Get the most out of simply eating well!
Welcome to Lite n’ Easy
...and congratulations on choosing to eat well

Our quick Getting Started guide is designed to walk you through how our meal plans work.

Before we get going, it’s important to note that if you have any special dietary requirements, you can find our full ingredient, nutrition and allergen information at liteneasy.com.au/health.

If you have any health issues, be sure to first consult a health professional.

For over 30 years, Lite n’ Easy has made it easy for Australians to eat well and lose weight. Good luck with your own personal goals and welcome to the Lite n’ Easy family!

In this guide you’ll find:

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Account Details
Take a moment to record your Lite n’ Easy delivery details for future reference.

My delivery day is: ____________________________________________

The closing day for placing my order is 11:00 am: ______________________

Order Online

Step 1: Go to liteneasy.com.au
Step 2: Click on ‘How to get started’ and follow the prompts.

Once your account is set up, you can order any time that suits you.

Email Login: __________________________________________________

Password: ____________________________________________________
Unpacking your delivery

Depending on what you have ordered, your delivery is divided into one or more of the following shopping bags labelled with Breakfasts, Lunches, Dinners and Chilled Dinners as well as the storage instructions to: KEEP REFRIGERATED or KEEP FROZEN.

**Breakfasts & Lunches – REFRIGERATED Items**

Inside the shopping bags marked KEEP REFRIGERATED you will find individual day bags for the breakfast and lunch components. These are all numbered from Day 1 to Day 7.

For convenience, you may wish to pack your day bags into the fridge in the order you will eat them.

**Breakfasts & Lunches – FROZEN Items**

Inside the shopping bags marked KEEP FROZEN you will find some items packed loosely and others packed into day bags.

The loose items will be labelled with the day number they are meant to be used.

**Dinners – CHILLED or FROZEN**

Your delivery may include FROZEN and/or Salad Combo dinners. QLD customers may also receive Salad Choices for dinner. Frozen dinners and the frozen components of the Salad Combo meals will be packed in a bag marked Keep Frozen.

The fresh salad component of the Salad Combo meals will be packed in a bag marked Fresh Dinners Keep Refrigerated. As will the Salad Choices meals for QLD customers.

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**Checking**

Remember to check your Breakfast & Lunch Menu before eating each meal to ensure you have all the components for your meal.

**Frozen Dinners**

Dinner packs are frozen* Do not defrost dinners before you heat them.

**Salad Choices / Salad Combo Dinners**

If your order included Salad Combo or Salad Choices as dinner options, be sure to eat these meals prior to the Best Before date printed on the fresh components of these meals to ensure freshness and quality.

**Extras**

If your order includes extra items such as Mini Meals or desserts, they should be kept in the freezer. Heating and defrosting instructions for these can be found on the packaging.

*Do not defrost dinners before you heat them.

Don’t forget to leave your esky out for collection when your next delivery is made.
Using your menu to prepare your meals

Lite n’ Easy’s breakfast and lunch menus change seasonally. Each seasonal menu consists of four weekly menus.

These weekly menus are rotated (A, B, C, D, A, B, C, D and so on) until the next season’s menu is launched. Rotating the menus like this means you’ll get all the variety you need to stay on track.

Your breakfast and lunch may include a combination of both fresh (refrigerated) and frozen items. Use your menu to help you locate your daily meals. Your choices are printed on your confirmation email.

5 Day Options: For freshness and quality, please choose the 5 days on which you will be eating your food (e.g. if your delivery is on a Friday and you plan to eat Monday to Friday, order days 3-7).

When ordering, check the delivery date to make sure you are ordering from the correct week’s menu.

Day 1 is the day after your delivery arrives (e.g. if your delivery arrives on Tuesday, eat your Day 1 breakfast on Wednesday). For nutritional balance and freshness, it’s important to eat your breakfasts and lunches “in sequence” (Day 1, 2, 3 and so on).

Frozen items are printed in bold red type

When ordering, choose from A “popular” or B “optional” selection. If you do not make a specific choice, the “popular” menu items will automatically be sent to you.

All Lite n’ Easy meal plans have been formulated to include calcium enriched skim milk every day which you will need to provide. All meal plans require 1 cup (250ml) per day.

Main Meals & More

Lite n’ Easy has over 45 delicious dinners to choose from.

You’ll find these in your Main Meals and More booklet. Dinners can also be ordered on their own in packs of 5, 7, 10, 14 and 21.

Frozen dinners can be eaten in any order on any day of the week. If you do not choose your own dinners when ordering, we will automatically select your dinners from our most popular selections.

Check best before date on the Salad Choices and Salad Combo meals.

Heating Instructions

• Storage and heating instructions vary from meal to meal. Please check each individual item for instructions.
• All frozen items should be heated from frozen. Do not defrost first.
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• Frozen dinner meals can be heated in the microwave or conventional oven.
• Frozen dinner meals can be heated in the microwave or conventional oven.
• Microwave wattage can vary. All microwave heating times are based on an 1100w microwave. To check if your meal has heated properly, carefully place your hand under the base of the tray. If you feel any cold spots, microwave for a further 30 – 60 seconds.
What should I return to Lite n’ Easy for recycling?

At Lite n’ Easy, we always want to do the right thing for the environment, but we need your help. By doing these 3 simple things, we can help the world lose a few kilos:

1. **DO RETURN YOUR PLASTIC SHOPPING BAGS & DAY BAGS**
   We can now recycle the plastic shopping bags and day bags supplied in your delivery. Simply ensure the bags are empty and clean, place them all into one of the shopping bags, then place this into your esky for collection. Once returned, we will send the plastic bags to be recycled.

2. **DO RETURN YOUR ESKY**
   Returning your esky in good condition means we can reuse it for future deliveries. If the esky is not suitable for reuse, we send it to be cleaned or recycled into a new one.
   (Please note, in some delivery areas we are unable to collect eskies. Please call 13 15 12 to check that we can collect your esky)

3. **DO NOT RETURN YOUR DINNER TRAYS, PLASTIC BOWLS & OTHER HARD PLASTICS.**
   **BUT, DO**
   recycle these items in your kerbside recycle bin. Make sure you remove any film lids first.
   (Check with your local council for recycling guidelines)

With your help, we can continue to deliver all the convenience and health benefits of Lite n’ Easy and ensure we minimise our impact on the environment.

*If you have any questions, please call us on 13 15 12.*
Confirmation Emails
Each time you order we will send you a Confirmation Email. This will display the selections you have made, your delivery address, date of the delivery and the price. It is important that you check this information carefully to ensure it is correct. Please call us immediately if it’s incorrect.

If you order online, your order will be submitted with a unique “Order” number. We recommend you keep a copy of this number. We will then send you an order acknowledgement followed by a confirmation email. Your confirmation email will also itemise any delivery fee if there is one for your area. Please check this carefully. Your order confirmation is subject to successful payment processing.

Payment Options
You can update your payment details online at liteneasy.com.au or by calling 13 15 12.

Scheduling automatic deliveries
Many of our customers choose to schedule regular deliveries to avoid missing the order cut-off time.

If you choose to schedule regular deliveries, an order will automatically be sent to you if you have not placed your order by the required day and time for your suburb.

To schedule regular deliveries, simply call 13 15 12.

Suspending or cancelling your delivery
All changes must be made by 11am the day prior to your delivery day. If you wish to resume your deliveries on a certain day, we can set an automatic restart date – perfect for when you go away on holidays or business.

You can cancel your delivery by simply logging into your household account and pressing the “Cancel Orders” button on the Welcome Page (please keep a copy of the reference number) or you can call us on 13 15 12.

We will send you a confirmation email if there are any changes, cancellations or suspensions of your delivery.
Our Meal Plans
Designed for flexibility & convenience

With no contracts or joining fees, Lite n’ Easy is designed to be easy and flexible, so you can stop, restart or change to another meal plan at any time.

7 Day Meal Plan
For optimum weight loss results, we recommend the Lite n’ Easy full 7 Day Meal Plan (Breakfast, Lunch, Dinner and Snacks).

You can also select from the following combinations:

- Breakfasts and Lunches only
- Breakfasts and Dinners only
- Lunches and Dinners only
- Dinners only
- Other convenient options

5 Day Meal Plan
Lite n’ Easy 5 Day Meal Plans are ideal if you want the freedom to eat the food of your choice on the weekends. Like our 7 Day Meal Plan, there are various combinations available.

Dinners Only
There are over 45 meals to choose from. Dinners come in packs of 5, 7, 10, 14 and 21.

Visit liteneasy.com.au to see the full range of flexible options available.

Extras
Smaller meals and treats you and the family can enjoy.

**Lite Meals**
Available in packs of 5, Lite Meals are perfectly sized as a delicious lunch or snack that everyone can enjoy.

**Mini Meals**
The perfect size meal for the kids to enjoy. Sold in packs of 4, they’re also a great option for lunch at work.

**Meals in a Bowl**
Great as a lunch, snack or even as a smaller dinner meal. Sold in packs of 5, they also make a delicious, healthy treat for the kids.

**Soups**
Our delicious range of soups are great value and come in packs of 5. You can even combine a soup with another meal if you require more energy.

**Desserts**
Delicious portion controlled desserts for the whole family. Available in packs of 4 with your normal delivery.
Top 10 ways to maximise success on Lite n’ Easy

1. **Exercise**
   - Simply Move More!
   - Choose effective exercise for weight control such as weight bearing exercise (power walking, jogging and aerobics) and interval training, or resistance training.
   - Exercise on most days for at least 40 minutes
   - Exercise at a moderate intensity. You should be slightly out of breath but still able to talk

2. **Be a mindful eater**
   See back cover ‘Mindful Eating’

3. **Drink quality fluids**
   - Drink lots of water
   - Drink a glass of water before a meal
   - Drink water when you feel hungry
   - Flavour water with lime, mint and ice
   - Limit tea & coffee
   - Limit alcohol
   - Avoid soft drink (including diet drinks)

4. **Eat regular meals**
   - Eat breakfast – the most important meal of the day
   - Space your food throughout the day and try not to get overly hungry

5. **If you’re still hungry...**
   - Add more non-starchy vegetables to your meals (e.g. zucchini, tomato, broccoli, carrots, green beans, celery etc)
   - Drink more water

6. **If you plateau...**
   - Remember plateaus are normal!
   - Try different types of exercise
   - Switch your dinner and lunch meals
   - Increase your exercise intensity
   - Get enough sleep
   - Check how you feel, not what you weigh
   - Check your waist measurement rather than the scales
   - Don’t give up!!!

7. **Eating out**
   - If you’re going out, take your Light n’ Easy food with you
   - Choose restaurants that serve healthy options

8. **Support for your journey**
   - Set realistic goals.
   - Track your progress
   - Join Lite n’ Easy’s Facebook or follow on Instagram
   - Hang out with positive people who support your goals
   - Join a fitness group or team sport
   - Consult a health professional if needed

9. **Make good food choices**
   Congratulations! You’ve chosen Lite n’ Easy

10. **Enjoy your journey!**
    - Reward yourself when you reach a goal
    - As well as weight loss, savour the other unexpected benefits: Increased confidence and feeling happier

0.5 kg-1 kg per week is a healthy weight loss goal
Mindful Eating

At Lite n’ Easy we’re passionate about making food as tasty as it is healthy. We also believe that if you take time to enjoy your food, you’re more likely to stay on track. Here are a few tips on making your Lite n’ Easy eating experience a pleasurable one.

1. Check your menu and preparation instructions on labels
2. Present the food attractively on a plate
3. Take notice of portion sizes
4. Always sit down and enjoy your food

5. Focus on flavour & texture
6. Savour every mouthful
7. Chew your food slowly
8. Check hunger fullness scale:
   - Stop eating before you feel overly full
   - Don’t get overly hungry
   - Have a glass of water

Online
Create a household account and order online at www.liteneasy.com.au

Stay updated
Join our Facebook & Instagram pages to get all the latest menu updates, healthy eating tips and motivation you need to simply eat well.

Phone
Call Lite n’ Easy on 13 15 12

ALL ORDERS AND CANCELLATIONS MUST BE MADE BY 11AM THE DAY PRIOR TO YOUR DELIVERY.