

**cookingwithconscience**

*Michelle Trute*

## Special Offer

### Australia's most popular Low Fat/ Low GI cookbooks

A balanced lifestyle is of utmost importance, made up of the correct balance of food, exercise and enjoyment.

Understanding a balanced diet is not as hard as you may at first think, just thinking Lower GI (Glycaemic Index) foods is a great start.

Both my best selling cookbooks have literally helped over 100,000's people internationally to eat better & stay focused. Its easy, the lower the GI of the foods the more your hunger stays at bay, and the lower the GI the more sustainable energy you have which is ideal for our kids at school & university. They are endorsed by Diabetes Australia, hospitals & health care professionals all over the world.

Cooking with Conscience Books 1 & 2 have chapters to suit everyone, kids love the "Kinda Kids" & "Kids Parties" chapters, for the shift workers we have "working lunches" (the nursing community are big fans of this one) we have a "fitness foods" chapter as well. We love Asian foods so I have a chapter just for that, snack ideas have there own special place as does "A bun I the Oven" for the girls that are expecting. Vegetarian food & vegetable ideas are throughout the books as is the everyday meals for lunch and dinner.

And yes, you can enjoy desserts, slices & biscuits...if you are a bit handy with a knife I also show you how to make some simple garnishes to make your food attractive on the plate. Breakfast, soups, starters are all there and a very special chapter called "Darby & Joan" with meals just for 2.

The recipes in my books are always different from what I do on radio, television and in the Newspaper so you have no fear of double ups! I have put this offer together for you to help you make better meal choices that will enrich your health even more. They will never leave your kitchen bench & also make great gifts. Popularity has seen Book 1 sold out but we still have copies of Book 2 available.

### **SPECIAL OFFER**

**2 copies \$22.00 including p & h or 1 copy \$15.00 including p & h**

**I would like to order \_\_\_\_ copies "Cooking with Conscience Book 2"**

**Pay by cheque or direct bank deposit (email [michelle@cookingwithconscience.com](mailto:michelle@cookingwithconscience.com) for bank details)**

**Name** \_\_\_\_\_

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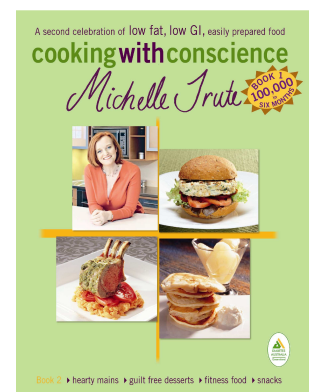
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**Or email to : [michelle@cookingwithconscience.com](mailto:michelle@cookingwithconscience.com)**

**Allow 7-14 days for delivery please**



## Healthy Eating Guide

The best & most effective way to lose weight and keep it off is to make long term lifestyle changes- looking at your eating plan as well as incorporating regular activity into your day.

This menu man has been designed to give you a few basic ideas about what you should eat and is **ONLY** a basic guide to healthy eating. The size of your meals are dependant on lots of factors including your body size & how much activity you do. We advise that you see an Accredited Practicing Dietician (APD) for more specific advice about what's right for you. (APD Hotline 1800 812 942).

### **Healthy Snacks for mid-morning and mid afternoon**

Snacks can be enjoyed in a healthy eating program here are some ideas

*For the sweet tooth...*Recommended: Fruit Occasional: Breads (grain or fruit), Biscuits (choose low GI and lower fat choices) Drinks (fruit smoothies, coffee & tea on low fat milks)

Desserts (yoghurt, custard, fruche) Cakes (pikelets, crumpets, scones) Cereals (Low GI)

*A bit savory...*Recommend: Salad vegetables sticks, Occasional: Biscuits, pretzels, popcorn, grain crisp breads, Sushi (no soy sauce), small baked beans

### **A few tips for this to be successful:**

- Before starting any weight loss it is advisable to have a check up with your doctor first.
- Try and follow the menu plan as close as you can- if you are allergic to a food then feel free to substitute it with a similar food from the same food group.
- When cooking this week and the following 6 weeks, grill, steam, poach or stir fry in a touch of water your meats & vegetables, stay away from fats & oil- its amazing just what a difference you can make in your cooking methods alone!
- Be careful about how much coffee you drink-especially in the first week, too much can inhibit your successful weight loss. If you can cut it out & enjoy herbal infusions that's is great but if not then maybe change over to tea instead, or at the least halve your coffee intake.
- To really see terrific results then leave the cork screw in the bar for this week. Alcohol will really slow down your weight loss- you will be able to enjoy a drink soon but not just in the first week.
- Use a journal- not just to monitor you food intake but also record any mood swings, joys or upsets as these can all have effects on how we eat & the sooner you can establish your eating habits the sooner solutions can be addressed.
- Drink your water. This is probably going to be one of the bigger challenges for you- drinking water will assist your body in eliminating any waste that your healthier plan is attempting to assist with- and it is one of the vehicles that assist in getting the nutrition from your foods to where it needs to go- this will mean that you will benefit quicker and will not feel as tied and run down.
- Be true to your self- don't cheat- if you do have a challenge then address it at the next meal not the next day!
- Try to incorporate 30mins of activity/exercise a day. A half hour walk is great if the weather permits- probably more suitable to the Queenslanders amongst us. If it is a bit chilly then don't forget simple things like the vacuuming- perhaps twice a week instead of once, or washing the car on the weekend, all that bending to and from the bucket is good exercise-(see there is something positive from the water restrictions!). It's the perfect time of the year to clean your oven- that is definitely a good half hour work-out. Hang your washing on the line instead of popping it in the dryer. Feel guilty if you don't return your shopping trolley to the trolley bay in the car park- it all makes a difference.
- Make yourself aware of the different Glycaemic Index's (GI) of food and make lower GI choices.

***Know that this is the best thing that you can do for yourself and do it!***

## Week 1 – Sample menu plan female adult\*

\*Adult Women: 19-60 years, not pregnant or breast feeding, moderate activity 30-60 mins/day, requiring weight loss.

	Breakfast	Mid-Morning	Lunch	Mid-Afternoon	Dinner
Day 1	1 cup high fibre cereal 1 cup low fat milk 1 apple		2 slices grain bread Scrape avocado 1 cup salad veg		150g (raw weight) lean red meat, grilled 1 cob corn 1 cup steamed veg 1 cup low fat custard 1 banana
Day 2	1 cup porridge 1 cup low fat milk 1 banana		1 pita bread ½ small avocado small can tuna in spring water 1 cup salad veg		1 serve stir fry containing 100g lean pork strips, 2 cups noodles, 1½ cups vegetables 1 tub low fat yoghurt 1 cup strawberries
Day 3	½ cup natural muesli 1 cup low fat yoghurt 1 cup strawberries		2 slices grain bread 1 boiled egg 1 cup salad veg		150g grilled fish 1 cup basmati rice 1½ cups steamed veg 1 banana 1 cup low fat custard
Day 4	1 slice grain toast scrape avocado 200g tub low fat yoghurt 1 cup peaches		1 grain roll 1 slice lean ham ½ small avocado 1 cup salad veg ½ cup strawberries		Pasta & bean salad: 1 cup cooked pasta tossed with ½ cup red kidney beans 1 cup mixed vegetables Low joule dressing 1 slice Turkish bread 1 tub low fat yoghurt ½ cup fruit salad
Day 5	1 slice raisin toast Scrape ricotta cheese 1 banana 200g low fat yoghurt		1 lavash wrap 100g chicken ½ small avocado 1 cup salad veg		1 slice pizza topped with tomato, mushroom, capsicum, onion, low fat cheese green salad with low joule dressing small bunch grapes 1 tub low fat yoghurt
Day 6	Grain English muffin 1 small boiled egg grilled tomato grilled mushrooms		2 cups mixed salad veg with 120g tinned salmon Oil free dressing Small bunch grapes		2 cups tomato based pasta tossed with 1 cup veg 1 cup fruit salad 2 scoops low fat ice-cream
Day 7	1 slice grain toast 1/3 cup baked beans 1 cup (20) cherries		2 slice grain toast 40g low fat cheese 1 cup salad leaves tomato 1 apple		100g grilled chicken breast ½ cup sweet potato mashed with low fat milk 1½ cups stir fry beans, snow pea, zucchini 1 tub low fat yoghurt

# Week 1 – Sample menu plan male adult\*

\*Adult Male: 19-60 years, moderate activity 30-60 mins/day, requiring weight loss.

	Breakfast	Mid-Morning	Lunch	Mid-Afternoon	Dinner
Day 1	2 cup high fibre cereal 1 cup low fat milk 1 apple		4 slices grain bread Scrape avocado 1 cup salad veg		150g (raw weight) lean red meat, grilled 1 cob corn 1 cup steamed veg 1 cup low fat custard 1 banana
Day 2	2 cup porridge 1 cup low fat milk 1 banana		2 pita bread ½ small avocado small can tuna in spring water 1 cup salad veg		1 serve stir fry containing 100g lean pork strips, 2 cups noodles, 1½ cups vegetables 1 tub low fat yoghurt 1 cup (8) strawberries
Day 3	1 cup natural muesli 1 cup low fat yoghurt 1 cup (8) strawberries		4 slices grain bread 2 boiled egg 1 cup salad veg		150g grilled fish 1 cup basmati rice 1½ cups steamed veg 1 banana 1 cup low fat custard
Day 4	2 slice grain toast scrape avocado 200g tub low fat yoghurt 1 cup peaches		2 grain roll 2 slice lean ham ½ small avocado 1 cup salad veg ½ cup strawberries		Pasta & bean salad: 1 cup cooked pasta tossed with ½ cup red kidney beans 1 cup mixed vegetables Low joule dressing 1 slice Turkish bread 1 tub low fat yoghurt ½ cup fruit salad
Day 5	2 slice raisin toast Scrape ricotta cheese 1 banana 200g low fat yoghurt		2 lavash wrap 100g chicken ½ small avocado 1 cup salad veg		2 slice pizza topped with tomato, mushroom, capsicum, onion, low fat cheese green salad with low joule dressing small bunch grapes (20) 1 tub low fat yoghurt
Day 6	Grain English muffin 2 small boiled egg grilled tomato grilled mushrooms		2 cups mixed salad veg with 120g tinned salmon Oil free dressing Small bunch grapes		2 cups tomato based pasta tossed with 1 cup veg 1 cup fruit salad 2 scoops low fat ice-cream
Day 7	2 slice grain toast 1/3 cup baked beans 1 cup (20) cherries		4 slice grain toast 40g low fat cheese 1 cup salad leaves tomato 1 apple		100g grilled chicken breast ½ cup sweet potato mashed with low fat milk 1½ cups stir fry beans, snow pea, zucchini 1 tub low fat yoghurt