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## EATFITFOOD weight loss TIPS

- ◆ **Select LC** (Lower Calorie) **EFF meals**

All **EATFITFOOD** (EFF) meals are nutritionally analysed for nutritional completeness & calorie content. EFF **LC** meals are ≤450Cals/serve. **Some meals may have similar ingredients e.g. muesli**, however always **CHECK** that the meal is coded **LC** to ensure you are getting a Lower Calorie meal.
- ◆ **Healthy snacks**

Healthy snacks do not necessarily mean LOWER CALORIE snacks. For example, if you are selecting the FRUIT SALAD, split the serve into 2 or 3 snack serves & spread your intake across 2 days.
- ◆ **Sauces & condiment calories**

If you wish to reduce the calories of your EFF meals a little further, use **½ the sauce &/or dressing provided per meal**.
- ◆ **Whole Food**

EFF meals are filled with highly nutritious WHOLE FOODS, which are inherently nutrient dense, fibre rich & low in salt. Whole foods are unprocessed foods & are typically more satiating (make you feel fuller for longer) foods.
- ◆ **Appetite re-education vs calories**

**When it comes to diet, WEIGHT LOSS is a marriage of lowering calorie intake & appetite re-education.** Aim to eat until you are **80% full**. GONE are the days that you need to eat everything on your plate even if you are full/ not hungry. Package your left-overs up as a small snack for later OR add to your COMPOST, either is better than adding to your waist.
- ◆ **Eating outside of your EFF meal plan**

In order to get the best results, we advise you not to add any extra meals or snacks on top of what you are already consuming with your **EATFITFOOD** all-inclusive plan.
- ◆ **Individualised EFF meal plans**

**EATFITFOOD cater** for such a wide variety of shapes, sizes & lifestyles & so the PLAN/PROGRAM that works best for you may not work for someone else. The **EATFITFOOD** dietitian can assist with any specific nutritional/ dietary concerns – call us today.
- ◆ **Weight loss goals & targets**

If weight loss is your aim **EATFITFOOD** recommends starting with a 10DAY **EFFDETOX** followed by choosing Lower Calorie (LC) meals options = the **EFFWEIGHT LOSS OPTIMUM** plan.  
The 10DAY **EFFDETOX** kick-starts weight loss through an 'all-inclusive' lower calorie (LC) diet. All your dietary need are catered for in the first 10 days to allow you to focus on adjusting to portion sizes, meal patterns & healthy WHOLE FOODS; foods that assist your body to cleanse, nourish & eliminate waste. Clients who have tried our 10DAY **EFFDETOX** plan get fantastic health & weight loss results.
- ◆ **EFF health bars**

**AVOID** being stuck for a healthy snack option. EFF bars are great cut-up into 1/3's & eaten as a tea-time snack throughout the day. For an extra crunch, pop your chopped-up bars into a container & keep them in the freezer.
- ◆ **Exercise**

EFF recommend, upon your physician's &/or exercise physiologist's approval, to incorporate 60-90 minutes of physical activity/ exercise daily for weight loss. Remember exercise does not have to be in one continuous block. Break it up into 3x20 minute blocks OR grab a pedometer & increase your steps throughout over the weeks, aim towards 5000, then 7000 etc. steps per day.
- ◆ **Hydrate**

EFF recommends drinking 8 glasses of water per day & limiting caffeinated beverages, along with soft-drinks/sodas, juices, alcohol or other sugar filled drinks to 1 per day.
- ◆ **Protein Plus EFF meals**

Different people have different needs. The Protein Plus EFF meal choices can be ordered if you have increased calorie needs (e.g. intensive athletic training) &/or wish to increase your protein portion.