

## Week 10 – Karl’s Interval Weight Loss challenge

This is week 10 of Karl’s *Interval Weight Loss* journey. He has chosen to follow an evidence-based plan for prevention of weight regain – [Interval Weight Loss](#) - and each week Karl is being taught a different principle of the plan to help him form life-long habits. You can find his week one meal plan which focused on portion sizes [here](#), his week two meal plan which focused on overcoming food addiction [here](#), his week three meal plan which focused on improving sleep quality [here](#), his week four meal plan which focused on what foods to eat for weight loss and good health [here](#), and his week five, six, seven and eight meal plans which focused on the importance of weight maintenance breaks and exercise [here](#), [here](#), [here](#) and [here](#). Last week Karl kicked off another weight loss month on his IWL journey - see [here](#).

If you don't like some of these foods in this week’s meal plan or can't access them, don't worry - just substitute! Many of these recipes are available in the IWL [online](#) program – [www.intervalweightloss.com](http://www.intervalweightloss.com) - or in any of the three [IWL books](#), but you can also find plenty of substitutes online. The important thing is to get variety in your Interval Weight Loss plan (over the week, not necessarily day-to-day) and to get in the kitchen and continue with those healthy habits.

Just like Karl, you can track your daily progress on IWL using the online program and app found [here](#). You can find information on the six key steps to long-term weight loss success [here](#) and a downloadable PDF of the principles to stick on your fridge [here](#). Lastly, you can find information on ‘What to Eat on the IWL plan’ [here](#) and a downloadable PDF [here](#). Don't be too hard on yourself; keep working on changing one habit at a time and remember that it takes 66 days for new habits to form.

## **Sunday**

Brekkie – Nutty tahini granola. Make a large batch to use for breakfasts and snacks throughout the week. See included IWL recipe.

Morning tea – 200g natural yoghurt with berries and honey.

Lunch – Home-made pizzas. Use some wholemeal Lebanese breads for the bases and try a variety of flavours with different veggies.

Afternoon tea – Piece of fruit with a small handful of nuts.

Dinner – Easy green risotto. This recipe with cooking demonstration can be found [here](#).

## **Monday**

Brekkie – Zucchini overnight oats. Make sure to prep this one the night before. This recipe can be found [here](#).

Morning tea – Avocado on wholegrain toast.

Lunch – Leftover risotto from last night.

Afternoon tea – One apple with almond butter.

Dinner – Crispy chickpea salad – see included IWL recipe.

## **Tuesday**

Brekkie – Nutty tahini granola made on Sunday.

*Do you know which milk is healthiest? You can watch this short video [here](#).*

Morning tea – Two mandarins.

Lunch – Leftover crispy chickpea salad.

Afternoon tea – Tin of tuna in olive oil on wholegrain crackers.

Dinner – Tray baked salmon (or chicken – drumsticks work well and are kid and budget friendly) and vegetables. Try cauliflower, broccoli, potato, sweet potato, zucchini or pumpkin.

*Do you know what oil you should be cooking with? You can watch this short video [here](#).*

### **Wednesday**

Brekkie – Avocado on wholegrain toast with sliced tomato, plus coffee made with milk.

Morning tea – Piece of fruit with a handful of roasted cashews or almonds.

Lunch – Quarter BBQ chook, ½ packet of pre-cooked microwave rice and a bag of salad from the supermarket.

Afternoon tea – Small Greek or natural yogurt with berries (fresh or frozen).

Dinner – Vegetable minestrone with wholegrain bread. If you have a slow cooker, you can get this going in the morning before work/life gets in your way, and have a healthy, cheap and delicious meal waiting for you at 6pm. There are plenty of soup recipes in your IWL [app](#).

### **Thursday**

Brekkie – Microwave porridge with berries, apple and cinnamon, honey, nuts or stewed rhubarb.

Morning tea – One banana.

Lunch – Leftover soup.

Afternoon tea – Tin of tuna on wholegrain crackers.

Dinner – Treat yourself! Go out and have whatever you like.

### **Friday**

Brekkie – Two boiled eggs with two slices of wholegrain toast, plus coffee with milk.

Morning tea – One apple with almond butter.

Lunch – Roast veggies – can be speedily bulked up by a microwave packet of quinoa, rice or barley.

Afternoon tea – Large handful of nuts and a mandarin.

Dinner – Fried rice – get ahead by cooking the whole bag of rice at once and freezing what you don't use for next time. Chuck in lots of veggies and add a fried egg on top if you're feeling fancy.

## **Saturday**

Brekkie – Big vegetarian brekkie – mushrooms, spinach, eggs, tomato, eggplant or whatever else takes your fancy, served with wholegrain toast.

Morning tea – Carrot sticks with hummus (easy to eat on the sideline of kids' sport or rushing around in the car).

Lunch – Leftover fried rice.

Afternoon tea – Mini cheeseboard – use sliced apple, carrot or celery instead of a cracker, and have a small amount (like five slices) of a hard cheese like cheddar or Jarlsberg.

Dinner – Spaghetti bolognese. For both health and budget reasons, try adding in vegetables like carrots, peas and mushrooms, plus a tin of lentils, to make your meal go further, taste better and be better for your health.