



Monthly planner & Newsletter

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

WHY I WANT TO BE MY BEST SELF:

---

---

---

THIS MONTHS FOCUS:

---

---

---

---

THIS MONTHS CHALLENGES:

---

---

---

---

## June round up...

We opened our June sessions discussing Plant-based foods and their benefits for overall health and satiety. These include not only fruits and vegetables, but also nuts, seeds, oils, whole grains, legumes and beans. It doesn't mean that you never eat meat or dairy again, rather, you are proportionately choosing more of your foods from plant sources. Finding your balance with maybe a meat free meal or day to benefit your health and weight loss.

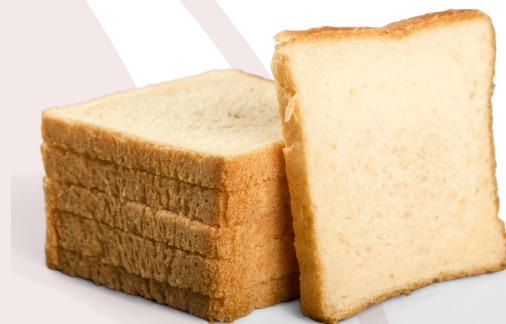
Following on from Plant based food we travelled a world full of flavours taking inspiration from cuisines from around the world, building a meal plan full of vibrant colours and flavours. Enjoying our meals is key to sustained weight loss.

Next we explored Bread! Exploring the supermarket for choice and variety looking for highly nutritious varieties over highly processed ones. Sweet or savoury you can turn it into something that will elevate your plate. Remember! its not bread that causes weight gain its not tracking and portion control that's the culprit

We've rounded off June by asking you to

STEP UP and commit to feel happier and healthier throughout the summer, to look at your behaviours and goals and work towards them with everyone's help.

### USE YOUR LOAF - TOP BUYS



Dina Range - available in Asda and Home Bargains. Pitta bread flat breads and chapatti all under 150 cals.

Aldi Dark Rye Sourdough - higher in cals but high on satisfaction!

Panko Breadcrumbs - perfect in pasta dishes, topping your mac n cheese and basically coating everything for a gorgeous crisp bite!

St Pierre Brioche Loaf 111cals per slice perfect for making an indulgent lower calorie French Toast.

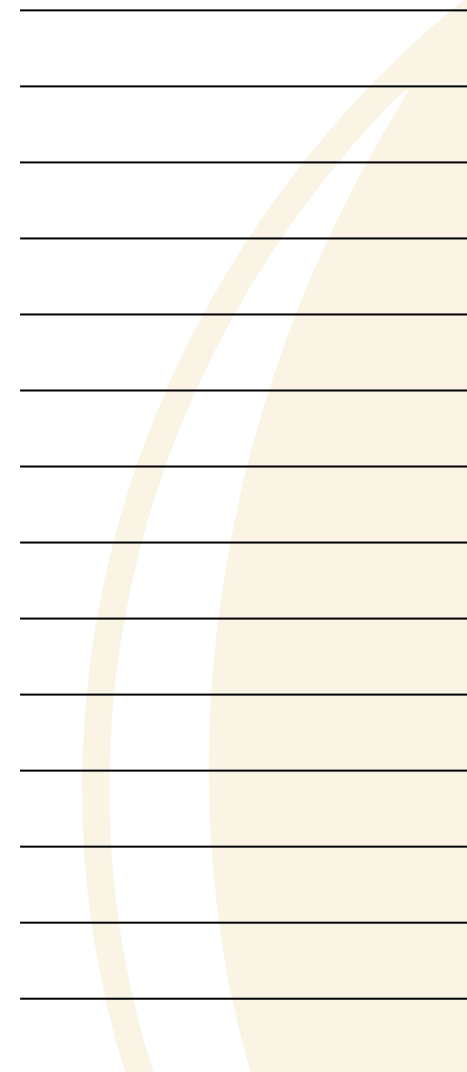
The only **WHY** you ever need is **YOU** 

July 2024

# Notes

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday

## IF YOUR WHY ISN'T BIG ENOUGH, YOUR EXCUSES WILL BE!

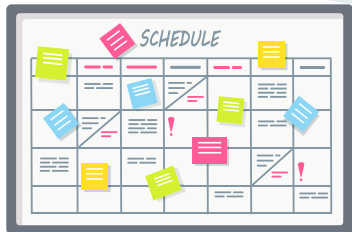


# Food for thought...

Summer can sometimes lessen our resolve and be a challenge for lots of us lots of impromptu socialising, holidays lack of routine BUT it doesn't have to be! Look at the month ahead. Whats happening? Maybe you feel you have lots going on but in reality it's maybe 4-5 things that's a max 5 days out of 31! Put things in perspective it'll manage those negative thoughts and help you stay motivated to reach your summer goals!

**IF YOU CONSTANTLY PUT UP BARRIERS YOU'LL NEVER MAKE CHANGES!**  
**IF YOU MAKE SMALL CHANGES YOU'LL NO LONGER HAVE BARRIERS!**

## FOCUS ON YOUR STRENGTHS AND OPPORTUNITIES



Be organised

Channel your inner domestic God/Goddess and get your cook on! Plan in some simple but tasty meals.



Be accountable! Track everything you'll probably surprise yourself at how well you've managed your calories

Know your goals! **GOALS!** and SMASH them 💪

Move more - Get those steps in and challenge yourself!



Treat your BBQ like a normal meal! You don't need 3 sausages 2 burgers 4 chicken legs 3 slices of French stick and a side of salmon on your plate!

Play with the kids it'll lift your mood and help burn off the ice cream!



Go to your session every week and get support from your KCALS Pals



## Music Bread

MAKES 8 - 75 CALORIES EACH

150g pasta flour 75g semolina 150ml water  
Mix all ingredients into a dough then need for 3-5 mins  
Cover and leave for an hour

Preheat oven to 200

Split dough into 8 balls  
Roll out each ball between baking paper (oil the paper to prevent sticking) to 20cm ovals keep on a piece of baking paper top with salt and rosemary or flavours of your choice.

Cook in oven in batches for 5-7 mins

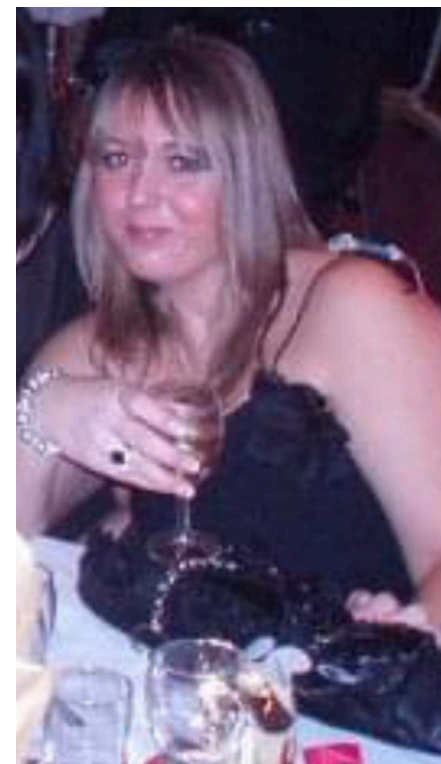
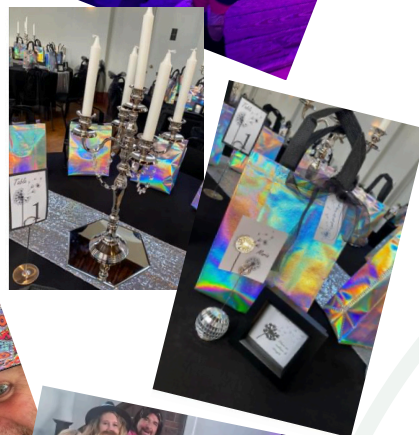
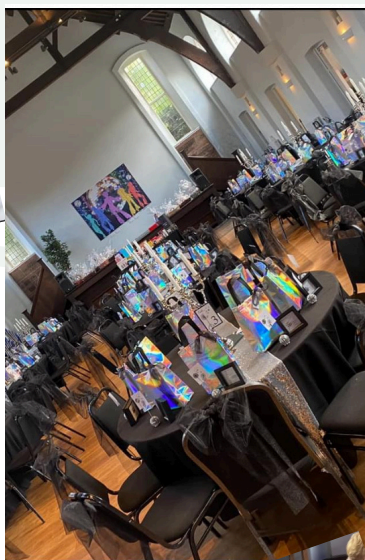
REMEMBER TO WEIGH AND MEASURE CALORIES WILL VARY



## MEMBER HIGHLIGHTS

*Weight loss results for June*

457lbs



*Meet Michelle from our Saturday meeting in Middleton*

KCALs is simply 'The Best'! I was over the moon when Claire & Julie started their business of helping US to be the best we can be... not only physically but mentally too. Lisa added to the fantastic support we have from our wonderful coaches. I joined as soon as it started & was the first to get to goal whoop 🙌 my claim to fame and have maintained ever since! I have been on a diet for my entire adult life but not anymore. This is a lifestyle change & I love it, my whole mindset has changed & I can honestly say I can now maintain but still have a fabulous social life, who'd of thought it! It doesn't end just with our fantastic group classes but so much more - KCALS Balls, Friday Foodie Nights, Sunday live at 5 and not forgetting the amazing KCALS FB page full of inspiring, motivating and like minded people. I love love love it 🥰 Thank you 🙌

June saw us celebrating our 3rd annual Summer Ball, 80's style!  
I think you'll agree you all looked amazing

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