Lite n’Easy

Getting started

Read this before you start and get the most out of your Lite n’ Easy
Welcome to Lite n’ Easy. We have included this pack of essential items you’ll need to get started. At Lite n’ Easy we pride ourselves on the ease and convenience of our approach to eating well and losing weight. So please, take a few moments to acquaint yourself with the most complete healthy eating system available today.

Thank you for choosing Lite n’ Easy.

Your starter’s pack includes:

- Breakfast & Lunch Menus
- Main Meals & More Booklet
- Price List
- Fridge Magnet

Please note: If you have diabetes or allergies, are pregnant or breastfeeding, or have any other dietary concerns, you should consult your doctor or dietitian before using Lite n’ Easy.

Contents

What’s in your starter’s pack........Page 1
My website login details....................Page 2
How to unpack your delivery........Page 3
How to use your menus........Page 5
Ingredient & nutritional information................Page 6
How to heat your meals................Page 6

How to order your next delivery..........................Page 7
Flexibility & convenience........Page 9
Tasty treats, lunches & smaller meals..................Page 10
Extra foods..........................Page 11
Tips for developing long term healthy eating habits........Page 12
Measuring success.......................Page 13
Exercise – the facts........................Page 14

Please take a moment to record your Lite n’ Easy delivery details here for easy reference in the future.

My delivery day is:

My cut off day for ordering is 11am (12pm in NSW)

Internet Orders:
Ordering online is so quick and easy, and you can do it any time that suits you. You’ll also have 24 hour access to a feast of other valuable information to help fast track your weight loss.

My Lite n’ Easy website login:

My password:

www.liteneasy.com.au
Your delivery is divided into one or more of the following shopping bags labelled with “Breakfast”, “Lunch” and “Dinner” (depending on what you have ordered) and storage instructions to “Keep Refrigerated” or “Keep Frozen”:

1. REFRIGERATED BREAKFASTS
2. FROZEN BREAKFASTS
3. REFRIGERATED LUNCHES
4. FROZEN LUNCHES
5. FROZEN DINNERS

Many of your breakfasts and lunches include a combination of both fresh components (refrigerated) and one or more frozen components.

Breakfasts & Lunches – REFRIGERATED Components
Inside the shopping bags marked “KEEP REFRIGERATED” you will find individual day bags for the breakfasts and lunches. These are all numbered from Day 1 to Day 7.

Breakfasts & Lunches – FROZEN Components
Inside the shopping bags marked “KEEP FROZEN” you will find some items packed loosely and others packed into day bags.

If your Frozen Breakfast shopping bag includes loose items, simply refer to your weekly menu to identify which day the item is for. If your Frozen Lunch shopping bag includes loose items, they will be individually labelled with the day number which they are for.

Remember to check your menu before eating each meal to make sure you have all the components for that meal. Keep all food items stored in their day bags – do not remove them until meal time.

Dinners
All dinners are frozen – do not defrost dinners before you heat them.

Other Items
If your order includes extra items such as Mini Meals or desserts, they should be kept in the freezer. Heating and defrosting instructions for these can be found on the packaging.
Breakfast & Lunch Menus
Lite n’ Easy’s breakfast and lunch menus change seasonally. Each seasonal menu consists of four weekly menus. These weekly menus are rotated (A, B, C, D, A, B, C, D and so on) until the next season’s menu is launched. Rotating the menus like this means you’ll get all the variety you need to stay on track.

When ordering your Lite n’ Easy check the date to make sure you are ordering from the correct menu.

Day 1 is the day after your delivery arrives. For example, if your delivery arrives on Tuesday, eat your Day 1 breakfast on Wednesday. For nutritional balance and freshness it’s important to eat your breakfasts and lunches “in sequence” (Day 1, 2, 3 and so on).

Frozen items are printed in bold red type.

When ordering you can choose a “popular” or “optional” selection. If you do not make a specific choice, the “popular” menu items will automatically be sent to you.

5 Day Plans
For freshness and quality please choose the 5 days that you are going to eat the food on.

Main Meals and More
Lite n’ Easy has over 50 delicious dinners to choose from. You’ll find these in your Main Meals and More booklet. Dinners can be ordered as part of a full 5 or 7 day meal plan or on their own. Either way, any dinner can be eaten on any day of the week. If you do not make a specific choice of dinners when ordering a meal plan, we will automatically select your dinners from our most popular selections.

Ingredient & Nutritional Information
Ingredient and nutritional information for all Lite n’ Easy products can be viewed or downloaded at the Lite n’ Easy website – www.liteneasy.com.au, or you can request a copy by calling us on 13 15 12.

How to heat your meals
- Some breakfast and lunch items require heating or defrosting. Preparation and heating instructions are on the packaging.
- All dinners should be heated from frozen using a microwave or conventional oven.
- Microwave instructions are found on the lid of each dinner.
- Conventional oven instructions are found on the base of each dinner.
- Heating time varies between dinner meals.
- Microwave wattage and oven performance can vary, so you may need to adjust the heating times accordingly. Our times are based on a 1000W microwave.
- To check if your meal has heated properly, carefully place your hand under the base of the tray. If you feel any cold spots return the meal to microwave for a further 30 to 60 seconds.
How to order your next delivery

Create a household account and order online at www.liteneasy.com.au

Call Lite n’ Easy on 13 15 12
In VIC, SA, WA and QLD all orders must be placed by 11am the day prior to your delivery. In NSW the cut-off time is 12pm.

Confirmation Emails
Each time you order we will send you a Confirmation Email. This will display the selections you have made, your delivery address, date of the delivery and the price. It is important that you check this information carefully to ensure it is correct. Please contact us immediately if it is incorrect.
If you order online, your order will be confirmed and submitted with an “Order Confirmation” number (see picture on the right). We recommend you keep a copy of this number. We will send you an order acknowledgement followed by a confirmation email. Please check this carefully.

Payment Options
Payment by credit card is the preferred option. We accept most major credit cards – please check with your consultant to confirm which credit card options are available in your state.

Please note: Your order confirmation is subject to successful payment processing.

Scheduling automatic deliveries
Lite n’ Easy can be delivered automatically on a weekly, fortnightly, three weekly or four weekly basis. For your convenience, if you selected one of these options when you started, we will automatically send you a delivery if you have not placed an order by the specified day and time for delivery to your suburb.
You can also choose to be an “On-Demand” customer. This means you will only receive a delivery when you place an order.

Suspending or cancelling your delivery
You can change, suspend or cancel your delivery whenever you like. All changes must be made by 11am the day prior to your delivery day (12pm in NSW).
If you wish to resume your deliveries on a certain day, we can set an automatic restart date for you so you don’t need to remember to call – perfect for when you go away on holidays or business.
You can cancel or suspend your delivery by simply logging into your household account and pressing the “cancel/suspend” button (please keep a copy of the reference number) or you can call us on 13 15 12.
We will send you a confirmation email if there are any changes, cancellations or suspensions of your delivery.

“Order Confirmation” number screen example.
Flexibility and convenience

With no contracts or joining fees, Lite n’ Easy is designed to be easy and flexible, so you can stop, restart or change to another meal plan at any time. Whether it’s for weight loss, weight maintenance or simply for convenience, Lite n’ Easy has a meal plan to suit your individual needs.

Flexible Meal Plans

For maximum weight loss results, we recommend the Lite n’ Easy full 7 day meal plan (breakfast, lunch and dinner). But if your requirements change, you can select from the following combinations:

- Breakaths and Lunches only
- Breakfasts and Dinners only
- Lunches and Dinners only
- Dinners only

Once you have reached your goal weight, Lite n’ Easy is perfect for maintenance. Keep dinners in the freezer or come back on a meal plan for a few weeks to keep your weight under control.

5 Day Plans

Lite n’ Easy 5 day meal plans are also great for weight loss, maintenance or healthy convenience during the week. They are ideal if you want the freedom to eat the food of your choice on the weekends. Like our 7 day meal plan, there are various combinations of the 5 day plan available. See the list above for details.

Dinners Only

Lite n’ Easy’s menu of over 50 dinners can be ordered on their own or in addition to a meal plan, and they are a great way for you to maintain your weight. They’re a convenient and healthy alternative to takeaways when you’re too tired or busy to cook – and the whole family can enjoy them.

Tasty treats, lunches and smaller meals

To make eating well simpler for everyone, Lite n’ Easy offers a range of healthy treats and smaller meal options that are suitable for every occasion.

To see what’s available in the current range of Mini Meals, Meals in a Bowl, Soups and Desserts, check your “Main Meals & More” menu included with this pack, or jump online at www.liteneasy.com.au

Mini Meals

Mini Meals are a great option for those times you feel like a smaller dinner – and they are the perfect size for a healthy lunch at work. Even the kids will love them.

Mini Meals come in packs of 4 for $24.00

Meals in a Bowl

If you normally order just the Lite n’ Easy dinners, why not add some Meals in a Bowl to your next delivery to use as a healthy lunch option. They also make a delicious, healthy treat for the kids, especially during school holidays.

Meals in a Bowl come in packs 5 for $25.00

Soups

Lite n’ Easy’s delicious range of hearty soups are a great treat the whole family can enjoy.

Our hearty soups come in packs of 5 for just $15.00

Desserts

Healthy eating the Lite n’ Easy way is more of a treat than ever. Now you and the whole family can enjoy delicious desserts – with all the taste but only about half the calories you might expect.

Even if you’re trying to lose weight you can still enjoy the occasional Lite n’ Easy treat. Simply trade off the extra calories with a little extra exercise.

Our delicious desserts are 4 for $8.00
Extra foods

Lite n’ Easy meal plans are nutritionally balanced, so no extras (except for milk and water) are required. However, if you are still hungry, you can supplement your meal plan with salad or non starchy vegetables.

For Example: lettuce, tomatoes, cucumber, capsicum, zucchini, broccoli, cauliflower, string beans, carrots and celery.

Drinks

Water

Drink at least 2 litres (7–8 glasses) of water per day, or more if you exercise regularly, work outdoors or during hot weather.

TIP – Add a few mint leaves or a slice of lemon or lime to enhance the flavour of water.

Milk

All Lite n’ Easy meal plans have been formulated to include calcium enriched, skim milk each day, which you will need to provide. The 1200 calorie plan requires 1 cup (250ml) per day. The 1500 and 1800 calorie plans require 1⅜ cups (375ml) per day. It is very important for nutritional balance that you consume this amount of milk each day. It has also been shown that the calcium in dairy foods assists with weight loss. If you do not drink cow’s milk, choose a calcium enriched soy milk.

TIP – Your Breakfast & Lunch Menus will indicate when you need to use milk as part of your daily meal plan.

Tea & Coffee

No more than 4 cups of tea or coffee per day are recommended. If you require milk, use it from your daily allowance listed above. Try to avoid adding sugar or artificial sweeteners.

TIP – Herbal teas such as chamomile and peppermint are great for quenching your thirst and have no caffeine.

Drinks to Avoid

It is best to avoid soft drinks, alcohol, cordial, fruit juices, shakes, protein drinks and other beverages high in calories.

Diet Drinks & Artificial Sweeteners

Diet soft drinks and diet cordials with artificial sweeteners are not recommended. If you choose to consume diet drinks, remember they are not a substitute or replacement for water.

Alcohol

If you are serious about losing weight, we recommend that you avoid alcohol, as it is high in calories. If you wish to continue enjoying the occasional alcoholic beverage, no more than a couple of drinks per week is recommended and these will need to be counteracted with some extra exercise.

Tips for developing long term healthy eating habits

Everyone’s weight loss journey is different but here are some general tips to help you get the best possible chance for long term success:

Stick with it

Dietitians and health professionals recommend a minimum of 6 weeks to adapt to a healthier way of eating. During the first couple of weeks your weight loss could be rapid, largely due to water loss. After that it is likely to slow down as true fat loss is a gradual process. However, with your new eating plan coupled with regular exercise, you should continue to achieve a steady weight loss.

Listen to your hunger

People often eat out of habit. Many time poor people also practice “proactive” eating – that is, eating now to avoid being hungry later. Try thinking about how hungry you really are before eating and how full you are afterwards. This exercise will help you learn when you need to eat, rather than eating simply because you want to.

If you are truly hungry, try these hunger busting tips:

• Eat regularly and space your food evenly throughout the day, as suggested in the Breakfast and Lunch Menus. Don’t wait until you are ravenous – if you get too hungry you will eat too much, too fast, and more likely to break your healthy eating pattern.

• Drink a glass of water before reaching for extra food. Drinking water with meals and snacks will help fill you up.

• If you need more food, add steamed, non starchy vegetables to your meal.

Learn from your meal plan

Lite n’ Easy is based on scientifically proven research and is designed to teach you what and how much to eat. Look at the meals and take note of what you are eating and you will learn healthy eating habits that will stay with you for a lifetime, such as;

• Eating breakfast and regular snacks to boost your metabolism and prevent overeating

• Controlling your portion size

• Choosing high fibre, low GI foods for longer lasting energy

• Eating adequate servings of protein, fruit and vegetables each day

Enjoy your food

Always sit down and focus on your food – eat slowly, chew every mouthful and savour the flavours and textures. This will help you identify when you are full and prevent overeating. Make your meal last at least 15 minutes to allow time for your stomach to signal to the brain that it is full.
Measuring success

There are a number of ways to check your progress.

**Waist Measurement**
This is the simplest method and is a good indicator of unhealthy fat stored around the stomach. For women, a waist measurement of less than 90cm is considered healthy. For men, a waist measurement of less than 100cm is considered healthy.

**Scale Weight**
Weight scales can be misleading as an indicator because they measure Total Body Weight and not just fat loss or gain. Scale weight can be affected by eating, drinking, going to the toilet or even hormonal changes and does not necessarily reflect a change in the fat stores.

If a person is exercising regularly, they could be increasing their muscle mass and, as muscle weighs more than fat, this could mask the fat loss.

So, while weight scales can give you an indication of how you are progressing, do not become fixated by the scale figure on a daily basis. Always keep sight of your long term health goals.

---

**Exercise the facts**

Do I need to exercise?
The combination of calorie controlled, low fat meals and a more active lifestyle is the proven, healthy way to permanent weight loss.

Regular exercise is recommended for weight loss, weight maintenance and general well being. It is also recommended that you are active throughout the day.

**Exercise for fat loss**
Exercise for fat loss is very specific and is different from exercising for fitness or general health.

- Exercise must be weight bearing and cardiovascular in nature. For example, walking, jogging or aerobics.
- It should be done on most days of the week for at least 40 minutes (for beginners), building up to one hour.
- The time can be split into 3 sessions of 20 minutes as long as you achieve the total by the end of the day.
- Exercise should be at moderate intensity (i.e. you should be slightly out of breath but still able to talk).
- You should try to be as active as possible – the more you move, the more calories you will burn up.

**Strength Training**
Strength training helps to preserve and build muscles which in turn helps maintain and even raise the metabolic rate. This can assist with weight loss and weight maintenance.

Strength training also has many other health benefits such as improved muscle tone, improved mobility and balance and increased bone density. Strength training includes using free weights, weight machines, resistance bands or your own body weight.

**Incidental exercise**
Planned exercise is important but keeping active throughout the day is the key to burning calories and permanent weight loss. For example:

- Try not to sit still for more than half an hour during the day.
- Take the steps instead of the lift.
- Be more active around the house.

**Warning**: If you are starting a new fitness program or you are a beginner to exercise, we recommend you consult your doctor before starting your exercise regime.

---

### Keeping Track
Use the handy chart below to keep track of your progress.

Tips for accurate recording of information:
- Waist measurement should be taken around the navel.
- Record your weight at the same time of day each week preferably in the morning before breakfast. Don’t be too disheartened if your loss is not regular each week. Calculate the average per week rather than focusing on a specific week’s loss.

<table>
<thead>
<tr>
<th>Week</th>
<th>1</th>
<th>2</th>
<th>3</th>
<th>4</th>
<th>5</th>
<th>6</th>
<th>7</th>
<th>8</th>
</tr>
</thead>
<tbody>
<tr>
<td>Waist measure (cm)</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Body weight (kgs)</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

For more information, visit [www.liteneasy.com.au](http://www.liteneasy.com.au)