

Week 9 – Karl’s Interval Weight Loss challenge

This is week 9 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, seven and eight meal plans which focused on the importance of weight maintenance breaks and exercise [here](#), [here](#), [here](#) and [here](#). This week Karl commences another weight loss month on his IWL journey and Dr Nick will be teaching him how to keep track of his treats and take-away meals while mixing up the exercise to focus on new exercises and new intensities.

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 – Home-made bacon and egg rolls or wraps with tomato and greens (think kale, baby spinach or rocket) with tea or coffee.

Morning tea – Use today to bake healthy snacks you can eat throughout the week. Think protein or bliss balls, a muesli slice, our favourite IWL banana biscuits or similar (there are plenty in your IWL [app](#) to choose from). Enjoy some of your cooking while it's hot out of the oven!

Lunch – Barbecue some lamb, beef or chicken with a salad. If you don't want to bother whipping one up, a pre-packaged bag from the supermarket is more than fine.

Afternoon tea – Make a batch of the delicious nutty tahini granola (refer to your IWL app) and use the leftovers for breakfast throughout the week.

Dinner – Pumpkin soup. There a recipe in your IWL app and plenty of great ones online. Hack - put it on in the slow cooker at breakfast and it'll cook as you go about your day.

Monday

Brekkie – Porridge made with milk in the microwave and (frozen or fresh) berries, mango or passionfruit, plus tea or coffee.

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

Morning tea – Apple with 100% almond butter.

Lunch – Leftover pumpkin soup.

Afternoon tea – One tin of tuna on wholegrain crackers.

Dinner – Sheet pan chicken and vegetables - there are hundreds of recipes for this one-pan wonder online and many others that have been shared in the IWL [community](#) Facebook group.

Tuesday

Brekkie – Leftover sheet pan vegetables (make two if your family aren't the kind for leftovers) with 1/2 an avocado, plus tea or coffee. Who says breakfast must be cereal and toast?!

Morning tea – Healthy treat you made on Sunday.

Lunch – Sandwich on wholegrain bread with healthy fillings - think hummus, rocket, spinach, tomatoes, semi-dried tomatoes, cooked pumpkin, grated carrot. Avoid deli meats - they are delicious but highly processed and high in salt.

Afternoon tea – Piece of fruit.

Dinner – Farro fried rice (refer to your IWL app) - load it up with veggies including peas, carrots, Asian greens, broccoli, capsicum, cauliflower etc. Feel free to use frozen vegetables.

Wednesday

Brekkie – Microwave porridge with a chopped-up apple and cinnamon.

Morning tea – Sunday's treats.

Lunch – Leftover fried rice.

Afternoon tea – Chopped up carrots and celery with hummus or baba ganoush. If you're buying a commercial variety, buy one with minimum ingredients.

Dinner – Roast chicken and veggies. No time after work to roast a whole chook? Buy chicken marylands, drumsticks or wings. If you do have a whole chook, we recommend freezing the carcass and turning into stock when you've got time for a waste free, less processed stock that can also be frozen.

Thursday

Brekkie – Two slices of wholegrain toast with avocado and fried eggs, plus tea or coffee.

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

Morning tea – Apple.

Lunch – Tin of tuna over supermarket salad mix. Add cherry tomatoes to feel fancy.

Afternoon tea – Large handful almonds.

Dinner – Healthy nachos (see included IWL recipe). Skip the sour cream, go heavy on the beans and enjoy!

Friday

Brekkie – Oats with berries, honey and apple, plus tea or coffee.

Morning tea – Banana.

Lunch – Treat yourself! It could be lunch at the pub, Thai, Japanese or a great sandwich - just enjoy it away from your desk.

Afternoon tea – Large handful of nuts.

Dinner – Home-made chicken burgers with lettuce, tomato, avocado and sweet potato chips.

Saturday

Brekkie – Shakshuka (refer to your IWL app), plus tea or coffee.

Morning tea - Chopped carrot, cucumber and celery (just as easy on the sideline at kids' sport or out running errands, as at home).

Lunch - Grain and vegetable salad - plenty of recipes online, you can also purchase grains to cook in the microwave if you're especially time poor.

Afternoon tea - Five pieces of cheese on crackers, with vegetables and dip.

Dinner – Spaghetti with mussels in tomato sauce. This will find this recipe with cooking demonstration [here](#).