

Week 1 – Karl’s Interval Weight Loss challenge

Over the next 10 weeks Karl is committed to a national broadcast of his weight loss journey. He has chosen to follow an evidence-based plan for prevention of weight regain – [Interval Weight Loss](#) - and each week he will learn and implement a principle of the plan to help him form life-long habits.

The IWL plan is a descriptive rather than prescriptive approach because this is what science has proven works long-term. The great thing is there are no exact portions, quantities of food to weigh out or set number of calories to consume. Instead, breakfast will be a portion size that is equivalent to three closed fists, lunch will be approximately two closed fists, and the evening meal will be approximately one closed fist. These guides exclude vegetables, so you can load up as many vegetables and salad as you like at each meal. It can be customised according to your dietary preferences.

Each week you will be provided with a food plan, but these are just a guide, to give you an idea of how the IWL plan looks in practice and to show you how you might organise your week. The weekly plan includes reference to recipes, some included and others found in the IWL online program – see [here](#) for further details. You don’t have to stick to these recipes; they’re simply there to emphasise the type of ingredients you should use as the foundations for all recipes. They are designed to be simple and are aimed at the time-poor who can’t be in the supermarket and kitchen all night.

You can track your daily progress on IWL using the online program and app found [here](#): www.intervalweightloss.com. You can find information on the ‘Six Principles to the IWL plan’ [here](#) and a downloadable PDF of the principles [here](#). Lastly, you can find information on ‘What to Eat on the IWL plan’ [here](#) and a downloadable PDF [here](#).

Sunday

Brekkie – Eggs with mushrooms, sautéed spinach and avocado on two slices of wholegrain toast, and a milk-based coffee. The perfect breakfast while reading the paper.

Morning tea – [Reference Guide](#) - Foods you can eat when hungry.

Lunch – Brown rice with chicken, avocado and salad.

Afternoon tea – *Reference Guide* – Foods you can eat when hungry.

Dinner – Quinoa with roast zucchini, pumpkin and pesto (see included recipe).

Tip: make double the serving and enjoy for lunch on Monday instead of spending your Sunday meal-prepping.

After dinner – Work through your to-do list, because this helps to keep your mind occupied and not thinking about food. To-do lists keep you organised and constructive, to prevent you comfort eating on the couch.

Bed – Turn off all technology (for examples, screens and TV) at least one hour before bed. You are aiming for 7-8 hours rest each night on the IWL plan. If you have trouble drifting off to sleep, you can try reading, listening to relaxation music, practising meditation or listening to a podcast. Be mindful of what devices you are using to ensure you are adhering to the sixth principle of the IWL plan – *No blue light after twilight.*

Monday

Brekkie – Muesli with yoghurt, berries, honey and milk.

Morning tea – *Reference Guide* – Foods you can eat when hungry.

Lunch – Leftovers from the night before.

Afternoon tea – *Reference Guide* – Foods you can eat when hungry.

Dinner – San choy bau – refer to the IWL online program for a healthier alternative of this traditional recipe.

After dinner – An evening stroll around the block or a 30-minute cycle on the bike while watching a favourite TV show.

Bed – Go to bed earlier than usual and read. Sleep habits don't change overnight, but they do change.

Tuesday

Brekkie – Avocado on two slices of wholegrain toast with milk-based coffee + 200-gram tub of yoghurt.

Morning tea – *Reference Guide* – Foods you can eat when hungry.

Lunch – Leftovers from Monday's dinner.

Afternoon tea – *Reference Guide* – Foods you can eat when hungry.

Dinner – Roast eggplant and lentil salad (see included recipe).

After dinner – Get out a board game, help the kids with their homework or work on your to-do list. Everyone's lifestyle is different. The main thing is to keep busy because if the evening time is used constructively you will avoid reaching for that block of chocolate.

Bed – Get into bed by 10pm and read. Turn off technology at least one hour before bed and eliminate coffee after 4pm each day to give yourself the best chance of falling and staying asleep.

Wednesday

Brekkie – Oats with fruit, honey and yoghurt.

Morning tea – *Reference Guide* – Foods you can eat when hungry.

Lunch – Leftovers from the night before.

Afternoon tea – *Reference Guide* – Foods you can eat when hungry.

Dinner – Fish tacos – refer to the IWL online program for a healthier alternative of this

recipe.

Thursday

Brekkie – Go for a morning walk or jump on the exercise bike for 30 minutes. It's a great way to get in a quick 4000 steps before work. Have a simple breakfast such as wholegrain toast with avocado and tomato with a 200-gram tub of yoghurt and fruit.

Morning tea – *Reference Guide* – Foods you can eat when hungry.

Lunch – Leftovers from the evening before or a pre-cooked packet of brown rice, with tinned tuna, olive oil and some green leafy veg.

Afternoon tea – *Reference Guide* – Foods you can eat when hungry.

Dinner – Take-away meal - you can include one per week on the weight-loss months.

Treat – Much like your takeaway meal, have whatever you like, but stick to one treat per week on the weight-loss months.

After dinner – If you've been on your feet all day and have hit your exercise goal, relax. Try using a journal to record your thoughts and progress on the IWL plan. It's a wonderful way to reflect on your wins and barriers yet to overcome.

Bed – 10pm for eight hours sleep.

Friday

Brekkie – Overnight oats with fruit and yoghurt, plus wholegrain toast with peanut butter.

Don't forget to keep mixing up your exercise variety and to include a day of non-body weight bearing exercise every second day. Maybe it's practical to try riding your bike to work or leaving the car at home on some days and walking? Whatever it may be, it's likely you need to think of ways to change your daily routine so that you are getting in more incidental activity.

Morning tea – *Reference Guide* – Foods you can eat when hungry.

Lunch – Leftovers from the night before.

Afternoon tea – *Reference Guide* – Foods you can eat when hungry.

Dinner – Home-made pizzas.

Saturday

Brekkie – Breakfast is a great way to get in veggies, and if you don't it can be challenging to meet the recommended five serves of veg every day. Pan-fry some eggs with broccolini, mushrooms and spinach with a little garlic and soy sauce and have with a couple of slices of wholegrain toast.

Morning tea – *Reference Guide* – Foods you can eat when hungry.

Lunch – Toasted sandwich on wholegrain bread or quinoa salad.

Afternoon tea – *Reference Guide* – Foods you can eat when hungry.

Dinner – Chicken and vegetable filo pie.