

# power up your weight loss with *extra easy* **SP**

When you're looking to super-boost your weight loss – whether that's to re-boot your motivation, wave goodbye to those last few pounds to reach your target or see a great result before a special event – we have a **brand new** addition to Extra Easy.

It's called **Extra Easy SP**, and it optimises the **super-slimming** power of **Speed foods** and the **super-satisfying** power of **Protein-rich foods** to the max! There are three easy steps:

## 1 choose your **S** and **P** Free Foods

Fill your plate at each mealtime with **S** and **P** Free Foods, and reach for them first between meals.

- ♥ **Speed foods S** are very low in energy density, which means they have very few calories for their weight. You'll find a long list of Speed foods in the **fruit and vegetables** Free Food lists.
- ♥ **Protein** is the very best way to satisfy your appetite and stay fuller for longer – and because our satisfying **Protein-rich P** foods are all Free Foods too, they're filling and beautifully slimming. You'll spot **P** symbols in the **fish, lean meat and poultry sections**, along with **eggs, beans, peas, pulses and meat replacements**.
- ♥ And because we'd love you to **make meals** from Speed and Protein-rich foods, you also have the whole range of **storecupboard staples** to choose from too – giving flavour and sauciness to your **Extra Easy SP** days!

## 2 choose your **Healthy Extras**

Choose **one** Healthy Extra '**a**' choice and **two** Healthy Extra '**b**' choices each day. And to power-up your weight loss to the max, look out for the Speed food Healthy Extra choices marked with an **S**.

## 3 choose your **Syns**

Enjoy 5-15 Syns as usual!

*hot tip!*



Look out for this symbol in our books and online – it means the recipe is packed with **Speed S** and **Protein-rich P** foods: delicious at any time throughout your weight loss journey, and perfect for when you're following **Extra Easy SP!**



cottage pie with swede mash topping **SP**

## healthwise

For healthy weight management and to ensure the extra nutrients needed, we recommend mums-to-be and 16-17 year old members follow Extra Easy every day, and that our young members continue to follow Free2Go. If you have diabetes and would like to boost your weight loss, please stick with Extra Easy and increase **S** and **P** foods wherever it fits in with your care team's recommendations.

# extra easy **SP** continued...

## How does *extra easy* **SP** power-up my weight loss?

**Extra Easy SP** brings together the very lowest energy dense (the very lowest calorie) foods **S** and the most satisfying **P** foods to power up your weight loss even more! See page 53 to discover more.

## How long should I follow *extra easy* **SP** for?

We recommend you follow **Extra Easy SP** for a week at first. If you love what you're achieving (which we're sure you will) you can continue **Extra Easy SP** days, building in some standard Extra Easy days, to make sure you're getting a beautifully balanced diet. Or just switch to more **S** and **P** foods in your regular Extra Easy days.

## Can I still have other Free Foods on **SP** days?

Absolutely. If you're hankering for a banana or a jacket spud for lunch, go right ahead! But to truly power up your weight loss, stick with **SP**!

## Is there a food diary to help me keep track?

Yes! Your Consultant will be happy to give you a special **Extra Easy SP** food diary – with space for your **S** and **P** **Free Foods**, any other **Free Foods** you decide to incorporate, 1 x Healthy Extra 'a' choice, 2 x Healthy Extra 'b' choices, and your 5-15 Syns.

## healthwise

To keep beautifully hydrated and for general good health, aim to drink 6-8 mugs or glasses of fluid per day. See the list of Free drinks on page 23.

easy chicken curry with  
spicy broccoli and green beans **SP**