



Consistency
do it

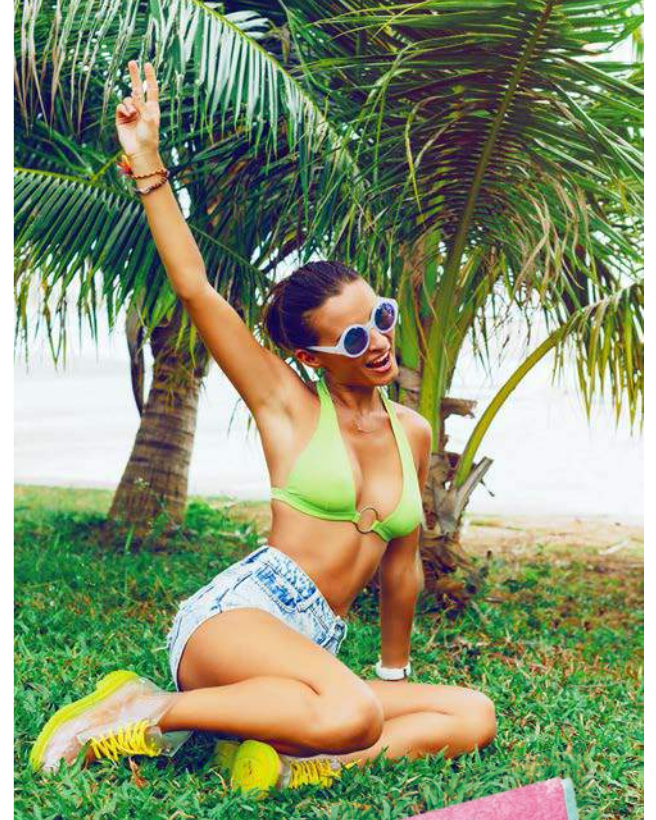
LITTLE
BY
LITTLE...

Bang. It's the first thing I bring up—the magic is to stick with consistency as much as you can and to not be a stress-head about aiming for perfection. Even if you've never met a salad or a push-up in your life, you can easily be healthier and lose a bit of weight with some simple choices.

The weight loss secret everyone keeps talking about is my old mate consistency, a dear friend of success. So let's forget motivation and concentrate on consistency. Motivation can fade but consistency is a rock. When you make healthy choices every day, one choice will lead to another, and string them all together and what do you get? A beautiful chain: a.k.a. a habit. Healthy habits will keep you on track better than any motivational tip.

A TREAT WILL NEVER
MAKE YOU FAT
BUT A BINGE WILL

3-hour
day



DON'T LET
THE LITTLE THINGS
STAND IN
THE WAY OF
ENJOYING YOUR
ACHIEVEMENTS

If you are hung up on being a perfectionist with an all-or-nothing attitude, then try my 3-hour day. I've started cleanses before then eaten a couple of M&Ms and given up. Why? Because for some of us we have this all or nothing attitude.

So if we treat every three hours as a new day, and each meal as a new event, it won't matter if we stuff up occasionally. Forgive yourself for a slip-up and start again in three hours' time with the next meal. One relapse doesn't mean you have to throw away the program or a whole day. This reset will prevent bingeing and the self-destruction that goes with it—and also cap that gross guilt.

BREAKFAST!

THE MOST IMPORTANT MEAL OF THE DAY

Breakfast is the most delicious and important meal of the day. How do you find time? Set that alarm 15 minutes earlier, that's how important breakfast is. Or prep the night before.

When you're asleep, your body is in fasting mode. Breakfast 'breaks' the 'fast' of sleeping and kick-starts your metabolism for the day.

Do you eat breakfast or only 'lunchfast'? That is, skip breakfast and not eat until 11.30 am? Breakfast prevents the drop in blood sugar that sends you searching for sweetness later.

OPT FOR A FATTY BREKKIE

A 'GOOD FAT' BREAKFAST CAN BE:

- breakfast burrito with bacon, tomato, avocado and beans.
- rye toast with banana and cinnamon.
- eggs cooked in all sorts of yummo ways like in coconut oil, served on sourdough or spelt toast.
- cottage cheese with shavings of nuts, flaxseed oil and fresh fruit.
- tahini on pumpernickel with sliced pear and honey.

Combining protein and good fats will keep you full, at least until lunchtime.

HEALTHIFY YOUR BREAKFAST

IN

Good things like fresh berries, eggs, a protein smoothie, fresh fruit, wholegrain toast, natural nut butters, salmon, muesli, oats, nuts, seeds spinach, beans, quinoa and Greek yoghurt.

OUT

Packet sugary cereal, white bread (cardboard), jam, nutella, and other sugary spreads, packet pancakes, topping, supermarket juices, muffins (cakes!).

START YOUR DAY RIGHT

- Have a large glass of water with a squeeze of lemon
- Exercise
- Eat a healthy filling breakfast

FAST FIVE CIRCUIT

Try to beat your PB each time!

3 minute sprint on a treadmill, bike, rower, x-trainer, or outdoor running.

- 10 Hindu push-ups
- 10 split squats
- 10 yoga push-ups
- 10 V-snap sit-ups
- 10 suitcases

Time 1:

Time 2:

Time 3:

AWESOME JOB!!

A close-up photograph of a person's hand holding a white spoon with a dollop of thick, purple smoothie. In the background, a white bowl is filled with a variety of fresh fruits, including blueberries, banana slices, and strawberries, along with granola. The person is wearing a pink and white patterned top. The overall scene is bright and healthy, emphasizing a nutritious breakfast.

Eat well
feel well



PRAWN & PORK SAN CHOY BAU

Serves 4

- 1 head iceberg lettuce
- 1 teaspoon rice bran oil
- 200 g pork mince
- 2 cloves garlic, crushed
- 2 teaspoons grated ginger
- 1 small red chilli, finely chopped
- 10 green (raw) prawns, peeled, deveined and chopped
- 1 tablespoon reduced-salt soy sauce
- 4 spring onions, trimmed and chopped
- ½ cup coriander leaves
- finely grated zest and juice of 1 lime

Separate whole leaves from the lettuce. Wash, then pat dry and refrigerate until needed. Heat the oil in a wok or large frying pan over high heat. Cook the pork mince, garlic, ginger and chilli for 5 minutes until brown. Add the prawns and stir-fry for 3 minutes, or until pink and firm. Add the soy sauce to the pan and simmer for 1 minute. Stir in the spring onion, coriander, lime juice and zest and toss to combine. Spoon the mixture into lettuce cups.

SNACKS UNDER 150 CALORIES A SERVE

PRAWN RICE PAPER ROLLS

Serves 4

- 30 g rice vermicelli noodles
- 8 round sheets rice paper
- 8 cooked prawns, peeled and deveined
- handful of unsalted roasted peanuts, coarsely chopped
- ½ cup bean sprouts, trimmed
- ¼ cup pickled carrot
- ¼ cup pickled cucumber
- 8 mint leaves
- 8 coriander sprigs
- 8 garlic chives, cut into 10-cm lengths
- nuoc cham (dipping sauce), to serve

Place the vermicelli noodles in a heatproof bowl. Cover with boiling water, set aside to soak for 5 minutes, then rinse under cold running water. Drain well. Soak a rice paper sheet in warm water for 30 seconds or until soft (don't soak the sheet for too long or it will tear). Drain on absorbent paper. Place a prawn in the middle of the rice paper and top with some noodles, peanuts, bean sprouts, carrot and cucumber. Lay a mint leaf and a coriander sprig on top, fold in the ends and top with a garlic chive. Roll firmly to enclose the filling. Repeat with the remaining rice paper and fillings. Serve the rolls with dipping sauce.



CLEAN EATING



VEGIE SLICE

Serves 6

- 4 eggs, separated
- ½ cup self-raising flour
- 1 cup grated carrot
- 1 cup grated zucchini
- ¾ cup grated pumpkin
- ¼ cup chopped shallots
- ½ cup semi-sundried tomatoes, chopped
- 60 g reduced-fat tasty cheese, grated
- 60 g reduced-fat fetta, crumbled

Preheat oven to 180°C. Whisk the egg whites to soft peaks. Sift the flour into a bowl and gently fold in the eggwhites. Fold in the vegetables and egg yolks. Season with salt and pepper to taste. Pour the mixture into a greased and lined 1.5-litre dish and top with the cheeses. Bake for 40 minutes until cooked through.

ORANGE HUMMUS DIP

- 2 x 420 g tins no-added-salt chickpeas, drained
- 1½ tablespoons extra-virgin olive oil
- 185 ml orange juice
- finely grated zest of 3 large oranges
- 3 garlic cloves, crushed
- 1 tablespoon ground cumin
- pinch of cayenne pepper
- 2 tablespoons tahini
- salt and freshly ground black pepper
- raw vegie sticks such as carrot and celery to serve

Process the chickpeas, olive oil, orange juice, orange zest, garlic, cumin, cayenne pepper and tahini until smooth. Season. Transfer to a bowl, cover and refrigerate until required.

OLIVE & THYME POLENTA CHIPS

Serves 6

- 500 ml (2 cups) salt-reduced chicken stock
- ½ cup polenta
- ¼ cup pitted kalamata olives, chopped
- 2 teaspoons thyme leaves
- ¼ cup finely grated parmesan

Grease a 19-cm square cake tin. Pour the stock into a saucepan, bring to the boil over high heat. Stir in the polenta, reduce the heat to low and cook, stirring constantly, for 4–6 minutes or until the polenta is thick. Stir in the olives, thyme and parmesan. Season with salt and freshly ground black pepper. Pour the polenta mixture into the prepared tin. Cover and refrigerate for 2 hours or until firm. Preheat oven to 200°C. Remove the polenta from the tin. Cut into chips about 8.5 cm x 2 cm thick. Place the chips on a baking tray lined with baking paper. Bake for 15–20 minutes, turning halfway during cooking, or until golden.



CLEAN EATING



JUMP FORWARD AND BACK

To intensify:
hold onto
dumbbells.



JUMPING LUNGE



JUMP SQUAT

To intensify:
jump with a
medicine ball.



KNEELING
HAMSTRING
STRETCH



LEG RAISE



LUNGING CALF STRETCH

To intensify:
push against
a wall or a
partner.

GET MOVING



LUNGING QUAD STRETCH



MEDICINE BALL SQUAT PRESS



LYING DOWN HAMSTRING STRETCH



LYING DOWN HERO POSE



MEDICINE BALL TWIST



MEDICINE BALL PUSH-UP
ALTERNATING

To intensify: try on toes.



MOUNTAIN CLIMBERS

GET MOVING