

Tried & Tested DELIVERY DIETS!

NW testers tried the meal plans celebs love. Here are our results...



You know the story – after vowing to plan your meals better in a bid to shrink your waistline, and boost your wallet, you're left perusing the vending machine. If you want to take the thinking out of dieting, the celebrity-touted delivery diet could be just the ticket to get

you back on track. Reality star Audrina Patridge controls her eating with about 5000kJ a day, including three main meals and two snacks. Options range from short-term to month-long weight-loss regimens – but can you get a satisfactory meal in the mail? We put our palates to the test!

The easy detox

Eat Fit Food, \$580 for a 10 Day Detox. Visit eatfitfood.com.au

Beloved by Lara Bingle and Erin McNaught, Eat Fit Food offers Healthy Eating, Weight Loss and 10 Day Detox plans. Consultations are with a dietitian, and there's also the option to order partial programs. The full 10 Day Detox includes three meals, two snacks and a daily cleansing juice. Free from dairy, red meat, wheat, gluten and preservatives, this diet is designed to kick-start the digestive system.

Verdict The delish serves of fish, chicken, fruits and veg were creative and tasty. Filling brekkies and colourful vegies had us feeling super healthy, and although some portions seemed small, the food was scrumptious.

Result A ton of extra energy.



The gourmet slim down

Dietlicious, \$889 for a full four-week program. Go to dietlicious.com.au

Dietlicious delivers a weekly hamper of high-protein, low-carb, low-fat meals divided into your choice of three main meals and snacks. The daily kJ allowance is around 6000, with modern cuisine and fresh ingredients on the menu – think piri-piri chicken and Kashmiri lamb curry for dinner. Menus are supervised by a nutritionist and food prepared by chefs.

Verdict The best thing about following this diet is learning how to portion control. Adding big portions of veg or salad really works, and the tasty fare means you never feel deprived.

Result A loss of 2kg over four weeks!



The classic weight-loss plan

Lite n' Easy, up to \$158 for a full-week plan. Go to liteneasy.com.au

Lite n' Easy is a fat-loss meal delivery system that's customised for different kilojoule counts, based on your BMI and activity level. The standard program includes breakfast, lunch, dinner and snacks, packed with nutrients and low in fat. The menus change regularly and include a range of options.

Verdict We tested Lite n' Easy for three months on a five-day plan, with mixed results. While the quality of the food has improved significantly over the years – the company's been around for more than two decades – the food starts to taste the same after a while. Having the work week's food delivered is terrific, but we didn't achieve our desired results.

Result Decreased appetite, but no weight loss.



eats & treats BREAD

Impress your date by accepting the bread basket, without paying for it at the gym the next day. Ditching the butter and opting for bread sticks is the best way to avoid empty kilojoules – but make sure you stop at one or two!

1 small slice garlic bread 420kJ

Swap this



1 piece plain baguette 125kJ

for this



1 grissini stick 85kJ

or this

