

SUMMER WELLBEING GUIDE

We'll get
you ready
for summer!



TOTAL
WELLBEING
DIET



What's in this guide?

Thank you for downloading our Summer Wellbeing Guide!

Summer is only a few months away and now is the perfect time to check in with yourself and your health.

In this guide we look at some of the amazing benefits of being at a healthy weight and offer some tips on how to start losing weight. Also check out our recipes for quick afternoon snacks and a couple of delicious summery meals.

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5 awesome things that happen when you lose weight

For most of us losing weight isn't about looking like a fitness-themed Instagram account or fitting into a pair of skinny jeans. Reducing your waistline has more rewarding benefits than that!

Better sleep

Poor sleep can have many causes but being overweight is a known risk factor for sleep-disordered breathing or sleep apnoea. This is because carrying excess weight can compromise your upper-airway respiratory system. Studies have shown that weight loss has the potential to reduce sleep-disordered breathing.

Higher sex drive - especially for men

Think sex drive has nothing to do with weight? According to a 2016 study by several Australian researchers including from the CSIRO weight loss leads to increased testosterone levels and sexual function in men. By maintaining a healthy weight, not only will you feel better about yourself, you could also be boosting your libido, too.

Increase your fertility

If you are a woman, losing weight can increase your chance of getting pregnant.

“There is good evidence to suggest that if a woman is overweight and has difficulty conceiving, losing weight can sometimes trigger conception,” says Professor Manny Noakes, Research Director for CSIRO’s Nutrition and Health Program.

“We certainly know that a healthy diet and exercise plan may help improve sperm quality in men so a healthy lifestyle has fertility benefits for men and women.”

Better mood

Been feeling a bit grumpy over winter? It could have to do with your weight.

People who lose weight report that they feel empowered and more positive about themselves. The reason can be physiological or psychological - or both - but we do know that people tend to be happier after losing weight.

“When people lose weight they feel more in control and they also may be doing more physical activities, which in turn contribute to a better mood and improved quality of life,” says Professor Noakes.

Improves disease risk factors

There’s no getting around the fact that being overweight leads to several debilitating diseases. Losing weight can help relieve some pain from osteoarthritis and reduces risk of Type 2 diabetes, cardiovascular diseases and some cancers.

To learn more benefits of losing weight, [visit the Total Wellbeing Diet Blog](#).



4 tasks before you start

Now that you have some great reasons to get started, let's look at how to begin your summer wellbeing journey.

1. Find your Diet Personality Type

Understanding why you are overweight is key to losing weight. The answer could be in your everyday behaviour.

Scientists at the CSIRO have conducted an investigation into what behaviours contribute to obesity and found 5 different Diet Personality Types: The Thinker, The Craver, The Foodie, The Freewheeler, The Socialiser and The Thinker. These Diet Types are characterised by distinct behaviours which influence eating habits. Knowing your Diet Type may help you find better solutions to controlling your weight.

Which one are you?

[Click here to go to the survey](#) or simply search 'CSIRO Diet Types' to find out. It only takes about 5 minutes.

2. Clean out your fridge

The best way to avoid temptation is to not have any around – right? By cleaning out your fridge and cupboards of unhealthy food, like sugary drinks, processed foods, snacks and lollies, you simply won't have the chance to indulge.

We thrive on rewards at the Total Wellbeing Diet, which is why we allow for a daily indulgence in our meal plans but it has to be part of a healthy eating plan.

If you want some suggestions to delicious, healthy and filling afternoon snacks, take a look at page 9 of this guide.

3. Weigh yourself regularly

You can't manage what you don't measure so dust off the bath scales and find out what your starting point is. While you're at it consider taking a waist measurement as well as this can be just as good a measurement to follow.

We know it can be confronting but weighing yourself regularly is a good habit to make sure you're on the right track. Make it a weekly routine same day every week and ideally at the same time of day. And when the weight starts coming off, reward yourself with non-food rewards, like a new outfit, a new recipe book or a massage.

4. Set a goal and a deadline

Why do you want to lose weight in the first place? Is it to sleep better? Feel more confident? Improve your mood? Have more energy throughout the day? All of those things?

Write down your goals on a piece of paper and then go back to your goals regularly to keep motivated.



Detox - with a healthy diet

The body “spring clean” pops up all over the internet this time of the year and it usually involves a detox of some sort. We’re here to tell you that a radical detox is unnecessary but cutting out junk food and replacing it with fresh nutritious food is the best detox of all.

All you need is to follow a common sense diet made up from a balanced selection of whole foods and the body will take care of itself. However – we do have one detoxifying tip for you to follow and that is to cut out what we call empty calories.

“Alcohol, many processed foods and sugary drinks add empty calories – that is energy but not beneficial nutrients – so cutting back on those is a good start,” says Dr Jane Bowen, research dietitian at the CSIRO.

“It’s helpful to think about what they can be replaced with, so the feeling of deprivation doesn’t undermine your commitment to healthier eating. Think fresh vegetables, fruit, lean meats, low fat dairy foods, whole grains and nuts.”

To learn more about what foods you should eat, please take a look at the next page of this guide.

What to eat to lose weight

At the Total Wellbeing Diet we recommend basing your diet around all food groups: protein, bread and cereals, vegetables, fruit, dairy, and healthy fats and oils. Eliminating one or more of these, unless you have a medical condition that demands it, is likely to lead to a diet that lacks some nutrients.

This season there is no shortage of fantastic fresh produce so get creative with colourful meals.

We also make room for an indulgence every day, like a small serve of chocolate, or a glass of wine, so you always have a reward by day's end.



Protein

Lean meats and chicken, fish, eggs, tofu, legumes and pulses



Bread & cereals

Low GI, wholegrain and high fibre breads, cereals, rice, pasta, noodles, polenta, quinoa, barley and potatoes.



Vegetables

Fresh and frozen vegetables - ideally a selection of different types and colours.



Fruit

Any type of fresh fruit, canned in natural juice or dried fruit.



Dairy

Low-fat milk or soy milk, cheese and yoghurt.

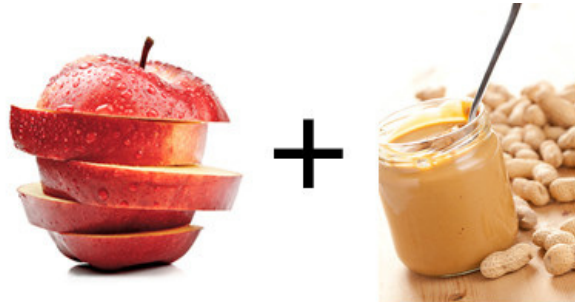


Healthy fat & oil

Polyunsaturated and monounsaturated spreads and oils, nut pastes, nuts and seeds, and avocado.

5 delicious afternoon snacks

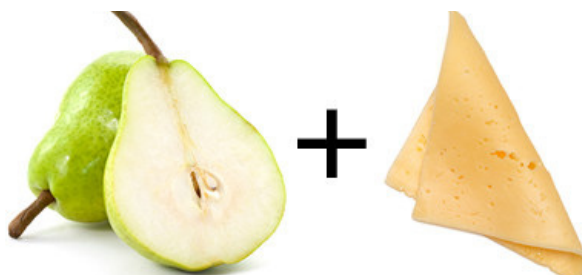
A quick but delicious snack is a life saver on a busy day. Instead of reaching for fast carbohydrates, like chips or lollies, make sure you have some of these cheap and cheerful staples in the house - and at the office.



Apple + Nut butter

Slice 1 apple and serve with 1 tablespoon of all natural nut butter.

Naturally sweet, high fibre and low in kilojoules, apples are a great healthy snack option. Pairing it with a spoon full of protein-packed nut butter will make it more satisfying and will sustain your energy and hunger levels for a couple of hours.



Pear + Cheese

Enjoy 1 pear with one slice of cheddar cheese

This perfect sweet and salty snack has loads of crunch is also the perfect carb and protein combination. It also provides a good dose of bone-building calcium from the cheese.



Low fat yoghurt + nuts + honey

Mix 1 tub (175g) of low fat yoghurt with a handful of crushed nuts and a teaspoon of honey.

Resembling a parfait, this healthy alternative is full of protein and healthy fats to keep you satiated and the natural sweetness from honey to make it feel like you're having the real dessert - without guilt!



Dark chocolate

Savour 4 small squares of quality dark chocolate.


Being on a healthy diet doesn't mean you can't have chocolate. Just make sure you look for a good quality dark chocolate - preferably 75% cocoa onwards where the antioxidant level is higher and the sugar content is lower.



Greek yoghurt + Blueberries + Cinnamon

Mix 1 tub Greek yoghurt (175g) with 1 handful of blueberries and a dash of cinnamon.

Containing a higher level of protein than regular yoghurt, Greek yoghurt will keep your hunger pangs at bay. Adding blueberries and cinnamon make this a winning combination to satisfy any sweet craving.



Serves 2
Prep 5 mins
Cook 0 mins

Melon and banana smoothie

A quick breakfast can make or break a great day so start off with this smoothie that is as filling as it is delicious. Skip the honey if you want to save your indulgence for later as the banana makes the smoothie sweet enough.

Ingredients

- 2 cups rockmelon, chopped
- 1 medium banana
- 1 ¼ cups low-fat milk (1% fat)
- 125g low-fat yoghurt, any flavour
- 1 tbsp honey
- 4 tbsp wheat bran flakes
- 1 pinch ground cinnamon

Instructions

Place all the ingredients into a blender and blend until smooth.

Serves 4
Prep 15 mins
Cook 30 min



Pumpkin, lentil, spinach and beef salad

This earthy salad has something to please everyone and is a great lunch option. Use pitted black olives instead of the tapenade if you like.

Ingredients

- 1 kg pumpkin, any type, peeled, seeded and cut into bite-sized pieces
- 400 g beef sirloin steak
- 1 X 400 g can lentils, drained
- 1 bunch basil
- 1 large handful baby spinach
- 2 tbsp balsamic vinegar
- 1 tbsp extra virgin olive oil
- 2 tbsp olive tapenade

Instructions

1. Preheat the oven to 180°C. Spray a roasting tin with olive oil, toss in the pumpkin pieces and roast for 30 minutes or until tender and golden. Set aside to cool slightly.

2. Meanwhile, heat a chargrill plate or heavy-based frying pan over medium-high heat. Spray the steaks lightly with olive oil, then cook for 3 minutes on each side for medium-rare or until cooked to your liking. Remove from the heat and leave to rest, covered, for 5 minutes, before slicing thickly.

3. Place all the ingredients, except the tapenade, in a large bowl and toss gently to combine well. Divide among bowls or plates, then add a spoonful of tapenade and serve immediately.

TIP: Add 75-100g blanched green beans per person to increase the vegetable content.

This recipe and over 1000 more is available
when you join the Total Wellbeing Diet

A photograph of a dish of Thai-spiced chicken with cucumber and pineapple salad. The main dish is served in a light blue and white patterned bowl, featuring two pieces of golden-brown baked chicken, a vibrant red tomato jam on a spoon, and a fresh salad of sliced cucumbers, pineapples, and cilantro. In the background, a smaller white bowl contains more sliced cucumbers. The entire scene is set on a textured, light blue surface.

Serves 4
Prep 40 mins
Cook 35 min

Thai-spiced chicken with cucumber and pineapple salad

This dish is so simple to make, yet is bound to impress your dinner guests - the aromatic baked chicken is accompanied by a zesty salad and homemade tomato jam.

Ingredients

- 1 ½ tsp ground turmeric
- 2 stems lemongrass, trimmed and finely chopped
- 2 cloves garlic, crushed
- 4 tbsp fish sauce
- 3 red chillies, coarsely chopped
- 175 ml coconut flavoured evaporated milk
- 1 kg chicken thigh fillet, trimmed of fat
- Oil spray
- Half a cucumber, thinly sliced
- 300 g pineapple, peeled, cored and very thinly sliced
- 1 handful coriander
- 2 ½ tbsp lime juice
- 4 tomatoes, coarsely chopped
- Half a red capsicum, seeded and coarsely chopped

Instructions

1. Combine the turmeric, lemongrass, garlic, 2 table spoons fish sauce and 2 of the chillies in a food processor and process to a coarse paste. Add the evaporated milk and process to combine well. Transfer the mixture to a bowl, add the chicken pieces and toss to coat. Cover with plastic wrap and refrigerate for 4 hours, or overnight if you have time.

2. Preheat the oven to 180°C and spray a large baking dish with vegetable oil. Drain the chicken pieces, then place them in the dish in a single layer. Roast for 35–40 minutes or until cooked through and golden.

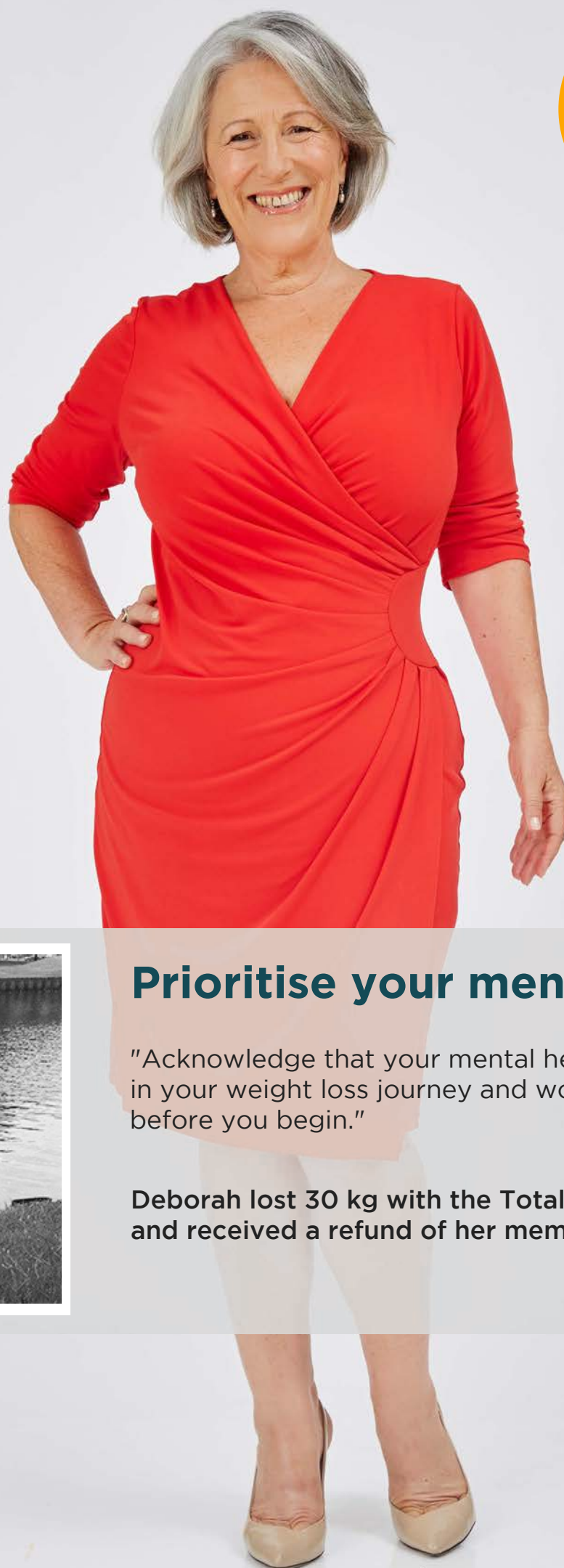
3. Meanwhile, for the tomato jam, combine the tomato and capsicum in a food processor and process until smooth. Place in a small saucepan with the rest of the chilli and fish sauce and bring to simmering point. Cook over low–medium heat for 25 minutes or until reduced and very thick, then set aside until needed.

4. Place the cucumber, pineapple, coriander and lime juice in a bowl and toss to combine well.

5. Serve the chicken pieces with the salad.

This recipe and over 1000 more is available
when you join the Total Wellbeing Diet

Deborah
lost
30 kg



Prioritise your mental health

"Acknowledge that your mental health is important in your weight loss journey and work on that before you begin."

Deborah lost 30 kg with the Total Wellbeing Diet and received a refund of her membership fee

Rebecca
lost
11 kg



Start today

"I can't leave this for another 5 kg - I need to do it today. If I don't make this change today, I can't go back and rewind 5 years and 5 kg so today is the day that I've got to make the change because, that's it, it's not a dress rehearsal."

Rebecca lost 11 kg with the Total Wellbeing Diet and received a refund of her membership fee



Richard
lost
31 kg



Do it together

“We decided as a family that we’d do the Total Wellbeing Diet together. My wife, my daughter and I supported each other in terms of what we ate and when we ate it and just little encouragements like that.”

Richard lost 31 kg with the Total Wellbeing Diet and received a refund of his membership fee



Try our free weight loss tools

We offer a number of free tools that you can use to get started with improving your day-to-day nutrition and losing weight.

Diet Types

Do you struggle to stick to a diet? Behavioural scientists at CSIRO believe the secret to successful weight loss is understanding your Diet Type.

Healthy Diet Score

The CSIRO Healthy Diet Score is a scientifically-validated survey that assesses your eating habits against Australia's Dietary Guidelines. Get tips on what part of your diet you need to improve.

Weight Loss Calculator

Calculate your BMI and get an estimate of how much weight you could lose with the Total Wellbeing Diet. Plus find out whether you're at risk of obesity-related disease.

3-Day Taster

Curious about the Total Wellbeing Diet? Sign up to receive a short series of emails with more examples of our recipes, a typical exercise plan and learn what other weight loss tools we offer.



TOTAL WELLBEING DIET

Lose weight with the online diet that fits you perfectly

- A refund* when you complete the diet
- 12 weeks of meal and exercise plans
- Over 1000 quick and family-friendly recipes
- Scientifically formulated weight loss program



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*To learn more about the Total Wellbeing Diet Refund offer, please see [terms and conditions on our website](#).