Getting Started

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

By making a commitment to eat well, you’ve taken a great step to help improve your health and your quality of life.

By eating the right foods in the right portions, you’ll not only be able to manage your weight, you’ll also help reduce your chances of suffering type 2 diabetes, cardiovascular disease and some cancers by as much as 80%.

Lite n’ Easy can help you feel better, enjoy more energy and help increase your chances of living a longer, healthier and happier life.

Our Getting Started guide is designed to walk you through how your Lite n’ Easy meal plan works. But if you have any questions, please don’t hesitate to call us on 13 15 12 during business hours.

In this guide you’ll find:

1-2 Ordering online
3-4 How to unpack your delivery
5-6 Using your menus to prepare your meals
7-8 Jump Start
9-10 Reordering and flexible options
11-12 Recycling
13-14 Top 10 ways to maximise success on Lite n’ Easy
15 Mindful eating

Ordering online
Ordering Lite n’ Easy online is fast and easy and can be done 24/7. If you haven’t already, why not take a moment now to jump online and set up your Lite n’ Easy web account. Simply follow the instructions below:

Step 1: Visit www.liteneasy.com.au
Step 2: Click on the “Order Now” button then follow the links to set up your online account.
Step 3: Once your account is set up, you can order anytime that suits you. If you ever have any questions though, please call us on 13 15 12 during business hours.

Visit liteneasy.com.au to view all of our flexible options and to place your next order.

Visit www.liteneasy.com.au
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.

Inside your Breakfast and Lunch shopping bag will be a “Frozen Items” menu which will help you identify which loose items go with each meal.

**Dinners – CHILLED or FROZEN**

Your delivery may include Frozen, Fresh Chilled or Salad Combo dinners. Frozen dinners will be banded together or packed in a bag marked Keep Frozen.

Fresh Chilled meals will be packed in a bag marked Fresh Dinners Keep Refrigerated.

Salad Combo meals include a frozen and fresh component.

**Checking your Menu**

Remember to check your Breakfast & Lunch Menu as well as the Frozen Items menu before eating each meal to ensure you have all the components for that meal.

**Frozen Dinners**

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

**Fresh Chilled Dinners**

If your order included Fresh Chilled dinner options, be sure to eat these meals prior to the Best Before date printed on the lid to ensure freshness and quality.

**Salad Combo Dinners**

If your order included Salad Combo Dinners, you will have a frozen and chilled component for that meal. Be sure to eat these meals prior to the Best Before date printed on the chilled salad component.

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

Make sure you store your food at the correct temperature: Refrigerator 4°C / Freezer -18°C
Using your menu to prepare your meals

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 blue type**

When ordering, choose from “**popular**” or “**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.

**Breakfast + Lunch Menus**

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 calorie menus and the ‘Frozen Items’ menu supplied in each delivery to help you locate your daily meals. Your choices are printed on your confirmation email.

**5, 4 or 3 Day Options:** For freshness and quality, please choose the 5, 4 or 3 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).

**Main Meals & More**

Lite n’ Easy has over 55 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 Fresh Chilled 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.
Jump Start

The two week program to help kick start your weight loss journey.

If you selected a Jump Start program for your delivery, this information will help you through your first two weeks.

What’s different about Jump Start?

On Jump Start, your first 2 weeks of Lite n’ Easy combines 5 days of normal eating with 2 days of fasting. On the fasting days, your breakfasts and morning snacks are removed. This combination reduces your average weekly calorie intake by about 600 or 800 calories depending on which pack you chose and gives your body additional time to burn calories on the fasting days.

If you have any questions about Jump Start, please call us on 13 15 12 during business hours.

What’s next after Jump Start?

After your initial two weeks on Jump Start, we recommend you switch over to our regular 7 Day Full Meal Plans with breakfast, lunch, dinner and snacks supplied every day.

By doing so, you’ll not only continue to achieve great weight loss results, but you will also get the FULL nutrition and health benefits of Lite n’ Easy. This includes the recommended 5 serves of veggies and 2 serves of fruit each day.

What if I’m hungry on a fasting day?

It is normal to feel a bit hungrier on days when you are eating less food. Try to schedule your fasting days for when you have lots of distractions so that you’re not thinking about food.

To manage hunger, make sure you are drinking plenty of still or sparkling water, as this will help keep you feeling full.
Ordering your next delivery is simple

<table>
<thead>
<tr>
<th>Online</th>
<th>Phone</th>
</tr>
</thead>
<tbody>
<tr>
<td>Create a household account and order online at <a href="http://www.liteneasy.com.au">www.liteneasy.com.au</a></td>
<td>Call Lite n’ Easy on 13 15 12</td>
</tr>
</tbody>
</table>

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

**Payment Options**

You can update your payment details online at liteneasy.com.au or by calling 13 15 12. If you add other members to your account, you will also need to add the payment details for each member.

**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 including any additional delivery fees that may apply. It is important that you check this information carefully to ensure it is correct. Please call us immediately if it’s incorrect.

**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.

**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
- Lunches only

**5, 4 or 3 Day Meal Plans**

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 55 meals to choose from. Dinners come in packs of 5, 7, 10, 14 and 21.

Visit [liteneasy.com.au](http://liteneasy.com.au) to see the full range of flexible options available.
What can you 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:

01 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.

02 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.

03 RECYCLE YOUR DINNER TRAYS, PLASTIC BOWLS & OTHER HARD PLASTICS

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.
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

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

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

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

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!

Eating out
- If you need to eat out try and choose restaurants that serve healthy options
- Be mindful of your portion sizes

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

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

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

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

Top 10 ways to maximise success on Lite n’ Easy

1. Exercise
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   - 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
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2. Be a mindful eater
   See back cover ‘Mindful eating’

3. Drink quality fluids
   - Drink lots of water
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   - Add more non-starchy vegetables to your meals (e.g. zucchini, tomato, broccoli, carrots green beans, celery etc)
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   - Set realistic goals.
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   - Consult a health professional if needed

8. Eating out
   - If you need to eat out try and choose restaurants that serve healthy options
   - Be mindful of your portion sizes

9. 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

10. Make good food choices
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SIMPLY EAT WELL
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:

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

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