



# summer blitz

## DO YOU WANT TO LOSE WEIGHT EFFORTLESSLY?

Obesity is now a huge health issue in Australia. Thousands started Dr John D'Arcy's Kick-Start Diet when it premiered on the Seven Network's *Today Tonight* – now he's written the Summer Kick-Start Program exclusively for New Idea.

It is high in low GI (glycaemic index) foods and low in saturated fat, which can help you lose weight safely and quickly.

We published the first phase of the Program over the last two weeks.

Congratulations if you persevered – you should have lost up to 8kg, depending on how much weight you had to lose.

This week we begin the first week of Phase Two of Summer Kick-Start. We will slowly introduce some of the foods you've been missing for the last two weeks:

- ✓ Wholemeal or wholegrain bread.
- ✓ Pasta.
- ✓ Rice.
- ✓ Protein.
- ✓ Glass of wine, only 1 or 2 per sitting, no more than three times a week.

## KICK-START SUMMER DIET WEEK THREE

It has to be a slow reintroduction because you don't want your insulin levels running riot again and the weight you've lost creeping back on.

You'll still lose weight with Phase Two, but it will be slower. It's the next step for those who have completed Phase One.

It's also ideal to start on for those who are happy with a slower weight loss or only have a few kilos to lose.

Don't forget to walk for 30 minutes at least three times a week for maximum weight loss. And always consult a doctor before beginning any diet.

## LOW GI FACTS

As Dr John has shown over the past two weeks, all carbohydrates aren't equal. High GI (glycaemic index) carbs with a rating of more than 70, such as white bread, pasta, white rice and potatoes, digest quickly and cause a rapid flow of glucose with a fast insulin rush.

This hormone hangs around a long time. Apart from flushing the glucose inside your cells so you get hungry again, it has long-term dangers like high blood pressure, raised fat levels in the blood and an increase in the risk of diabetes and heart attack.

Visit [www.glycemicindex.com](http://www.glycemicindex.com) for a full list of foods and their GI rate.

By concentrating on low GI carbs – those with a GI level less than 55, which digest slowly, passing their glucose fuel gently into your body – you will avoid the insulin rush. The final equation? Losing weight and staying healthy.

Below you'll find your eating plan for Week One of Summer Kick-Start Phase Two, as well as delicious recipes which have been devised by nutritionist and dietitian Geraldine Georgeou.

Remember, whenever dairy is specified use low-fat, and when bread is specified always choose wholegrain. Tofu can be used instead of meat.

## SNACKS

Incorporate two snack choices into your daily menu each day as morning tea and afternoon tea.

- ❑ 1 cup of microwaved or home-popped popcorn with very little fat.
- ❑ A glass of Milo made with low-fat milk, or a low-fat cappuccino.
- ❑ Low-fat yogurt, flavoured or plain, or a diet dessert such as Nestle Diet Lemon Cheesecake, Diet Chocolate Mousse or Diet Creme Caramel.
- ❑ 2 wholegrain crackers and 1 slice of low-fat cheese.
- ❑ 1 piece of fresh fruit or a small tin of fruit in natural juice, drained.

## ABOUT FATS

Avoid margarine and butter, although 3-4 teaspoons of added oils per day can be used in food. This includes:

- ❑ Canola oil.
- ❑ Olive oil.
- ❑ Sunflower oil.
- ❑ Margarine.

## DAY ONE

### ❑ Breakfast

Banana smoothie made with 1 cup of low-fat milk, 1 tsp honey, 2 tps linseed, sunflower and almond meal (LSA) and 1 tblsp low-fat yogurt. 1 slice of wholegrain toast with Vegemite.

### ❑ Lunch

Sandwich made from 2 slices of wholegrain bread with tuna (no oil), 1 slice of reduced fat cheese and salad. 1 orange.

### ❑ Dinner

Moroccan spiced lamb pita (recipe on page 53). Green salad with oil free dressing.

## DAY TWO

### ❑ Breakfast

Baked beans or 1 scrambled, poached or boiled egg on 1 piece of wholegrain toast. 1 piece of fruit of your choice.

### ❑ Lunch

Wholemeal lavash bread topped with hummus, shredded lettuce, 1 slice of low-fat cheese and lean chicken breast. 1 low-fat yogurt such as Nestle Diet Strawberry Yogurt.

### ❑ Dinner

Pasta with salmon and capers (recipe on page 53). Green salad.

## DAY THREE

### ❑ Breakfast

2 slices of wholegrain toast with low-fat cream cheese. 1 piece of fruit.

### ❑ Lunch

2 crispbreads such as Ryvita. 1 small can of salmon with onion. 1 cup of Greek salad with 1 tsp of olive oil and 2 cubes of feta. 1 apple.

### ❑ Dinner

200g lean steak, barbecued, with 1 tblsp mustard or BBQ sauce. 1 cup of salad vegetables with balsamic vinegar. Mushrooms cooked in 2 tps canola oil. 1 tub of low-fat yogurt for dessert.

## DAY FOUR

### ❑ Breakfast

1 serve of porridge with low-fat milk and 1 tsp of honey. 150g serve of tinned fruit, such as peaches in natural juice, drained.

### ❑ Lunch

Sandwich made from 2 slices of wholegrain bread, toasted leg ham, salad and mustard. 1 serve of tinned fruit in natural juice, drained, or 1 piece of fresh fruit.

### ❑ Dinner

Grilled lamb fillets with couscous (recipe on page 51). Fresh rocket salad.



## THE SUCCESS STORY



After losing 53kg in just six months, 32-year-old Tamarah Palmer has gained a whole new outlook on life.

Virtually raising four young kids on her own, smoking a packet of cigarettes a day and drinking heavily led her to balloon to 115kg. Her husband, a shearer, was only home on weekends, and Tamarah was in the grip of postnatal depression. To make matters worse, she was on medication to treat her out-of-control psoriasis.

As her world crumbled, she found solace in food. By the time she gave birth to her last child she was 101.5kg.

'I'd make family meals and whatever the kids didn't eat, I'd eat – as well as my own meal.'

Tamarah's turning point was in May last year. Ditching alcohol and cigarettes, she went on the Kick-Start Diet.

'I knew that I was hideously obese. But with this diet the food wasn't way out of my budget, it was practical and healthy,' she says.

Six months on the low GI diet has seen her lose 53kg – and she has kept the weight off.

'My goal was size 18. Then I thought if I got to 14 I'd be happy and never want to lose weight again. Now I'm a size 10 and I have so much energy!'

Incorporating swimming into her regimen, her weight literally vanished.

'I haven't dieted now in more than four months, but I eat better. My psoriasis is gone and my facial features have changed completely. People don't even recognise me,' Tamarah smiles.



## DAY FIVE

### ☑ Breakfast

¾ cup wholegrain cereal or 2 Weet-Bix with milk. 150g of tinned fruit, drained, or 1 piece of fresh fruit.

### ☑ Lunch

1 wholegrain bread roll with leftover couscous and low-fat cheese or 1 wholegrain roll with low-fat Swiss cheese and salad. 1 piece of fruit.

### ☑ Dinner

Takeaway or home-cooked stir-fried pork with vegies and rice. Use bok choy, baby corn, red capsicum, sliced ginger and bean shoots with soy and chilli sauce.

## DAY SIX

### ☑ Breakfast

2 eggs, poached, boiled or scrambled. 2 slices of wholegrain toast. 1 small glass of apple juice.

### ☑ Lunch

Sandwich made with 2 slices wholegrain bread, lean steak, onion, lettuce, tomato and beetroot. 1 low-fat yogurt.

### ☑ Dinner

Grilled skinless chicken breast. 1 cup assorted vegies (broccoli, zucchini, carrot and onion) cooked in tomato puree with basil and garlic and 2 tps olive oil. 1 cup of mashed sweet potato.

## DAY SEVEN

### ☑ Breakfast

Low-fat cheese and tomato grilled on 2 slices of toast. 1 piece of fresh fruit.

### ☑ Lunch

Lentil and vegie soup: Saute 1 onion for 10 mins in 1 tbs oil, add garlic, bay leaf, 1½ cups soaked green lentils, water, vegie stock, 1 tin of tomatoes, 1 cubed potato. Bring to boil, simmer until tender. 1 slice thick-cut sourdough bread.

### ☑ Dinner

Spaghetti bolognaise with mushrooms (recipe on page 51). Garden salad.

## WHAT NEXT

Want to maintain the weight loss forever? Next week we'll show you how! You won't have to follow the daily plans any longer, as we will teach you all the lessons, tricks and tips you need to know to help you select your own low GI foods and meal plan. We'll help you incorporate your plan into your new healthy lifestyle to keep that excess weight off – easily and forever.



## Spaghetti bolognese

Prep time: 10 minutes  
Cooking time: 45 minutes  
Serves: 4

1 *tblsp* oil  
1 *medium* onion, finely chopped  
3 *garlic* cloves, crushed  
400g *very lean* minced beef  
2 *tblsps* tomato paste  
425g *can* tomatoes, undrained and mashed  
 $\frac{1}{4}$  *cup* dry red wine  
 $\frac{3}{4}$  *cup* mushrooms, sliced  
 $\frac{1}{2}$  *cup* black kalamata olives  
 $\frac{1}{4}$  *cup* beef stock or 1 *beef* stock cube  
 $\frac{1}{4}$  *tsp* mixed herbs  
Freshly ground black pepper  
1 *bay* leaf  
375g *spaghetti* pasta  
Chopped fresh parsley to serve  
Grated parmesan or pecorino cheese, 1 *tblsp* per person

**1** Heat the oil in a saucepan or frying pan. Add the onion and garlic and cook for about 10 minutes, or until onion is very soft, stirring frequently. Add the beef and brown for about 5 minutes, stirring until the beef is crumbly and browned.  
**2** Add the tomato paste, tomatoes, wine, mushrooms, black kalamata olives and stock. Bring to a slow boil. Add herbs, pepper, bay leaf and stir. Cover and simmer for 45 minutes, stirring frequently to prevent sticking. Remove bay leaf.  
**3** Add the spaghetti to a large saucepan of boiling water and boil, uncovered, until just tender, then drain.  
**4** Serve beef over spaghetti. Sprinkle with parsley and cheese if desired.

## Grilled lamb fillets with couscous

Prep time: 10 minutes  
Cooking time: 20 minutes  
Serves: 4

200g *couscous*  
1 *cup* boiling water  
1 *punnet* cherry or roma tomatoes  
3 *lamb* eye loin fillets  
1 *tsp* ground coriander  
1 *tsp* ground cumin  
 $\frac{1}{2}$  *tsp* coarsely ground black pepper  
 $\frac{1}{2}$  *cup* fresh basil  
2 *green* onions, sliced finely  
1 *tblsp* Dijon or French mustard  
 $\frac{1}{4}$  *cup* coriander leaves

**1** Preheat oven to hot.  
**2** Combine couscous with the boiling water in a medium-sized heatproof bowl and cover for 5 minutes, or until water is absorbed.

Fluff with a fork and set aside until lamb is cooked.  
**3** Meanwhile, roast tomatoes in a hot oven on an oven tray lined with baking paper, uncovered, for about 20 minutes or until just browned and softened.  
**4** Coat lamb with ground coriander and cumin. Cook on heated and lightly oiled grill plate, or grill or barbecue, until browned on both sides and fully cooked through.  
**5** Using a fork, stir the roasted tomatoes, pepper, basil and green onions gently into the couscous.  
**6** Serve lamb with the couscous, a little mustard, a sprinkle of coriander and a salad of rocket drizzled with balsamic vinegar and a small amount of olive oil.

### Nutrition (per serve) at a glance

GI: low  
Calories: 1470kJ  
Carbohydrate: 40g  
Protein: 30g  
Fat: 10-15g

### Nutrition (per serve) at a glance

GI: low  
Calories: 890kJ per serve  
Carbohydrate: 11g  
Protein: 37g  
Fat: 6g



## Moroccan spiced lamb pita

Prep time: 30 minutes  
Cooking time: 20 minutes  
Serves: 4

1 red onion, finely chopped  
2 garlic cloves, crushed  
1 tblsp canola oil  
225g lean lamb mince  
½ cup canned tomatoes  
1 tsp ground cumin  
1 tsp ground coriander  
½ tsp cinnamon  
1 tblsp fresh coriander  
1 tblsp lemon juice  
4 small wholemeal pita breads  
2 tblsps pine nuts, toasted  
120g low-fat mozzarella  
1 cup fresh mint leaves  
1 cup flat leaf parsley  
Cracked black pepper  
12 tblsps mango chutney  
Raita (yogurt relish) – buy a low-fat tzatziki dip and add 1 tblsp fresh mint

**1** Lightly brown chopped onion and garlic in oil then add the lamb. Cook until browned, breaking the meat up with a fork, then drain excess liquid from the pan. Add crushed tomatoes, cumin, ground coriander and cinnamon and cook for 5 minutes. Stir in chopped fresh coriander and 2 tpsps lemon juice.  
**2** Preheat oven to 200C. Spread lamb over pita bread and sprinkle with pine nuts and low-fat mozzarella cheese. Bake for 10 mins or until cheese has melted.  
**3** Toss the mint and parsley in the remaining lemon juice and season with black pepper. Place this on top of the lamb pitas and serve them with chutney and raita.

## Pasta with salmon and capers

Prep time: 20 minutes  
Cooking time: 15 minutes  
Serves: 4

375g linguine or pasta of choice (we used farfalle pasta)  
400g salmon fillets  
1 tblsp finely grated lemon rind  
4 garlic cloves, crushed  
1 cup coarsely chopped continental parsley  
½ cup lemon juice  
8 green shallots, thinly sliced  
1 tblsp canola oil  
2 tblsps drained small capers

**1** Cook pasta in a large saucepan of boiling water until just tender then drain. Place in a large bowl and cover to keep warm.  
**2** Meanwhile, cook the

salmon fillets on a heated and lightly oiled grill plate, or grill or barbecue, until browned or cooked as desired, then flake the fillets, removing bones.  
**3** Combine the remaining ingredients in a small bowl. Pour this over the warm pasta, add the salmon flakes and the capers and toss gently to combine.

**Recipes devised by** Geraldine Georgeou.  
**Pictures:** Andre Martin.  
**Stylist:** Stephanie Souvlis.

Lamb fillets: Plate and cutlery from Wheel & Barrow.  
Spaghetti bolognese: Cutlery and napkin from Wheel & Barrow.  
All other props: Stylist's own.

### Nutrition (per serve) at a glance

GI: medium to low  
Calories: 1680kJ  
Carbohydrate: 35g  
Protein: 30g  
Fat: 15g

### Nutrition (per serve) at a glance

GI: low  
Calories: 1470kJ  
Carbohydrate: 40g  
Protein: 13g  
Fat: 10g