

# Food & Mind

## Week 2

### For any 5 days

- 3 Foodpacks a day
- A low-fat, low-carb meal, which you can make with:
  - Anything from your week 1 choices
  - Leafy, green and salad vegetables (e.g. asparagus, avocado, broccoli, Brussels sprouts, cauliflower, cucumber, kale, peppers, radish, spring greens, tomato)
  - Aubergines, beansprouts, green beans, leeks, mangetout, mushrooms, okra, onions, sugarsnaps and squashes (e.g. courgette, butternut squash, pumpkin)
  - Fresh, frozen, canned or bottled (in water not oil) vegetables are all fine
  - A portion of low-fat dairy or dairy-free alternatives (e.g. cottage cheese, quark, low-fat soft cheese, plain fromage frais and yoghurt, skimmed and semi-skimmed milk, unsweetened plant-based milks such as almond, oat or soya milk)

### For any 2 days

- 4 Foodpacks a day
- No conventional food

### Every day

- Any LighterLife extras
- Water, tea and coffee, sugar-free diet drinks



### FAQs

#### *How much veg and dairy can I eat?*

Enjoy as many of this week's vegetables as you like – they're a great source of low-calorie nutrition as long as they're cooked without adding fat. As a guide, one of your "five a day" portions is 80g – about as much as you can fit into your cupped hand. For a typical dairy portion, imagine what you can fit into a small yoghurt pot and use it as your guide for milk, yoghurt, fromage frais and cottage cheese (and about half that for soft cheese).

This is a golden opportunity to experiment and find out what works for you. Use last week's tips to help you judge when you are physically full, and if you can hear a little voice telling you to take something extra – well, you can choose to ignore it and stick to your boundaries (see over the page).

Check out some quick and easy recipe ideas for your week 2 meal planning on our website – including courgetti spaghetti, cauliflower couscous and butternut mash.



# Boundaries

All through TotalFast you've been choosing what you ate. Yes, really. It's easy to think that as you were following a plan that had very tight boundaries – four Foodpacks a day – you weren't making any choices. But of course you were.

Don't deny your power; you will have been confronted with situations where you chose whether to eat something different. However, one of the reasons TotalFast is so effective as a weight-loss plan is because, once you've chosen to follow it, the boundaries are very clear.

Your carefully devised Management plan gives you the opportunity to have tight boundaries, too. What you eat is ultimately your responsibility. Making wise decisions about how you follow the boundaries will have a really big impact on your ability to manage your weight long into the future.

Hot  
Tip

Think about the type of boundaries that will be of help to you, **and the potential consequences of ignoring them.**

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