

## DeepLake Diet

(For more free information including a more detailed description of the diet, recipes, how to handle drinks and eating out please visit our web site at [www.deeplake.com/diet/](http://www.deeplake.com/diet/))

**Note: before starting any programme of weight-loss, please consult your doctor or other health care professional.**

Forget Atkins. Forget the South Beach Diet. Forget 'Weight Watchers'. With the **DeepLake Diet** you can really lose weight. No gimmicks, no "too good to be true" claims—just a way to **really help you lose weight** and it's **perfect for busy people**. If you want to lose weight as a new year's resolution, get in shape for your bikini or "little black dress", or just want to feel better about yourself, try this diet!

The main point of this diet is so simple: **eat less than your daily calories and fat requirement** (preferably around **1400-1600 kcal**), and you'll lose weight.

### Normal recommended daily calorie and fat intake:

	Women	Men
<b>Calories (kcal)</b>	2000	2500
<b>Fat (g)</b>	70	95

(To roughly convert kcal to kilojoules (kj), multiply by four)

**Eating less is easy.** You don't have to miss out on your favourite food. You can eat potato crisps and high sugar drinks. You can really eat anything you want unless as you eat less than your requirement. By following this diet you'll be able to lose quite a bit of weight. **Here's what you should be eating.**

### Breakfast

You have to eat **cereal**. Cereal makes you feel **fuller for longer**, reducing the temptation to eat unhealthy, high calorie and fat snacks. Next time you feel tempted to buy that double chocolate muffin on the way to work, just remember that even a *small* muffin has around 306 calories and 15.7g fat. That's almost a quarter of a woman's daily fat allowance and over 15% of a man's daily fat allowance. Eat one of the following kinds of cereal (supermarket own brands are just as good, by the way):

- Weetabix (3 biscuits)
- Shredded Wheat (2 or 3 biscuits)
- Kelloggs Fruit and Fibre (a small bowl)
- Nestle Shreddies (a small bowl)

Have semi-skimmed milk with your cereal, and don't drown it in milk. Aim to use just enough milk to make the cereal moist. Or wet the cereal fully but leave most of the milk. Only have water to drink. I recommend a pint glass of water (568 ml). As well as making you feel full, this will also hydrate you properly.

### Morning snack

Don't have this snack for at least 2 and a half hours after your breakfast. So, if you have breakfast at 8:15 AM, don't have your snack until 10:45 AM at the earliest. The later you can hold on, the better. For your snack you should have one of these:

- a small chocolate biscuit (such as a two-finger Kit Kat).
- a small piece of fruit such as an apple, banana or pear.
- a muesli bar (supermarket own brand), but check the nutritional information before buying as it varies quite substantially.

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### Most popular countries

(see [www.deeplake.com/cc/](http://www.deeplake.com/cc/) for full country list and details)

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Australia	61	64%
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China LM	86	65%
France	33	53%
Germany	49	53%
Greece	30	34%
Hong Kong	852	20%
Italy	39	60%
Jamaica	1 876	65%
Japan	81	20%
N Zealand	31	53%
Nigeria LM	234	88%
Portugal	351	62%
Russia LM	7	82%
Spain	34	60%
USA	1	43%

LM = Landline & mobile.

Remember, **check our web site** for the full country list.

\* 'Save' figures calculated by comparing (for national call rate access numbers) BT's standard peak rate national call cost with the respective operator's charge for calling the destination and (for other access numbers) comparing the cost of calling the line with the respective operator's charge for calling for the shown destination. Rates obtained from the BT web site, correct at 20 February 2004. All calls are billed at your telecom provider's relevant 0870, 0871, 0844 and various 0905 call rates. To find out the cost of calling from a service provider other than BT, contact your service provider directly; remember your service provider may have a minimum call or connection charge for all calls. Calling subject to availability. Calls are charged from the time of connection to the Just-dial service—remember to hang-up if the phone is engaged. If calling from a mobile phone remember to only press the call or send button after dialing the access number but not again after dialing the destination number. Terms and conditions apply and are available at [www.just-dial.com](http://www.just-dial.com). Use of the service will be deemed to be an agreement to allow relevant marketing of telecom services to your telephone number. If you wish to not receive any marketing, you can register your telephone number at [www.just-dial.com](http://www.just-dial.com).

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## Lunch

Aim to have your lunch around 1 PM, 1:15 PM or about 4.5 hours after breakfast.

This is where we find out another key aspect of the diet: **'bulking up' on vegetables.**

Vegetables like lettuce, peppers, cucumber, spring onions and so on are healthy but they're mostly water, so have hardly any calories. They do, however, make you feel full. So for lunch you should be having a salad. You can't have any salad dressing, mayonnaise or anything like that on this! Enjoy the vegetables for their own taste! If you really can't live without any salad dressing (though I challenge you to try without), use some vinegar or fresh lemon. I recommend a small portion of salad. 'Small portion' means filling a 500-750 ml container. That's roughly the same size of plastic carton that take-away Chinese food comes in. Here's what to put in your salad:

- lettuce (this should be the majority of your salad)
- peppers (half a pepper)
- cucumber (about 8 or 9 round slices cut about 3 mm thick)
- spring onions (to taste)

Here's the good news: of course I don't expect you to just eat salad for your lunch. You're also allowed a full sugar 330 ml soft drink, a small (25-30g) packet of potato crisps, a piece of fruit and another snack like you had in the morning. You see, this diet isn't that hard, is it?

## Afternoon snack

You really shouldn't have an afternoon snack. This may be difficult at first, but this is an important part of the diet. If you really can't help yourself, have half a muesli bar.

## Dinner

Aim to have your dinner around 6 PM or 6:30 PM. If you have to have dinner later, have a small snack similar to your morning snack in between, but try to minimise this. Dinner is more complicated because there can be quite a lot of variation, and this is when using your own initiative comes in. I can suggest a few set meals but you may not like them or you'll get bored with them. What you should be having for dinner is a small portion of meat or fish with either a small amount of potato or preferably high fibre brown bread. If you're vegetarian, you can have around 200g of pasta or anything else which keeps you below your daily requirement. It's important that you remember that you must **always 'bulk up' on vegetables.** Have plenty of raw, fresh vegetables with your meal. You might not like raw vegetables at first, but there are many benefits: they are more nutritious, you get more water and you don't have to waste your time or energy cooking them!

For recipe ideas, please see our web site at [www.deeplake.com/diet](http://www.deeplake.com/diet).

## Remember the core points of the diet

Eat less than your daily requirement, and you'll lose weight.

**Always** remember to check nutritional information. Some things you discover might surprise you. See our web site ([www.deeplake.com/diet](http://www.deeplake.com/diet)) for some surprising examples!

## Important notice

This diet is available to you free of charge. You are encouraged to photocopy it and distribute it to people in whatever way you want. The diet is free because it is funded by our commercial activities shown on this sheet. If you find the diet helpful you are encouraged to use our cheap international phone calls services, use our Internet access or buy a ringtone.

**Remember—please visit our web site at [www.deeplake.com/diet](http://www.deeplake.com/diet) for much more free information about the diet!**

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**Please see [www.deeplake.com/freecalls](http://www.deeplake.com/freecalls) for a full list of countries and more details!**

\*For this to be free: calls made by mobile phone contract users will utilise inclusive cross network minutes. When all inclusive minutes have been used, calls will be charged at regular cross network call rates (subject to individual mobile phone provider - some providers may charge for these calls - check in advance). Some countries are excluded from this service. The service provider operates under OFCOM licence.

### UK Dial-up Internet Access

Why not sign up to our local rate (0845) dial up Internet? It takes **only 3 minutes** and you don't need to register! Support the diet and use it – see [deeplake.com](http://deeplake.com) for more!

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