

diet
chef
enjoy losing weight

All you need
to know

Contact Us

If you have any queries at all, please do get in touch, either by calling one of our trained Diet Chef advisers on

0845 302 8303

or visiting us online at

www.dietchef.co.uk

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“ I cannot thank Diet Chef enough for giving me my confidence back and improving my overall health. I finally have the self-esteem to live life to the full, and feel like the version of myself I have always wanted to be. Diet Chef has changed my relationship with food and helped me learn how easy it is to maintain a healthy lifestyle. ”

Gemma Irwin, 26

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Welcome to Diet Chef

Thank you for purchasing Diet Chef.

We are delighted that you have taken the first step to a new you. We'll be here for you every step of the way.

Your Diet Chef hamper provides breakfast, lunch, dinner and a snack. Just add some fresh fruit and vegetables for healthy, steady weight loss without giving up real food.

It's the easiest way to stick to a calorie-controlled diet.

You can manage your account online at www.dietchef.co.uk/members

Here you can change your details and, if you are paying monthly, change your choices for your next order.

You can also use this area to refer a friend and, as a thank you, we'll send you a £10 Marks & Spencer voucher. Just click on the 'Refer a Friend' link and enter their email address and we will send them a voucher code which takes £10 OFF their order. *

* Offer valid for orders of £195 and over. In Eire it will be €10 OFF.

You should not undertake Diet Chef if you are under 18 years old, pregnant, breast feeding or undergoing any cancer treatments. If you are in any doubt of your suitability for the diet, please consult your GP.

All food photos are serving suggestions.

Getting Started

We recommend you start by completing your own Personal Profile in the 'All About You' section.

Then take a look at 'All About Food' where you'll find more information on the tasty food you'll be eating within the weekday menus, plus your milk allowance, and fruit and vegetable suggestions.

If you are allowed extras, this is also where you'll find out more.

If you would like to track your progress whilst on the Diet Chef plan, we've included a **Progress Tracker** and some daily **Food Diary** pages within the **'All About You'** part of this guide.

If you have to take a day off, or feel like cooking, then don't worry! To help you keep up your good work, our chef has created some healthy, yet delicious, meals for you and your friends and family to enjoy, in the **'Recipes'** section.

To support you along the way, the **'All About Living'** section gives guidance on eating out and alcohol, and more tips and advice for days off.

Above all, enjoy losing the weight!

How Diet Chef Works

**To lose weight you need to take
in less energy than you use.**

It's that simple – and that difficult!

Diet Chef supports you by making it easy to stick to a low calorie diet – we've done the calorie counting so you don't have to.

Our delicious, chef-prepared meals and filling snacks will give you every chance of success.





In the Diet Chef range you will find granola, porridge and muesli bars for breakfast, a soup or milkshake for lunch and a ready meal for dinner.

You can also choose snacks from a selection of bars, biscuits, oat bites or popcorn each day if you get hungry.

It doesn't matter what combination you eat the food in. Some days may be slightly higher or lower in calories but it will all balance out.

Remember every day you'll need to add some portions of fruit and vegetables, and milk to make up your Diet Chef daily menu.

If you have an active lifestyle or have a lot of weight to lose, you may need to add some basic store cupboard items to your Diet Chef daily menu.

So you will be eating real, tasty food with healthy ingredients and losing weight.

Your Personal Diet Chef Profile

Your Diet Chef daily menu gives you either 1,200 calories a day or 1,500 calories a day depending on your plan.

You can double-check your daily calorie allowance by using the Personal Profile on the Diet Chef website or calling our Diet Chef advisers on 0845 302 8303 or emailing info@dietchef.co.uk

Simply enter your height, weight, age and activity level and we can work out whether you need to add extra calories.



Personal Profile

All you need to tell us:

- Your sex: female/male
- Your height
- Your weight • Your age
- Your activity level

And for results:

To lose weight I need to stick to _____ calories per day

And I can add _____ calories to the Diet Chef menu

You should add any additional calories to the standard Diet Chef daily menu so that you don't lose weight too quickly. See the **Extras** page for guidelines.

As you lose weight, the number of calories your body needs changes. So don't forget to re-calculate your 'Daily Calories' every time you lose a stone.

And if you have a major change in your activity levels you should also re-calculate your 'Daily Calories'.

“ I lost 53lbs in 6 months and went down from a size 20 to a size 12. It genuinely felt like I wasn't even on a diet. ”

Sharon May, 39



How Much Weight Should I Lose?

The standard way to check your weight is to work out your Body Mass Index. There is a BMI calculator on the Diet Chef website, or use the table below. You should aim to have a BMI between 20 and 25, shown in green.

	5'0	5'2	5'4	5'6	5'8	5'10	6'0	6'2	6'4
9st	25	23	22	20	19	18	17	16	15
9st 7lb	26	24	23	21	20	19	18	17	16
10st	27	26	24	23	21	20	19	18	17
10st 7lb	28	27	25	24	22	21	20	19	18
11st	30	28	26	25	23	22	21	21	19
11st 7lb	31	29	28	26	24	23	22	21	20
12st	33	31	29	27	26	24	23	22	20
12st 7lb	34	32	30	28	27	25	24	22	21
13st	36	33	31	29	28	26	25	23	22
13st 7lb	37	35	32	31	29	27	26	24	23
14st	38	36	34	32	30	28	27	25	24
14st 7lb	40	37	35	33	31	29	28	26	25
15st	41	38	36	34	32	30	28	27	26
15st 7lb	42	40	37	35	33	31	29	28	26
16st	44	41	38	36	34	32	30	29	27
16st 7lb	45	42	40	37	35	33	31	30	28
17st	46	44	41	38	36	34	32	31	29
17st 7lb	48	45	42	40	37	35	33	31	30
18st	49	46	43	41	38	36	34	32	31
18st 7lb	51	47	44	42	39	37	35	33	32
18st	52	48	46	43	40	38	36	34	32

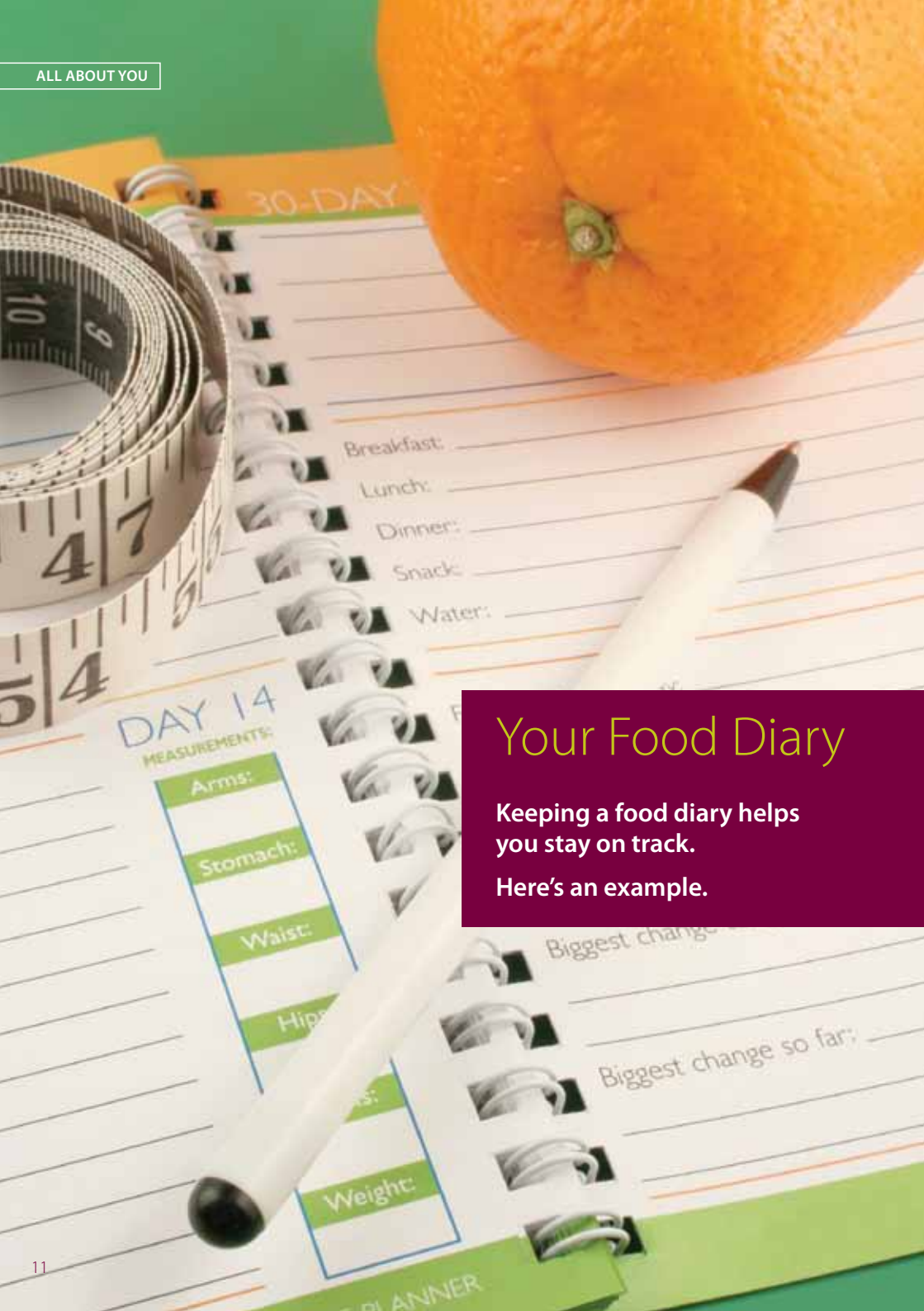
Target BMI
 Overweight
 Obese
 Underweight
 Very underweight

See next page for cm/kg.

	145 cm	150 cm	155 cm	160 cm	165 cm	170 cm	175 cm	180 cm	185 cm	
50 kg	24	22	21	20	18	17	16	15	15	Very underweight
55 kg	26	24	23	21	20	19	18	17	16	
60 kg	29	27	25	23	22	21	20	19	18	Underweight
65 kg	31	29	27	25	24	22	21	20	19	
70 kg	33	31	29	27	26	24	23	22	20	Obese
75 kg	36	33	31	29	28	26	24	23	22	
80 kg	38	36	33	31	29	28	26	25	23	Overweight
85 kg	40	38	35	33	31	29	28	26	25	
90 kg	43	40	37	35	33	31	29	28	26	Target BMI
95 kg	45	42	40	37	35	33	31	29	28	
100 kg	48	44	42	39	37	35	33	31	29	Overweight
105 kg	50	47	44	41	39	36	34	32	31	
110 kg	52	49	45	43	40	38	36	34	32	Target BMI
115 kg	55	51	48	45	42	40	38	35	34	
120 kg	57	53	50	47	44	42	39	37	35	Target BMI
125 kg	59	56	52	49	46	43	41	39	37	

“ I saw the Diet Chef advert on TV and thought, mmm, that sounds good, let’s give it a go! Well I’m on my second week and the food is amazing! I lost 4 lbs in my first week and didn’t even feel hungry... I never thought I could enjoy such low calorie food and feel full. It has taught me about portion control and not to eat unless I’m hungry! ”

Sam, 26, Winchester



30-DAY

Breakfast: _____
Lunch: _____
Dinner: _____
Snack: _____
Water: _____

DAY 14

MEASUREMENTS:

Arms:
Stomach:
Waist:
Hip:
Weight:

Your Food Diary

Keeping a food diary helps you stay on track.

Here's an example.

Biggest change

Biggest change so far: _____

PLANNER

Today's Date	
Breakfast	
Lunch	
Dinner	
Snack	
Fruit portion 1	
Fruit portion 2	
Vegetable portion	
Extra 1	
Extra 2	
Water	
Drinks	
Exercise	
How did I do?	

Today's Date	
Breakfast	
Lunch	
Dinner	
Snack	
Fruit portion 1	
Fruit portion 2	
Vegetable portion	
Extra 1	
Extra 2	
Water	
Drinks	
Exercise	
How did I do?	

Diet Chef Daily Menu

Here's our suggested daily menu

Breakfast

Granola or porridge with milk from your daily allowance or a muesli bar when you're on the go.

Lunch

Soup or a milkshake.

Dinner

A tasty meal with a vegetable portion.

Snacks

A bar, biscuits, popcorn or oat bites, plus two portions of fruit.

You may also add extras to your daily menu. See the **Extras** page for guidance.

Milk allowance

Your daily milk allowance is 250ml (roughly half a pint) of skimmed, semi-skimmed or unsweetened soya milk (or semi-skimmed lactose-free milk). Alternatively, you could have a 125g (small pot) of low fat yogurt.

For more vegetarian alternatives please go to **www.dietchef.co.uk**

Sample Weekly Menu

Here is an example of a weekly Diet Chef Menu.

It is packed with variety and gives you plenty of choice.

All vegetarian dishes are shown on our website.

Day 1 _____

Hearty breakfast

Apple and Cinnamon Porridge with semi-skimmed milk

Easy lunch

Sweet Potato and Coconut Soup



Delicious dinner

Chicken Korma with steamed green beans

Simple snack

Chocolate Oat Snack Bar
Apple
Handful of strawberries

Day 2 _____

Hearty breakfast

Treacle & Pecan Granola with semi-skimmed milk

Easy lunch

Parsnip and Chilli Soup

Delicious dinner

Mushroom Risotto with green salad and low calorie vinaigrette dressing



Simple snack

Berry Oat Biscuits
Orange
Plum

Day 3 _____

Hearty breakfast

Chocolate Granola with low fat yogurt



Easy lunch

Spicy Beef & Tomato Soup

Delicious dinner

Macaroni Cheese and grilled tomatoes

Simple snack

Chocolate Oat Biscuits
Apple
Pear

Day 4 _____

Hearty breakfast

Pink Apple & Cinnamon Granola with semi-skimmed milk

Easy lunch

Smoked Bacon and Bean Soup



Delicious dinner

Lasagne with a lettuce, tomato & cucumber salad with low calorie dressing

Simple snack

Chocolate Oat Snack Bar
Handful of grapes
Apple

Day 5 _____

Hearty breakfast

Original Muesli Bar

Easy lunch

Lentil & Vegetable Soup

Delicious dinner

Thai Chicken Curry with lightly stir-fried beansprouts



Simple snack

Ginger Oat Biscuits
Small banana
Kiwi fruit

Day 6 _____

Hearty breakfast

Banana & Vanilla Porridge

Easy lunch

Minestrone Soup



Delicious dinner

Chilli con Carne with
baked pepper

Simple snack

Salt & Vinegar Popcorn
Quarter of a melon
Apple

Day 7 _____

Hearty breakfast

Treacle and Pecan Granola with
semi-skimmed milk

Easy lunch

Chocolate Milkshake

Delicious dinner

Beef Meatballs with
steamed courgettes



Simple snack

Sweet Maple Popcorn
Orange
Handful of cherries

“ I love the convenience of the meals, which are really tasty,
with such variety. Go on try it!

I only wish I had the courage to give it a go much sooner. ”

Pat, 55, Bedford



Breakfasts

Breakfast is the most important meal of the day.

Many people often skip breakfast.

When you skip breakfast you are likely to become tired as your brain and body are running low on fuel. Eating a good breakfast sets the tone for the rest of the day.

A healthy breakfast should contain protein and fibre and you'll find both of these in our porridge and granola. These can be served with milk from your daily allowance.

Or, if you're in a hurry or on the go, choose a muesli bar.



Lunches

With one of our easy lunches you can choose between something hot, like our satisfying soups, or something cold, like one of our refreshing milkshakes.

Our range of soups goes from spicy exotic flavours to hearty home-made style soups. If you are adding extras to your diet you could add a roll, a slice of bread or a crispbread. Alternatively, choose a milkshake for a cold lunch. You could blend it with one of your daily fruit portions for a smoothie.

Milkshakes don't need to be stored in the fridge but taste best when they are chilled or served over ice.



Dinners

We bring you a full range of delicious dinners so there is something to suit your every mood and stop you getting bored.

At Diet Chef we know that you will be more likely to stick to your diet if you are enjoying your food so we put a lot of effort into offering a wide-ranging menu. Our chef is always hard at work in our development kitchen creating new, tasty Diet Chef dishes.

For people who like a bit of spice there are Indian and Thai style curries and Mexican chillis.

Don't worry about missing pasta – we have a range of Italian favourites or maybe you would prefer some of our more traditional hearty dishes.

Our main meal pasta salads don't have to be served hot and are perfect for summer evenings.

Your main meal doesn't have to be in the evening; you can swap around and have a lighter meal (such as soup) later in the day – remember it's not the time of day you eat but the total calories you have that counts.



Snacks

Diet Chef has a range of sweet and savoury healthy snacks to keep you going. Sometimes there are times of the day when you would like 'a little something'. If you plan for these times you won't feel deprived.



If you like to break for 'Elevenses' you can have a couple of our biscuits with your cuppa or save your treat to help you beat the afternoon slump at work.

Take a snack bar or some oat bites with you when you are out and about. This will save you from having to resort to an emergency packet of crisps. Fruit is a good portable snack as well.

Maybe winding down in the evening in front of the TV is when the munchies attack. Fight back by having some crunchy oat bites at the ready.

If your visit to the movies isn't complete without something to snack on, take along some Diet Chef popcorn (sweet or savoury – your choice!).

Drinks

You should aim to drink plenty of water throughout the day, around 1-2 litres (or 2-4 pints) is ideal.

If you crave soft drinks, diet versions are ok but try to limit these as some contain a lot of caffeine. Water or squashes are better.

Tea and decaffeinated coffee are allowed; just remember to stay within your daily milk allowance, and it is best to avoid sugar. If you need sweetness then artificial sweeteners are fine to use.

Fruit juices can be high in sugar so are best left out of your daily menu.



Fruit

It is important to add fruit and vegetables to your daily menu, as they are rich in vitamins and minerals, so here are a few suggestions for your portions of fruit.

Handful of Strawberries

Handful of Grapes

Medium Apple

Medium Orange

Medium Pear

Plum

Peach

2 Kiwi Fruit

Small Banana

Some fruits can be high in sugar or fat, so just be mindful of this when adding these to your daily menu. Avocados and coconuts are high in fat.

Dried fruit and tropical fruits are typically high in sugar.

Smoothies or fruit juice (even if you make it yourself) can also be high in sugar – it is better to eat the whole fruit.





Vegetables

Here are some suggestions for your vegetable portions.

Cucumber	Mushrooms	Lettuce	French Green Beans
Tomatoes	Courgette	Spinach	Leek
Green Peppers	Broccoli	Yellow Peppers	Cabbage
Red Peppers	Peas		

A vegetable portion should take up about a third of an average dinner plate.

You will need to take care not to consume too many hidden calories contained in 'calorie dense' vegetables such as potato, sweetcorn, butter beans and root vegetables. These vegetables are much higher in calories than other vegetables. For example 100g of baked potato contains 136 calories but 100g of broccoli only contains 24 calories.

Frozen and canned vegetables are a great way to have something always on hand.

Vegetable side dishes can be steamed, grilled or poached and you can make salads with low calorie dressing.

See the serving suggestions in our sample weekly menu for more inspiration.



Vegetarian

If you are on the vegetarian Diet Chef plan, you should add an extra protein portion to your daily menu.

Here are some suggestions to help you.

Food	Weight
Half-fat vegetarian Cheddar	50g
Natural low fat fromage frais	100g
Vegetarian Edam	50g
Low fat yogurt	125g
1 egg (boiled or poached)	Size 3
Parmesan-style vegetarian grating cheese	25g
Cottage cheese	100g
Low fat soft cheese	50g
Tofu	100g

Extras

If your daily weight loss calorie total is more than the 1,200 calories or 1,500 calories on the Diet Chef daily menu, you will need to add some extras. Remember, any extras you add will have to decrease over time as you approach your target weight.

Pick some extras from our list – you may choose to supplement the Diet Chef meals, for example, adding a slice of bread with your soup at lunch time or serving a portion of rice or pasta with dinner.

100 Calories

- 1 slice wholemeal bread
- 2 oatcakes
- Extra vegetable portion
- Extra fruit portion
- Small wholemeal roll
- 2 rye crispbreads

200 Calories

- Brown rice (40g dry weight)
- Pasta (40g dry weight)



Easy Exercise

While exercise is not an essential part of the Diet Chef plan, we would strongly recommend that you try to add some physical activity to your daily life.

The benefits of exercise are endless – it acts as a stress reliever, keeps bones and joints healthy, lowers blood pressure and gives you an all-over boost.

Exercising need not be a chore and you'll be surprised how easy it is to increase your daily activity and fit exercise into a busy lifestyle.

Some suggestions for easy exercise are shown in these pages and don't forget the Diet Chef *'Shape Up at Home'* DVD, which gives you a choice of easy, structured exercise routines.







Walking – You don't need to go on a two-hour hike! Choosing to walk to work instead of taking the car, taking a brisk 30-minute walk at lunch time, or getting off a train or bus one stop early and walking the rest of the way will all help to burn calories and keep you fighting fit.

Housework – Putting more effort into doing the housework will burn calories and improve your fitness levels. Turn on your favourite music and get to work with dusting, vacuuming, washing dishes and making beds. Not only will you have a clean home, but your mind will feel clearer, leaving you able to face the challenges of the day.





Stairs – Taking the stairs is another simple option that will help keep you in shape. Whether you choose to take the stairs instead of the lift or use your own stairs or a single step at home, working out this way is easy and cost effective!



Gardening – Gardening involves a variety of movements such as squats and lifts, which will guarantee an all-over workout! Get outside for some fresh air and throw yourself into digging, lifting, planting, pruning, weeding and mowing the lawn.



Get fit with the family or a friend – Exercising with the family is a great way to get everyone involved in a healthy lifestyle. A game of rounders or frisbee is an inexpensive way to have fun and get fit. Alternatively, try a new sport together. Activities such as swimming or cycling are weekend favourites – take the kids or exercise with a friend to help you stay motivated.



Days Off

Taking a day off from the Diet Chef plan or eating differently while on holiday is fine as long as you keep an eye on the calorie content of your food.

Remember that small portion sizes of healthy foods will help to maintain weight loss. Lunches should be about 200 calories and dinners about 400 calories.

Try to eat 'Diet Chef style' where possible – for example, porridge made with skimmed milk for breakfast, homemade soup packed with vegetables for lunch, and grilled fish or grilled skinless chicken served with a small portion of brown rice or steamed vegetables for dinner. You should also include your fruit and vegetable portions each day.

See our recipe section for inspiration.



Eating Out

Following the Diet Chef plan doesn't mean missing out on those special occasions such as eating out with friends and family. Remember that meals out should be regarded as a treat – there's no need to panic when surrounded by tempting choices; just follow some of these handy tips when dining out.

To get the most out of your meal without over-indulging, it's important to eat sensibly throughout the day. Starving yourself will lead you to overeat and make the wrong decisions. Instead, try to stick to what you would eat normally and include a healthy snack before you head out – a piece of fruit or small pot of low fat yogurt will dull the temptation to overeat when dining out.

The choice of meals when eating out on a diet can often seem overwhelming. Following the simple rules, set out on the following pages, should help to make things clearer.

A good idea is to order a starter and add a salad alongside to make your order more filling and avoid the temptation to over-indulge in your main meal. Remember to order salad dressings separately, or choose low calorie versions such as light oils or balsamic vinegar.

Choosing smaller portion sizes and opting for grilled, steamed or poached meat, fish or vegetarian alternatives with extra vegetables on the side is a good idea. Cream sauces, breaded, battered, fried or au gratin foods, or anything in pastry or with gravy can bump up your calorie intake and possibly undo all your hard work.





Italian

Who doesn't love Italian food?! Tasty pizza and pastas are a firm favourite with children and adults alike. Here are a few things to help you choose.

- ✓ Opt for pasta such as penne picante with a tomato based sauce rather than creamy sauces.
- ✓ If you crave pizza, then opt for the thin crust version and try to load it with vegetable toppings. Why not share and stick to a few slices and savour the taste rather than feasting on a whole one?

Unfortunately, tasty extras like garlic bread and Parmesan cheese can be high in calories, so resist if you can.



Indian

Indian cuisine and the various herbs and spices used are definitely going to waken your taste buds! Here are some tips.

- ✓ Opt for chicken or prawn dishes, which are lower in calories.
- ✓ Choose tandoori or tikka dishes, which are served with minimal sauce.
- ✓ If ordering a rice accompaniment, stick to plain boiled rice, which has a significantly lower calorie content than pilau, and share it with a friend to cut down on portion size.

Watch out for naan bread and fatty starters such as bhajis. Also, look out for rich sauces, which can be cooked with clarified butter called ghee. These tend to have more calories.



Chinese

A lot of Chinese food has been derived from traditional Chinese style cooking but altered to suit Western tastes. This can mean the food is deep fried, like prawn toast or spring rolls, so, to help you stay on track, here are some hints.

- ✓ Choose soup as a starter – most Chinese soups are made from a nutritious, clear broth.
- ✓ Opt for chop suey or stir-fry, including plenty of stir-fried vegetables.



Mexican

You'll find a lot of Mexican restaurants, like American eateries, serve large portions, so try only to eat as much as you need, not finish the whole dish!

- ✓ Opt for fajitas made with grilled chicken and loaded with healthy vegetables.
- ✓ Burritos can be a healthy choice if made with lean beef and lettuce.

Nachos topped with cheese, salsa, guacamole and sour cream, whilst delicious, are not so good when it comes to fat and calories, so be good and resist the temptation.



If opting for a dessert, give your meal time to settle before making your choice. If you still feel hungry, why not choose a sorbet instead of ice cream, or fruit salad instead of cake?

Above all, dining out should be an enjoyable experience, so remember to savour the conversation and atmosphere as well as the food.

Don't be afraid to ask your waiter or waitress for advice on food choices or enquire how certain foods are prepared.

Finally, remember it is your day-to-day diet that matters most, so do your best with what's on the menu.

Alcohol

If you can, it's best to avoid alcohol while on your diet as it really adds on the calories. So if you are going to have a drink, be mindful of the calorie content of your drinks and mixers.

Remember! The higher the alcohol content, the more calories there are!

Here are some guidelines:

1 measure (25ml) gin and slimline tonic	50 calories
1 measure vodka and diet cola	50 calories
150ml glass of wine	100-120 calories
1 pint lager	200 calories
1 pint Guinness	198 calories

It's a good idea to have a low calorie soft drink before an alcoholic drink so you are not drinking to quench your thirst.

White wine can be made into a spritzer using a low calorie mixer such as sparkling water. This will make your drink last longer and save you from drinking as many calories.

You could opt for a half pint of lager instead of a pint. It's all about keeping those extra calories to a minimum!





Why not have a look at the Diet Chef forum on our website for more support and advice

www.dietchef.co.uk/forums

or follow us on Facebook and Twitter

www.facebook.com/DietChef

www.twitter.com/DietChef

Or talk to us! Ring one of our Diet Chef advisers for some advice or use our online chat facility to talk with someone at Diet Chef.

Maintenance

When you reach your target weight you will want to stay there. You will be able to work out your new daily calories for maintaining your weight on the Diet Chef Personal Profile.

Now you are more calorie aware and have learned good habits about portion size, try not to fall back into old habits. Don't forget calories from drinks – especially alcohol.

It's what you do every day that counts; the occasional over-indulgence won't ruin everything. Being calorie aware you can also choose wisely from the shelves of the supermarket. You'll find all food products are labelled with their calorie value.

If you're struggling or have put a bit of weight back on, you can always have a Diet Chef week to get yourself back on track!

Keeping Going

For support, maybe you could get together with a friend who is dieting – especially if they are on Diet Chef as well.

Having a Diet Chef buddy can help keep you both motivated.

If you slip up on the Diet Chef plan, don't worry; it's important that you don't give up!

Instead of rewarding yourself with food, why not line up a few simple treats such as a new CD, a relaxing bubble bath or a shopping trip with friends, especially when you achieve one of your goals.

Also, if you are feeling hungry, try to have a glass of water and wait 10 minutes.

Brushing your teeth is another tip for dealing with temptation!



Success Stories

Name: Pam Moore

Age: 50

Height: 5' 5" (165cm)

Start Weight: 12 st 4 lbs (78kg)

End Weight: 9 st 6 lbs (60kg)

Time on diet: 4-5 months

Total weight lost: 2 st 12 lbs (18kg)



Pam Moore from Cheltenham found that a hectic lifestyle with long hours meant even thinking about cooking dinner made her feel exhausted. It was easier to choose the unhealthy option.

"I joked with a friend that what I needed was someone here in the evening to cook me a meal and she told me about Diet Chef."

She ordered a week's worth of food to see what it was like.

"I absolutely loved it and ordered the next month's straight away!"

Pam has adapted Diet Chef to make it her own. She usually munches on a rye crispbread with her soup to give her something to crunch on, then eats a banana after lunch and an apple after dinner.

She soon adjusted to the evening meal portion sizes by filling up on greens, such as broccoli.

Pam successfully dropped to a slim 9 stone 6 lbs – an impressive loss of nearly 3 stone, and she now wears size 10 clothes.

Success Stories

Name: Caryn Williams
Age: 36
Height: 6' (183cm)
Start Weight: 20 st (127kg)
End Weight: 14 st 13 lbs (95kg)
Time on diet: 4-5 months
Total weight lost: approx. 5 st (32kg)



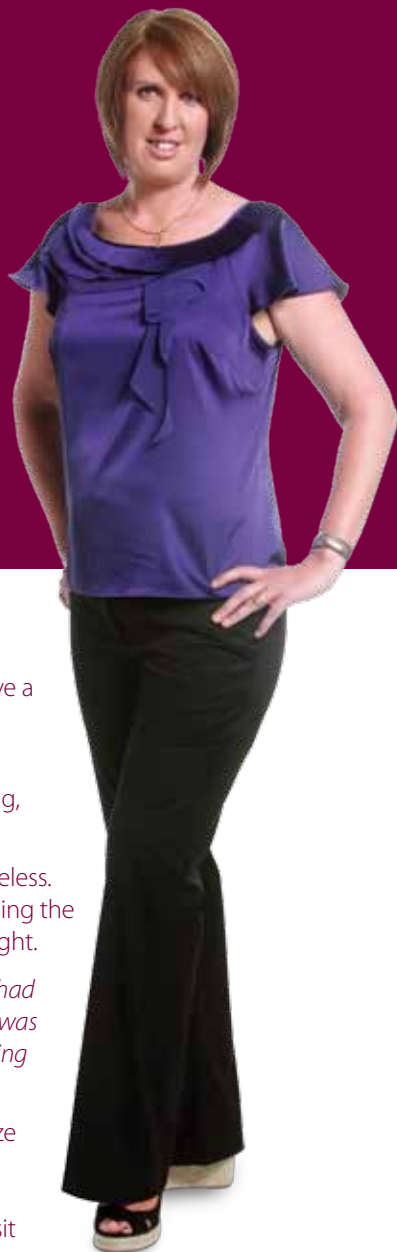
After three pregnancies, Caryn Williams from Maidenhead had put on over 7 stone and had even booked an appointment to go under the knife and have a gastric band.

As a busy mother of three, with a large family to feed, cooking separate meals for herself – including shopping, weighing and measuring – was difficult.

She had tried dieting again and again, but she felt hopeless. Her confidence was at an all-time low and she was feeling the strain on her health with carrying around so much weight.

"By the time I got to January I was fed up of being fat and had booked an appointment to get a gastric band fitted. That was until I saw the ad on TV for Diet Chef. I decided to give dieting one more go."

Caryn says that her main problem had been portion size but the convenience of the meals being pre-prepared meant she could cook meals for her family and simply pop a Diet Chef meal in the microwave just in time to sit down to dinner.



Name: Royce Marshall
Age: 48
Height: 6' 2" (188cm)
Start Weight: 16 st 2 lbs (103kg)
End Weight: 13 st 2 lbs (83kg)
Time on diet: 4-5 months
Total weight lost: 3 st (20kg)



48-year-old Royce Marshall thought he was in good condition. However, a lifestyle of takeaways and trips to the pub began to take their toll on his waistline.

His job as an airport manager involved being part of the Rescue and Fire Fighting Service Crew. Responding to a report of an emergency landing was a bit of a wake-up call.

"I ran from my office to the fire station – huffing and puffing and sweating profusely. Enough was enough, I needed to lose weight!"

He began by researching diets online. *"I concluded that there was only one way to lose weight – eat less calories than the body uses. Diet Chef fitted my requirements perfectly. A fully balanced meal programme every day and quick and easy to prepare."*

Royce says that one of the main reasons he stuck to the diet was the quality of the meals. He lost an impressive 3 stone with Diet Chef and his jeans size went down from 38" to a trim 32".

"As a man it's easier to be in denial about your weight, pretend it's not really an issue and hope it just goes away. But you have to do something about it."

Success Stories

Name: Gemma Irwin

Age: 26

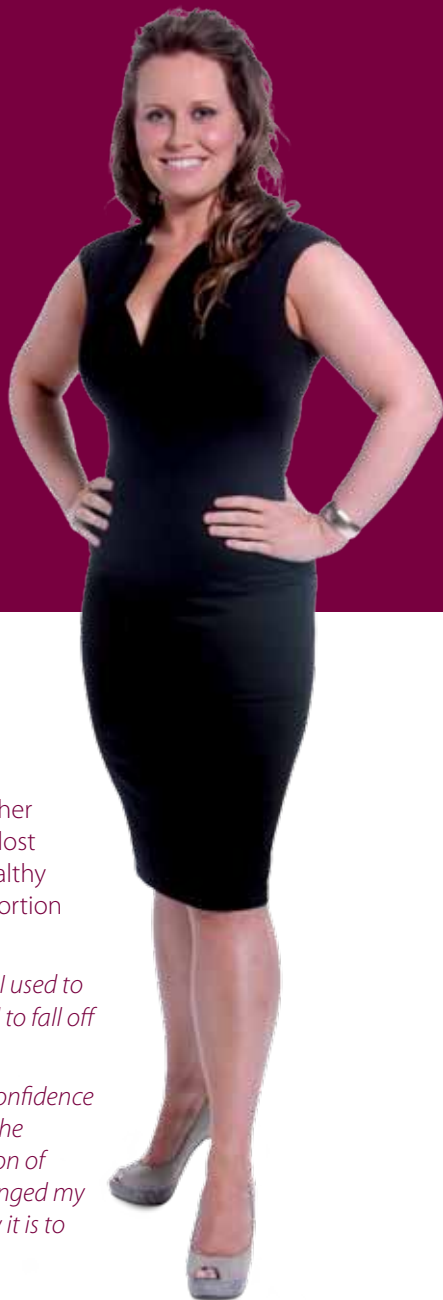
Height: 5' 5" (165cm)

Start Weight: 11 st 8 lbs (73kg)

End Weight: 9 st 7 lbs (60kg)

Time on diet: 5 months

Total weight lost: 2 st (13kg)



Gemma, a 26-year-old marketing assistant, had not been happy with her weight since secondary school where she had been teased about being 'fat'; a cruel blow to her confidence.

After seeing a Diet Chef ad on the TV she ordered her first hamper, leading to immediate success as she lost 4 lbs in the first week. She felt it was a sensible, healthy way to lose weight based on calorie control and portion sizes instead of restricting any major food groups.

Gemma sings with a band at weekends and says, "I used to feel self-conscious on stage, but as the weight started to fall off my confidence sky-rocketed!"

"I cannot thank Diet Chef enough for giving me my confidence back and improving my overall health. I finally have the self-esteem to live life to the full, and feel like the version of myself I have always wanted to be. Diet Chef has changed my relationship with food and helped me learn how easy it is to maintain a healthy lifestyle."

Testimonials

“ I saw the Diet Chef advert on TV and thought, ‘mmm, that sounds good, let’s give it a go!’ Well, I’m on my second week and the food is amazing! I lost 4 lbs in my first week and didn’t even feel hungry... I never thought I could enjoy such low calorie food and feel full. It has taught me about portion control and not to eat unless I’m hungry! ”

Sam, 26, Winchester

“ I started Diet Chef and my daughter wanted to do it with me. So far I have lost 6 lbs and my daughter 8 lbs in just a week !

We think the soups, dinners, snacks, milkshakes and breakfasts all taste fantastic; we can’t wait until Christmas when we should both be at goal weight and can wear our LBDs !! Good luck to everyone else. ”

Michelle, 44, Surrey

“ Perfect diet for a busy lifestyle. Easy to stick to, because you’re never hungry, and there is no messing about weighing stuff or buying expensive ingredients to cook for yourself. I did two months on it, went from 17 st 7 lbs to 15 st 13 lbs and had plenty of ‘nights out’ and ‘meals out’ in that time.

If you have a blowout just get back on the plan next day and forget the lapse. Bulk out the breakfasts with loads of chopped fresh fruit and get pre-packed salad and veggies for the other meals. This works, it really does. ”

Ian, 51, Rochdale

“ I can’t believe how simple this is. In 6 weeks I’ve dropped from 16 st 4 lbs to 14 st 11 lbs. The plan fits in with my long work hours and preparing an evening meal only takes 15 minutes. In fact, I don’t even feel like I’ve been dieting! ”

Simon, 43, Milton Keynes

“ I’ve been on Diet Chef for a few months and so far I’ve lost 1 st 3 lbs. The food is really nice and there is a lot of variety. I’ve tried several different diets but this one is the best. It’s really nice to have a meal already prepared, it’s like having a live-in chef! ”

Trudie, 41, Maidstone

Q&As

Q *I work shifts. How can I make Diet Chef work for me?*

Remember that with Diet Chef it is the amount of food you eat each day that matters, rather than when you eat it, so you can plan your meals around your work.

Maybe it makes more sense to have your main meal before your shift. Milkshakes are particularly convenient, but you could take your soup in a vacuum flask.

Even main meals can be taken with you in a wide-mouthed flask with some salad in a plastic tub (keep dressing separate so your salad doesn't go soggy!).

Q *I've got a celebration coming up – I don't want to ruin all my hard work!*

The trick is to allow yourself some leeway for the special day without completely overdoing it.

Keep in mind the calories from alcoholic drinks and follow the advice in the Eating Out pages.

And if you do have a blowout, remember, it's not the end of the world; just get back on track and keep going.

Q *Any advice for resisting temptation?*

Make sure that you don't skip meals, as you'll end up feeling really hungry and that's when you are in danger of eating the wrong food.

Get rid of all the high calorie food from your house or, if that is not possible, at least make sure it is hidden away.

Throw away leftovers if you are cooking for other people.

Make a list of what you need to buy each week so you have everything to hand – and don't go shopping when you are hungry!

Q *My weight loss has plateaued. What can I do to kick-start my diet?*

If you are taking in fewer calories than you are using, you will lose weight. Remember that some weeks you will lose less than other weeks, so don't expect to lose the same amount every week.

Check that you are sticking to a calorie level that will give you weight loss. You may need to reduce any extras.

The nearer you get to your target weight, the stricter you will need to be with your diet. Use our Food Diary to be more conscious of what you are eating – and drinking.

Successful Dieting Tips

Slow and steady wins the race

It's good to remember that it's a long endeavour to lose weight and in the end the tortoise will eventually beat the hare.

Making small, manageable changes and losing weight gradually usually means your hard efforts will last!

Meaningful weight loss doesn't happen overnight but it will happen!

Keep in mind that dramatic weight loss in a short space of time is more likely to be water, not fat!

As the saying goes, patience is a virtue.

If you slip up don't give up

Expect to relapse; whatever the cause, 'falling off the wagon' doesn't spell defeat.

You are working to make lifestyle changes and, therefore, it will take some time – pick yourself up, dust yourself down and move on!

One step back and two steps forward still nudges you ahead!

After all, nobody is perfect and you can only fail if you give up.

Don't underestimate exercise

Exercise doesn't have to mean expensive gym memberships and marathon jogging sessions – simple, easy exercises like the ones demonstrated in our DVD will benefit you.

The important thing is to choose something you like.

Even increasing your activity levels in everyday situations (e.g. walking) can work wonders.

It reduces stress, improves sleep, improves your health, reduces the risk of chronic diseases and, of course, can help you reach your weight loss goals.

Do what you can, with what you have, where you are

Everyone is an individual and weight loss is no different.

Many people start with unrealistic goals that simply won't happen.

Setting achievable small goals means there is little disappointment!

Some people lose weight quickly and easily; others won't and you can't change this.

Remember, as long as weight isn't going on, you will be successful.

Weekends Off

As well as working in the Diet Chef development kitchen our chef has created the following recipes for when you feel like cooking.

The recipes are also great when you have reached your goal and move into maintaining your weight loss.



Hot and sour prawn soup

A really fresh and healthy soup that covers most of your taste sensations – hot, salty and sour. You could bulk this into a main course by adding lots more fish and some egg noodles into the soup.



Ingredients

 Serves 2

Approximately 240 calories per recipe/120 calories per serving
(This does not include the rice shown in the serving suggestion)
Preparation time 25 minutes. Approximate cooking time 10 minutes

For the stock

The stock can be made a few hours before or even the previous day.

250g fresh tiger prawns – in shell/no head

1 stick of lemongrass

2 Kaffir lime leaves

400ml water

For the soup

1 large clove of garlic – sliced thinly

5g fresh ginger – peeled and cut into very thin strips

- 1 finely chopped red bird's eye chilli – if you want it hotter leave the seeds in
- 2 spring onions sliced very thinly at a sharp angle
- 15g fresh shitake mushrooms – sliced thinly
- 5g freshly chopped coriander
- 1 lime – zested and juiced (more may be required)
- splash of Thai fish sauce – add to taste

Method

To cook the stock

Peel the prawns, de-vein them and set aside.

Place shells into a pot with 400ml water.

Chop 1/3 off the top of the lemongrass (as this is very woody) and crush it to release the flavour. Add to the pot with water and shells.

Remove the outer layer of the remaining lemongrass right down to the centre and set this aside with the prawns.

Add the outer layers of lemongrass to the water.

Add the Kaffir lime leaves to the water and bring everything to the boil.

Once boiling and when the shells have turned pink remove from the heat and cool.

This creates a great fish stock.

To cook the soup

This soup is very easy and quick to make and should only be done just before serving.

The secret is never to let the soup boil rapidly as this will make the prawns tough. So when it says bring to the boil it's purely to cook the products. Strain the stock and place into a clean pot. As it's coming to the boil add the garlic, ginger and chilli.

Finely shred the soft lemongrass centre and add to the soup. When it comes to the boil remove from the heat and add the sliced mushrooms.

Slice the peeled prawns lengthways and add to the soup. Again bring to the boil then remove from the heat. Quickly add the spring onions, coriander, lime zest and juice and place back on the heat to come to the boil.

Finally add a splash of Thai fish sauce and taste. Add more Thai fish sauce or lime juice as required.

Serving suggestion

Serve with boiled basmati rice.

Fish pie

This is a great winter warmer and family favourite, an all-in-one meal that includes vegetables and potatoes. You can use any fish, but try to include smoked haddock as this improves the flavour. Some supermarkets/fishmongers will sell you ready-cut fish mixes, which can make it cheaper and easier.



Ingredients

 Serves 6

Approximately 2,220 calories per recipe/370 calories per serving
Preparation time 35 minutes. Approximate cooking time 40 minutes

Pie filling

200g salmon fillet – skinned and pin boned
200g cod fillet – skinned and pin boned
150g undyed smoked haddock
Or replace all fish with 550g fish pie mix
200g frozen Norwegian prawns – defrosted in the fridge
150g leeks (approx. 1 medium leek)
200g frozen peas – defrosted
5g fresh tarragon – chopped
5g fresh flat parsley – chopped
zest of 1 lemon
salt

White sauce

35g plain flour
35g butter
350ml semi-skimmed milk
50ml water
1 bay leaf
10g whole grain mustard
salt

Potato topping

750g Red Rooster or Maris Piper potatoes
40ml semi-skimmed milk
20g Parmesan – grated
salt to taste

Method

To make the pie filling

Dice the cod, salmon and smoked haddock into bite-size chunks. Place the milk, water and bay leaf from the white sauce recipe into a shallow pan and bring to the boil. Add the diced haddock, remove from the heat and allow to cool. When cool to the touch, remove the haddock and strain the liquid. Keep the cooking liquid for the white sauce. Chop the leeks into small chunks and wash them; place into boiling water for 5 minutes. Drain and refresh in ice-cold water until cold. Leave in a strainer to dry. Everything is ready to mix. Next, make your white sauce.

To make the white sauce

Warm the butter in a pan and when it foams and melts add the flour and mix to form a thick paste. Reduce the heat and cook for 2 minutes. Now, slowly add the milk mixture a little at a time, whisking all the time to make it smooth and creamy. When all the milk has been added, turn down to a very low heat for 2–3 minutes to thoroughly cook out the sauce. Stir regularly so it does not catch and burn.

Finally, add the mustard and salt to taste. Keep until required.

To make the pie topping

Peel the potatoes and cut into quarters so they are all even-sized pieces. Cover with salted cold water, and bring to the boil. Turn down to a simmer and cook slowly until just soft. Put a lid on and drain the water off. Place the pan back on the heat to dry out. Then pass through a mouli or ricer to remove all the lumps, or traditionally mash. Add the milk and season to taste. Leave to cool slightly.

To assemble

Gently mix the warm white sauce with the raw fish, leeks, peas and the cooked haddock. Add the herbs and lemon zest and mix again. Try not to break the fish up too much. Place into an ovenproof dish. Either pipe or spread the potato on top. Sprinkle the grated Parmesan cheese on top and place into a pre-heated oven at 200°C for approximately 30–40 minutes until piping hot. If the pie filling is hot but you want more colour on top, flash under the grill to brown.

Chargrilled chicken with Orzo pasta salad

This is a great dish for an alfresco lunch or a light dinner. You don't need to stick to the ingredients, you can add all sorts of vegetables to the pasta.



Ingredients

 Serves 4

Approximately 1,300 calories per recipe/325 calories per serving
Preparation time 25-30 minutes. Approximate cooking time 15 minutes

Salad

- 60g uncooked Orzo pasta
- 80g red and yellow pepper – blackened (see method below)
- 80g vine ripened cherry tomatoes – cut into quarters
- 4g roughly chopped basil leaves
- 20g sliced de-stoned black olives
- 60g peeled diced cucumber
- 40g baby spinach
- salt and pepper to taste

Dressing

- 5ml good quality sherry vinegar
- 15ml olive oil

Chicken

- 4x150g skinless chicken breasts – sliced horizontally (or Halloumi or Tofu)
- 10ml sunflower oil
- salt and pepper to taste

Method

Cook the pasta as per the instructions on the packet. When ready, cool using cold water, then drain.

Place the whole peppers onto an open flame and rotate them as they blister and blacken. When blackened wrap in cling film and allow to cool thoroughly.

Scrape off the blackened skin and wash the peppers. De-seed and chop into thin strips.

Place the baby spinach in boiling salted-water for 20 seconds. Remove and refresh in ice-cold water. When cool, drain and dry thoroughly. Roughly chop, and set aside.

Mix the oil and vinegar together and add salt and pepper to create the dressing. Set aside.

Place all the salad ingredients into a large bowl and mix together. Add the chopped spinach and combine thoroughly.

Dress the salad just before serving.

To cook the chicken (or vegetarian alternative)

Coat the chicken pieces in the oil and place them onto a pre-heated griddle pan.

Leave to cook for about 4 minutes, then turn over and repeat the process for a further 2 minutes.

Remove the griddle pan from the heat and allow to cool.

Ensure the chicken is cooked thoroughly. If not, place back on the heat or into a hot oven until cooked.

We suggest you serve in one of the following ways: either chop the chicken and mix through the pasta or place the chicken pieces on top of the salad.

Chickpea & lentil dahl

This easy and tasty vegetarian combination can be served on its own or as an accompaniment to meat curries.

V Suitable for vegetarians.



Ingredients

 Serves 6

Approximately 840 calories per recipe/140 calories per serving
(This does not include the rice, raita or Naan bread shown in the serving suggestion)
Preparation time 20 minutes. Approximate cooking time 30 minutes

250g	tinned chickpeas – drained	½ tsp	curry powder
100g	raw green lentils – boiled in water until cooked or use tinned whole lentils	½ tsp	ground turmeric
1x400g	chopped tinned tomatoes	1x75mm	cinnamon stick
115g	onion	1 tsp	garam masala
165g	carrot	½ tbs	korma paste
100g	celery	10g	caster sugar
1	small de-seeded bird's eye chilli	¼ tsp	hot chilli powder
15g	chopped fresh coriander	8	whole cardamom pods
500ml	water	1	vegetable stock cube
20g	finely chopped fresh ginger		Raita
10g	minced garlic	50g	plain Greek yogurt
1 tbs	sunflower oil	5g	chopped coriander
½ tsp	caraway seeds	5g	chopped mint
½ tsp	cumin seeds	25g	finely diced cucumber
½ tsp	coriander seeds	8ml	lime juice
			salt to taste

Method

Place the carrots, celery and onions into a food processor and blend to a small dice.

Lightly crush the caraway, cumin, coriander seeds and cardamom together in a pestle and mortar or use the base of a pan.

Place the sunflower oil into a heated large pan and lightly toast the spices. Add the cinnamon stick and other ground spices and again toast slightly. Add the onion, celery and carrot mix and soften.

Now add the garlic, fresh chilli and ginger and again soften.

Next add the korma paste and dry fry.

Add the tinned tomatoes, lentils, chickpeas and water and thoroughly mix.

Bring to the boil and finally add the fresh coriander, vegetable stock cube and half the sugar. Simmer for ½ hour or until reduced by approx 25%.

Check the seasoning and add more sugar if required. You may want to add some freshly squeezed lime juice and some more fresh coriander if you want a really fresh zing and aroma.

Serve with rice or vegetables, top with mint/coriander raita and a little grilled Naan bread. You could also add Quorn-style chicken pieces.

To prepare the Raita

Mix together all the ingredients and set aside.

Chargrilled sirloin steak & egg noodle oriental salad

A versatile salad that could also be served with chicken, fish or turned into a vegetarian dish. Or serve the salad on its own.



Ingredients

 Serves 5

Approximately 789 calories per recipe/263 calories per serving
Preparation time 30 minutes. Approximate cooking time 15 minutes

100g	cooked egg noodles, medium thickness	15g	chopped fresh coriander
10g	finely shredded fresh ginger	Dressing	
50g	fresh beansprouts	30ml	sesame oil
30g	roughly chopped whole cashew nuts	20ml	light soya sauce
5g	de-seeded finely chopped chilli	25ml	freshly squeezed lime juice
50g	small diced cucumber		splash of Thai fish sauce to taste
60g	finely shredded carrots	Steaks	
50g	finely sliced red radish	5x120g	sirloin steaks (or Quorn chicken fillets or chargrilled Portobello mushrooms)
50g	finely shredded spring onions	5ml	olive oil
60g	drained water chestnuts (sliced thinly)		salt and pepper
50g	drained bamboo shoots		

Method

When all the vegetables and herbs are chopped, place into a large bowl with the cooked noodles and mix thoroughly.

Mix together the sesame oil, soya sauce and lime juice. Set aside until required.

Just before serving, add the dressing to the salad and mix together thoroughly. Add a splash of fish sauce to taste.

If you want to make this salad ahead of time, mix everything together and place into the fridge in an airtight container. If leaving overnight do not add the beansprouts or herbs as they will break down.

Mix up the dressing and store in a clean container. Before serving, thoroughly combine the dressing.

To cook the steaks

Place a heavy duty griddle pan on a high heat, and wait until it gets really hot.

Rub the steaks with oil and season.

Place them onto the griddle and cook to your liking. Remove from the heat and rest in a warm place for 5 minutes.

Place in the oven for 2 minutes to reheat.

Slice the steak and serve with your salad or alternatively slice your steak and mix thoroughly like a stir-fry.

For a vegetarian option, leave out the Thai fish sauce and replace the meat with Quorn chicken pieces or Portobello mushrooms.

