

Food & Mind

Week 5



For any 5 days

- 2 Foodpacks a day
- 2 meals, which you can make with:
 - Anything from your weeks 1, 2, 3 and 4 choices
 - Cheese, including non-dairy alternatives
 - Nuts and seeds (avoid salted), including unsweetened nut butters
 - Dried fruit (with no added sugar)

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?

These types of foods are nutritious but also Calorie-dense, so it pays to take care with your portion sizes – the difference between a level and a heaped tablespoon of nut butter, for instance, can run into hundreds of Calories.

As a guide, start with 1 level tablespoon of nut butter, 30g or 1 heaped tablespoon of dried fruit, 30g or 2 tbsps of nuts and seeds, and 30g of cheese (about the size of a small matchbox). There are lots of reduced-fat varieties available, and for cooking a stronger flavoured cheese goes further than a mild one. Vegan alternatives can be (but aren't always) lower in fat than their dairy equivalents, so do check the label.

If you want more guidance, there's plenty on our website, along with easy, tasty recipes for week 5, including nutty fruit breakfast smoothie, chicken and goat's cheese salad, and turkey and cranberry stir-fry.



Temptation

What part does temptation play in your relationship with food? Is it the situations out there – takeaways, supermarkets, other people, social functions – that entice, seduce and invite you to “eat me, eat me”? Or is it your desire in there, within you, your choice, an urge or impulse to eat something extra?

What’s actually going on? The tempting event, the out there, is not the cause; the cause comes from in there, in you, your inward desire, your own mind. It’s always you who chooses what you do or don’t eat and drink. When a situation becomes a tempting one, it’s often a choice for instant gratification, those “I must have it now” thoughts; a short-term urge for enjoyment that, if not managed effectively, is regretted later.

Everyone has familiar situations they have difficulty handling. What is it about them and you that has led you to self-sabotage in the past? Use the 4Ps to make it different now:

- **PREPARE** look at why certain situations are difficult; get support from your Mentor and fellow group members, Facebook groups, family and friends.
- **PLAN** your strategy for coping with these situations, including organising your meal structure.
- **PRACTISE** mindful eating; keep your goals in mind and recognise the consequences of your actions.
- **PERFORM** to your best and acknowledge your achievements.

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Hot
Tip

All food is simply a rotting thing.

Food can’t manipulate you, and you don’t have to let the old familiar you manipulate you, either.