

A woman with dark, curly hair, wearing a light green long-sleeved shirt, is sitting at a white table in a kitchen. She has her hands resting on her cheeks and is looking upwards and to the left with a thoughtful expression. In front of her on the table are two green plates. The plate on the left contains fresh fruit: several yellow bananas, one green apple, and one orange. The plate on the right contains indulgent treats: a chocolate-glazed donut with colorful sprinkles, a croissant, and a muffin. The background shows a kitchen with white cabinets and a countertop with a coffee maker and a small potted plant.

The
80/20

Healthy Eating Plan

Included as part of the Weight Management Package

The 80/20 Healthy Eating Plan

Many diets fail because people can't sustain the strict eating regime for long periods of time... so they give up.

That is why the 80/20 principal works so well when you are trying to lose a little pudding off that belly.

The 80/20 healthy eating plan is all about eating the right kinds and amounts of foods necessary for sensibly losing body fat and establishing an exercise and lifestyle program that can be maintained for life.

“Follow the plan carefully and conscientiously and success will be yours.”



A woman with dark, curly hair is smiling and crouching on a white digital scale. She is wearing a white long-sleeved top and red shorts. The background is a bright, sunlit room with a window.

1. Set your own weight loss goal!

Determine specific and realistic weight loss goals that you want to achieve. You could plan to achieve goals such as losing 10kg, being able to run 10km, lowering cholesterol, fitting into a size smaller jeans.



2. Visit your GP to get a medical check-up

Before changing your diet and starting any fitness regime, get checked out by your medical practitioner.

Make sure it is a detailed full body check-up including blood analysis; that way you'll be able

to rectify any deficiencies like iron, folate, B12 and hormone imbalances such as high insulin levels that can affect not only fat loss but your energy levels and feeling of well being.



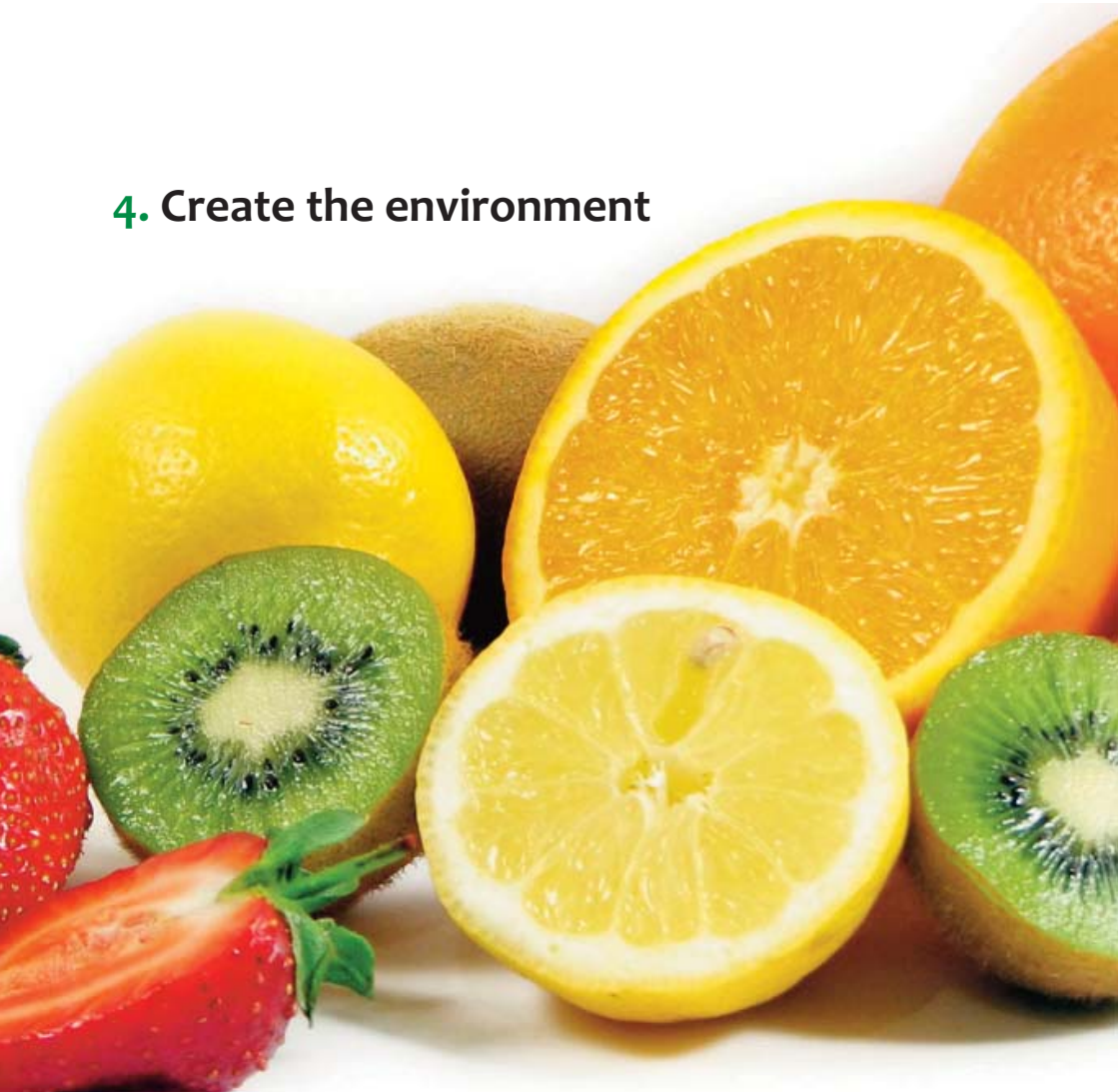
3. Set a weight loss plan of action

Losing weight and becoming healthier doesn't happen overnight.

Realistic, it takes about 12 weeks

to see positive changes in your body, but often you'll start feeling different after the first couple of weeks.

4. Create the environment



Do a fridge audit.

Throw out all the junk, packets of chips, processed foods, cereal boxes filled with air and sugar.

If you keep your kitchen free of junk you'll be less likely to choose to eat junk.

Fill your fridge and pantry with good, healthy food.

Stock up on fruits and vegetables, lean protein and include new healthy snacks like nuts and raw seeds.

5. Stop the yo-yo dieting

These are many diets that promise a quick fix with rapid weight loss in a short amount of time.

You may lose weight at first, but they're often difficult to follow in the long term.

Often they're also very restrictive and may not provide all the nutrients your body needs for optimum health and well-being.

Studies show that for weight loss to be successful you need to eat the right kind of foods that can help promote weight loss.

They need to be rich in antioxidants, minerals, fibre, essential fatty acids, protein and omega 3 because if you don't nourish your body properly with the nutrients it needs, your body won't function effectively to help burn fat at an optimum level.





6. Learn to cook healthily

Healthy eating and weight loss all starts in the kitchen. We all know we should be eating healthy food but how do we put it all together and make recipes that are simple to cook, tasty and best of all healthy? Well that's simple, get into the kitchen and start cooking!

- Reduce saturated fat
- Reduce refined sugar
- Ditch salt
- Ditch white refined flour
- Increase protein
- Increase flavour
- Increase fibre / vitamins



7. Keep going... keep going!

Persistence is the real key to successful goal achievement. Don't allow yourself to become distracted with excuses about

why things can't be done, why I haven't exercised, why I chose the meat pie over the grilled chicken.



8. Think 80 / 20

For weight loss to be sustainable and enjoyable it's important to allow yourself a little indulgence once or twice a week.

Whether it's a small piece of apple pie for Sunday lunch or a few pieces of quality chocolate – it's OK.

If you want a chocolate fix, a few pieces (50g) of quality dark raw chocolate is the best (for its antioxidant value).

Or why not make a small batch of delicious chocolate protein balls made with fresh dates, raw cocoa and almonds, which will satisfy your sweet craving for chocolate and give your body a stack of antioxidants.

Portion control is the key here – 20 per cent is not about eating a whole block of chocolate or packet of biscuits – moderation is the key to success.

9. Get active... Stay active

If there's one best weight loss mantra, it's "exercise, exercise, exercise."

It increases your daily energy expenditure and allows your body to burn more fat.

Concentrate on discovering healthy activities you enjoy and do them every day for about 30-60 minutes, 5 days a week.

Make sure to make this a habit and set specific

times to exercise – rain, hail or shine. Don't forget the after-burn effects of exercise.

When we exercise, our body uses mostly carbs for energy, and even after you stop, for another 24 hours your body utilises fat stores – even while you sleep!



The 80/20 principle is no diet — it's a lifestyle change that can lead to sustainable weight loss.

Forget rigid, limiting diets in the past and find that this new "rule" teaches you about balance and moderation, a concept that never existed in a fad diet.

When you practice 80/20, you have the space to go out socially and enjoy a meal (or a cocktail!) with friends.

And most importantly, it makes the whole clean-living thing feel doable for the long run.



Breakfast suggestions

- Small banana and low fat yoghurts
- Wholemeal / Granary toast & low fat spread with sugar free jam or pure fruit puree
- Melba toast and marmite
- Branflakes / Shredded wheat / All Bran / Cornflakes / Special K/ Cereal bars / Fruit and Fibre with semi skimmed milk
- Grapefruit segments and poached egg on toast
- Fresh fruit salad with low fat fromage frais



Lunch and dinner suggestions

- Pasta / Cous cous / Noodles
- Jacket Potato
- Filling suggestions;
 - o Cottage cheese / low fat cheese spread
 - o Low fat potato salad
 - o Tuna and onion
 - o Baked beans
 - o Mackerel in tomato sauce
- Chilli
- Mild curry
- Lasagne
- Egg salad
- Noodles
- Pasta salads with tomato puree and chopped peppers
- Roast sweet potato and parsnip

Snack suggestions

- Dutch crispbread / Ryvita / Rye bread / Melba toast / oatcakes / ricecakes / pitta / water biscuits / bread sticks
- Fruit – fresh / dried etc
- Raw vegetable sticks
- Low fat yoghurt or fromage frais



REMEMBER;
“NOTHING TASTES AS
GOOD AS BEING SLIM
FEELS”



This Weight Loss Package has been designed to bring you maximum benefits without the torturous methods of other weight loss regimes.

Your mind is motivated to give you the will-power to succeed.

You are given the rules to follow which start to form good habits in place of the old ones.

You have access to a guide to the 80/20 meal plan accompanied by a variety of meal suggestions.

The whole ethos of the 80/20 plan means that you CAN eat the food you want to, as long as you follow the rules.

You're welcome to contact me with any questions by email; info@mynd.works

