

Week 4 – Karl’s Interval Weight Loss challenge

This is week 4 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](#) and his week three meal plan which focused on improving sleep quality [here](#). This week we are focusing on what to eat for weight loss and Dr Nick will be teaching Karl what to put in the shopping trolley with the fourth principle of the IWL plan – ‘Full rainbow’.

As you might be aware by now, the Interval Weight Loss approach is not prescriptive so by no means must you follow this plan. If you don't like salmon, eat chicken instead. If you're vegetarian, go the lentils. This is just a guide on how much you should be eating, and what sort of meals you should be eating to lose weight. Breakfast should be your largest meal and dinner your smallest.

If you don't like some of these foods or can't access them, don't worry - just substitute! Many of these recipes are available in the IWL [online](#) program – www.intervalweightloss.com - or in any of the three IWL books, but you can also find plenty of substitutes online. If you're still working from home in quarantine, why not use this week as an opportunity to try a new meal in the slow cooker?

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 Principles to the IWL plan’ [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 – Two poached eggs on avocado toast with coffee and milk. Follow it up with some fruit and yoghurt when you get to the office.

Morning tea – IWL apricot choc oat bars (see included recipe).

Lunch – Healthy toasted sandwich on wholegrain, dark rye or sourdough bread - think along the lines of tomato, rocket, cooked pumpkin, tuna, hummus or kale.

Afternoon tea – Apple with 100% nut butter.

Dinner – Sunday BBQ with rissoles, steak or chook, and a large serve of a hearty grain salad (there are plenty of recipes in your IWL [app](#) and if you're making your own, include quinoa or barley and roasted vegetables - they last pretty well).

Monday

Brekkie – Try making this delicious IWL breakfast with demonstration found [here](#). Prepare the night before and grab it from the fridge as you race out the door. When you get to work, have a second breakfast of some fruit and yoghurt, plus a coffee and milk.

Morning tea – Large handful almonds or avocado on wholegrain toast.

Lunch – Leftover veggie salad from Sunday night.

Afternoon tea – 200g yogurt with fruit.

Dinner – Vegetable soup - ideally made in the slow cooker while you work or go about your day.

Tuesday

Brekkie – Wholegrain toast with hummus and fetta, plus coffee with milk.

Morning tea – Leftover apricot choc oat bars (see IWL included recipe), made on Sunday.

Lunch – The easiest lunch ever, a salad mix from the supermarket (think coleslaw or kale slaw without the dressing, whatever you like) and a tin of sardines, salmon or tuna, or 1/4 rotisserie chicken (for best value, buy a whole chook and do this multiple days - there's no reason you can't have the same lunch two, three, four or five days in a row).

Afternoon tea – Two mandarins.

Dinner – Fried rice - load it up with lots of veggies like brocolli, carrots, capsicum and so on. Frozen vegetables are fine too. To take it to the next level, add eggs and bean sprouts, with a sprinkle of fried shallots to serve.

Wednesday

Brekkie – Microwave porridge. Mix it up with a chopped-up apple and cinnamon.

Morning tea – Carrot and cucumber slices with baba ganoush or hummus. Coffee with milk.

Lunch – Leftover fried rice.

Afternoon tea – 1 large apple, sliced, and dipped in 100% almond butter.

Dinner – Salmon (or whatever other weekly special your fishmonger is selling, try to buy locally sourced if you can find and/or afford) with brown rice and vegetables. Get whatever is on sale for veggies – salmon goes well with brocollini!

Thursday

Brekkie – Overnight oats with frozen berries or some other fruit, plus coffee with milk.

Morning tea – Apple with almond butter.

Lunch – Salad wrap (you can make one or buy). Include plenty of salad veggies to fill you up and a protein source such as grilled chicken.

Afternoon tea – 200g yogurt with fruit.

Dinner – Homemade pizza. Make sure you use plenty of vegetables and try to keep processed meats like salami and ham to a minimum. Or have some chicken - you could poach, bake or pan fry – with Greek salad (many recipes online, it's very easy and quite affordable).

Friday

Brekkie – Treat yourself to a bacon and egg roll from a cafe, or make at home. Try for a wholegrain roll and the inclusion of rocket or baby spinach. Coffee with milk.

Morning tea – 200g yogurt with fruit.

Lunch – Leftover pizza (warning - you may have to parcel your lunch off first, or risk it getting eaten at night).

Afternoon tea – Tin of tuna on wholegrain crackers.

Dinner – IWL rapid ramen (see included recipe).

Saturday

Brekkie – Cooked breakfast - include eggs, toast, mushrooms and plenty of other vegetables.

Coffee with milk.

Morning tea – Smashed avocado on toast.

Lunch – Home-made burgers - either with mince or lentils/kidney beans. Don't discount the vego option too quickly, you might be surprised!

Afternoon tea – Half a dozen crackers with your favourite dip or if it's your treat day, maybe some chips or hard cheese like cheddar or jarlsberg. Treats should be included on the IWL plan and cheese should be limited to once per week, due to the way we usually consume it.

Dinner – Lamb shanks made in the slow cooker with roast veggies.