

## INDEX – Chapters 1 to 3

<b>Chapter 1</b>	
<b>Pages 1-3</b>	<ul style="list-style-type: none"> <li>• Diet myths disproved</li> <li>• Carbohydrates, fats proteins</li> </ul>
<b>Pages 4-6</b>	<ul style="list-style-type: none"> <li>• Snacking tips and healthier snack choices</li> </ul>
<b>Pages 7-8</b>	<ul style="list-style-type: none"> <li>• Low carb snack recipes</li> </ul>
<b>Pages 9-12</b>	<ul style="list-style-type: none"> <li>• Simple ways to get started with a healthy eating plan</li> <li>• Herbs and spices</li> <li>• 7 Day meal plan</li> </ul>
<b>Chapter 2 – Mediterranean Diet</b>	
<b>Pages 1-6</b>	<ul style="list-style-type: none"> <li>• Foods to avoid, foods to eat, drinks to enjoy</li> </ul>
<b>Pages 6-10</b>	<ul style="list-style-type: none"> <li>• Mediterranean snacks and sample meal plan for a day</li> <li>• Eating at restaurants – different cuisines</li> </ul>
<b>Pages 10-13</b>	<ul style="list-style-type: none"> <li>• Healthier food choices and options</li> <li>• Not so healthy food choices</li> </ul>
<b>Pages 14-15</b>	<ul style="list-style-type: none"> <li>• Dining out or dining out at work functions</li> </ul>
<b>Pages 15-16</b>	<ul style="list-style-type: none"> <li>• Approaching a menu – tips to help you keep your weight down and on track</li> <li>• Alcoholic beverages</li> </ul>
<b>Pages 17-22</b>	<ul style="list-style-type: none"> <li>• Low carb diet suggestions</li> </ul>
<b>Pages 23-25</b>	<ul style="list-style-type: none"> <li>• Beverages in conjunction with a low carb diet</li> <li>• Savvy snacks</li> </ul>
<b>Page 26</b>	<ul style="list-style-type: none"> <li>• Easy to cook snacks</li> <li>• Sample meal plan for a day</li> </ul>
<b>Chapter 3 – Nutritional tips for better health</b>	
<b>Pages 1-2</b>	<ul style="list-style-type: none"> <li>• Maintaining a healthy immune system</li> <li>• Key food products for optimal health</li> </ul>
<b>Page 3</b>	<ul style="list-style-type: none"> <li>• Training fuelling</li> </ul>
<b>Page 4</b>	<ul style="list-style-type: none"> <li>• Healthy meal plan shopping list</li> </ul>
<b>Pages 5-8</b>	<ul style="list-style-type: none"> <li>• Healthy meal plans weeks 1-4</li> </ul>
<b>Pages 9-14</b>	<ul style="list-style-type: none"> <li>• Suggested breakfast, lunch, dinner and quick meal recipes</li> </ul>

## INDEX – Chapters 4 to 6

<b>Chapter 4</b>	
Pages 1-2	<ul style="list-style-type: none"> <li>• Vegetarian and raw vegan diet and one week meal plan</li> </ul>
Pages 2-4	<ul style="list-style-type: none"> <li>• Raw vegan diet and one week meal plan</li> </ul>
Pages 4-5	<ul style="list-style-type: none"> <li>• Gluten free diet and one week meal plan</li> </ul>
Pages 5-7	<ul style="list-style-type: none"> <li>• Dairy free diet and one week meal plan</li> </ul>
Pages 7-9	<ul style="list-style-type: none"> <li>• Sugar free diet and one week meal plan</li> </ul>
Pages 9-11	<ul style="list-style-type: none"> <li>• Healthy, delicious smoothie recipes</li> </ul>
Pages 11-12	<ul style="list-style-type: none"> <li>• Tips for prepping breakfast, lunch and dinner</li> </ul>
Pages 12-13	<ul style="list-style-type: none"> <li>• Preparing for lunch on the go</li> </ul>
Pages 13-16	<ul style="list-style-type: none"> <li>• Desserts and healthy dessert recipes</li> <li>• Dietary fibre</li> </ul>
Pages 16-18	<ul style="list-style-type: none"> <li>• Getting more fibre into your diet</li> <li>• Foods with fibre</li> </ul>
<b>Chapter 5</b>	
Pages 1-4	<ul style="list-style-type: none"> <li>• Motivation and barriers to eating well and exercise</li> </ul>
Pages 4-11	<ul style="list-style-type: none"> <li>• Specialist diets (Celiac Disease and Pulmonary Fibrosis (PF))</li> <li>• Meal plans for special diets</li> </ul>
Pages 11-15	<ul style="list-style-type: none"> <li>• Lynne Scott's at home workout plans and exercises to follow (found in Lynne Scott's YouTube channel)</li> </ul>
Pages 15-18	<ul style="list-style-type: none"> <li>• Diet plan in conjunction with exercise routines</li> </ul>
Pages 18-19	<ul style="list-style-type: none"> <li>• Understanding amino acids and developing good eating habits</li> </ul>
<b>Chapter 6 – Self-help charts and practical guidelines to better health</b> <b>Symptom chart and food log</b> <b>Week 1 - 4 meal plans for breakfast, lunch, dinner</b> <b>Weight loss, healthy eating and diet elimination sheets</b>	
Pages 1-12	<ul style="list-style-type: none"> <li>• Self-help three-part nutrition assessment</li> </ul>
Pages 13-18	<ul style="list-style-type: none"> <li>• Tracking your dietary intake, weeks 1 - 4</li> <li>• Past and present behaviours</li> </ul>
Pages 19-26	<ul style="list-style-type: none"> <li>• Nutritional intake summary forms, weeks 1 - 4</li> </ul>
Pages 27-34	<ul style="list-style-type: none"> <li>• Bowel symptom log and food log, weeks 1 - 4</li> </ul>
Pages 35-38	<ul style="list-style-type: none"> <li>• Elimination diet procedure and a healthy lifestyle plan</li> </ul>
Pages 39-42	<ul style="list-style-type: none"> <li>• Diet plan and guide, weeks 1 - 4</li> </ul>
Page 43	<ul style="list-style-type: none"> <li>• Addressing your concerns</li> </ul>