

Week 7 – Karl’s Interval Weight Loss challenge

This is week 7 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 and six meal plans which focused on the importance of weight maintenance breaks [here](#) and [here](#). This week Karl continues to focus on weight maintenance on his IWL journey to allow his body to adjust to its new set point and Dr Nick will be teaching Karl about the role of exercise with the six principle of the IWL plan – ‘Choose to move’.

During the weight maintenance breaks (every second month) on IWL you can increase the number of treat foods you are having to twice per week (from one per week in the weight loss months) and the number of take-away/dining out meals to twice per week (from one per week in the weight loss months). Your meal sizes and portions will not change (you keep focusing on dinner as your smallest meal of the day) and you need to keep weighing yourself just once per week to monitor the trend over time. You must continue monitoring your steps and including 30 minutes of exercise each day, but it is important to allow your body a rest – do not introduce new exercises or intensities of exercise during the weight maintenance months.

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 - 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 – Apple crumble porridge (see IWL provided recipe) plus coffee with milk.

When it comes to milk, there are a plethora of choices filling the supermarket. Do you know which milk is best? Or the difference between different types such as soy, almond, oat and cow's milk? You can watch this short video [here](#).

Morning tea – Why not make a batch of your favourite dip to use for a snack throughout the week? There are plenty of recipes for hummus, baba ganoush and tzatziki online and you will also find recipes for each of these in your IWL [app](#). These dips go well with some wholemeal Lebanese bread or chopped vegetables like carrot and celery.

Sunday is also a great time to do meal prep for the week. Ensure you go grocery shopping after eating to avoid impulse buys and cook up a large batch of some staples such as brown rice and quinoa that you can use throughout the week.

Lunch – ¼ BBQ chicken with quinoa and green salad.

Afternoon tea – Large handful nuts with a piece of fruit.

Dinner – Enjoy one of your two take-away/ dining out allowances for the week or make something fun at home, such as fish tacos. You will find a recipe in your IWL app or there are plenty of great recipes online.

Monday

Brekkie – Berry smoothie made with milk, berries, banana and yoghurt – you can make this the night before and store in the fridge to take with you as you rush out the door. Breakfast should be your biggest meal of your day, so when you get to the office follow it up with some oats, berries, honey and milk.

Morning tea – Home-made dip from Sunday with chopped vegetables.

Lunch – Using some of the brown rice or quinoa cooked on Sunday, add a protein source such as chicken, some marinated vegetables such as capsicum and sun-dried tomatoes and some rocket or baby spinach.

Afternoon tea – Chopped banana with 100% cashew nut butter.

Dinner – Salmon quiche with almond pastry (see IWL included recipe). A great one to feed a crowd!

Tuesday

Brekkie – Greek yogurt or porridge is a wonderful way to start the day. But enhanced with some of these guys, you'll be over the moon.

Try:

- Roast pumpkin seeds (literally just roast the seeds that come out of your pumpkin)
- Chia seeds
- Frozen berries

- Cut up apple and cinnamon
- Stewed rhubarb (stew with orange juice in the saucepan for five minutes)
- Almonds, cashews or walnuts

Keep remembering to make breakfast the biggest meal of your day to reduce your hunger in the afternoon and evening.

Morning tea – Home-made dip from Sunday with chopped vegetables.

Lunch – Leftover quiche from last night.

Afternoon tea – Large handful of raw or dry roasted nuts (any variety is fine!).

Dinner – Try this IWL zesty risoni salad with cooking demonstration [here](#).

Wednesday

Brekkie – Fried eggs in olive oil on toast, plus coffee with milk.

Do you know which bread is best? And do you know there is a difference between multigrain and wholegrain? You can watch this short video [here](#).

Morning tea – 100% almond or cashew nut butter on chopped apple or banana.

Lunch – Leftover zesty risoni salad.

Afternoon tea – Avocado on toast.

Dinner – Salmon or anchovy pasta. Using a large fry pan on medium heat, cook some garlic, throw in a tin of salmon or jar of anchovies, some capers and mix the cooked pasta through with a generous serving of olive oil. Serve with a large green salad.

Thursday

Brekkie – Oats with honey, berries, cinnamon, nuts and milk, plus coffee with milk.

Morning tea – Smoked salmon and egg rolls with rocket.

Lunch – Leftover pasta with salad.

Afternoon tea – Yoghurt with berries. Remember that including regular meals will prevent the afternoon hunger pangs creeping in and importantly, those visits to the vending machine!

Dinner – Toasted sandwich. Who says a sandwich must be eaten at lunch? It's fine to have something simple for the evening meal. Load it up with plenty of salad vegetables and add whichever protein source you prefer (tuna and chicken are great examples).

Friday

Brekkie – Eggs on wholegrain toast plus coffee with milk.

Morning tea – 200g yoghurt with honey or berries.

Lunch – Have something simple like avocado on toast or a bowl of brown rice or quinoa with chicken and green salad.

Afternoon tea – One tin tuna on wholegrain crackers.

Dinner – Dining out/ take-away of choice.

Saturday

Brekkie – Hot breakfast cook-up. Pan-fry some mushrooms, broccolini and eggs and serve on wholegrain bread with avocado and rocket.

Have you ever wondered what oil you should be cooking with? You can watch this short video [here](#).

Morning tea – Large handful of nuts and piece of fruit.

Lunch – Home-made vegetable soup. There are plenty of recipes online and there is also one in your IWL [app](#). If you're going to be out all morning running the kids around to sport, throw all the ingredients in a slow cooker when you wake up and let it cook throughout the day.

Afternoon tea – Dip with wholegrain crackers or chopped raw vegetables.

Dinner – Roast veggies with oven-baked salmon. You can add some miso paste to the salmon to really mix up the flavour. There is a delicious recipe in your IWL app and plenty online.