



*The*  
**Mediterranean**  
*Way*   
Live life a new way

**Creating a New Way of Eating  
and a New Way of Life**

**Preparation & Planning**

# Creating a New Way of Eating and a New Way of Life

## The Plan

The Mediterranean Way is made up of three distinct phases

**PHASE 1 - Rapid Weight Loss** - for a limited period and a maximum of 12 weeks

**PHASE 2 - Continued Weight Loss** - until your ideal weight is achieved

### **PHASE 3 - Maintenance**

Before we can even begin on Phase 1 though, there are a few things that need to be done in preparation and this pack will cover these for you and help to understand how important they are to your success.

These will be like your **'tracks to run on'** as it were, and act as a reference point for you to return to at any time.

Each element of what we're going to share with you is important, so if you're not sure about something, do just ask...



# Preparation & Planning

## What's the first step? Where do I start?

The real first step to creating a new way of eating is to understand **why** you want change?

Three questions to consider are:

1. **What aspects of your current way of eating and lifestyle need to change?**
2. **What benefits will those changes bring to you?**
3. **What harm or pain will be caused if you don't make those changes?**

This part doesn't take too much effort, but quite a bit of soul searching and honesty. **The more honest you can be** with yourself the more effective the process will be.

## Be kind to yourself

Often, we are our own worst enemies. Berating ourselves for eating too much, then eating even more because we then feel bad, not liking the way we look and generally being far harder on ourselves than we would on anyone else.

***Don't try to be perfect, be you, be realistic.***

We all have different pressures on ourselves and our lives, the key thing is **creating a New Way of Life that actually works for you as an individual – and that's what we're going to help you with.**



# Creating a New Way of Eating and a New Way of Life

Remember this is not a diet, **this is a New Way of Eating & New Way of Living.** We all know how it is, as soon as we say we are going to “be good” and “go on a diet” what do we dream of .....*chocolate, cake, crisps, brownies*.....the list goes on. If chocolate is your favourite thing in the whole wide world, do you think a life without chocolate at all is going to be wonderful? We doubt it. But do you think a life with **less** chocolate than is normal for you could be wonderful? **Of course. We do too!**

However, it's important to understand that if you have some weight to lose then you will obviously have to **seriously limit the intake of these types of food to begin with.** But these restrictions are only for whilst you are losing weight, this does **NOT** mean that these are off the menu **forever.**



We've already shared our journey, the interesting thing is that as new foods were added to our own meals, some of these, we promise, **became our new favourite foods and there simply wasn't as much room for as much chocolate** – and this will be what happens for you too.



# Preparation & Planning

*Remember, inherently, food is a good thing, without it we can't survive. It nourishes us, can heal us, gives us energy and of course, tastes delicious. The problem is too much, and particularly too much of the wrong foods, can cause harm.*

## Start Small

The initial results can be rapid, but don't try to go 'cold turkey' and change everything overnight. This is a process; we're creating something to last you the rest of your life, **it doesn't and, indeed, shouldn't be done overnight.**

Spending time planning and preparing will pay huge dividends.

## Practical Steps for this week

Now that you've made the decision that you want to lose weight, we're sure that you'll want to do something immediately to start your journey.

We would suggest taking the following small steps this week.

- 1. Drink more water.** Often, you may feel hungry, but in fact are just thirsty, not only will increasing the amount of water you drink hydrate you more, it will also aid weight loss.



# Creating a New Way of Eating and a New Way of Life

- 2. Cut back on the snacks that you know are not giving you any benefit.** The chocolate bars, ice cream & cakes. If you **REALLY** need a snack, choose something that you know will be nutritionally beneficial, **such as nuts, fruit, vegetable sticks, cold meats.** However, there's no need to change the meals you eat, or lunch you buy at work....**yet.**
- 3. Have a good clear out of the cupboards and kitchen.** Over the next few weeks, we'll be introducing a variety of foods for you to consider. **We know you'll want to try them.** Some you may or may not have had previously, but the key thing is that you'll need room to store them in your kitchen and if the cupboards are full of old and out of date food (we all have some!), **they need to be cleared out to make room for the new food and the new you.**

There'll also be some foods in your cupboards that you know are not conducive with losing weight. Crisps, chocolate, sponge puddings, frozen ready meals etc. get them out of your kitchen too; **either eat them, give them away or throw them away!**



- 4. Kids snack drawer or box** - think about your situation going forward, do you have children in the house and want to keep some snacks in for them? **Confine them to one drawer, cupboard or box.**



# Preparation & Planning

5. **Get the right scales** - keeping track of your progress is **very** important and motivational. A pair of Bluetooth scales will be included in your welcome box. You'll need to get these set up this week.

To set up your scales, simply download the app onto your phone and follow the very simple instructions. Once you've taken your first reading share it with me.



**The best time to weigh yourself is very first thing in the morning before you've had anything to eat or drink.**

6. **Meal planning - this is one area we will really be focusing on and it will dramatically help with weight loss.** Even if you've never meal planned, we're here to help you develop your own system of doing so! This week have a look through your own cook books, online recipes and choose some meals you'd like to try, & write a list of the styles of cuisine and particular foods that you like.

**Get the planning right,  
and everything will fall into place  
much more easily...  
WE PROMISE!**



# Creating a New Way of Eating & a New Way of Life

One of the main reasons we encourage everyone to meal plan is that this will reduce the instances for coming in late from work with “nothing to eat” in the house and the likely trip to a take away or purchasing of a ready meal.

It was one of the **BIG** lessons we learned during our own journey...but more on this in a later session.

In closing, you will also receive a couple of recipe books in your welcome pack :

**‘The Fast 800 Recipe Book’ by Dr Clare Bailey and Justine Pattison**  
**‘Slow Cooker Without The Calories’ by Justine Pattison**

Spend some time this week looking through these books and let me know if there are any recipes in particular that you would like to try.

As always, please don't hesitate to get in touch with any questions, and speak soon!



# Contact Us



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