



## First hurdle

Now that you've made it safely back home you need to plan your strategy for the first and ultimately the most important week in your diet. The first week is always the hardest and you know if you can get through that you have every chance of getting to your target weight.



## Be organised

You need to set aside extra time for food preparation, particularly with the food you are going to take to work. This means getting up earlier if necessary so you don't have to rush out without your pre-packed supplies and chance on whatever you can pick up in the canteen or corner shop. Take care to avoid all incidentals like cooking fats and oils, flavourings and sauces.

Everything that goes in your mouth has to be accounted for, so if you're preparing food for the family and are including foods you don't intend to eat, avoid cooking them together.

## Eating out

This should be limited as much as possible to start with and don't take along anyone who tells you that you are thin enough already. Kick these sabotaging friends into touch!

How can you be sure that the food you order is prepared in the healthy way that you need? A quiet word with the management at the time of booking can avoid potential embarrassment later. I often find that a white lie about allergies to cooking fats or ingredients concentrates the mind of the chef rather than the whims of a fussy eater. I have lost count of the number of times I have said, 'If there is any cheese on this food you will be calling me an ambulance' You would be amazed how that grabs the attention of even the most disinterested waitress. Sauces, dressing and cooking methods that the eye doesn't see will be experienced on the hips. Please don't take anything for granted.

It's easy to let your guard down when socialising and that is when most diets come undone. Don't sacrifice all your efforts by blowing the whole thing on one night out relaxing. Don't forget even before and after the meal can be a dangerous time for you to consume extra calories which all add up. Here are some tips to help you stay on the path to slender success...

- AVOID CRISPS AND NIBBLES USUALLY LOCATED AT THE BAR. THERE IS ALSO A PRETTY OBVIOUS HYGIENE ISSUE HERE IF YOU NEED FURTHER ENCOURAGEMENT.
- AVOID CREAMY SOUPS OR PATES FOR STARTERS. OPT FOR FRUIT COCKTAILS OR SALADS INSTEAD
- CHOOSE FISH OR WHITE MEAT FOR YOUR MAIN COURSE.
- IF YOU EAT BREAD, HAVE ONE SLICE AND MAKE SURE IT'S WHOLEMEAL. MAYBE MOISTEN WITH A LITTLE OLIVE OIL – DON'T BE AFRAID TO ASK IF IT'S NOT ON THE TABLE.
- ORDER NOTHING WITH BATTER OR BREADCRUMBS, AS THESE HAVE INVARIABLY BEEN DEEP-FRIED.

See – life as you know it does not have to end when you diet. This is how those beautiful slim people stay that way. A little effort to begin with soon becomes second nature and when you are this aware of your slimming programme – you simply cannot fail.