



harpers

Nutritional Guide



It's important to be in the right frame of mind – positive, motivated and confident – before you start.

Research shows that a combination of both exercise and diet is the key to long-term weight loss results. You don't have to do either to the extreme; combining diet and exercise helps to avoid the counterproductive changes to fat metabolism that can occur through dieting alone*.

* American Journal of Clinical Nutrition.

The Harpers nutritional plan is easy to follow and clearly explained, with options for cooking at home as well as eating on the run. All you have to do is pick one option from each of the three meal choices – breakfast, lunch and dinner and enjoy two snacks a day. You'll find plenty of choice whether you are a meat or fish lover, or vegetarian.

In the following pages you will find helpful tips to help you succeed!

Dropping a size will dramatically improve your health

By achieving a healthy body weight, your body will benefit from:

- Lower blood pressure
- A greatly reduced risk of coronary heart disease
- Reduced risk of adult-onset diabetes
- Lower body fat and improved body composition
- More energy
- Enhanced confidence and self-esteem
- Clearer, brighter skin
- Healthier, shinier hair
- Improved digestion
- More regular bowel movements
- Greater energy

- Less period pain or pre-menstrual tension
- More positive outlook and greater self-confidence
- Fewer headaches
- Stronger Immune system
- Clearer thinking and improved mental function

Stand tall: Hunched over posture can add pounds to your frame. Stand tall by imagining you have a piece of thread running through your body and out of the crown of your head, which is gently pulling you upwards.

Pull it in: Being able to hold in your abdominals is a skill worth knowing. Pilates teaches us how to 'zip up and hollow' the abdominal region, allowing us to breathe normally without letting it all hang out – check out our class timetable to find out when our Pilates classes are held.

Pile it up: Wearing your hair up adds height to your overall figure and makes your face look slimmer. If you have short hair, try wearing it off your face to slim down features.

Go dark and mysterious: Wearing black makes you look slimmer. If it drains your complexion, go for a dark colour such as chocolate brown, aubergine or charcoal grey and wear the same colour on top and bottom for a slimming effect.

Get sun-kissed: A golden glow always gives a leaner look than pasty white skin. Treat yourself to a professionally applied fake tan or apply one of the great instant tan products you can buy on the high street.



What dropping a size means

Size	Bust Ins (cm)	Waist Ins (cm)	Hips Ins (cm)
10	34 (86.5)	27 (68.5)	36 (91.5)
12	35.5 (89)	28 (71)	37.5 (95.5)
14	37 (94)	30 (76)	39.5 (100.5)
16	39 (99)	32 (81)	41.5 (105.5)
18	41 (104)	34.5 (87.5)	43.5 (110.5)
20	TBC	TBC	TBC
22	TBC	TBC	TBC

To drop a dress size, you need to lose:

* UK Sizing Chart for women

- 1 inch (2.5cm) off your bust
 - 1.5 inches (3.75cm) off your waist
 - 1.5 inches (3.75cm) off your hips
- = a total of at 4 inches (10cm)

Get Ready

Before you start:

Take your current measurements on the start of day 1, in the morning, before you eat or drink anything. Do this with a tape measure and a set of weighing scales. If you don't have any weighing scales, you can use the ones in your Harpers Club. Follow the guide below and note your measurements in the table.



WEIGHT	
BODY FAT (IF KNOWN)	
CHEST	
WAIST	
NAVAL	
HIPS	
THIGHS	

Body Fat:

Chest: measure with the tape paralalled to you breast bone

Waist: measure around the narrowest part of your midriff

Navel: midriff directly over the bellybutton

Hips: measure across the top of the buttocks

Thighs: standing with feet together, measure 20cm up from the top of your kneecap and take a circumference measurement of your thighs.

Harpers' basic Drop A Dress Size eating principles:

- Operate Carb Curfew® – this means no bread, pasta, rice, potatoes or cereal after 5pm. Your evening meal now becomes based around fruit, vegetables, lean meats, fish and pulses. Boosting the intake of water dense vegetables and decreasing starch-based foods at the right time of day will decrease bloatedness and boost your energy levels.
- Improve your overall health by decreasing your fat intake to 40 grams a day.
- Help curb hunger and enhance nutrient absorption by drinking 2 litres of water throughout the day.
- Cleanse your body and help eliminate toxins by cutting down your tea and coffee to just 2 cups per day or replace with certain herbal teas and drinks.
- Be consistent and don't eat erratically, which leaves you devoid of energy and inhibits your body's ability to lose its body fat.
- You don't have to be a 'goodie two shoes' all the time – if you can achieve this 80% of the time you are winning!
- Boost your nutrient intake – eat 5 portions of fruit and vegetables a day for energy levels and to help fill you up.
- Studies have shown that the optimum number of calories to boost energy and also have an anti- ageing effect is 1400-1800.

The Harpers Nutritional Plan

Each day consists of breakfast, lunch and dinner, and up to two snacks from your snack allowance.

Daily must-haves

The plan also includes the following 'must-haves', which you should ensure you get each day:

- 285ml of skimmed or semi-skimmed milk; if you are having milk in one of your meals, such as on breakfast cereal this can be on top of this allowance. If you dislike, or are intolerant to milk, eat a small pot of natural yoghurt daily.
- 2 litres of water (spread evenly throughout the day).
- A multi-vitamin tablet, Multibionta is a good choice containing probiotics to boost your digestive health.
- At least 5 servings of fruit and vegetables.



Snacks

When it comes to your snacks, we have left it up to you to choose from the list below, depending on how hungry you are and what you fancy.

You are allowed up to two snacks a day:

- 2 squares High Cocoa solids chocolate
- 12 Pringle Rice Fusions
- 2 oatcakes
- Any piece of fruit
- 20 almonds
- 8 dried apricots
- 1 small pot low-fat yoghurt and a small banana
- A palm full of sunflower and pumpkin seeds
- 2 rice cakes topped with cottage cheese
- Half a small avocado filled with salsa
- Small glass of diluted fresh fruit or vegetable juice
- Tall glass skimmed milk



Breakfasts:

Choose one breakfast from the following list:

Energy boosting Porridge

30g porridge oats made with water or skimmed milk with chopped apple and cinnamon, topped with a tablespoon of natural low fat yoghurt.

Fruity apple and nut yoghurt

Half a grapefruit. Chopped apple with natural yoghurt with a little honey and a handful of chopped nuts.

Cheese on toast

One slice of wholegrain toast with thin scrapping of butter or low fat spread, 1oz hard cheese grilled and a piece of fruit.

Fibre filling cereal

30g bran based cereal plus milk from allowance, sprinkled with a tablespoon of wheatgerm and a tablespoon of bio natural yoghurt with a small glass of unsweetened orange juice.

Bacon sarnie

Half grapefruit with a slice of wholegrain toast with two rashers of lean grilled back bacon.

Super healthy egg white omelette

Omelette made with 2 egg whites and chopped spring onions and chives, 1 slice wholegrain bread topped with half mashed avocado and small glass of orange juice.

Savoury scrambled eggs

Two eggs scrambled with 2 tablespoons of sautéed green and red peppers and onions on a small whole wheat pita or 1 slice wholemeal toast and one grilled tomato. Small glass of natural no added sugar fruit juice.

Savoury breakfast grilled cheese toast

2 slices thin walnut toast topped with thin slice of any hard cheese and sliced tomato and grilled, small glass of orange juice.

Fruity wholemeal toast

2 slices of fruit bread toasted and spread with low fat cream cheese and topped with 3 chopped semi dried apricots, figs or prunes. Glass of fruit juice.

Cereal and fruit juice

Any bran based cereal small bowl with no added sugar or salt, with skimmed or semi skimmed milk topped with ½ small banana, small glass of fruit juice.

Boiled egg and soldiers

Boiled egg with 1 slice wholemeal toast, glass tomato juice and ¼ melon or pineapple.

Crunchy pear and yoghurt energiser

Small pot bio natural yoghurt with one pear chopped with 2 tablespoons all bran cereal topped with skimmed milk and fresh grated nutmeg.



Lunches:

You can choose any lunch option from the lists below. Obviously your location at lunchtime may determine what you can eat, so the lunch options are split into shop-bought options, home options and packed lunches. All you have to do is choose...

Note: All of the lunch options can be served with unlimited vegetables or green salad.

Shop-bought lunch options

- Any shop-bought sandwich or wrap under 350 calories.
- Any shop-bought sushi under 350 calories.
- Any vegetable-based soup under 35 calories per 100ml, plus a small bread roll and a piece of fruit.
- Any shop bought salad less than 400 calories.

Home options

Baked potato with tuna

One small baked potato topped with 100g can of tuna in brine or spring water mixed with some chopped red onion and cucumber, 1 tablespoon of natural yoghurt and 1 teaspoon low fat mayo; served on a bed of mixed salad leaves.

Egg on toast

One slice of wholegrain toast, 2 boiled eggs with sliced grilled tomato and mushrooms brushed with olive oil and sprinkled with mixed herbs.

Tomato soup

A bowl of fresh tomato soup (find in the chiller cabinet of your local food store) topped with 2 tablespoons of cottage cheese, a handful of chopped cucumber and red pepper, and quarter of a chopped ripe avocado.

Beans on toast

Two small slices wholegrain bread, toasted, topped with a small can of baked beans (150g) and ½ a small pot of cottage cheese (or have an apple instead of the cottage cheese).

Packed lunch options

Soup with bread and cheese

One small flask of vegetable based soup, small wholegrain roll with matchbox slice of hard cheese and piece of fruit.

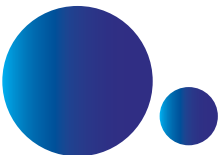
Sandwich Options

Choose one of the following: small pita bread, a medium granary roll, a small bagel, or a slice of wholemeal bread.

Add one of the following fillings or toppings: tuna in brine, hard-boiled egg, chicken breast, natural cottage cheese, smoked salmon or canned pink salmon, lean sliced ham, prawns, or grated Edam cheese.

Pile on: any green leaf salad, tomatoes or vegetable items.

Season with: grainy mustard, tomato salsa, mango chutney, marmite, fromage frais, reduced-fat tzatziki or natural yoghurt.





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Simple tasty Carb Curfew dinners

- 150g salmon steak wrapped in foil with fresh chopped parsley, lemon juice and seasoning. Served with three vegetables – why not try lightly steamed broccoli, fennel and mixed peppers and flash fried in ½ vegetable stock cube, 4 tablespoons water and splash of soy sauce to taste. Eat with a small pot of fromage frais any flavour.
- 175g cod steak oven baked in foil with vegetables. Why not try sliced fennel, onion, tomatoes and leeks, seasoning and 1 tablespoon white wine, 1 banana.
- 175g haddock or cod fillet, cubed and casserole with 200g tinned chopped tomatoes, 50g mushrooms, ½ sliced red pepper. Season. Bake until fish is just cooked. Serve with 100g (cooked weight) puy lentils cooked in vegetable stock cube.
- Grilled salmon steak with broccoli, steamed carrots and courgettes.
- Omelette made with 3 eggs, filled with roasted peppers, grilled lean bacon and cherry tomatoes. Serve with green salad.
- Cod fillet baked with pesto and herb crust (one teaspoon pesto mixed with a tablespoon of breadcrumbs). Served with unlimited steamed mixed vegetables.
- Chicken kebabs skewered with peppers, red onion and mushrooms. Basted with low calorie vinaigrette. Grill until cooked and serve with a large spinach mixed green salad. 1 pot low fat natural yoghurt.
- Small lean steak grilled (think the size of your palm) with tomatoes and mushrooms, a mixed green salad and a little olive oil dressing.
- One chicken breast baked with aubergines, tomatoes, mushrooms and onions with one teaspoon of olive oil. Served with green salad 1 low fat natural yoghurt with 4 dried chopped dates.
- 150g lean lamb steak (all visible fat removed) marinated for 2 hours in 1 tablespoon red

wine, 2 teaspoons soy sauce, sprinkling of fresh thyme, mint, rosemary, and tarragon. Grill to preference and serve with large spinach and orange salad. Cubed melon and strawberry salad.

- 200g homemade or tinned ratatouille, 75g cooked weight cannellini beans and served with 25g (match box size) grated low fat Edam cheese. Small cup of grapes and a small pot of low fat yoghurt.
- Small can of chickpeas and kidney beans tossed with chopped red onion, chopped parsley and low fat French dressing. Serve with grilled skinless chicken breast, basted with low fat vinaigrette, served with three vegetables or a large salad. Why not try steamed courgette, broccoli, baby sweetcorn and snap peas. 1 pot low natural yoghurt and 1 teaspoon honey.

Dessert

On your Drop a Dress Size Plan you can choose fruit, yoghurt or some of your selections from your snack allowance for a dessert. If entertaining you may want to try something a little more naughty – see the recipe cards for a delicious New York cheesecake.

