

## Week 2 – Karl’s Interval Weight Loss challenge

This is week 2 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 the principle ‘Use Chopsticks’ [here](#). This week’s principle focuses on how to overcome food addiction and to ‘reach for nature first’ – foods that also release the same feel-good chemicals in the brain as processed and fast food.

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 the healthy stuff 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.

Don’t be too hard on yourself; we all make less than healthy food choices sometimes. The key is to pick back up and keep going on your IWL journey, rather than taking the approach of ‘Screw it, I’ve had one Tim Tam, today is ruined and I’ll eat them all.’

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 on the IWL website 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](#).

## **Sunday**

Brekkie – Shakshuka with two slices of wholegrain or sourdough bread and one coffee or tea with milk.

Morning tea – Remember this week’s principle, ‘Reach for nature first’. For example, chopped apple with almond butter.

Lunch – Roast vegetable salad with 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.

Afternoon tea – 200g yogurt with fruit.

Dinner – Pan fried salmon with brown rice and greens - think broccolini, snow peas, choy sum, bok choy or asparagus.

## **Monday**

Brekkie – Make life easy for yourself - microwave porridge with frozen berries and milk plus coffee with milk. Opt for a second breakfast such as a serve of yoghurt with fruit (breakfast should be your largest meal of the day as per last week’s principle taught to Karl).

Morning tea – Carrot sticks and hummus.

Lunch – Leftovers from yesterday - go you good thing!

Afternoon tea – An apple and a mandarin.

Dinner – Falafel bowls. Find a falafel recipe online or in IWL (see included recipe), then serve with cucumber, tomato, baby spinach or rocket and olives.

## **Tuesday**

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

Morning tea – Yogurt with berries.

Lunch – Salad. You've got heaps of choice here - think baby spinach, chickpeas, tomatoes, snow peas, rocket, beetroot, grains, bean sprouts - the list goes on!

Afternoon tea – Tinned tuna on corn thins or similar.

Dinner – Super veg spaghetti (see included recipe) or spaghetti bolognese. Make sure to include a large side salad and make double so you've got leftovers, although that might not work too well if you've got hungry kids!

## **Wednesday**

Brekkie – Microwave porridge with frozen berries and a coffee with milk.

Morning tea – Banana plus large handful nuts (another one of nature's treats).

Lunch – Leftover spag bol. Winner!

Afternoon tea – 1 boiled egg and cucumber, chopped up.

Dinner – Homemade pizza. Wholemeal Lebanese breads make a great and cost-effective base, topped with just about anything you can think of.

## **Thursday**

Brekkie – Two pieces wholegrain, dark rye or sourdough toast with avocado plus coffee with skim milk. Follow this up a short time later with some yoghurt and fruit.

Morning tea – 1 chopped carrot with home-made hummus.

Lunch – BBQ chook with a bag of supermarket salad premix. If you buy a whole chook, you can use this over a few days. Otherwise, major supermarkets sell them in 1/4 serves.

Afternoon tea – Rice crackers with tomato and avocado.

Dinner – Make life easy and slow-cook a soup while you're at work (only do this in a slow-cooker, don't leave your stove on all day). Minestrone, lentil and tomato and good old-fashioned chicken are all great options.

## **Friday**

Brekkie – Veggies for brekkie? Why not chuck some of your delicious soup into a jar and warm it up in the office microwave or as you get your kids ready for the day? When you get to work, have some toast with 100% nut butter.

Morning tea – 1 small bowl granola (not the sugary kind - find one that's not covered in sugar or better yet DIY) with milk and strawberries.

Lunch – The other half of your BBQ chook and another supermarket salad bag.

Afternoon tea – 1 handful of nuts.

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

## **Saturday**

Brekkie – French toast with a small helping of maple syrup, cinnamon and freezer berries.

Morning tea – Apple with almond butter.

Lunch – A pre-cooked packet of brown rice, with tinned tuna, olive oil and some green leafy veg. If you like a lot of people hate the smell or taste of tuna, pan-fry some chicken, use BBQ chook or cooked tofu.

Afternoon tea – Banana.

Dinner – Homemade burgers. Ideally make the patties yourself (just mince, garlic, egg, onion, breadcrumbs) and serve with plenty of beetroot, pineapple, tomato, lettuce or egg.