



FREE BONUSES INSIDE
to guide you through!

**FREE 4 WEEK
KICKSTART CHALLENGE**

Starting August 9th, 2023

Eat Yourself Sexy

*with Chef
Mel Alafaci*



Are you ready to become your sexiest self?

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Action Plan





Every great success story began with a great plan. Let's work on yours!

Here's your action plan for your 4-week Eat Yourself Sexy Challenge.

Once this new way of healthy eating becomes your normal every day way, I recommend you keep going (with nice naughty cheat days thrown in once a week) so you really do live happily ever after.

Aiming for 6 days planned and healthy and 1 day off will make this so much easier.

It's important that food like cakes, chocolates, alcohol and high fat sugary items do become TREATS and that you avoid having them every single day. Remember, you are what you eat, and your beautiful body will only do what it's told.

It's time to do something for YOU. Time to cherish and value YOURSELF.

So, give your body healthy, beautiful food and it will give you a healthy beautiful, sexy YOU! You deserve to feel good EVERYDAY. Mindful eating will change your life. When you actually MIND what you eat and are aware of eating for nutrition, success will follow.

Remember, before starting any new health or weight loss program, it's essential to consult with a healthcare professional to ensure it's appropriate for your individual needs and health condition.

Week 1

LET'S GET STARTED! YAY!

I'm so excited for you and thanks for joining my challenge.

- **Join the Eat Yourself Sexy Group on Facebook:** For inspiration, support and fun.
- **Set Clear Goals for YOU using the questionnaire:** Determine your specific health and weight loss goals. Make sure they are realistic, achievable and time-bound.
- **Take Measurements:** Don't panic, you are going to love seeing your weekly progress. And remember, if you have a BAD unplanned cheat day, you can re-commit and get right back on track!
- **Record your starting weight, waist circumference, hip circumference and other relevant body measurements:** Use these measurements to track progress throughout the challenge.
- **Clean Up Diet:** Start by cleaning up your diet. Remove processed foods, sugary beverages and unhealthy snacks from your pantry. Stock up on whole foods like fruits, vegetables, lean proteins and whole grains.
- **Create a Meal Plan:** Plan your meals for the first week, ensuring they are balanced and nutritious. This will help you avoid impulsive eating and make healthier choices. Try get your whole family involved; it will be so much easier. Use my mix-and-match recipes that I share in the FaceBook group.
- **Go shopping:** Take the shopping list and get your healthy food into your fridge, pantry and freezer.
- **Do your weekly food prep:** Get chopping. Having healthy chopped and ready food is going to save you time and effort and help and encourage you to really get nutrition into your beautiful body. This is one of the most important and exciting changes you can make to your new Eat Yourself Sexy Lifestyle. Being prepared and having prep done WILL give your superpowers.

Week 2

START EXERCISING!

Begin with moderate-intensity exercises: like brisk walking, swimming, or cycling.

For at least 150 minutes per week.

Week 2

INTENSIFY THE EFFORT!

- **Increase Exercise:** Gradually increase the intensity and duration of your workouts. Incorporate strength training exercises to build lean muscle mass, which helps with fat burning.
- **Monitor Progress:** Check your weight, measurements and fitness improvements regularly. Use a journal or a mobile app to track your food intake and exercise routines.
- **Stay Hydrated:** Drink plenty of water throughout the day to support your metabolism and overall health.
- **Avoid** sugary drinks and excessive alcohol consumption.
- **Get Adequate Sleep:** Aim for 7-9 hours of quality sleep each night. Sufficient rest is crucial for weight loss and overall well-being.

Questionnaire

How do you feel RIGHT NOW?

It's important to stop for a while and have a real heart to heart with yourself.
We have to see where we are to know where we want to be.



MOOD



CURRENT WEIGHT



SKIN



HEALTH



FITNESS

How would you like to feel on a daily basis?

What is your goal weight?

You have to have an idea before you start. Be realistic and don't be too hard on yourself.

What one item of clothing have you stopped wearing because it doesn't make you feel good or just doesn't fit anymore?

Write a list down and get them back out...you WILL wear them again.

Organise Your Wardrobe



Listen up. This is about to get fun. I promise.

I know this might be an overwhelming task but you owe it to yourself. You owe it to the new you, the future you, and I promise you will feel SO amazing afterwards.

It doesn't matter what time of the year you do this, but clean out your wardrobe. Take everything out and give it a good tidy. This will help you feel in control AND while you are in there I want you to set aside three to five outfits that you have stopped wearing and that you have been hiding at the back of the wardrobe or in a drawer because you just can't face that they don't fit anymore. But do you know what that means?

It's good news. It means that somewhere deep inside you KNEW that you were going to claim yourself back. You KNEW that you were one day going to get yourself into the right frame of mind to succeed with your goals.

So get those outfits out. Try them on. Even if they don't fit, just try them on. Take a photo. Every two weeks on your eat yourself sexy journey you are going to try them on again and guess what? One sweet day, that suit or that dress or that pair of jeans, is going to be back on that gorgeous body of yours. Having these garments in full view will give you the motivation and the courage you need to get you through the hard times. And there will be hard times.

When hard times hit be prepared, don't give up. Hopefully by now you have joined the EAT YOURSELF SEXY group on Facebook...if not do it now. We are all here waiting to support you every step of the way.

Your Fridge, Freezer & Pantry

Nothing, and I mean NOTHING, says 'I mean business' like sorting out your fridge, freezer and pantry. These are literally YOUR supply chain buddies to get as much healthy food in front of your happy face as possible. It's time to start using these to their fullest capabilities. It's time to feel fresh and in control.

Pantry

Spring clean your pantry, pay particular attention to things that are out of date. Sniff your nuts and your spices... stale pine nuts or a cinnamon from 1996 that you have kept for the last six moves will not be sexy anymore. Regift your old spices or throw them in the bin. YOU deserve better. Also make sure all your oils, tins and everything else is in date, and make sure you know what you have in those long forgotten drawers and cupboards.

Fridge

I have a fresh take on how to arrange the fridge and boy does it differ from the manufacturer's vision. It differs a LOT. Don't worry about doing this if you don't have the same problem I had. Over the years I have realised that to me, and in my life (and again this might NOT be the same for you) is that those crisper trays and veggie drawers are where my fruit and veg go to die. It's because I can't see them, they aren't in my face when I open those doors and the lights go on. The amount of times I have gone to the fridge only to discover that my lettuce is limp, or that I've bought two more salad packs and have forgotten that there were three already there and now they are slimy and I've wasted all that fresh produce got too depressing and annoying. And yet, there the mustards and the pickles were with PRIME spots and how often did I use those? Almost never.

So here's how I have done it. I took everything out, I cleaned it all and started with a clean slate. I put the don't-use-often things like the jars, the jams the tubes and the condiments in the drawers and the trays. I put the eggs and the cheeses and those more-than-a-few-days shelf life things in the trays and the drawers too. I also keep my flour, baking powder and nuts in the trays...I live in a hot, humid climate and my rices, pastas, flours and nuts do not last for months and months on the pantry shelf, so I gave those a new home in my sparkly clean fridge. By doing this I have literally saved myself a fortune and am not longer swearing profusely and cursing those damn weavils and moths.

The top shelf is the coldest, so I put my yogurt, cream cheeses, cottage cheese, fresh chicken or salmon or ham or mince, whatever I have out for the next few days to cook up. The next few shelves are adorned with my veggies. They are the FIRST thing I see when I open that fridge...it's like my conscience and also I can tell what needs to be used first because if I have done my prep and chopped veggies for the next few days, I can see what needs to be used first.

Freezer

I have the freezer in the kitchen allocated to things like frozen veggies, bulk nuts, bulk spices, bulk flour, frozen meat, frozen ready-made meals from previous prep for the nights I don't feel like cooking, ice for smoothies and drinks. If you buy nuts and grains etc in bulk which is cheaper, use your freezer to extend the shelf life by months if not a year!

Preparation Is Everything



Set aside some time to do some prep.

We are going to chop and prepare some healthy choices so that when you're too busy, too tired or running late, you can reach for a planned healthy option. You owe it to yourself to put some effort in. If you're not good at chopping and it stresses you out, use your food processor or do yourself a favour and sign up for my free knife skills course. It's time you learnt how to handle a knife. It's time you learnt how to be efficient. It's time you learnt how to be happy.

Once those salad packs have been used up in your first few days of the Eat Yourself Sexy Challenge, it will time to chop up the head of broccoli, the cabbage, carrots, capsicums/peppers. So, invest in some good airtight containers in various sizes.

Keep your chopped veg separate or together depending on your personal preference, but make sure you do it.

You can't eat yourself sexy if you don't have healthy stash in the fridge.

NOW LET'S GET CHOPPING!



Shopping List



Fresh Produce & Pantry

Fresh Produce

Buy what looks good or buy on sale. Shop for the next three to five days. Quantity depends on how many in the family you'll be cooking for. This is based on a family of four so adjust as you need.

- 3 salad packs either pre made or buy the bulk leaf pack (these are for the first few days so you don't have to prep, once these run out you have your whole veggies to chop and use)
- 1 kg tomatoes or 2-3 punnets cherry tomatoes OR Capsicum or both
- 1 head broccoli or 2 packs Brussel Sprouts
- 1 kg red or pink onions
- 1 kg sweet potatoes
- 1 whole red or wombok or green cabbage
- Also get some avo's and your choice of lemons or limes
- 1 dozen large free range eggs

Pantry

Check your Spices, Oils, Mustards, Vinegars etc for sexy dressings. We are also going to need some sweet treats!

- Tinned chopped tomatoes
- Fresh Cumin, Coriander, Paprika, Turmeric, Curry powder, Salt & Pepper
- Fresh Olive Oil, A Vegetable oil of your choice
- Mustard (grainy or Dijon etc.)
- Balsamic vinegar, White balsamic
- Kewpie or whole egg mayo
- 90% Dark Chocolate
- Cocoa, Cocoa Nibs
- Coconut Shredded
- Chia Seeds
- Almond Meal
- Vanilla Paste
- Protein Powder or Whey Powder (check the side panel. We want high protein (75+%) low carb (less than 8% as a rough guide.)

Fridge & Freezer



Fridge

We are going to mix and match these, so just get your favourites.
Get just enough for you OR buy for the family.

- Smoked Salmon
- Ham
- Fish Portions
- Chicken breasts/tenderloins
- Steak
- Mince
- Cream Cheese
- Feta
- Cheddar Cheese
- Plain Yogurt

Freezer

Even though I buy fresh portions of these,
it's handy to have frozen portions too, so stock up.

- Frozen Fish Portions
- Frozen Mince
- Frozen Chicken
- Frozen Veg (spinach, broccoli and others you enjoy)