



**TOTAL
WELLBEING
DIET**



Fast Start Menu

Welcome to the Fast Start Meal Plan

Thank you for joining the Fast Start program. The program is designed to reduce hunger and boost early weight loss by using scientifically formulated meal replacement shakes as part of the Total Wellbeing Diet menu plans for the first 3 weeks. Gradually transitioning to a healthy, whole foods eating plan will allow you to build confidence while continuing to lose weight.

HOW IT WORKS

Your weekly meal plan will guide you on what to eat each week. Here is an overview of the 12-week Fast Start Meal Plan:

Weeks 1-3: Get a Fast Start

- Replace breakfast and lunch with a Fast Start Shake
- Enjoy a Total Wellbeing Diet dinner
- Snack on fruit and unlimited vegetables

Week 4-12: Transition to Total Wellbeing Diet

- Introduce Total Wellbeing Diet breakfast and lunch meals
- Option to replace breakfast with a Fast Start Shake
- Gradually include more snacks, even Indulgences

FAST START SHAKE TIPS & TRICKS

- **When to drink Shakes?** Try to stick to regular mealtimes and use your Shakes as meal replacements. Let your [meal plan](#) guide you, but also do what works for your lifestyle and situation and enjoy your Shakes when it suits you.
- **What to mix Shakes with?** The Shakes are designed to be mixed with 250ml of reduced-fat or skim milk. An alternate milk of your choice can be used, however, it should be factored into the nutritional values referred to in the nutrition information panel.
- **Do you still need to drink water?** Yes! Drinking 8 cups of water a day can help to reduce or prevent the potential common side effects experienced in the first few weeks of Fast Start.
- **Can you still drink tea and coffee?** Yes, herbal teas and black unsweetened coffee are Free Foods.
- **Enjoy Shakes chilled.** Try chilling or blending Shakes with ice to make a frappé.
- **If you're hungry.** You may feel hungry for the first few days. Remember to eat the fruit and unlimited vegetables included in your snack and drink at least 8 cups of water.

Prep steps and tips for this week

Here is your checklist to help you prepare for the week:

1. **Swap meals to suit your preferences.** If you don't like a particular dinner meal or would prefer an alternative milk for your Shake, go to the [online meal plan](#) and click the "Swap" button on the meal you want to swap.
2. **Shop for all the ingredients.** You should have received all your Shakes. Check the [shopping list](#) for your dinners and snacks at the back of this PDF or on the website where you can adjust the list to cater for your family and needs.
3. **Chop the roast chicken.** Remove the chicken meat from the bones, chop it, divide into two equal servings, and store in airtight containers in the fridge. This will help when making the Roast chicken with kaleslaw* meals this week.
4. **Slice and marinate the beef.** Thinly slice the beef and add the peanut oil and hoi sin sauce for the Simple beef stir-fry*. Store in an airtight container in the fridge.
5. **Prepare your vegetables and fruits.** Most dinners call for pre-prepared vegetables. You may want to buy unprepared veggies and shred, chop or dice them yourself. Store in airtight containers in the fridge until ready to use. Wash your fruit so it is ready to snack on the go.
6. **Cook once, eat twice.** When preparing the White fish with salad & lemon mayo* make a double batch. Store the remaining serving in separate airtight containers in the fridge for a quick reheat-and-eat meal later in the week.

Optional extras:

- **Hoi sin sauce.** Feel free to use an alternate stir-fry sauce such as teriyaki, sesame, or sweet and sour sauce.
- **Peanut oil.** Peanut oil is great for high heat stir-frying. You can replace with avocado oil for a more neutral flavour, or canola oil which is budget-friendly.

*Refers to recipes in the meal plan as specified. These prep steps may not apply if you have swapped meals or chosen another menu plan version.



Meal plan

| | Breakfast | Lunch | Dinner | Snack |
|--------------------|------------------|------------------|------------------------------------|-------------------------|
| Thu, Dec 15 | Fast Start Shake | Fast Start Shake | Beef skewers with kaleslaw | TWD snacks with egg |
| Fri, Dec 16 | Fast Start Shake | Fast Start Shake | White fish with salad & lemon mayo | TWD snacks with chicken |
| Sat, Dec 17 | Fast Start Shake | Fast Start Shake | Roast chicken with kaleslaw | TWD snacks with egg |
| Sun, Dec 18 | Fast Start Shake | Fast Start Shake | Simple beef stir-fry | TWD snacks with tuna |
| Mon, Dec 19 | Fast Start Shake | Fast Start Shake | Roast chicken with kaleslaw | TWD snacks with egg |
| Tue, Dec 20 | Fast Start Shake | Fast Start Shake | Leftover Simple beef stir-fry | TWD snacks with chicken |
| Wed, Dec 21 | Fast Start Shake | Fast Start Shake | White fish with salad & lemon mayo | TWD snacks with tuna |

Breakfast: Breakfast shake

Milk, low-fat, 250 ml (250ml)

Fast Start Shake, any flavour, 1 sachet(s) (42g)

Method

Pour milk into a shaker. Add contents of sachet and shake vigorously for 30 seconds.

TIP: Shakes can be mixed with an alternate milk such as unsweetened soy milk, however ensure you add this to your tracker to account for food units.

Makes 1 serve. Each serve provides: 1 Dairy, 1 Meal Replacements, 1124 kilojoules, 25.4g protein.



Lunch: Lunch shake

Milk, low-fat, 250 ml (250ml)

Fast Start Shake, any flavour, 1 sachet(s) (42g)

Method

Pour milk into a shaker. Add contents of sachet and shake vigorously for 30 seconds.

TIP: Shakes can be mixed with an alternate milk such as unsweetened soy milk, however ensure you add this to your tracker to account for food units.

Makes 1 serve. Each serve provides: 1 Dairy, 1 Meal Replacements, 1124 kilojoules, 25.4g protein.



Dinner meals

Beef skewers with kaleslaw

Beef fillet, lean, raw, 150 g, diced (150g)

Hoi sin sauce, 1 tablespoon(s) (20ml)

Kaleslaw, with dressing & toppings, 1 cup(s) (70g)

Tomato, 1 medium, diced (150g)

Method

In a shallow bowl, add beef and hoi sin sauce. Stir to coat. Thread beef onto skewers.

Heat a non-stick frying pan or grill plate over medium-high heat. Cook skewers for 2 minutes each side, 8 minutes in total, or until cooked through.

Meanwhile, in a bowl, combine the kaleslaw with dressing and toppings and tomato.

Serve beef skewers with kaleslaw salad.

TIP: If using bamboo skewers, soak them in water for 5 minutes beforehand to avoid burning them while cooking.

Makes 1 serve. Each serve provides: 1.5 Meat & Protein, 1.6 Vegetables, 1 Healthy Fats & Oils, 1557 kilojoules, 36.4g protein.



Snack meals

TWD snacks with egg

Milk, low-fat, 1 x 250ml glass(es) (250ml)

Fresh fruit, any type, 1 medium piece(s), e.g. banana, apple, pear (150g)

Avocado, 1 tablespoon(s), mashed (19g)

Wholemeal crispbread, 4 regular crispbread(s) (23g)

Eggs, raw, 1 extra large egg(s), hard-boiled, peeled and sliced (51g)

Method

These ingredients can be eaten as two snacks throughout the day. For example:

- Mid-morning snack: Glass of milk and a piece of fruit. Alternately, blend milk and fruit to make a smoothie
- Mid-afternoon snack: Spread avocado on crispbreads and top with sliced egg

TIP: Snacks can be enjoyed in any combination and at a time that suits you. If you prefer, you can include these ingredients with your main meals.

Makes 1 serve. Each serve provides: 0.5 Meat & Protein, 1 Bread & Cereals, 1 Fruit, 1 Dairy, 1 Healthy Fats & Oils, 1775 kilojoules, 19.9g protein.



Grocery list

Fruits & Vegetables

- Baby spinach 77g
- Carrot, 1 medium carrot(s) (109g)
- Cucumber, 1 cucumber(s) (310g)
- Fresh fruit, any type, 14 medium piece(s) (2.1kg)
- Garlic, minced or crushed 5g
- Kaleslaw, with dressing & toppings 210g
- Lemon, 2 lemon(s) (198g)
- Mixed stir-fry vegetables, 4 cup(s) (412g)
- Tomato, 3 medium (450g)
- Vegetable crudites (carrot, celery, cucumber, capsicum) 1.1kg

Pantry Items

- Balsamic vinegar 20ml
- Fast Start Shake, any flavour, 21 sachet(s) (882g)
- Hoi sin sauce 60ml
- Mayonnaise, reduced-fat 40g
- Olive oil spray 4g
- Peanut oil 10ml

- Pepper, any type, ground 3g
- Sweetcorn, canned, 2 x 125g can(s), drained (151g)

Meat, Poultry, Seafood

- Beef fillet, lean, raw, 450g
- Pork medallion, lean, raw, 150g
- Roast chicken, skin and fat removed, 150g
- White fish, any type, raw 300g

Chilled & Frozen Goods

- Milk, low-fat 5.3L