

## Week 3 – Karl's Interval Weight Loss challenge

This is week 3 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](#) and his week two meal plan which focused on overcoming food addiction [here](#). This week we are focusing on sleep health and Dr Nick will be teaching Karl how to improve sleep quality with the third principle of the IWL plan – 'No blue light after twilight'.

Please note, as with each of the IWL weekly plans, that this is a guide only - there's no reason to have fish on Monday or chicken on Tuesday. Rather, the focus should be on eating wholesome meals, snacking on 'nature's treats' regularly and getting into the routine of cooking.

Eating the same meal on repeat is also fine - if you like to be organised, do an oven full of roast veggies and a pan of rice on a Sunday, and eat that for lunch every day.

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](http://www.intervalweightloss.com) - or in any of the three IWL books, but you can also find plenty of substitutes online.

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 – Buckwheat pancakes with maple syrup, berries (frozen variety) and cinnamon.

Morning tea – Remember last week's principle, 'Reach for nature first'. For example, large handful of nuts and seeds or avocado on wholegrain toast.

Lunch – Roast vegetable salad with chicken, quinoa, rice or barley. Excellent veggies for roasting include sweet potato, pumpkin, eggplant, zucchini, onion and tomatoes. Feel free to add semi-dried tomatoes, baby spinach, lettuce, feta, cucumber or pesto. Make enough for two serves and you and your family can eat it for lunch on Monday. You might notice this is also in last week's meal plan. This is because it's a simple, low-budget, family-friendly meal that you should revert to regularly.

Afternoon tea – 200g yoghurt.

Dinner – Takeaway of your choice, and now that restaurants are re-opening, why not go and enjoy an evening at your favourite restaurant. Nothing is off limits. In your IWL weight loss months, limit takeaway food to once per week.

## **Monday**

Brekkie – Carrot cake overnight oats (see included recipe) or porridge with milk, berries, cinnamon and honey plus coffee with milk. NB: breakfast should be your largest meal of the day and dinner your smallest as per week one's principle taught to Karl.

Morning tea – 100% nut butter or home-made hummus with chopped up fruit or vegetable sticks.

Lunch – Leftovers from yesterday's lunchtime meal – make life easy for yourself and avoid being in the kitchen all the time!

Afternoon tea – Handful of nuts and seeds.

Dinner - Pan fried steak in olive oil with baked potatoes and roasted green beans. If you want a vegetarian option, swap the meat for some home-made bean patties.

## **Tuesday**

Brekkie – Make life easy for yourself – wholegrain or dark rye toast with avocado. Opt for a second breakfast after you get to the office, such as some microwaved oats with milk, honey and berries.

Morning tea – Why not try cooking some of the IWL snacks found in the recipes section of your online program?! Otherwise, you can't go wrong sticking with yoghurt and berries, or some apple and 100% nut butter spread.

Lunch – Chicken and brown rice salad. You've got heaps of choice here - think baby spinach, tomatoes, snow peas, rocket, beetroot, bean sprouts - the list goes on! Add some pan-fried/grilled or BBQ chicken and a microwave packet of brown rice. If you're on the go, throw in a tin of tuna or salmon instead.

Afternoon tea – Tinned tuna on wholegrain crackers.

Dinner – Sweet potato or butternut pumpkin soup. The perfect recipe as the weather starts to cool.

## **Wednesday**

Brekkie – Two slices of wholegrain toast with avocado and tomato, plus coffee with milk. Have a second breakfast of some fruit and yoghurt or make yourself a smoothie made with milk or juice, honey, berries and some frozen yoghurt.

Morning tea – Fruit and a large handful of nuts. Remember to always ‘Reach for nature first’.

Lunch – Leftovers from last night’s dinner.

Afternoon tea – Tin of tuna on wholegrain toast or wholegrain crackers.

Dinner – Cheats red curry - see IWL recipe with cooking demonstration [here](#). Remember to cook extra so you have leftovers for tomorrow’s lunch.

## **Thursday**

Brekkie – Large bowl of oats with berries, honey, milk and cinnamon plus coffee with milk.

Morning tea – Chopped veggies (think carrot and celery) with home-made hummus or baba ganoush.

Lunch – Leftovers from last night’s dinner.

Afternoon tea – Honey on wholegrain, dark rye or sourdough toast. Honey is another one of those nature’s treats and it’s much better to reach for naturally occurring sugars than the bag of afternoon lollies.

Dinner – Rainbow salad – see IWL included recipe. Add chicken, smoked salmon or tofu to add some more protein.

## **Friday**

Brekkie – Veggies for brekkie? Pan-fry some leftover veggies from the fridge in some olive oil. When you get to work, have some toast with 100% nut butter.

Morning tea – Bowl of oats or home-made granola with milk and strawberries.

Lunch – Leftovers from last night’s dinner.

Afternoon tea – Wholemeal Lebanese bread with leftover home-made hummus or baba ganoush.

Dinner – Vegetarian nachos with guacamole.

## **Saturday**

Brekkie – Two slices wholegrain toast with eggs, avocado and tomato, plus coffee with milk.

Morning tea – Yogurt with berries.

Lunch – Toasted sandwich on wholegrain, dark rye or authentic sourdough with smoked salmon, chicken or tuna and salad.

Afternoon tea – Bowl of yoghurt or some fruit with 100% nut butter.

Dinner – Homemade pizza. You could try making your own pizza dough as it's a fun one to keep the kids entertained. Alternatively, use some wholemeal Lebanese breads for the base and load them with your favourite toppings, including plenty of veggies!