

Weight loss diet for women

A plan for life

Switch on audio



Wendy Shillam

Welcome



The programme

week

1 2 3 4 5 6 7 8 9

Start eating healthily from day one

Forget weight watching
Learn body watching

Start to enjoy food again

By now you can increase your eating, substituting unhealthy for healthy foods

Start thinking ahead as the new you emerges, healthier and fitter than before

Foundation diet

Diet diary

Monitor

Planning

Just eat!

Habits

Eat more!

Metabolism

Enjoy!

Take charge of portion sizes

Plan ahead
Avoid hiccups

Use the habits you already have to make new healthier habits

Together we'll work out what activity will work for you



Weight loss diet for women Session 1

Safety considerations ✓

- ▶ 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 or phone the helpline [07957 438 666](tel:07957438666)
- ▶ 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.



How its going to work over 9 weeks

1 2 3 4 5 6 7 8 9

Losing weight

Webinar

FOUNDATION DIET

MONITORING

MANAGING YOUR DIET

GRADUALLY INCREASING HEALTHY FOODS

DIET FOR LIFE

MAINTAINING

<

Feel free to email or phone me

>





How its going to work over 9 months

1 2 3 4 5 6 7 8 9





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

Switch on audio



100 calories



Includes cooking



Includes salad/green leaves

▶ Portions **DO NOT** include a sauce



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

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

Depression

- 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 when you diet

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



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?



Session 1 – Answers

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.



Homework

- ▶ 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.



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 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



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) multi-vitamin pill each day with breakfast. such as [Omnium multi 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

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. [Jules Destrooper Almond Thins](#)
- ✓ Small flat white coffee (once a day) or tea with milk
- ✓ 10g (1/9th 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