



Monthly Planner & Newsletter

My **WHY** is where I **THRIVE**

WHY I WANT TO BE MY BEST SELF:

THIS MONTHS FOCUS:

THIS MONTHS CHALLENGES:

August round up...

Wow where did August go!

Well done to all of you attending over the Summer protecting your weight loss journey and stepping closer to your goals.

We kicked off August by discussing tracking, specifically tracking your snacking and the overindulgences you ignore. Your caloric allowance is there to be used on anything you want to, there are many ways to track your calories the main issue is 'DOING' it. Whenever you overindulge its important to track for that positive impact on your weight loss and mindset.

This lead us onto eating out, The most important part of socialising is the company you keep and memories you make. Good food is secondary and should also be acknowledged so TRACK IT! The app has numerous eating out menus and if you can't find what you ate find something similar, a gapping whole in your tracker will only lead to you not tracking the rest of the week! Embrace your red days and focus on the remaining green days and you'll easily build healthier habits to manage the excess of a night or two out!

Mindful eating is a powerful tool when it comes to your weight loss journey, you can lose up to 20lbs in a 12 month period by simply chewing your food more and slowing down, Digestion starts in the mouth so the more you can do up there the better your digestion will be and will help alleviate some digestive issues. We discussed ways to be more mindful, like eating at the table, moving away from your desk (Don't work for free) present food nicely, take it out of your lunch box, wrapper or carton and present it on a plate!

Most importantly SLOW THE FORK DOWN - taste food and taste life it goes to quickly!

The only **WHY** you ever need is **Y****U**

September Step & Cook Tracker



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
30						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29

Total Steps

Tried a new meal

WHATEVER THE PROBLEM THE ANSWER IS NOT IN THE FRIDGE

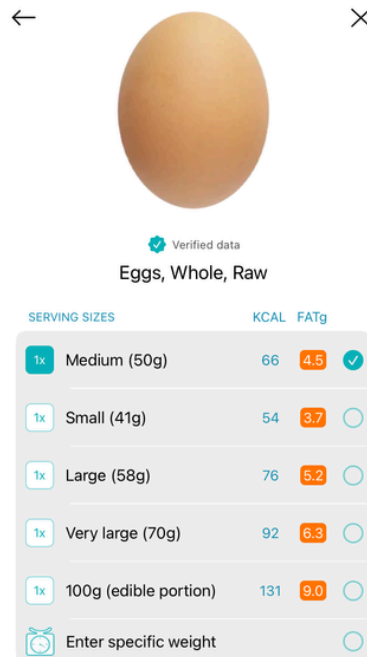
Food for thought...

Honest tracking has been a focus this month and as much as we sometimes find it a right ole drag it takes seconds supports your weight loss and improves your mindset! However lazy tracking leads to haphazard results at the scales - what do we mean by lazy? NOT WEIGHING, using the small medium large function on the tracking app!

Yes its a quick win and better than leaving your tracker blank but when you CAN weigh you SHOULD weigh!



Take this box of eggs, each egg weighs different and not one of them is Small Medium Large or Very Large when you look at the app!



Yoghurt Spiced Salmon with Maast-o-esfenaj

SERVES 2 - 489 CALORIES EACH

250g skinless salmon fillet cut into cubes.

Marinade: 2tbs 0% Greek yoghurt, 1/2tbs garlic granules, 1/2tbs Harrisa paste, 1tsp Turmeric & Paprika, zest and juice of half a lime, 1 tsp olive oil salt n pepper to taste.

For the Maast-o-esfenaj 100g spinach leaves 200g 0% Greek yoghurt 1 clove garlic minced, 2tsp sumac, 3-4 chopped walnut halves, salt n pepper to taste.

To serve: Flat bread of choice (I use Dina's wholemeal) and mixed salad.

Pre heat oven to 200 Line baking tray with baking paper. Mix all marinade ingredients together and add Salmon coating well. Place on baking tray and cook for 10 mins.

Meanwhile make the Maast-o-esfenaj. Wilt the spinach in microwave, squeeze out excess water finely chop and allow to cool. Mix Spinach together with other ingredients. Reserve a few of the almonds and sumac to sprinkle on top. Any left over will keep for 5 days

Spread on the flat bread load up with salad add the Salmon and ENJOY!

REMEMBER TO WEIGH AND MEASURE CALORIES WILL VARY

MEMBER HIGHLIGHTS

287lbs

LOST IN AUGUST

This month we announced the Christmas Ball, our second annual social event. Celebrating and bringing all our members together



For your eyes only we will have the following

♠️ 3 course sit down meal (no Octopussy) with table service

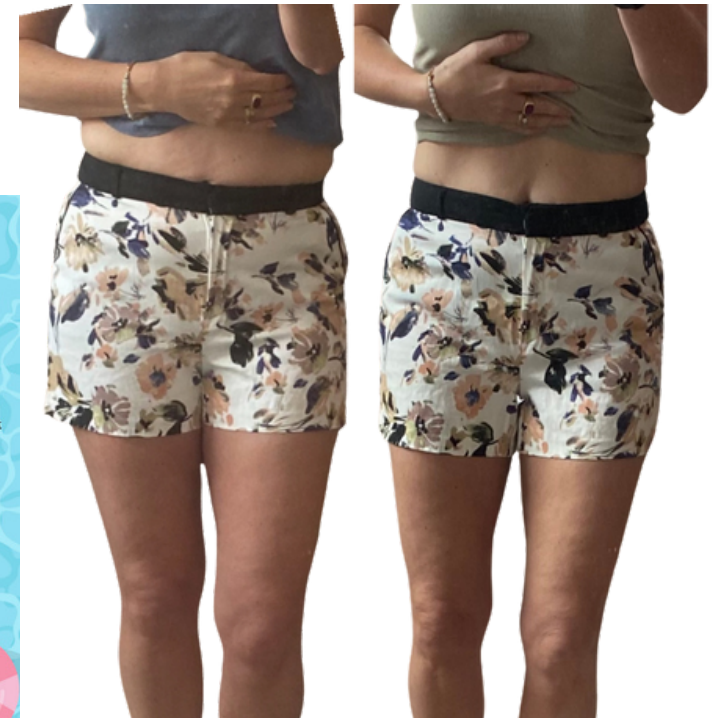
♣️ Fully stocked bar including cocktails shaken not stirred 🍸🍸 Never say Never again 🍸😴🍸 Licence to Midnight

♥️ DJ Shaggy The man with the Golden Discs

♦️ Moonraker it in on the Casino Tables will you have the ThunderBall?

Come and join us for a fabulous evening of food laughter, dancing and gaming - you only live twice so Dress to Impress don't make a Spectre of yourself and we'll party til the living daylights 🎉🎉

Brought to you by KCALS with Love



Meet Claire one of your coaches

As most of you know I lost my weight 17 years ago after having my Son and maintained that 50lbs loss until unbeknown to me I was actually struggling with menopausal symptoms, lack of energy, no focus, brain fog, major anxiety and forgetting simple things like my Sons date of birth (that was a turning point) During this time my exercise had slipped right off (couldn't be arsed) was lucky if I got 4000 steps in a day. Food choices were great but portions crept up and my sweet tooth was a nightmare! Tracking dropped off and resulted in a stone gain! I've been on HRT for 11 month now and I'd say its taken a good 9 months to have full impact. As I started to feel better I got my energy back, got my focus back, started exercising, tracking and managing my portions and over the past 6 weeks I've lost 9.5lbs and dropped 8.5inches My shorts in the picture above were my measure and I'm hoping to feel even better in them in the next 3 weeks with the support of my KCALS TRIBE

If you want it you can do it!

*Never give up on your goals because
of the time it takes to achieve them...*
the time will pass anyway!