

Week 5 – Karl’s Interval Weight Loss challenge

This is week 5 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](#) and his week four meal plan which focused on what foods to eat for weight loss and good health [here](#). This week Karl will be jumping on the scales and Dr Nick will be discussing the fifth principle of the IWL plan – ‘You can’t fight evolution’.

If all this seems like a lot of cooking, do yourself a favour and don't! These are just suggestions, you're more than welcome to make double of one thing and use the leftovers for lunch the next day. If you don't have rice, then don't make fried rice - a stir fry, a roast or a pasta will do you just as well. And 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 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 start 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 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](#). 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 – Bacon and egg rolls (either home-made or bought out) with rocket and coffee with milk.

Morning tea – One cut up apple with almond butter.

Lunch – Toasted wholegrain sandwich with hummus (or dip of your choice) and vegetables - think sweet potato, eggplant, zucchini, rocket, spinach, capsicum or tomato.

Afternoon tea – IWL lamington bliss balls (see included recipe). Whip up a batch on a Sunday arvo to use them as snacks throughout the week.

Dinner – Fried rice. Pro tip - make enough for leftovers for the week to come.

Monday

Brekkie – Porridge made in the microwave (easy for work!) with berries, honey and milk, plus a coffee and milk.

Morning tea – IWL lamington bliss balls!

Lunch – Leftover fried rice.

Afternoon tea – One tin tuna on wholegrain crackers.

Dinner – IWL san choy bow (see included recipe). Guaranteed mess and good times!

Tuesday

Brekkie – Fried eggs in olive oil with avocado on two pieces wholegrain toast, plus coffee and milk.

Morning tea – 200g yogurt with berries.

Lunch – Salad with leafy greens and chicken.

Afternoon tea – Two mandarins.

Dinner – Pesto pasta. This is a quick and easy recipe you can make from pantry and freezer staples, and there is a recipe in your IWL [app](#). Add some chicken to boost the chicken and be sure to have some leftovers for lunch.

Wednesday

Brekkie – Microwave porridge with frozen berries.

Morning tea – Avocado on wholegrain toast.

Lunch – Leftover pesto pasta.

Afternoon tea – One carrot, one cucumber cut into sticks with home-made dip of choice (think hummus, baba ganoush, tzatziki).

Dinner – Steak, potatoes and salad.

Thursday

Brekkie – Yogurt with oats, chia seeds, frozen berries and nuts.

Morning tea – Large handful raw (not some fancy food term, just not cooked) nuts with 200g yoghurt.

Lunch – Veggie wrap (if you take one to the office or make it at home, do yourself a favour and pop it in the toasted sandwich maker for five mins. Delish!)

Afternoon tea – One tin tuna on wholegrain crackers.

Dinner – Pan-fried salmon with brown rice and green beans.

Friday

Brekkie – Microwave porridge with coffee.

Morning tea – 200g yoghurt with berries.

Lunch – Treat yourself, it's Friday! Takeaway time!

Afternoon tea – Lamington bliss balls or large handful nuts.

Dinner - Homemade poke bowls. There is a recipe in your IWL [app](#) and there are heaps of recipes online. If you don't like raw fish, then cook or substitute for chicken or tofu.

Saturday

Brekkie – Eggs, tomato and mushrooms in garlic on wholegrain bread from your local baker, plus coffee with milk.

Morning tea – Lamington bliss balls or yoghurt with fruit.

Lunch – Chicken burgers - either make at home or grab on the go.

Afternoon tea – One large apple

Dinner – Roast chook with veggies - try potato, sweet potato, parsnip, pumpkin or other oven roasting veggies. Throw it all on a tray with some olive oil and be done in one hit!