

# Food & Mind

## Week 3



### For any 5 days

- 2 Foodpacks a day
- 2 meals, which you can make with:
  - Anything from your weeks 1 and 2 choices
  - Any fruit, including olives and rhubarb – fresh, frozen, canned or bottled (in juice not syrup)
  - Root vegetables (e.g. beetroot, carrots, celeriac, fennel, potatoes, swede, sweet potatoes, turnips), plus breadfruit, cassava, plantain, yam – fresh, frozen, canned or bottled (in water not oil)
  - Beans, peas, lentils and sweetcorn – fresh, frozen, canned or bottled (in water not oil)
  - Reduced-fat houmous (we've got a great recipe on our website!)

### 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 can I eat?*

As a rough guide, one of your “five a day” portions for all these fruit and veg choices is 80g – about as much as you can fit into your cupped hand. That’s also about the same as a piece of medium-sized fruit, such as an apple, orange, pear or banana, or two smaller ones (kiwis, plums, satsumas). With reduced-fat houmous, think back to last week’s yoghurt pot for a typical portion size.

Find more tips on portions and cooking on for week 3 on our website – plus tried and tested recipes like vegan banana pancakes and home-made, low-fat houmous.



## You know you!

How long have you been gaining (and losing) weight? Over that time you will have developed habits. They're your "go to" place, your comfort zone, where you fall back on a pattern of coping mechanisms and stress reducers. How many of those behaviours contributed to your weight?

On TotalFast you've had the best chance yet to change unhelpful habits, and Management is your tool for continuing to do this.

Your old habits will probably be associated with specific times, old favourite foods, a familiar range of unhelpful behaviours and weight-gaining situations, and a "thinking voice" inside you that criticises and tries to persuade you that "just one more won't hurt".

These old habits, problematic times of day, trigger foods, moods and situations haven't gone away, even though they may be quiet and leaving you alone at the moment. Yes, you feel so marvellous now that you now you're never going to put the weight back on... but have you ever had that thought before?

This time it's different. You are incredibly powerful, so ultimately it's up to you, but with our support you've got a golden opportunity to keep the weight off for good.

[www.lighterlife.com](http://www.lighterlife.com)

**Hot Tip** Don't choose to slip back into old behaviours and habits – use the skills you're acquiring in your group sessions to help you create new ones that support your new, lighter life.