find there is quite a bit of flexibility in the diet and over the weeks you will be allowed to add more delicious food.

Breakfast, lunch and dinner all contain about the same number of calories. If you want to swap them around, for example if you'd prefer to eat 'lunch' at night and 'dinner' at lunch time, by all means do so. Some people, desperate to lose weight, make the mistake of prolonging their night fast by skipping breakfast. While you can do this once in a while on a normal diet, on a reducing diet it is not a good idea. Those who miss breakfast are far more likely to binge later in the day.

Let's go through the basics;

#### Breakfast:

At breakfast time your fruity milkshake MUST be accompanied by one multi-vitamin pill. The one I use is manufactured by Omnium; you'll find full details in the diet sheet. The daily dose is two tablets, but that doesn't allow for the amount of delicious nutritional foods that you'll be eating. Thus, on this diet, you simply need 1 tablet, *without fail* each day. I can't see what you are eating, so the tablet gives us all a bit of comfort that you aren't missing out on an essential nutrient, while you are learning the new system.

#### Lunch

Lunch is one portion of protein, say grilled chicken, steamed fish, or tofu together with two portions of vegetables. Yes, you can have root vegetables, every day if you wish, even potatoes (which, with their skins, are a good source of vitamin C and fibre), as long as you limit yourself to 100 calories worth – which is one small potato weighing about 140g. Bake or boil potatoes in their skins to conserve their nutrients and fibre.

Try to ensure that all the cereals and grains that you eat are wholegrain or 'brown'. Apart from having a superior nutrition, they are higher in fibre, so are more filling and help with elimination.

You can also eat as many herbs and spices as you like. By all means cook with a little oil or butter. But don't slaver with sauces. Try and enjoy the taste of a good quality piece of food, rather than seek to gussy-up something unappetising. Yes, you will have to cook it! Think of all those calories you'll burn off by dancing round the kitchen, chopping and stirring?

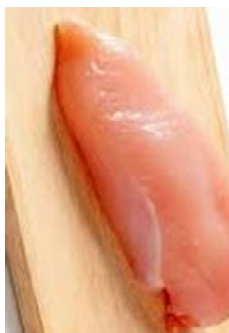
Preparation is part of the pleasure of cooking. Your body will start to develop a hunger and your gastric juices will start to flow while you are preparing the food. By the time it is on your plate, your body will be primed for the process of digestion. Digesting food properly requires a lot of calories and some time. Allow at least 15 minutes after your meal, before going back to work and an hour before strenuous exertion.

## Dinner

Dinner is soup. The liquid content of this foundation diet will really help your body digest the food and benefit from the nutrients. You'll feel full and you'll find the fat will start to melt away. But be under no illusion. There is no need to overdose on water. You can't flush out calories, though if you eat fibre there is some evidence that excess fat may be eliminated in poo.

We lose weight by *metabolising* the fat tissue. This is a biochemical form of combustion that turns fat into energy. The essential for the process is oxygen and the by product is carbon dioxide. Calories get used up every time you breathe. That is why walking that increases the breathing is so good for weight loss. You even lose weight as you sleep, so a good night's sleep is also important. But you need to have eaten properly during the day, for the natural weight loss process to work at night. We are learning more and more that sleep allows a physical and mental re-boot to be achieved.

Next slide:



100 calories



Includes cooking



Includes salad/green leaves

► Portions **DO NOT** include a sauce

Images: Livescience.com; Creative commons: Scibosnian.com

### Portion sizes

This isn't a calorie-controlled diet. Instead it's a portion-controlled diet. The benefits of a portion-controlled diet are many.

Firstly, it will help you get to know what a healthy portion of your favourite foods look like. If you're at home you can weigh your portions, but in a café you can't. Just so you know, each portion equates to *about* 100 calories cooked and seasoned foods. For example, the illustrated 100-calorie piece of chicken breast is about 60g, without the skin.

Secondly, this system includes the cooking juices and flavourings. So, you may fry (sparingly), grill or poach the chicken in spices, herbs and even add a garnish of lemon and parsley while keeping within your single portion allowance.

Finally, you can go further. Your delicious spicy chicken can be eaten alongside a crunchy leaf salad without any further portion counting.

Finally, I suggest that your lunch-time protein is augmented with two portions of vegetables, or one of veg and one wholegrain cereal or grain, such as brown rice. For a delicious lunch team chicken with grilled tomatoes and a single portion of wholegrain couscous. You'll find this really filling and delicious.

Admittedly each serving will be a little different in calorie count. But remember we aren't counting calories; we are counting healthy nutritious food. Each of the chicken portions illustrated here provides the same amount of protein. That is what's important.

There are some limitations, the dish shouldn't be swimming in a creamy sauce and the salad can't have any oily dressing or mayo. You'll find the cooking sauces from the chicken along with a little lemon juice and salt will taste just as delicious. It is up to you to control the garnishes. If you are used to lashings of butter or olive oil, you may need to become extra vigilant. Remember this is for your health, and only for four weeks. After that you can allow yourself a little more leeway.

These first four weeks will be a big learning process, getting into new habits that will serve you well for life. None of us want to go through life weighing and measuring everything. When we're out we just can't do that anyway. So, spend these few weeks really getting to know what different portions sizes look like. You will be surprised how generous the vegetable and protein portions seem, and possibly how small the cereals and rice portions are.

Using portion sizes can make the diet a bit susceptible to cheating. If you catch yourself slathering butter on your toast, or whirling half a gallon of olive oil onto a salad – then STOP. The only person you are hurting is you. We'll discuss how you can help yourself change 'bad' habits in week six. For the time being you'll just have to exercise control.

The good news about a portion - controlled diet is that some things come completely free! Let's go to the next slide to understand the diet extras a bit more.



### The diet extras

At any meal enjoy as much salad, leaf vegetable, herbs, spices and pepper as you like. Also, moderate amounts of soy sauce, tamari, marmite – even a sprinkling of salt is fine. A slice of fruit as garnish, a sprig of parsley all come ‘free’.

Liquids are very important to health. But it is a myth that you have to drink pure water alone. Tea, coffee, soups and watery fruit and vegetables, such as tomatoes, all provide the body with water. This diet allows unlimited black tea or coffee (a splash of milk in either is okay) and still (but not carbonated) water is encouraged.

Its almost compulsory in our household to stop for a cup of coffee for elevenses and a cup of tea in the afternoon. Getting into a routine like this can help ensure that you are drinking enough liquid, as well as helping you to carve out a bit of time to relax. A relaxed woman loses weight more easily.

There is one thing that simply doesn’t work with a diet – and that’s alcohol. For the first four weeks, I insist that you don’t drink any alcohol at all. That may sound harsh, but in my experience, it is alcohol that derails a diet the most often. If you now feel you can’t live without alcohol for four weeks that is a sign that you are developing a drinking problem. You’ll need to get help for that before you start the diet.

I recommend three snack times each day. Once of these snacks can be an unsweetened flat white coffee or optionally you can have black tea or coffee with a small sweet or savoury biscuit (check to see that it's no more than 50 calories), 10 g unsalted, raw nuts or 10g chocolate. These foods are starred to indicates that you can only choose one of these each day.

Any of your three snacks can be a small piece of fruit (a half portion, about 50 calories). You may ask why fruit is okay, when a tiny bit of chocolate isn't okay to have more than once a day. They are after-all both quite high in calories. The difference is that a piece of fresh fruit has more liquid in it, and many more nutrients. Thus, it feels more satisfying while adding to your nutrition. If you starve yourself of nutrients, you'll increase the danger of bingeing later in the day.

Alongside this 'prescription' please continue to take any medication you would normally take, including vitamin D supplements if your doctor or pharmacist has advised. If you are a diabetic it is highly likely that your blood sugars will decrease. Discuss with your GP as your dose of products such as Metformin might need modification. Some people are able to stop taking Metformin all together (but only under medical advice).

Next slide:

- ▶ In order to lose weight you **MUST** eat less
- ▶ Simply changing your foods or exercising more **WON'T** work.



How will this diet work?

A diet works by using a very simple mechanism that we all possess. It is called metabolism. When we eat, the body uses some food for energy, to keep us thinking, walking and working, while other nutrients are diverted to provide the raw materials for maintenance that a body also requires. For example, muscles and bones are constantly being broken down and re-built. So even a very elderly person still needs a regular supply of protein to keep the muscles toned and of calcium to strengthen the bones. Every cell in the body is constantly taking in all sorts of nutrients to make new cells, to repair or degrade damaged cells, secrete hormones and to fight infection.

In normal life we eat food during the day which builds up a store of nutrients and energy. Then at night, while we sleep the body re-sets itself, releasing energy from fat in order to make up any shortfall. In fact, every cell in the body is trying to achieve an equilibrium all the time. It is a very complex process and miraculously in a healthy body there is always a balance of eating and fasting, body building and reducing, the process is called (how·mee·ow·stei·suhs) homeostasis.

If we eat too much, it is rather too easy to get fat. Evolution has primed our bodies to store food when there is a lot of it around, just in case we have to go hungry later. Modern life isn't like that. We are bombarded with over filling, over fatty foods at every turn. The result is the person on the left in the MRI scan image – too much fat. The

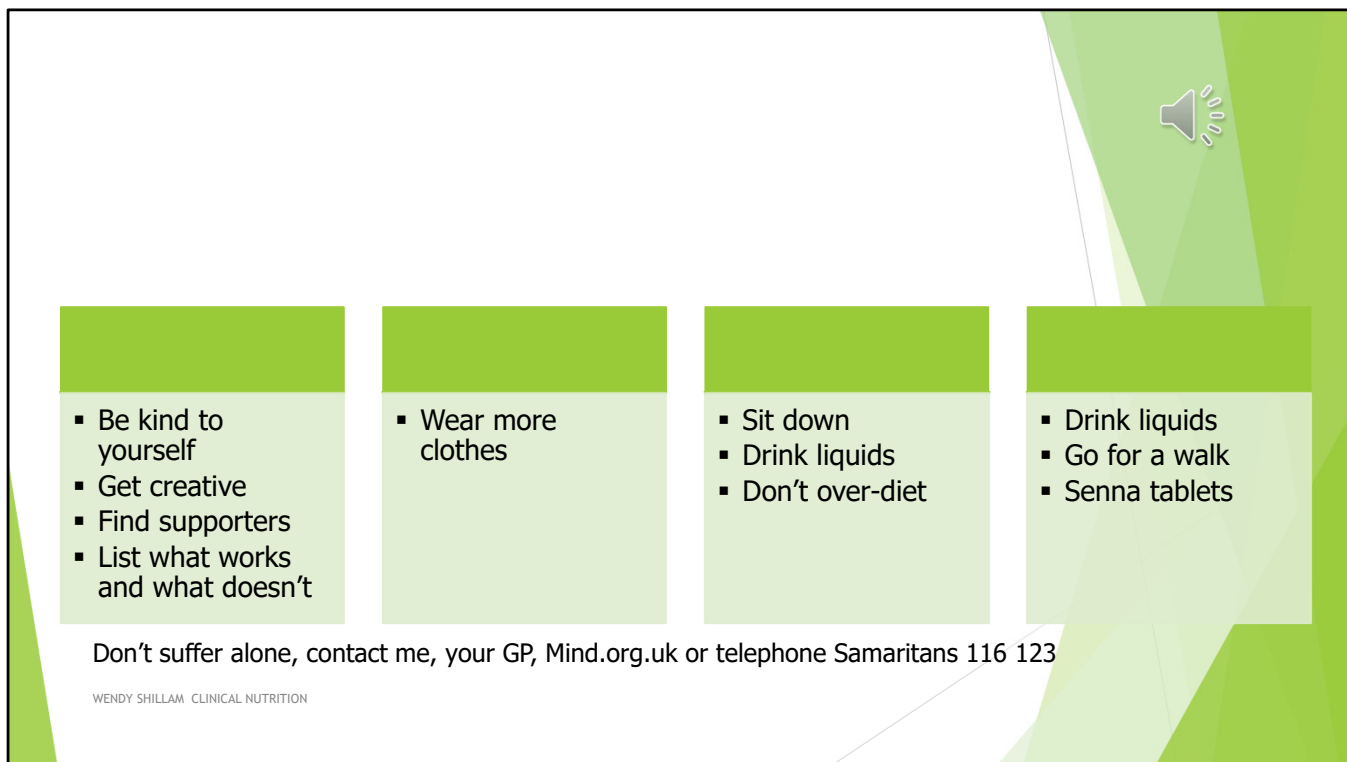


body has become too successful at storage. But notice the slim person on the right has the same amount of muscles and similar bone structure. In addition, their organs are not bloated by internal (or what is medically termed visceral) fat.

In a weight loss diet, we *must* eat less, but we need to retain as much protein and nutrients as possible to ensure that when we lose fat we lose as little muscle and bone as possible. Simply changing the type of food that we eat, for example cutting out a food group, doesn't help. Neither does exercising help on its own. The body will just naturally go back to creating a new equilibrium and we won't lose an ounce of fat.

That is why a healthy balanced reducing diet is so important. We need to try and eat enough nutrients so that we are not depleting the lean body, while we efficiently and gradually start to use-up the fat stores. Once we get the process started its like a cascade. Fat just keep on melting away!

Next slide:



- Be kind to yourself
- Get creative
- Find supporters
- List what works and what doesn't

- Wear more clothes

- Sit down
- Drink liquids
- Don't over-diet

- Drink liquids
- Go for a walk
- Senna tablets

Don't suffer alone, contact me, your GP, Mind.org.uk or telephone Samaritans 116 123

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### Precautions: Taking care of yourself

It is almost impossible to go on an effective diet without experiencing some side-effects.

### Depression

The first week or so of a diet are a stress to the body. They have to be. Without that stress the diet simply wouldn't work. You need the short-sharp-shock of a restricted intake to kick start the metabolism. You need to tip the balance from weight on – to weight off. But sometimes that turns into feelings of exhaustion, anxiety or sadness. Get help straight away if a glum mood turns into something more serious.

The most important thing to remember is that you still need to be kind to yourself. Treat yourself with non-food treats, think creatively.

Studies show that people who garner support for their diet do better than those who try alone. You've got me as your most loyal supporter. Feel free to email or send a twitter question. But open up to trusted friends and family. Ask them to help you. There is no shame in admitting that you want to get healthier. There are many online help-lines these days, consider mind.org.uk or telephone the Samaritans on 116 123, if you need immediate support.

As the days progress and you start to lose weight make a note of what works and what

doesn't work. Learn from the success.

#### Shivers

It is common to feel colder once you start losing weight. For one thing you will be losing some of that fatty insulation; don't be surprised if you require a few extra layers of woollies.

#### Dizziness

Feeling light-headed is also a very common side-effect, but it can be dangerous if ignored. If you feel dizzy sit down and take a few sips of water. If you are driving, pull over. If the feeling persists check that you aren't overdoing it. There is no requirement at this stage of the diet for you to be playing strenuous rounds of tennis, or weight-lifting. This diet requires that you do eat everything on the sheet, every day. Make sure you've been eating enough. Don't think that leaving out a key ingredient of a meal, or skipping meals will help – it won't.

#### Constipation

Constipation is the dieter's scourge. But it is temporary. Drinking water, walking a bit more and if necessary, taking senna tablets can ease discomfort. On a diet you may not be as regular as you were. No surprise there, your body is using the food you give it, not simply extracting the fat and passing the rest through the system. So, it is normal to go to the loo less often. You could also try adding a bit of garlic to a meal, chilli, or a strong cup of black coffee. These can all help.

But the diet will bring many good things. Click onto the next slide for a taster.



- ▶ More energy
- ▶ Feelings of self worth and achievement
- ▶ Clothes start to fit
- ▶ Your friends notice
- ▶ You will lose fat – less wobble!

#### Good things happen when you diet

There are lots of positive side-effects of dieting. Very soon you will start to feel wonderfully energetic. As the body gets used to the better diet, all those vitamins and minerals will fairly buzz around, making you feel great. Skin will improve and other niggling ailments may well clear up spontaneously.

As the scales start to shift, you'll have a great sense of achievement. This is something you can control. Enjoy the feeling.

Because of the way this diet works you are likely to lose the greatest weight in the first few weeks. Things will gentle off after that. That means that buttons will start to do up, T-shirts lose their wrinkle and zips will close much more easily – and quite quickly. There may well come a time that you have to take something in, but the feeling of well-fitting clothes, rather than squeezing yourself into something that once fitted is good. As soon as that starts to happen you may start changing your style. Suddenly clothes don't have to be black anymore – that fabulous red dress can be fitted again. Your friends will notice.

Don't beat yourself up if you make a mistake one day. Simply turn the page and make the effort to do better tomorrow. All I want you to do, is to do your best.

But of course, the aim of the whole exercise, the thing you will notice day by day, will be that your fat will start to disappear. Enjoy the experience of knowing that you are making changes that will reduce your risk of damaging long-term illnesses and increase the chances of you enjoying life more in the future.

Next slide



What must happen in order to lose weight?

Is the diet sheet a diet for life?

How long will I be on this diet?

Is the vitamin pill optional?

What exercise is recommended at this stage?

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See how many of these questions you can do. The answers are on the next slide.



What must happen in order to lose weight?

- You must eat less ie. fewer empty calories

Is the diet sheet a diet for life?

- It is a foundation. Later you will add loads of extra delicious foods

How long will I be on this diet?

- Four weeks maximum

Is the vitamin pill optional?

- It is essential for now

What exercise is recommended at this stage?

- You don't have to go to a gym. You don't have to jog twelve miles a day. A simple walk every day is adequate.

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## Answers

How well did you do?

It is essential that you eat less for a few weeks. But it isn't forever. Remember its not about watching calories, its about watching healthy eating.

Today's diet is the bare bones of a diet you'll want to follow for good. Soon you'll be adding loads of delicious foods to the basic foundation diet, until it becomes your tailored forever diet. I don't choose what to add, you will choose.

You'll be on this foundation diet for four weeks maximum.

Don't forget to take the vitamin pill. It is an essential precaution.

Exercise is not compulsory at this stage, but if you do have the energy to take a walk every day, you will benefit. Don't try to do anything more energetic than walking, which is the very best fat burning exercise. If you aren't used to walking and find it difficult, I recommend starting with a short walk, five or ten minutes along the flat and work up to about 30 minutes each day. Walking will really contribute to fat burning alongside the diet. Walking won't help you burn fat without the diet.

Next slide





- ▶ Make sure you understand the diet – there are three following sheets which set everything out in black and white, or download it [HERE](#).
- ▶ Record your thoughts and feelings
- ▶ Make a note of what you eat each day – does it accord to the diet sheet?
- ▶ Purchase a body composition analyser. I recommend the Tanita BC 401. [There's a review page here](#), which explains the pros and cons of different body measurements. We'll be using the monitor in workshop three.

### Homework

Download the diet sheet and make sure you really understand what to eat.

Some people dread going on a diet, but once they make the commitment, they find it far easier than they ever thought possible. Others are wracked by temptation. It's a good idea to record your thoughts and feelings. Share your worries with a trusted friend, or make a note so that you can discuss with others in the upcoming webinar.

In session two we'll learn how to record our eating – for this week simply keep a note book, so that you can review how well you've done at the end of each day. Don't try and compensate by eating less than the basic diet tomorrow. Simply turn the page and get back, as close as possible, to the diet sheet.

In week three you will need to have a body composition analyser, a form of measuring scales, in order to learn how to monitor your body. If you haven't purchased one yet please do so. I recommend the Tanita BC401 (and take no commission from the manufacturers for doing so). It is medium priced – about £80, small and easily portable. You can fit it in a small case when you go away.

Next slide



- ▶ You will be sent a link to part 2 seven days after you downloaded part 1
- ▶ Any questions?  
Email [wendy@wendyshillam.co.uk](mailto:wendy@wendyshillam.co.uk) or Phone [07957 438 666](tel:07957438666)
- ▶ If you've found this helpful so far, consider leaving a tip by clicking on the jar



Image: Creative Commons

Part 1 – completed

Well done, you've completed week one!

This course is the culmination of everything I know, gleaned from research and from my own work with women like you. But science is always a work in progress. I'll be updating this course as new information becomes available, and in response to your feedback. I'm always pleased to receive comments and ideas.

That's all for now. Please read the detailed diet sheets carefully You'll find a three slide, detailed version of the diet sheets after this slide. It is important to follow the whole diet sheet and not simply to concentrate on one slide.

You'll receive a link to part 2 seven days after downloading part 1.

And if you've found this helpful, please consider leaving a tip, so that I can continue to help many more women at minimum cost. Simply click on the jar! Thank you.

This is Wendy Shillam signing off.  
Thanks for listening.

The next three slides are the diet sheets:

- ✓ At any meal eat as much salad, leaf vegetable, herbs, spices and pepper as you like. Also moderate amounts of soy sauce, tamari, chilli or marmite.
- ✓ Drink unlimited black tea or coffee and still water (but not carbonated)
- ✓ Essential: One (half dose) multi-vitamin pill each day with breakfast. such as [Omnium multi vitamin tablet](#)
- ✓ Do not drink alcohol (for the time being)
- ✓ 200ml whole milkshake made with;
- ✓ approximately 50g fresh fruit
- ✓ 10g rolled oats
- ✓ 1 tbsp ground linseeds

You may add:

- ✓ 10 extra g rolled oats
- ✓ 1 raw egg

- ✓ 60-100 g (one portion) lean protein cooked with minimal fat
  - ✓ 2 portions of vegetables (one of which may be a root vegetable or ½ avocado).
  - ✓ Or 1 portion of vegetable and one portion (25g) wholegrain cereals or brown rice.
- ✓ 300ml fresh, home made or good quality chilled soup up to 200 calories (if shop bought)
  - ✓ Add 50g tofu or lean meat/fish to improve protein
  - ✓ 2 small/one large wholegrain crispbreads (about 80 calories/serving)
  - ✓ 20g soft fresh cheese, e.g. petite Suisse

Note:

The addition of tofu or lean protein strips in the soup increases the protein complement without adding many calories or fat.

- ✓ Fresh small fruit (plum, apricot, six grapes)
- ✓ Small biscuit (<50kcal) e.g. [Jules Destrooper Almond Thins](#)
- ✓ Small flat white coffee (once a day) or tea with milk
- ✓ 10g (1/9<sup>th</sup> of a 90g bar) Green and Black 85% coco dark organic chocolate (once a day)
- ✓ Chopped raw vegetables/salads
- ✓ 10g whole nuts
- ✓ 1 slice 100% wholemeal bread or toast with a scraping of butter
- ✓ 1 or two eggs (cooked any style)
- ✓ Grilled tomatoes (up to two large)
- ✓ 1 portion 60-100g lean protein each day, approximately 100 calories