

Week 8 – Karl’s Interval Weight Loss challenge

This is week 8 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, six and seven meal plans which focused on the importance of weight maintenance breaks and exercise [here](#), [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 – a crucial step in preventing weight regain.

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 – Sunday cook-up with pan-fried eggs, short-cut bacon, mushrooms and broccolini on toast. Walk down to your local baker and grab a loaf of wholegrain bread.

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

Keep remembering to make breakfast the biggest meal of your day to reduce your hunger and improve your food choices later in the day.

Morning tea – Avocado on a slice of the fresh loaf of bread. If you live alone, you can freeze the loaf and get it out as needed.

Lunch – Healthy bowl made with brown rice, avocado, pan-fried green veggies and your choice of protein (e.g. BBQ/grilled chicken or tofu).

Tip: Cook extra brown rice so you can use with meals throughout the week.

Afternoon tea – Make a large batch of the IWL apricot choc oat bars from week 4 to use as snacks throughout the week.

Dinner – If you didn't get around to trying out the zesty risoni salad last week, you will find it [here](#). Any variety of risoni is fine if you can't track down the wholemeal variety. This is a great one to make as a large batch for emergency meals or lunches throughout the week.

Monday

Brekkie – Porridge is a wonderful and easy way to start the day. Add some of these guys to avoid getting bored of oats.

Try:

- Honey
- 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

If you are unsure which milk you should be having, you can watch this short video [here](#).

Morning tea – Include some nature's treats such as berries or 100% nut butter with chopped apple.

Lunch – Leftover zesty risoni salad.

Afternoon tea – IWL apricot choc oat bars.

Dinner – Chicken tortillas. There are plenty of recipes online and there is also one in your IWL [app](#). Make sure to cook some extra chicken to take for lunch the next day.

Tuesday

Brekkie – Avocado on wholegrain toast plus coffee with milk. Have another breakfast of yoghurt and fruit when you get to the office.

Morning tea – Fruit with 100% nut butter.

Lunch – Leftover chicken from last night with some of the brown rice you had cooked on Sunday. Throw in some marinated vegetables like sun-dried tomatoes and capsicum, and some green leafy veggies to balance the meal.

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

Dinner – Be bold and try these delicious IWL kimchi protein fritters (see included recipe).

Kimchi is a fermented food that is great for your gut health! It's readily available in larger supermarkets and Asian grocery stores.

Wednesday

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

Morning tea – 200g natural yoghurt with honey or berries.

Remember that including regular meals will prevent the afternoon hunger pangs creeping in, and importantly, those visits to the vending machine!

Lunch – Leftover kimchi protein fritters.

Afternoon tea – Avocado on toast or IWL apricot choc oat bars.

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](#).

Dinner – Sweet potato soup. There are plenty of recipes online and there is also one in your IWL [app](#).

For breakfast the next day, give this recipe a go – [Zucchini overnight oats](#).

Thursday

Brekkie – Zucchini overnight oats, made the night before.

Morning tea – 200g natural yoghurt with honey or berries.

Lunch – Leftover sweet potato soup.

Afternoon tea – 100% nut butter with banana.

Dinner – Try this IWL [vegetarian red curry](#).

Friday

Brekkie – Mix up your usual scrambled eggs on toast by adding in some miso paste and pan-fry some broccoli. There is a recipe in your IWL app.

Morning tea – Coffee with milk plus piece of fruit.

Lunch – Toasted sandwich – make sure to include a source of protein such as tinned tuna and plenty of salad veggies!

Afternoon tea – Hummus with chopped vegetables, wholegrain crackers or wholemeal Lebanese bread.

Dinner – Dining out/ take-away of choice.

Saturday

Brekkie – Pan-fry some veggies with tofu. We don't get enough veggies in our diet and breakfast is a great way to add some more in!

Morning tea – Egg and bacon roll.

Lunch – IWL pasta with tahini sauce (see included recipe).

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

Dinner – Home-made pizzas. Include a mixture of different flavours and make your own creations.