

Week 6 – Karl’s Interval Weight Loss challenge

This is week 6 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 meal plan which focused on the importance of weight maintenance breaks [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.

During the weight maintenance breaks 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, 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 including eggs, avocado, tomato and short-cut bacon on wholegrain bread from your local baker, plus coffee with milk.

Morning tea – Natural yoghurt with berries.

Lunch – Healthy bowl with brown rice, chicken, pan-fried broccolini and oven-roasted sweet potato and eggplant.

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

Afternoon tea – Baba ganoush (eggplant dip) with wholemeal Lebanese bread or chopped vegetables (carrot and celery). This is a quick and easy recipe and there is a recipe in your IWL [app](#). Whip up a batch on a Sunday to use with snacks throughout the week.

Dinner – Home-made pizzas. Trial making your own dough or use something simple like wholemeal Lebanese breads as the base. Make enough for leftovers.

Monday

Brekkie – Greek yogurt or milk with oats is a wonderful way to start the day. But enhanced with some of these guys, you'll be over the moon.

Try:

- 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

Keep remembering to make breakfast the biggest meal of your day to reduce your hunger in the afternoon and evening.

Morning tea – Chopped apple with 100% cashew nut butter.

Lunch – Leftover pizzas.

Afternoon tea – Home-made baba ganoush dip with chopped vegetables.

Dinner – Quinoa and chicken rice paper rolls (see included recipe). A great one for the family!

Tuesday

Brekkie – Avocado on two pieces wholegrain toast, plus coffee and milk. When you get to the office, follow it up with a second breakfast of yoghurt and fruit.

Morning tea – Try making some of the lamington bliss balls from last week's meal plan if you never got around to it. Otherwise, opt for some fruit or a large handful of nuts.

Lunch – Leftover quinoa and chicken rice paper rolls.

Afternoon tea – 100% nut butter on wholegrain toast.

Dinner – Make a pasta from pantry staples. There is a recipe in your IWL [app](#). Otherwise, you can't go wrong with some chilli, garlic and olive oil, and some greens such as broccolini, kale, and parsley, flavoured with lemon juice and black pepper. Cook the pasta and add in some tuna to boost the protein.

Wednesday

Brekkie – Oats with milk, cinnamon, honey and frozen berries.

Do you know what milk is best? You can watch this short video [here](#).

Morning tea – Large handful of nuts and seeds and piece of fruit.

Lunch – Leftover pasta.

Afternoon tea – One carrot, one cucumber cut into sticks with leftover baba ganoush.

Dinner – Roast chicken, potatoes and salad.

Thursday

Brekkie – Yoghurt with berries and avocado on toast.

Bread is a dietary staple for many of us and with all the choice available nowadays, there is one that is suitable for every lifestyle – the range is exhaustive: wholegrain, multigrain, wholemeal, sourdough, rye, white, high-fibre white, low-GI, gluten-free. But do you know which one is best? And do you know the difference between different types such as multigrain and wholegrain? You can watch this short video [here](#).

Morning tea – Bacon and egg rolls (either home-made or bought out) with rocket and coffee with milk.

Lunch – Leftover roast chicken, potato and salad.

Afternoon tea – Large handful nuts and seeds.

Dinner – Try this vegetarian red curry with cooking demonstration [here](#) or make your own variety.

Friday

Brekkie – Eggs on wholegrain toast plus coffee with milk.

Morning tea – One tin tuna on wholegrain crackers.

Lunch – Have something simple like avocado on toast or a bowl of pre-cooked microwave brown rice with chicken and green salad.

Afternoon tea – 200g yoghurt. Remember that including regular meals will prevent the afternoon hunger pangs creeping in and importantly, those visits to the vending machine!

Dinner – Home-made pumpkin soup. There are plenty of recipes online and there is also one in your IWL [app](#). If you're working from home, throw all the ingredients in a slow cooker when you wake up and let it cook throughout the day.

Saturday

Brekkie – Breakfast risotto (see IWL included recipe) plus coffee with milk.

Morning tea – Berry smoothie made with milk, berries, banana and yoghurt.

Lunch – Toasted sandwich – load it up with plenty of salad vegetables and add whichever protein source you prefer (tuna and chicken are great examples).

Afternoon tea – Fruit and large handful of nuts.

Dinner – BBQ! Include some vegetables with your meat of choice and serve up with a large salad.