

Blitz the bulge this winter!

Nip seasonal weight gain in the bud with nutritionist
 Suzie Sawyer's winter Fat Buster Diet

Do you find it harder to stick to a healthy diet when the days are so cold? 'Many women tend to be more conscious of their weight in the summer months, then in winter they relax a bit,' says nutritionist Suzie Sawyer (nutritionlifestyle.co.uk). Knowing you can cover up with a big jumper or coat doesn't help, so the pounds

can pile back on. And if you're already carrying extra weight, you don't want to add more. Suzie adds, 'As we enter a new season, it's natural that our bodies crave different foods. Nourishing, detoxifying foods that support the eliminative organs will help strengthen the immune system, release toxins, improve digestion and help you lose any excess weight.'

**Drop
 7lb
 in 7 days**

6 autumn fat buster rules

1 Morning detox

Start each day with lemon (juice and zest), water and fresh ginger (sliced or grated). This will help to stimulate healthy elimination.



4 Snacks

Have once or twice a day.
 * Kale crisps. To make, sprinkle kale with olive oil and bake until crispy.
 * 2 oatcakes with nut butter or houmous
 * 5-6 olives
 * 2 squares of dark chocolate (70%+ cocoa)



2 Eat seasonal foods

Beetroot, garlic, cabbage, onion, leeks, walnuts, broccoli, cucumber, black beans, kidney beans, sweet potato, pumpkin, parsnips, pak choi, kale and squash are all in season. You're spoiled for choice.

5 Top up on vitamin D

Lack of sun, from October to April, means that many of us end up depleted in vitamin D. This makes us more susceptible to illnesses like colds and other conditions like diabetes. Low vitamin D may cause weight gain. Foods high in vitamin D include eggs, mushrooms, fish and wholegrains. Or try a supplement like **Alive! Vit D3 Soft Jells**, £9.99 for 60 capsules, natures-way.com.

3 Try warming spices

Try chilli, ginger, cinnamon and some turmeric.



6 Use a natural sweetener

From coffees to porridge, using a naturally sugar-free sweetener like warming cinnamon can help stop you craving the white stuff.



Healthy EATING

7-day diet plan

DAY 1

Breakfast
Cinnamon and berry porridge. Cook 40g porridge oats with a little coconut milk. Sprinkle with cinnamon and serve with blackberries.

Lunch
Prawn, watercress and rocket wrap. Fill 1 tortilla wrap with 80g prawns, watercress, rocket & 1tbsp hummus.

Dinner
Vegetable chilli. Sauté 1 chopped onion in olive oil. Add 200g mixed beans, ½ tin plum tomatoes, ½ bell pepper, 1 chopped roasted sweet potato, ½tsp cayenne pepper, ½ chopped green chilli, ½ chopped red chilli, garlic, cumin, cinnamon and water. Cook and serve with brown rice.



chopped bell peppers and spring onions. Sprinkle with cayenne pepper.

Dinner
Wild sea bass with broccoli and mangetout. Pan fry 1 fillet of wild sea bass with spring onions, garlic and ginger in some olive oil.

DAY 2

Breakfast
Beetroot smoothie. Blend 1 small beetroot, 1 apple, 1in fresh ginger, 1 carrot and 1tsp of coconut oil with 300ml spring water.

Lunch
Butternut squash soup. Sauté 1 chopped onion in olive oil. Add ½ chopped butternut squash, 1 chopped carrot, ½tsp turmeric, a pinch of Himalayan pink salt, black pepper, grated ginger and water. Cook and blend. Garnish with fresh coriander when served.

Dinner
Grilled chicken, polenta and roasted vegetables. Grill 1 chicken breast. Serve with polenta roasted tomatoes, shallots, courgette and some aubergine.

DAY 4

Breakfast
Green smoothie. Blend 1 banana, 1 avocado, a handful of kale and a handful of blackberries with 250ml of unsweetened almond milk.

Lunch
Mackerel salad. Serve grilled mackerel fillet with a mixed salad (leaves, tomatoes, cucumber, peppers). Dress with lemon and olive oil).

Dinner
Grilled halibut with Jerusalem artichoke. Grill 1 halibut fillet. Serve with roasted Jerusalem artichokes and runner beans.



DAY 3

Breakfast
Mushroom omelette. Whisk 2 eggs with salt and pepper to make an omelette. Fill with sautéed mushrooms. Serve with wilted spinach.

Lunch
Quinoa with black beans. Cook 50g quinoa with ½ can of black beans,

DAY 5

Breakfast
Wholemeal toast with pumpkin seed butter. Blend 100g pumpkin seeds, 1-2tbsp olive oil, salt and honey (this makes 3 servings). Spread on 1 slice of wholemeal toast.

Lunch
Vegetable soup. Sauté onion in olive oil. Add carrot, parsnip, green beans, broccoli, cauliflower, garlic, salt and pepper, 300ml vegetable stock and water. Simmer until done.

Dinner
Asian stir-fry. Fry pak choi, cabbage, bamboo, garlic, prawns and cashews in soy sauce and sesame oil. Serve with some wholegrain rice noodles.



DAY 6 & 7

Repeat any two days

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