



Back to school back to *YOU*

The summer holidays have come to an end and for most of us it's time to get back into the swing of our own daily routine.

With tots to teens heading back to the classroom, you'll have extra time and space to yourself. Workers will be back into the routine of 9 to 5.

Reclaiming your daily routine will also make it easier to plan and monitor your weight loss program, as well as increase your awareness of common pitfalls and weak spots in your day, such as the temptation to join the mad food rush that strikes when the kids return home with raging appetites.

Even without children in your life, the afternoon period can be a trouble spot. Our energy levels take a dip and we yearn for snacks.

Having time to think and plan are two important keys to your weight loss success.

Prepare allowable alternatives in advance – vegetable sticks, a salad or a helping of diet jelly – so you can enjoy a guilt-free afternoon snack that won't derail your weight loss progress.

Make regular activity part of your routine to improve your overall health and boost your motivation toward success.

Walk between meetings rather than drive or catch a cab. Walk your kids to school, or take your dog for a walk.

Fill your spare time with activity – it will divert your attention from food and give you the opportunity to simply enjoy your 'me' time.

did *you* know..?

One medium size banana contains approx 40 grams of carbohydrates



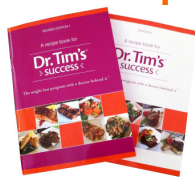
Try **THIS...**

Tasty weight loss snack



See recipe page 2

Also available in the Dr Tim's Success Recipe Book Ed. 2



Veggie *va va voom*

benefits it is worth trying these veggie tips to add more veggies to your diet.

Hide them—just like mum did for us as kids. Grate zucchini or carrots into mince meat, finely chop cauliflower or broccoli for stir fries

Lose the hassle—if prepping and chopping veggies is stopping you from eating them, try the snap frozen veggie packs available at supermarkets.

Spice it Up—try different herbs and spices on your veggies for more exotic flavours

Get your chef on—grill zucchini, capsicum and onions on the bbq, roast parsnips, blanch green beans—not boil—try new methods to discover new delicious flavours.

If you don't like vegetables you may wonder how you can stick to a healthy eating plan or weight loss program like Dr Tim's Success.

Veggies are packed with nutrients so are really good for you, are low in calories so great for weight loss and are fibre rich—so keep you feeling full. With these

nifty niacin

Niacin (also known as Vitamin B3) is essential for the body to maintain healthy skin, support the nervous and digestive systems and metabolise carbohydrates, fat and alcohol to produce energy. Niacin is found in a wide range of foods including beef, pork, wholegrain cereals, eggs and cow's milk.

Your Dr Tim's Success weight loss program provides you with 100% of your niacin requirements each day in the prescribed two meal replacements.

Dr. Tim's®
» success «

the weight loss program
with a doctor behind it



lose **6kg**
up to
in **4** weeks*

Ham and Cheese Rolls

(serves 4)



Ingredients

- 75 gms Philadelphia cream cheese
- 2 Tbsps hot water
- 8 thin slices of ham
- 1 Tbsp chopped chives
- 3 chicken stock cubes

Method

Separate and place slices of ham onto a plate. Dissolve chicken stock cubes in hot water and mix with cream cheese. Spread mixture over ham slices. Sprinkle chives over top with salt and pepper. Roll ham slices and secure with toothpicks.

2 grams of carbohydrates per serve