



# Maintaining your weight loss



So, you've followed The Rules for two weeks and you should be feeling slimmer and fitter. If you have more weight to lose, you can continue following the plan but relax a little. At the moment, the plan is based around 1200 calories a day, but it's recommended that you increase your daily intake to around 1500 calories – especially if you have more than a couple of stone to lose.

Here's our list of 100 calorie foods that you can use to supplement the diet plan if you're planning to repeat the 14 days. So, if you're desperate for that slice of toast or a small glass of wine, you can add up to 300 calories to your diet each day and continue to lose weight. Men particularly and anyone who has over 2 stone to lose should add extra calories to their daily allowance.

## WATCH WHAT YOU EAT

Don't go mad though! Keep a close eye on your weight – or measurements – and if things stay the same for several days or you put on a few pounds (without any obvious explanation), you're probably being a bit too generous with your portion sizes. Cut back for a week or so and follow the Five Rules really closely and the weight should soon drop off.

These foods are the ones that we miss most when we're following the plan. You may be slightly different.

Our best advice is to examine food packaging really closely for calories and work out exactly how much of that yummy looking pasta salad you can really eat and remain within your allowance. I can guarantee it will be less than you think!

It's also a wise idea to invest in a calorie counting book that lists the calorie contents of all your favourite foods. Be prepared to be scared when you see exactly how many wasted calories you've been consuming over the years!

## PORTION CONTROL

If you're anything like us, you've been over-serving yourself for years. And portion size holds the key to maintaining your weight loss.

Use this opportunity to get used to smaller servings. Work out exactly how much food your body needs to maintain the shape that makes you happy and healthy. That way, even when following The Rules feels like a distant memory, you'll remain in control of your eating habits – and never look back.

*(PLEASE NOTE: If you're keeping off the dairy for more than a month, it's a good idea to take a calcium supplement - which you'll find in any good chemist or supermarket.)*



Anna Richardson's

**BODY BLITZ DIET**

[www.annarichardsonbodyblitz.com](http://www.annarichardsonbodyblitz.com)

# 100 calorie diet additions

(Each of these foods contains around 100 calories.)



## WHEAT AND POTATOES

- white or wholemeal pitta bread
- 1 medium or thick slice white, brown or wholemeal bread
- 1 crumpet
- 1 small bread roll
- ½ plain bagel
- ½ English muffin
- 2 small plain oatcakes
- 5 plain breadsticks
- 3 rye crispbreads
- 1 heaped palmful (25g) uncooked pasta shapes
- 1 small portion cooked pasta shapes (75g) - roughly half a mugful
- 1 small palmful uncooked rice (30g)
- 1 small portion cooked rice (75g)
- 1 small palmful uncooked couscous (30g)
- 1 small baked potato
- 2 small new potatoes
- 1 medium roast potato (65g)

## OILS AND DRESSINGS

- 1 tbsp olive, sunflower or vegetable oil
- 1 tbsp mayonnaise
- 2 tbsp salad cream
- 1½ tbsp ready-made salad dressing

## DAIRY

- 1 small matchbox size piece of hard cheese, such as cheddar
- 30g wedge French cheese, such as Brie
- 30g slice soft goat's cheese
- 2 heaped tsp butter, vegetable or olive oil spread
- 1½ tbsp double cream
- 4 tbsp half fat crème fraiche
- 2 tbsp full fat soft cheese
- 1 small low fat fruit yogurt
- 200ml semi skimmed milk
- 200ml 0% fat Greek yogurt
- 100ml cottage cheese

## ALCOHOL

- 1 small (125ml) glass white, red or rose wine
- 2 x gin or vodka with low calorie tonic
- 2 x rum and diet cola
- 125ml glass champagne
- ½ pt (284ml) glass lager or bitter



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