# Weight loss diet for women

A plan for life Switch on audio

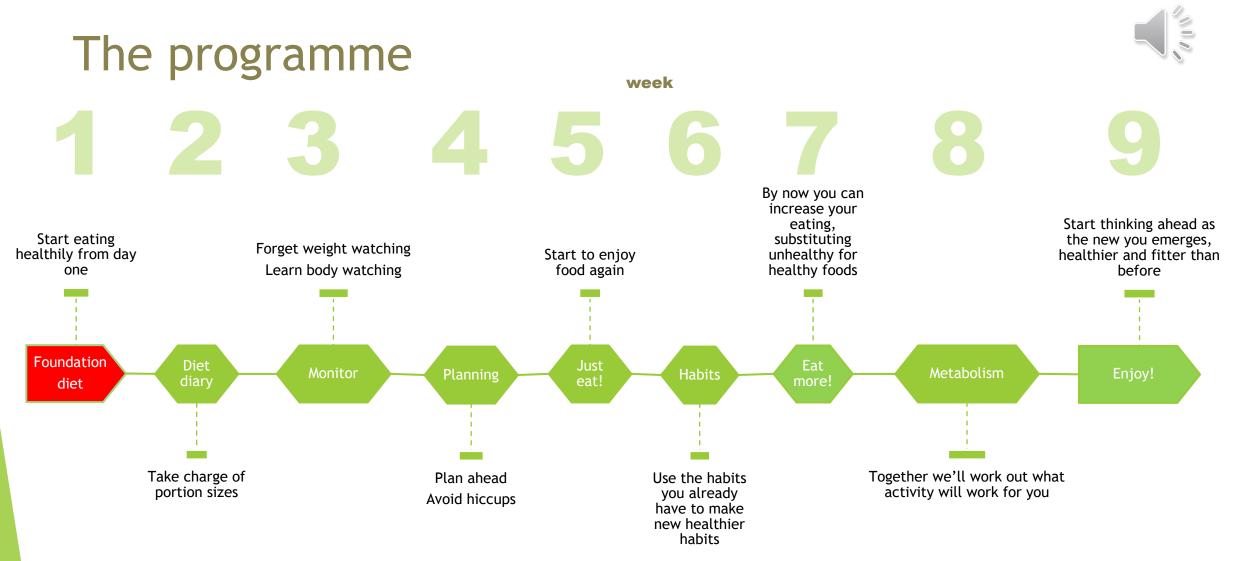




Wendy Shillam

Welcome

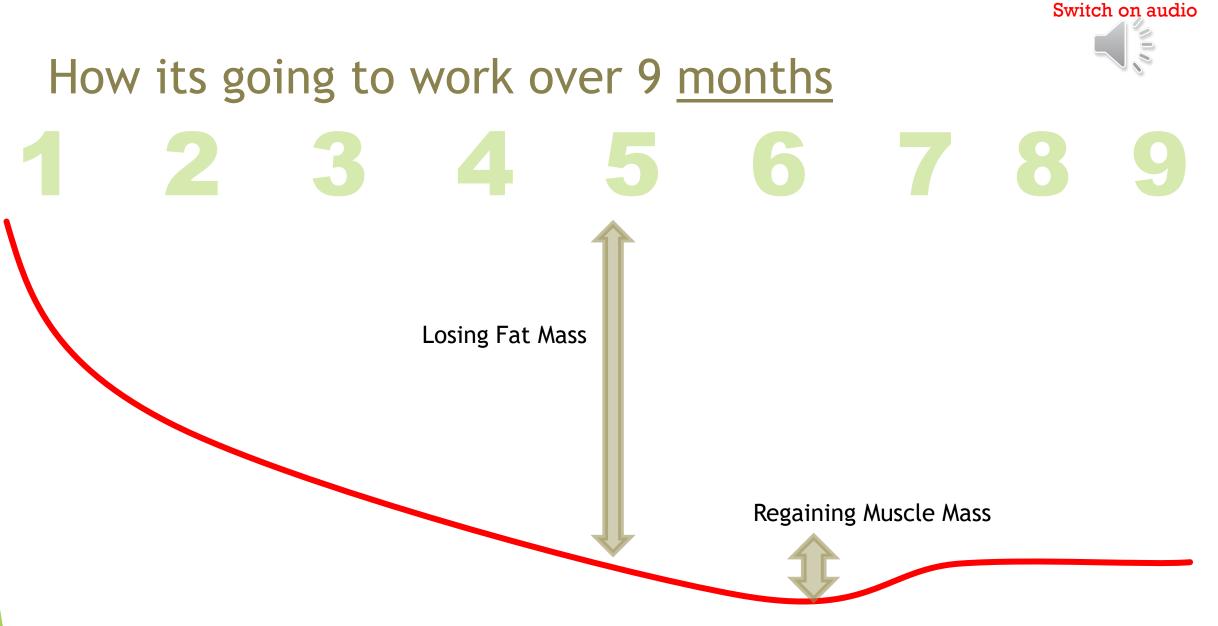
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# Weight loss diet for women Session 1 Safety considerations

- Do not commence this diet unless you have answered the questionnaire <u>HERE</u> 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 <u>wendy@wendyshillam.co.uk</u> or phone the helpline <u>07957 438</u> <u>666</u>
- This diet is for women 40+ who are overweight or obese that is 25-40kg/m2 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.





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## The diet

### Download a copy of the full diet here

### **Breakfast**

- 200ml whole milk made into a milkshake with
- 50g fresh fruit
- 10g rolled oats
- 1 tbsp ground linseeds
- Multi-vitamin tablet

## Lunch

- 60g (one portion) lean protein cooked with minimal fat.
- 2 portions of vegetables (one of which may be a root vegetable or half an avocado)
- Or one of veg and one small (25g) serving of cereals or grain

## Dinner

- 300ml fresh or good quality chilled soup up to 200kcal
- Add 50g tofu or lean meat to improve protein
- 2 sourdough crispbreads
- Or one slice wholemeal toast
- 20g soft fresh cheese, e.g. petite Suisse

## **Portion sizes**





### 100 calories

### Includes cooking

Includes salad/green leaves

Portions DO NOT include a sauce

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## The diet extras

Salads With meals

- Eat as much salad or raw leaf vegetables as you like
- Garnish with herbs, spices, pepper or a lemon slice to taste
- Also moderate amounts of soy sauce, tamari, chilli, marmite or salt

## Liquids Any time

- As much water, black or americano coffee & tea as you like
- No alcohol (for the time being)
- No sugary or fruit drinks
- No floral or herb teas that contain sugar
- Flat white coffee\*
   \*once a day

# Snacks

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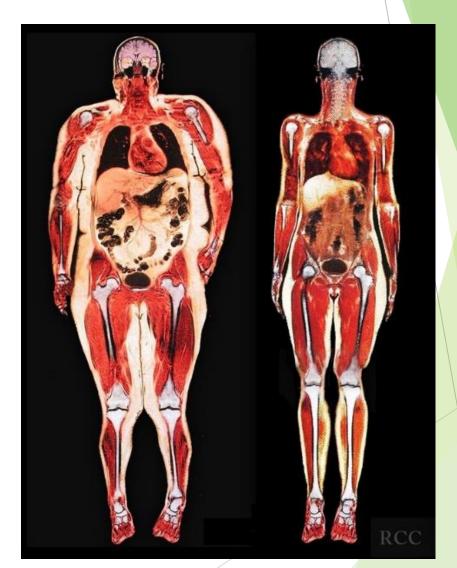
up to 3 times a day

- Fresh small fruit (plum, apricot, six grapes)
- One small sweet or savory biscuit\* (50 calories)
- Chopped raw vegetables
- 10g unsalted nuts
- 10g chocolate\*

\*once a day

# How diets work

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





## Precautions: taking care of yourself



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

### **Shivers**

 Wear more clothes

### Dizzy

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

### Constipation

- Drink liquids
- Go for a walk
- Senna tablets

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

## Good things happen whey you diet

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More energy

Feelings of self worth and achievement

- Clothes start to fit
- Your friends notice
- ► You will lose fat less wobble!

# $\sim$

# Session 1 – Recap

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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# Session 1 – Answers



• You must eat less ie. fewer empty calories	
<ul> <li>It is a foundation. Later you will add loads of extra delicious foods</li> </ul>	
• Four weeks maximum	
It is essential for now	
<ul> <li>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.</li> </ul>	

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## Homework

Make sure you understand the diet – there are three following sheets which set everything out in black and white, or download it <u>HERE</u>.

- 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. <u>There's a review page here</u>, which explains the pros and cons of different body measurements. We'll be using the monitor in workshop three.

## Weight loss diet for women Part I – completed ✓





- You will be sent a link to part 2 seven days after you downloaded part 1
- Any questions? Email <u>wendy@wendyshillam.co.uk</u> or Phone <u>07957 438 666</u>

▶ If you've found this helpful so far, consider leaving a tip by clicking on the jar



# The diet sheet 1/3

### Weight loss diet for women

- 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) mulitvitamin pill each day with breakfast. such as <u>Omnium multi</u> vitamin tablet
- Do not drink alcohol (for the time being)

#### Breakfast

- 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

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# The diet sheet 2/3

### Lunch

- 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.

### Dinner

- 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 compliment without adding many calories or fat.

# The diet sheet 3/3

Snacks – one portion up to 3/day

- Fresh small fruit (plum, apricot, six grapes)
- ✓ Small biscuit (<50kcal) e.g.</li>
   <u>Jules Destrooper Almond Thins</u>
- 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

### Alternative (for any meal)

- 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)
   Optional extra (add once/day to any

meal)

 1 portion 60-100g lean protein each day, approximately 100 calories