

# How to EAT WELL, WORK WELL

Working hard is no excuse for eating badly! Here's how to make your diet work for you – and watch the weight drop off.



**Y**our days are a blur of business lunches and after-work cocktails – not to mention cake with the girls at the office. Add to that the late nights working on that big project, the resultant shortage of time to cook and yet another takeaway, and it's no wonder your favourite pencil skirt has been feeling a little too snug lately. Fortunately it is possible to eat healthily while still fitting in all your work and social obligations.

## PLAN AHEAD

The key to fitting healthy eating into your schedule is being prepared. When you've got time on a Sunday afternoon, write down your meals and the necessary ingredients for the next week, then use this as your shopping list and do a shop for the week. This may sound time-consuming, but will actually save you time in the long run. Similarly, prepare your lunch for the next day in advance so that in the morning you can just grab and go.

## STOCK UP AT WORK

Make sure you have healthy and easy snacks at hand in your desk drawer to throw together as necessary. These could include:

- John West tuna sachets
- Provitas and/or Ryvitas
- Marmite/ fish paste
- Peanut butter
- Melrose or Laughing Cow low-fat cheese wedges
- Trufruit or S.A.D dried fruit bars
- Raw, unsalted nuts

## STEER CLEAR OF THE CANTEEN

It may be tempting to simply get lunch from the work canteen, but try to avoid it – it's a calorie minefield! Canteen food is almost always dripping in oil. Rather opt for a healthier take-out option (see the diet plan on the next page for ideas).

## FAST FOOD

Choose quick-cooking methods (such as stir-frying) that allow you to whip up a healthy balanced meal in minutes. Another great way to cook quickly but nutritiously is to use a grilling machine – these are great investments as you can quickly grill the food of your choice (e.g. chicken, meat, fish, vegetables, etc.) without having to use much fat.

## BE AN ICE QUEEN

Loads of dishes freeze really well and make great work lunches: think stews, soups, casseroles and even stir-fries. If you're making one of these meals for

dinner, prepare a few extra portions which you can freeze in individual containers and defrost when you don't have the time to prepare something from scratch.

## MAKE A DATE WITH THE TREADMILL

If you find it a challenge to fit exercise into your day, try scheduling it into your diary like any other meeting or commitment. You're unlikely to cancel an appointment with a client because you have other things that you feel are more important, right? Similarly, simply by conferring it the importance of diarising it, you have a much better chance of getting to your 6pm spinning class!

## EVERY LITTLE BIT COUNTS

If you still find it difficult to get enough exercise, try to accumulate exercise in short bouts throughout the day. For example, taking the stairs instead of the lift, going for a walk during your lunch hour, 'power-walking' through a shopping centre instead of strolling, and parking further away from your destination so you can walk the rest (or better yet, leave the car at home) all count.

## THE SEVEN-DAY 'TOO BUSY TO EAT HEALTHILY' HEALTHY EATING PLAN:












• **The meal plan takes into account social arrangements you may have:**

choose the day you want to follow by what you have planned for that day. For example, if you have a breakfast meeting, follow the plan for Wednesday.

• Drink at least eight glasses of water per day. You may also drink up to three cups of tea and coffee per day.

• **The free vegetables in the plan can be eaten in unlimited amounts and include:**

- ✓ Asparagus (tinned and fresh)
- ✓ Baby corn
- ✓ Baby marrow
- ✓ Broccoli
- ✓ Brussels sprouts
- ✓ Cabbage
- ✓ Cauliflower
- ✓ Celery
- ✓ Cucumber
- ✓ Egg plant (brinjal)
- ✓ French salad
- ✓ Gem squash
- ✓ Green beans
- ✓ Green, yellow or red peppers
- ✓ Lettuce
- ✓ Mangetout
- ✓ Mushrooms (tinned and fresh)
- ✓ Parsley
- ✓ Patty pans
- ✓ Radishes
- ✓ Rhubarb
- ✓ Sauerkraut
- ✓ Spinach
- ✓ Sprouts
- ✓ Sugar snap peas
- ✓ Tomatoes
- ✓ Chives
- ✓ Fresh herbs
- ✓ Onions (when used in small quantities)
- ✓ Tinned tomato and onion mix

MEAL	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>BREAKFAST</b>	1 slice seed loaf 175ml fat-free yoghurt 1 tsp peanut butter	½ cup All Bran flakes 1 cup fat-free milk 3 apricots	<b>BREAKFAST MEETING:</b> 1 poached egg served on 1 slice rye or health bread and grilled tomato 1 skinny cappuccino	1 sachet Woolworths Apple & Cinnamon muesli 175ml fat-free yoghurt 1 small banana	½ cup hi-fibre bran 1 cup fat-free milk 1 nectarine	½ cup cooked Oat Bran 175ml fat-free yoghurt 1 pear	½ cup Fine Form muesli 175ml fat-free yoghurt 1 apple
<b>MID-MORNING</b>	2 naartjies 	1 nectarine	1 pear	1 apple 	1¼ cup strawberries	1 small banana	1¼ cup berries 
<b>LUNCH</b>	<b>BUSINESS LUNCH:</b> Grilled fish/chicken breast served with rice or baked potato and steamed veg/side salad 	3 Provitas 4 tbsp fat-free cottage cheese Free veg ¼ avo 	1 pita bread 1 sachet John West tuna Free veg/ salad	½ cup Basmati rice 90g chicken breast Leftover stir-fry from the previous night	1 Nando's chicken pita and Nando's Portuguese salad (ask for any dressing on the side so that you can take only as much as you need)	<b>OUT FOR SUSHI:</b> Miso soup 6 salmon California rolls 3 pieces tuna sashimi	2 mini wraps 4 tbsp reduced fat hummus Free veg 10 olives 
<b>MID-AFTERNOON</b>	1 tbsp nuts (raw, unsalted) 1 orange 	⅔ cup pawpaw <b>AFTER-WORK DRINKS:</b> 1 glass wine OR 1 Bloody Mary OR 1 tot vodka and Sprite Zero	1 tbsp nuts (raw, unsalted) 1¼ cup strawberries	1 tbsp nuts (raw, unsalted) 1 Trufruit or S.A.D dried fruit bar 	1 tbsp nuts (raw, unsalted) 1 nectarine	1 tbsp nuts (raw, unsalted) 1 pear	1 tbsp nuts (raw, unsalted) 1 apple
<b>SUPPER</b>	½ cup brown/ Basmati rice 180g tuna steak 5ml olive oil Free veg 	1 Woolworths Steam Chicken microwave meal Free veg	½ cup cooked bulgur wheat 90g lean beef Stir-fry made from pre-cut Pick n Pay stir-fry vegetable pack and cooked with approximately 2 tsp olive oil	2 slices vegetarian pizza with reduced fat cheese served with a large salad 	½ cup cooked couscous 135g ostrich fillet 5ml olive oil (for cooking) Free veg	<b>OUT FOR DINNER:</b> 200g beef steak Steamed veg 1 glass wine	1 Woolworths Slimmer's Choice meal Free veg 
<b>EVENING SNACK</b>	175ml fat-free yoghurt	½ cup Ultramel Lite custard	½ cup Huberto's Lite ice-cream	175ml fat-free yoghurt	½ cup Ultramel Lite custard	½ cup Huberto's Lite ice-cream	175ml fat-free yoghurt

PHOTOGRAPH: THE BIGGER PICTURE