

# Food & Mind

## Week 4



### For any 5 days

- 2 Foodpacks a day
- 2 meals, which you can make with your weeks 1, 2 and 3 choices, plus anything from the following “trigger” options:
  - Pasta and noodles
  - Breakfast cereals, preferably wholegrain and reduced-sugar (e.g. All-Bran, muesli, oats, Weetabix)
  - Rice and grains (e.g. barley, buckwheat, bulgur/cracked wheat, couscous, freekeh, maize, polenta, quinoa, spelt)

### For any 2 days

- 4 Foodpacks a day
- No conventional food

### Every day

- Any LighterLife extras – from this week you can have Popped Chips every day if you prefer, rather than limiting them to a couple of times a week as on the TotalFast plan
- Water, tea and coffee, sugar-free diet drinks

### FAQs

#### *How much can I eat?*

It’s easy to pile a bowl high with rice, pasta, breakfast cereals and grains, so begin by experimenting with small portions – 30g (uncooked weight), which is roughly 3 tbsp or a handful, is a good place to start.

#### *Why are “trigger” foods on the plan now?*

So far you’ve been introducing mostly single-ingredient foods. Trigger foods are those most commonly involved in overeating, and they are often high in fat, salt or sugar, or a combination of all three. Trigger foods are always going to be there, so take the opportunity to devise strategies for dealing with them within the structure of your Management plan and with our ongoing support, including from your Mentor and LighterLife community.

Find simple, delicious recipes for week 4 on our website – including fruity overnight oats, harissa-spiced salmon couscous and mushroom orzotto (a super-quick way to make “risotto”, using orzo pasta).



## Food for the body is not enough. There must be food for the soul.

Dorothy Day, 20th century social activist

Management consists of many ingredients. It's easy to think it's all about the food, but as well as the ingredients on your plate, equally important are the ingredients of your behaviour.

There are all sorts of trigger situations and emotions. If you can spot regularly occurring situations linked to unhelpful food choices, these could be your trigger situations. It will help to keep a note in order to help identify patterns. Look out for:

- Time of day e.g. mid-afternoon, late evening, after a heavy day at work
- After eating certain foods e.g. bread, biscuits, cheese, chocolate
- Particular feelings e.g. angry, upset, frustrated, bored, excited, stressed
- When you experience particular physical sensations e.g. cold, tired
- When doing specific things e.g. out with friends, driving

For each trigger you identify, come up with at least three alternatives you could choose from e.g. ring a friend, play some music, make a coffee, have a LighterLife Raspberry Jelly.

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

**Hot  
Tip**

Triggers are the foods most usually overeaten; people seldom eat too much lettuce. Keep Miss Piggy's wise words in mind: **"Never eat more than you can lift."**