



Your Step-by-Step Guide to Success

Welcome to a slim and healthy future with our Lifestyle Plan. Wondering where to start and what to do first, let me help you simply read through this Guide and you will soon see we are with you every inch of the way.

1. Weigh and measure yourself at the same time every week keeping a record on your Inch Loss Chart. Some weeks it may seem that you haven't lost as much weight as you expected but it's a great incentive when you measure and find that the inches have melted away.
2. Now have a look through the Lifestyle Plan book. This has been designed to provide you with a balanced healthy eating plan. You've got everything you need, all in one place. First turn to page **5** and read the Guidelines to your Plan you will find these hold the key to your success.
3. Page **6** explains how many calories you should have, as well as your Daily Allowances. Make sure you keep to this calorie intake – don't be tempted to eat less. Just like a fire, our bodies need fuel to keep burning!
4. Pages **8** have some great tips to "Jumpstart" your plan with our low G.I. food selections. They all provide slow release energy and satisfy your appetite for longer. You will find a pre planned menu on page **70** which all our members find really helpful.
5. You'll see throughout the Plan that each section is colour coded to make it easy to reference. There's lots of family friendly recipes and ideas for breakfasts, lunches, dinners and snacks. There are also 4 different weekly menu plans, including vegetarian, meals for one and for convenience quick and easy ideas. I would recommend you highlight your favourite meals which can then be mixed and matched to make it personal to your lifestyle.
6. Also, water is a very important part of your weight loss programme and page **7** will explain why this is highly recommended. I hear from so many of our members that it made them recognise thirst from hunger when previously they reached for the biscuit tin now they have a glass of water. Cheers.
7. You will find the shopping list really useful it includes all the members favourite brands and lots of ideas to include in your weekly plan.
8. I would suggest you have in your kitchen a scale as portion control is so important. A health grill the toastiest recommended on page **21** are really popular and a slow cooker which is great for most of the recipes in your book. Having a meal ready when you return from work or shopping is always great.

If you have any questions send an email to our team at marie@slimtone.co.uk

Marie