

# Intro

## Foreword

### **Leading weight-loss groups is such a rewarding career!**

Helping a person transform in the ways she desires. Watching a person become happier and more beautiful, like a flower reaching its peak bloom. Earning an income and endless gratitude for your work as a group leader.

I can't think of a better career in the world. This book is the first and only guidebook that teaches you how to lead a weight-loss support group.

Is it your dream to have an exciting, satisfying career that can help you control your weight? This book you are holding is the first step toward realizing that dream. I accompany you every step of the way, and in turn you will help others realize their dreams.

## How it all started

Up until the age of 42 I was overweight – I was a chubby baby, a plump little girl, a heavy teenager, a fat college student, and an overweight young mom. At the early age of 12, I began to seek out diets. I would desperately attempt any diet I heard about, even the most extreme fads. Always motivated at the beginning, I would follow the diet to a tee, losing 6 to 8 pounds (3 to 4 kilos) within the first few weeks only to fall off the dieting wagon and eat everything



in sight. At the end of these binges, I found I had regained all my weight and then some.

This cycle of losing and gaining weight affected how I felt about myself and my abilities. It ate away my self-esteem. With my extra weight, I was embarrassed to leave the house and go out with friends.

I wanted to be thin so badly that I bought into all sorts of scams, even a pair of pants that supposedly made you sweat and lose weight. I even dreamed about having intestinal parasites.

It all started by chance. After the birth of my third son 30 years ago, I was 35 pounds overweight. An idea came to me – perhaps I could have more success dieting with the support of a group. I gathered some friends who shared my same struggles, and we agreed to meet once a week at my home. Every meeting I would hand out a weekly menu, and the group would weigh in, share ideas about how to overcome temptations, and mostly laugh a lot. We all lost weight. Evidently, the sense of warmth, the small-group atmosphere, and the mutual support helped us achieve our weight-loss goals and keep the weight off long-term.

Without any advertising at all, friends of friends approached me to ask if I would start a new weight-loss group. I hesitated at first, but eventually agreed. The word got out that there was a group where everyone successfully lost weight, where the leader called if you missed a meeting, and where people noticed if you had a bad week and needed encouragement.

There was demand to start more and more groups.

But the path to success was anything but simple. It frightens me today to think about how I began leading the first weight-loss group without any understanding of how people make changes in their lives or which weight-loss menus can be followed in the long run.

My method developed through trial and error. If I had only gotten ahold of this book, I would have spared myself many mistakes!

Our menu is based on the Mediterranean diet, which emphasizes large quantities of vegetables for breakfast, lunch, and dinner. The menu has been altered many

times throughout the years, according to the groups' outcomes. I removed fruit salad, rice, and quinoa from the menu after I saw that participants didn't lose weight during the weeks these foods were included. Since the majority of my clients are working women, I put a lot of effort into ensuring that meal preparation would be simple and time efficient.

Over the years, I read all the self-help books I could get my hands on, and these books helped me to create the meeting syllabi. Group participants also contributed wonderful ideas that appear in many of these syllabi.

I developed exercises that helped participants stay motivated after the meeting and maintain healthy eating habits during the week. And I spent a lot of time pondering over questions like "what inspires people to make changes in their lives?", "what motivates participants to attend every meeting?", and "how can meetings become interesting for participants, or even make them laugh?"

Not all meeting syllabi stuck with me over the years. But if participants lost weight the week after our meeting, I always kept that syllabus.

I learned not to allow people to join a group after the first meeting because only in this way could we create a warm environment that enabled mutual trust and support.

I learned that I have to stop participants from sharing and focusing on their failures, after a particularly dominant woman went on and on about the frozen cookies she ate straight from the freezer. This woman didn't lose any weight, and her group's achievements were especially low as well.

I summarized all the important principles I discovered during my 30 years of leading weight-loss groups and included the syllabi for the first five weeks (the most important) in this book.

Your desire to support others and maintain your own weight led you to buy this book and read it up to this point. All that's left is to start your first group.

*Don't hesitate - just do it!*

Best Wishes,  
*Yaffa Kosloff*

## THE NUMBERS SPEAK FOR THEMSELVES

- ♥ **30 years** of leading weight-loss groups
- ♥ **80,000** excess pounds shed thanks to the Kosloff Method
- ♥ **6-month** waitlist to join a group
- ♥ **180-pound** individual record for weight loss in a group
- ♥ **50%** of participants who lost weight using my method have maintained their weight long-term
- ♥ **15 leaders** using the Kosloff Method

## How to use this book

The five meeting descriptions in this book are written in the spoken language participants would hear in my weight-loss group and contain everything said aloud during the first five sessions.

Read the meeting description and accompanying tips thoroughly before conducting each of your own meetings. Summarize the content for yourself and outline it using the section titles.

Each of the five meetings includes an exercise and menu.

It is important to read all of the book's addendums before your first meeting, in order to understand certain ideas developed throughout the book. (For example, what is the secret contract between the leader and group participants?) You will also get important tips like how to download printer-friendly versions of the exercises and menus from our website and how to adapt the menu for participants who require more calories.



This hourglass symbolizes reaction time. The icon means: "Now give the group time to think, react and brainstorm."

# Meeting 1



## Private weigh-in

At the first meeting, I weigh each participant, write down her weight on a pre-prepared card, and sincerely wish her success with a big smile.



## Getting to know you

Hello, good evening. Everybody in this room is here to lose weight and to learn to eat healthy.

To successfully lose weight, you must do five simple things, nothing complicated, that each and every one of you is capable of doing. Before getting into these five things, let's start with a quick "getting to know you"

## Additions to Meeting 1

TIPS

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exercise that will help us get better acquainted with each other. Tell us your name and the main reason you want to lose weight. Take a minute to think. Introduce yourself and finish the following sentence: "I want to lose weight because..."

*Afterwards I introduce myself, trying not to be overly humble. I like to mention that I am not a dietician and that I actually have a bachelor degree in statistics and a master's degree in economics. Finally, I describe my long journey to the Kosloff weight-loss method. As a group leader, be sure to share positive things about yourself. Talk about the days when you were overweight and unsuccessfully tried to lose weight, to build the participants' connection with you.*

## Five rules for dieting success



Anyone who decides to join our group must embrace the following five rules for success.

*Point to the five fingers on your hand.*

1

### Rule 1

#### ATTEND EVERY MEETING

Actively participating in our support groups creates magic. **People have an exceptional ability to change when they are part of a group.** We're inspired to successfully change behaviors because everyone is working towards one common goal. To be part of this magic, attend each and every meeting.

Knowing without question that you'll be weighed every week at the mandatory meetings will definitely affect the way you eat. Before reaching for a cookie, you'll tell yourself, "Am I crazy? I'm going to be weighed in three days!"

Anyone who cannot attend a meeting during the first month should schedule a private appointment with me to make up the missed meeting.

# 2

## Rule 2

EAT HEALTHY, ENJOYABLE, CALMING,  
AND SATISFYING FOODS

**Hunger is the biggest enemy of weight loss.**

Our strongest natural impulse is to eat when we're hungry.

**What types of food should you eat to lose weight without starving yourself?** ⌚

**Lots of vegetables.** There is no better trick for losing weight. Eating lots of vegetables allows us to maintain weight loss over a long period of time by feeling satiated, without our stomachs grumbling even once throughout the day. Our diet includes quiches, roasted or stir-fried vegetables, and terrific salads. This is what I call **feel-good** food. Why does this food make us feel good? Precisely because it is delicious when we eat it, and an hour later a pleasant and relaxed feeling still lingers. Our behavior makes us feel good emotionally, and nourishing our bodies with healthy, calming, and satisfying food makes us feel good physically.

By preparing meals from the recipe sheets, you'll discover which vegetable recipes you like most, and these will likely stay with you for a lifetime. Each week you will receive some new vegetable recipes, which generally have enough servings to last for several days.

Preparing all of the recipes should take about 15 minutes a day. However, it is possible to lose weight even if you invest less time in preparation. Take half a bag of prewashed, ready-to-eat salad, place it in a nice bowl, add 10 cherry tomatoes, season with salt, pepper, and olive oil, and top it with 7 ounces (200 g) of protein such as chicken, fish, or cheese. An easy and delicious dietetic meal that only takes five minutes to prepare!



# 3

## Rule 3

### DO NOT SKIP ANY MEALS

If I were to pass out a questionnaire to all of you sitting here, asking you about your eating habits, we would learn that almost everyone eats the same way. In the morning, we don't eat anything because we're rushing and we don't feel hungry. Later at work we're too busy to feel hungry so we either eat a light snack or nothing at all. The thought even crosses our minds, "Wow, amazing! I'm losing weight." Yet as soon as we walk through the door at home, we start eating everything in sight. We eat a ton, first savory then sweet, but nothing calms our hunger. We find ourselves hungry over and over again for savory then sweet foods. Instead of losing weight, we find that we've actually gained a pound in a month.



#### Why do we gain weight eating this way? ⌚

The body has its own mind, called the primitive brain, which controls many physical processes. For example, when we eat something spoiled, the body's primitive brain causes stomach cramping that triggers vomiting. When we barely eat during the day, the primitive brain thinks we're on the verge of dying of starvation.

#### What are you in the mood to eat after a long day? Do you feel like eating a salad or something else? ⌚

If you barely eat anything all day, the primitive brain triggers cravings for high-calorie foods and fast! You will have a strong desire to eat fried foods or



processed foods high in fat, such as pizza, take-out food, or sugary foods like chocolate and cake.

**When there is a conflict between the rational brain that desires weight loss and the primitive brain of our stomach, who wins? ⌚**

**The primitive brain always wins!**

What can we do? Do not skip any meals.

**There are five daily meals:**

- 1. Breakfast**, which you should eat soon after waking up.
- 2. 10 a.m. light meal**
- 3. Lunch**
- 4. 4 p.m. light meal**
- 5. Dinner**

After eating throughout the day, we arrive home relaxed, full of the patience and energy we need to prepare ourselves a healthy meal.

Sitting down to a meal that consists of protein and salad, we enjoy every bite. We think to ourselves, "Why don't I always eat salad? It's so delicious!" The reason you've never wanted to eat salad is that you've been too hungry.

Remember: there is a direct connection between skipping meals during the day and overeating.

At work, we are faced with other challenges. A fellow employee has a birthday and at 3:00 in the afternoon a 16-layer, 1000-calorie piece of cake descends



unexpectedly onto your desk. If you haven't eaten much, all the self-control in the world won't help. You'll devour the entire piece.

**Come evening, do you even remember that piece of cake?** ⌚

Yes, you'll swear that you haven't had anything to eat since the morning. Who remembers a piece of cake gobbled down in a second that only left a craving for more?

Your behavior is entirely different if you have already eaten breakfast, a 10 a.m. light meal, and lunch by the time the cake arrives at your desk. Your personality has changed. You demonstrate self-control, telling yourself, "I'll never put this trans-fat infused junk into my body." After tossing the cake in the garbage, and hiding it under a few papers, you pull out the sandwich or apple you brought from home as a wonderful feeling of control washes over you. Nothing could be sweeter than this victory.

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## Rule 4

### EXERCISES FOR CHANGING THOUGHT PATTERNS

Each week you will be asked to practice a daily one- to five-minute exercise. These exercises are so simple that some people think they cannot possibly be effective. Even if the exercise sounds silly, please do it. You'll discover how it influences the behaviors you want to change. But it's impossible to discover how the exercise influences you without trying it. Coming to the group without practicing the simple exercises is like being accepted to the Basketball Champion League and refusing to practice shooting.

5

## Rule 5

### 30 MINUTES OF DAILY EXERCISE OR WALKING

Research on people who lost weight and managed to keep it off show that these people added daily exercise to their schedule. Yes, **every day**.

**Why does exercise help with weight loss?** ⌚

Physical activity has many helpful benefits for weight loss and maintaining your new weight.

Your body burns calories during exercise and continues to burn them at rest because your metabolism improves. Exercising keeps you out of the kitchen and away from food. High-intensity exercise releases endorphins that make you feel good. After high-intensity exercise, hunger is decreased for half an hour.



If you already exercise for an hour every day, that's enough. However, if you exercise twice a week, you should add half an hour of walking on the other days.

If you have a physical limitation that makes walking difficult, you can do 10 minutes of seated exercise three times a day. Another option is walking for 15 minutes twice a day. Thirty-minute workout classes can be found on the internet, such as Pilates, yoga, or another type of moderate exercise. Incorporate walking into your daily routine. Just as you would never skip brushing your teeth before bed, even if you're dead tired, never ever skip your daily walk.

## The leader's commitment

Anyone who shows up at the next meeting is essentially announcing to herself, the leader, and the entire group that she agrees to the five rules: attend all group meetings, prepare vegetable dishes, eat all of the daily meals, practice the simple exercises, and walk at least 30 minutes a day.



As the group leader, I promise that anyone who follows all five of these rules **will lose weight and learn to eat healthy**. I promise to be available for phone consultations when you encounter difficulties. I promise to provide support and encouragement from beginning to end, until you reach your goal.

**Payment:** *Now it's time to talk about membership fees. Yes, I know talking about money is awkward, but we have to talk about the price for joining the group.*

## Weekly Exercise

### FINDING YOUR FEEL-GOOD FOOD

The simple exercise for this week is to write down everything you eat, the time you eat it, and how you feel afterwards.

Weight loss is certainly our goal. However, in order to keep the pounds off we have to learn to eat feel-good foods. What is a feel-good food? Definitely not some sugary treat that leaves you craving for more and feeling unsatisfied. Rather, it's delicious food that even an hour later leaves us free from thinking about eating, thanks to the pleasant and relaxing feeling in our bodies.

Writing down what you eat creates self-awareness about hunger, satiation, and feelings of relaxation. Hopefully you won't deviate from the menu, but if you do, make note of this too. Likewise, write down whether or not you enjoyed each meal. Every person enjoys different foods from the menu. You can only know if the meal left you feeling hungry or satiated after an hour, because sometimes feelings of satiation come much later.

# Clarifying menu topics

*Do not hand out the menu yet.*

## UNLIMITED VEGETABLES

All vegetables are "free" on our diet, meaning that you can eat as much as you want, except for potatoes, sweet potatoes, peas, avocado, and corn, which are not considered vegetables.

You can always prepare a salad or vegetable soup as an extra boost when you feel hungry. Since all vegetables are unlimited, if the menu lists a tomato and cucumber salad, you can certainly prepare a cabbage and carrot salad or any other salad instead.

## CARB DETOX

**Some of you may be eating lots of carbohydrates every day, such as sugary snacks or cake or lots of bread, or...? ⌚**

*Wait for the group to add other carbs and then fill in pasta, potatoes, and even fruit.*

You might experience withdrawal symptoms for two days. Detoxing from carbs is not like detoxing from hard drugs. But it is common to have a light headache or dizziness during the first two days. Or you might feel terrific. If you have a headache or feel dizzy, eat a few cherry tomatoes because these also contain



carbohydrates and can calm you down a bit. Everything will be easier after the first two days.

## CAFFEINE

Whoever generally drinks several cups of coffee with milk will notice that there is no milk included in the diet plan. Next week I will give a detailed explanation of why and how much is allowed, but for now you can add 1 tablespoon of milk to each cup of coffee, up to 4 tablespoons a day. Measure them exactly. If you are used to drinking a lot of coffee, you are addicted to your daily caffeine intake. Withdrawal symptoms from caffeine are much stronger than those from carbohydrates: intense migraines, dizziness, fatigue, and a general feeling of unwellness. Since we don't want people detoxing from carbs and caffeine in the same week, add 1 cup of strong black coffee, without milk, for every 2 cups of Nescafé that you eliminate.



## LIGHT BREAD

The first ingredient listed on the light bread you choose should be whole wheat flour. The number of calories per slice must be no more than 45. Light bread is made from flour that contains more protein, making it easier to slice into thinner and airier pieces and also more satiating. If you cannot find light bread where you live, substitute one slice of light bread with half a slice of whole wheat bread containing up to 90 calories. Likewise, if you avoid gluten and eat other types of flour, you should eat half a slice instead of one slice of light bread. All bread substitutes, such as crackers and rice cakes, do not satiate at all, so do not eat these on the diet.

## TWO SANDWICHES

If you regularly come home from work after 3 p.m., you will have to eat lunch on the go because otherwise you'll come home famished. Two sandwiches made



with light bread are the perfect substitute for lunch, which can be conveniently eaten at work or while travelling. The sandwiches don't have to be measly – on the contrary, they should be feel-good and satisfying. Each sandwich can be filled with 50 calories: two slices of cold cuts, or one slice of feta cheese, or a spoon of cottage cheese, or half an egg, or a quarter avocado. Add lettuce or arugula leaves, radishes, cucumbers, or any other vegetable.

It is mandatory to eat at least four vegetables in addition to the sandwiches. Alternating between one bite of sandwich and two bites of vegetables, you'll be satiated. Men can fill each sandwich with 100 calories.

## GETTING READY FOR A LONG DAY

If you leave the house early in the morning for the entire day and you have to drop off your kids at school or daycare, don't fool yourself into thinking you'll be able to successfully prepare your food in the morning. Before going to bed, prepare food for the next day and leave it in the refrigerator, including breakfast, lunch, and the 10 a.m. and 4 p.m. light meals. An entire bag of food! In the morning, just grab the bag before leaving the house.

## MENU

*Now it's time to hand out the menu sheets.*

You may choose one day out of the menu plan and use it for the entire week. Next week, there will be more daily diet options to choose from.

## Any questions?

*It is important to explain all the instructions before allowing members to ask questions. If anyone has a question, just say, "questions at the end!"*

*Generally there is not enough time for all of the questions, so I ask participants to call me during the week to discuss them over the phone. Make sure to end the meeting on time, as respect for other people's schedules is appreciated.*

*Some of the participants have likely promised to be home by a certain time.*

*It's also not a good idea to answer questions about particularly specific problems. Just smile and say, "Let's talk about this problem tomorrow over the phone." Write down the person's name so they'll understand that you really intend to call.*

## Farewell at the end of the meeting

Let's say you decide to learn Italian because you plan to travel to Italy for a month next year and you really want to speak Italian fluently. You sign up for an intensive Italian course that meets four times a week, with an extra two hours of homework after each class. The course progresses quickly, so you can't miss any classes. Whoever makes this huge investment in studying Italian will be able to speak fluently within a year. Clearly, if this is your dream it can definitely be fulfilled, but only after a lot of hard work. The weight-loss journey and the process of learning new eating habits are just like learning a foreign language. There are thousands of simple tricks to learn in our group – that's why it's so important not to skip any meetings. You will have to invest an hour a day in practicing the exercises, preparing food, and walking. Just like an Italian student, whoever puts in the effort will succeed. Losing weight is a dream that can definitely be fulfilled.

I promise you all that anyone who invests this hour every day will successfully lose weight.

Best of luck to everybody!





# Week 1 Tips

## What to bring to Meeting 1

- 1 | Personal weight log for each participant
- 2 | Medical liability form
- 3 | Exercise – three log sheets for each participant
- 4 | Week 1 menu for each participant
- 5 | Your summary of the meeting's content
- 6 | Pens or pencils

*To download the exercise and the menu please go to the chapter: How to print the exercises and menus in a print friendly version for free :)*

## How to motivate during Week 1

**Personal attention** makes our group different from others. The day after the first meeting, I start calling group members. **I call everybody during the first week** to ask them how it's going and if they have any questions. The most overweight members, who will definitely find the new menu difficult, get a call the very next afternoon. This is often when they almost lose control, and the call keeps them on course.

### **The call has a few goals:**

- To answer specific questions about the diet.
- To motivate members if difficulties arise. If a member has been getting

headaches, ask whether or not she reduced her coffee intake. Be sure to mention that the headache will only last for two days and then the pain will subside. If a member has followed the diet but overeaten a little, I encourage her to continue. On the other hand, if someone hasn't followed the recipes, eaten the daily meals, written down what she ate, or walked, I advise her to make an effort to stick to the diet plan over the next few days. **If she fails to make the effort, she shouldn't attend the next meeting.** Someone who doesn't change any behaviors during the first week will not change habits later on. She may think this was a special week (her mother-in-law was sick, she had to work extra hours), but it will soon become clear that every week is a special week.

**Telephone calls** – I emphasize at the meeting that I like it when people call or WhatsApp me, and I let them know the best times to call. Everybody is welcome to call with problems big and small. I say something like the following: “Even if you are at the supermarket debating whether or not to buy a certain product, call me. And it goes without saying that you should call me in the middle of crisis. I can't always answer the phone, but leave a message and I'll call you back as soon as possible.”

## Extra Topic

### THE PROJECT

I know that the majority of you work and are busy 16 hours a day – that you've done the math and realize this project will take almost an hour a day. You're probably saying to yourselves, has this lady Yaffa Kosloff gone crazy? Where does she think I'll get an extra hour every day? Who does this grueling diet? My answer is that **if you stick to the diet, the extra hour will create itself.** You will be more energetic, refreshed, and focused throughout the day. You'll need less sleep because as soon as your head hits the pillow you'll fall into a wonderfully deep slumber. The best part is I'm not talking about something that will happen in the distant future after you've lost 40 pounds. You will feel wonderful within just one week.

Please don't leave today with the impression that this diet isn't for you. Decide now to stick to it for one week. If you follow the diet for one week, you'll be

pleasantly surprised to see all kinds of positive changes in your life. You'll feel energetic and relaxed, but most importantly, you'll be convinced that it really isn't that complicated to follow the diet. Some of the things you were so worried about will simply go away by themselves.

I wish you all the best of luck and remind you that I'm always here for you.

## Learn from my experience

### ANSWERING QUESTIONS

At the first meeting, there are usually some participants who have tried many diets in the past. They know that green olives are not vegetables, and it's boring for them to listen to all of the questions. On the other hand, there are some participants who have never been on a diet before. Everything is new, complex, and complicated to them, and they can't absorb all the information. In order to accommodate both audiences, it is important that the lecture be uninterrupted. Leave about 15 minutes at the end of the meeting for questions and ask anyone who still has questions to call you.

Answers to frequently asked questions can be found on the menu as well as on our website: [www.ykosloff.com/en](http://www.ykosloff.com/en)

### SUBSTITUTIONS

In the first groups I led, I was really nice and agreeable, and I allowed members to substitute foods upon request. A 17-year-old girl named Michelle told me she ate cereal every morning. She explained that she would only eat half a cup of cereal with water on the diet. I made some quick calculations and approved the substitution. Michelle didn't lose any weight. The story of failure to lose weight with substitutions repeated itself many times. I learned my lesson the hard way and at the members' expense: someone who starts the day with some cereal, a small cookie, or a cup of orange juice will not lose weight.

As a leader, you will be asked to approve substitutions: a whole-wheat cracker, rice cake, or some cereal instead of the light bread. Members will ask to replace an apple with a peach or plum, or a slice of bread and jam for the 4 p.m. meal.

Remember, the customer paid money to lose weight – don't give in to the customer's cravings!

The answer to all substitution requests is NO! But promise that they'll be able to substitute foods in the future. I tell them to ask again at the tenth meeting, but in the meantime the answer is no.

It is important to promise that these foods will not vanish altogether. Calm them down by saying that we're just eliminating some foods for 10 weeks. Your goal as a leader is to have them stick to the diet perfectly during the first two months. Only someone who eats our tailor-made, satisfying, and calming meals for two whole months can understand the calmness, happiness, and satiety resulting from this exacting diet. Members will feel their cravings for sweets gradually diminish as the days pass. The more precisely a member follows the diet, the easier it is to keep sticking to it.

## Medical Liability

Our diet is healthy, good, and balanced, but I do not want to be liable if the participant has a medical problem that requires a different diet. At the first meeting, I immediately have each person sign a form which states:

I am aware that this diet, like any other diet, must be carried out after consultation with my doctor. At the bottom of the page, there is a place for the participant to fill in her name, email address, signature, and the date.

## Story Time

### THE ANGRY PARTICIPANT

A few years ago, a nice-looking and put-together woman named Liz came to one of my groups. Toward the end of the first meeting, I handed out the menu sheets. Liz briefly looked over the menu and then angrily burst out, “There is nothing to eat here, this is total starvation, I never eat breakfast, I barely have time to drink a cup of coffee. Besides, how will I survive without dessert on the weekend...”

I waited patiently until her outburst was over. Wiping my glasses, I smiled nicely at Liz and the group, took a deep breath, and finally told them: “Liz said something important. In fact, Liz did us a huge favor by voicing the concerns shared by so many others in the group. Liz is afraid of failure. She’s afraid the process will be too hard. Apparently she has had lots of bad experiences with diets in the past and has lost a lot of money on those diets. Her anger also comes from the fact that she doesn’t want to make changes and give up the foods she loves. Next week, if she attends, Liz will be calmer and nicer. If she follows our healthy eating plan for one week, she will see that the menu is very satiating and she will not be starving all the time. Also, her weekend won’t be ruined without dessert.”

Liz did come to the second meeting. After this extremely unpleasant start, it was surprising to see Liz be so nice and supportive during the group meetings. It was as if she had become a different person. Liz regularly attended meetings for six months, lost 30 pounds, and looked fabulous. At least 20 members joined my groups afterwards thanks to Liz’s warm recommendations.



**At the first meeting it is normal for one of the participants to get angry.**

She will complain in unpleasant tones: the group is too big, the room is uncomfortable, the diet is unhealthy, there's too much protein included in the diet, there's not enough protein, etc.

Trying to understand this angry participant allows you to remain calm. The person in question is terrified of the diet. She is so afraid of failure that she is anxiously trying to find a serious reason to drop out.




Most importantly, do not get irritated and do not by any means try to justify and explain the amount of protein or the problematic room. Referring to the problems the participant raises will not calm her fears. You can reassure her that many people feel this way at the first meeting and nevertheless succeed and enjoy the group.



Occasionally during this first meeting, there is someone who demands that I adapt the diet to something essential in her life, such as eating cake every night. I answer, "if you do not change your eating habits, your weight will not change."



# Week 1 Exercise

WEEKLY FOOD DIARY

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Morning							
10.00							
Noon							

16.00				
<b>Evening</b>				
<b>Exercise</b> Walking, swimming, yoga, pilates				
<b>Drink</b> 8 glasses of water				


**Don't skip meals**

**Find your feel-good foods**

**Exercise every day**






# Week 1 Menu

WRITE DOWN EVERYTHING YOU EAT &  
HOW YOU FEEL AN HOUR LATER

## DAY 1

**BREAKFAST**

- ♡ Beverage: coffee, tea, water
- ♡ 2 slices of light bread
- ♡ 2 tablespoons 2% low-fat cottage cheese
- ♡ Tomato and cucumber slices

10:00 AM ♡ Beverage and yogurt

**LUNCH**

- ♡ Beverage: coffee, tea, water
- ♡ 1 slice of light bread
- ♡ Greek salad from the island of Cyprus (recipe included)

16:00 PM ♡ Beverage and apple

**DINNER**

- ♡ 1 slice of light bread
- ♡ Maya's salad (recipe included)
- ♡ 3 ounces of tuna fish (80g) or 1 egg

sport



## DAYS 2, 3

**BREAKFAST**

- ♡ Beverage: coffee, tea, water
- ♡ Red pepper and arugula
- ♡ 2 slices of light bread
- ♡ 2 tablespoons 2% low-fat cottage cheese

10:00 AM ♡ Beverage and yogurt

**LUNCH**

- ♡ Beverage: coffee, tea, water
- ♡ Kosloff cauliflower salad (recipe included)
- ♡ 1 slice of light bread

16:00 PM ♡ Beverage and apple


**DINNER**

- ♡ Honey-mustard salmon or chicken breast (recipe included)
- ♡ Oven-roasted green beans (recipe included)


sport



**DAYS 4, 5**

BREAKFAST	♡ Beverage: coffee, tea, water	<b>sport</b> 
	♡ 2 slices of light bread	
	♡ 2 tablespoons 2% low-fat cottage cheese	
	♡ Tomato and cucumber slices	
10:00 AM	♡ Beverage and yogurt	
LUNCH	♡ Beverage: coffee, tea, water	
	♡ Radish, corn, and walnut salad (recipe included)	
	♡ 1 slice of light bread	
16:00 PM	♡ Beverage and apple	
DINNER	♡ 1 thigh or 2 drumsticks of lean chicken (cooked without skin)	
	♡ Pepper delicacy (recipe included)	
	♡ Vegetable salad	

**DAYS 6, 7**

BREAKFAST	♡ Beverage: coffee, tea, water	<b>sport</b> 
	♡ Omelette made with 1 egg and 1 teaspoon oil	
	♡ 1 slice of light bread	
	♡ Tomato and cucumber slices	
10:00 AM	♡ Beverage and yogurt	
LUNCH	♡ Beverage: coffee, tea, water	
	♡ 3 ounces of tuna fish (80g)	
	♡ Maya's salad (recipe included)	
	♡ 1 slice of light bread	
16:00 PM	♡ Beverage and apple	
DINNER	♡ Oven-roasted green beans (recipe included)	
	♡ 5 ounces (150g) chicken breast or turkey breast	
	♡ 1 slice of light bread	

- ♡ **Snack on fresh vegetable sticks and cherry tomatoes between meals**
- ♡ **Eat up to 2 cups of vegetable soup per day**
- ♡ **Lunch and dinner can be switched**
- ♡ **Drink beverages without added milk or sugar**
- ♡ **Eat at least 2 cups of vegetables at lunch and again at dinner**
- ♡ **One tablespoon of oil per day is mandatory**
- ♡ **During the first week ONLY, you may add 2 slices of light bread per day**

# Recipes

## Greek salad from the island of Cyprus

### I AM IN LOVE WITH THIS SALAD

 | ONE SERVING

#### INGREDIENTS

- ♡ 2 tomatoes
- ♡ 3 cucumbers
- ♡ 1/2 yellow pepper
- ♡ 4 black olives
- ♡ 3 ounces (80g) of 5% feta cheese, cubed

#### DRESSING

- ♡ 1 tablespoon oil
- ♡ 1 tablespoon lemon juice
- ♡ Salt and pepper

#### PREPARATION

- Cut the vegetables into large pieces.
- Mix the dressing ingredients in a cup.
- Pour the dressing over the vegetables and mix well.
- Garnish with cubes of feta cheese



# Maya's salad

**MAYA'S SALAD + LIGHT BREAD + PROTEIN = PERFECTLY BALANCED MEAL**

 | **ONE SERVING**

## INGREDIENTS

- ♡ 3 cups vegetables (you may use a pre-washed bag of lettuce, carrots, cabbage, and arugula)
- ♡ 4 mushrooms, sliced
- ♡ 5 walnut halves, unroasted
- ♡ 10 cherry tomatoes

## DRESSING

- ♡ 1 tablespoon olive oil
- ♡ 1 tablespoon lemon juice
- ♡ 2 tablespoons soy sauce
- ♡ 1 crushed garlic cloves
- ♡ 2 fresh basil leaves sliced into thin ribbons
- ♡ Dash of coarsely ground pepper

## PREPARATION

- Mix the dressing ingredients in a cup.
- Pour the dressing over the salad.
- Mix well and add walnuts.



# Kosloff cauliflower salad

 | TWO SERVINGS

## INGREDIENTS

- ♡ 1 medium-sized cauliflower
- ♡ 2 stalks of celery
- ♡ ½ small red onion
- ♡ 4 tablespoons chopped walnuts, unroasted
- ♡ 2 tablespoons dried cranberries

## DRESSING

- ♡ 1 tablespoon soy sauce
- ♡ 2 tablespoons balsamic vinegar
- ♡ 2 tablespoons water
- ♡ 1 tablespoon date honey
- ♡ 1/3 teaspoon salt and dash of black pepper



## PREPARATION

- Thinly slice the outer cauliflower florets with a knife, turning the cauliflower until it is “shaved” on all sides and bits of cauliflower fall into a bowl. Use the remaining cauliflower core for soup.
- Chop the celery into small pieces and mince the red onion. Add both to the cauliflower bits.
- Mix the dressing ingredients in a cup and pour over the vegetables. Mix well.
- Add dried cranberries and walnuts.

# Honey mustard salmon

 | ONE SERVING

## INGREDIENTS

- ♡ 7 ounces (200g) of salmon or chicken breast
- ♡ 1 teaspoon honey
- ♡ 1 teaspoon soy sauce
- ♡ 1 teaspoon mustard

## PREPARATION

- Defrost the fish or chicken in the refrigerator.
- In a deep dish, mix the dressing ingredients.
- Marinate the fish or chicken for 20 minutes.
- While it's marinating, heat the oven to 350°F (180°C).
- Remove the fish or chicken from the marinade and place it on a baking pan lined with baking paper. Bake uncovered for 20 minutes.





## Oven-roasted green beans

 | TWO SERVINGS

### INGREDIENTS

- ♥ 14 ounces (400g) French green beans
- ♥ 1 tablespoon olive oil
- ♥ Thyme and rosemary
- ♥ Salt and pepper to taste
- ♥ 5 garlic cloves, unpeeled

### PREPARATION

- Spread a bag of frozen green beans on a baking pan lined with baking paper.
- Sprinkle a tablespoon of olive oil, spices, and garlic on top of the green beans.
- Gently mix the green beans to allow the oil and spices to spread evenly.
- Roast for 20 minutes in the oven, pre-heated to 350°F (180°C).



## Pepper delicacy

 | TWO SERVINGS

### INGREDIENTS

- ♥ 4 bell peppers, cut in strips (use an assortment of colors)
- ♥ 1 tablespoon olive oil
- ♥ 1 crushed garlic clove
- ♥ Salt and pepper to taste

### PREPARATION

- Heat oil in a large skillet and sauté peppers over high heat until they begin to blacken.
- Add garlic and spices. Cover and steam for another 15 minutes on low heat, or until the peppers soften.

# Radish, corn, and walnut salad

**THIS LUNCH IS SO FILLING THAT YOU WILL FORGET FOOD EXISTS FOR FOUR HOURS**

 | **ONE SERVING**

## INGREDIENTS

- ♡ 3 cups of cut lettuce plus 1 cup baby greens
- ♡ 5 fresh mushrooms
- ♡ 2 radishes, diced
- ♡ 10 cherry tomatoes
- ♡ ¼ cup corn kernels
- ♡ 3 ounces (80g) feta cheese, cubed
- ♡ 8 walnut halves, unroasted

## DRESSING

- ♡ 1 tablespoon olive oil
- ♡ 1 crushed garlic clove
- ♡ 1 teaspoon mustard
- ♡ 1 teaspoon balsamic vinegar
- ♡ 1 teaspoon sugar
- ♡ 1 tablespoon water
- ♡ Salt and pepper to taste

## PREPARATION

Mix the dressing ingredients in a cup and pour over the salad.





# Frequently Asked Questions

## WHAT CAN I USE TO SUBSTITUTE A TABLESPOON OF OIL?

One tablespoon of oil per day is necessary because oil is essential for digestion and absorption of calcium and some vitamins from food. The best oil to use is olive oil, but you may also use canola oil, sunflower oil, or sesame oil. It is also possible to substitute 1 tablespoon of oil with half a medium-sized avocado, 1 tablespoon tahini, 1 tablespoon mayonnaise, 10 olives, or 12 almonds. This tablespoon of oil is not for frying. It should be added to salad or steamed vegetables (after cooking). This tablespoon of oil is a daily requirement in addition to any oil that is called for in our recipes.

## WHICH VEGETABLES CAN BE EATEN UNLIMITED?

Almost all vegetables are "free vegetables" and can be eaten unlimited. If you have a meal that includes tomato and cucumber, it is only a serving suggestion. You can replace the tomato and cucumber with any other vegetable. Free vegetables include artichokes, arugula, asparagus, baby greens, bean sprouts, bell peppers, broccoli, Brussels sprouts, cabbage, carrots, celery, cucumber, eggplant, fennel, garlic, kohlrabi, leeks, lettuce, mushrooms, okra, onions, tomatoes, radishes, and zucchini.

The following vegetables are limited to 7 ounces (200g) per day: green beans, pumpkin, and beets.

The following are not considered vegetables: potato, sweet potato, corn, peas, and avocado.

## ARE THERE ANY ALTERNATIVE OPTIONS FOR LUNCH OR DINNER?

**LUNCH OR DINNER** can always be a salad and/or steamed vegetables, with one of the following protein options (weight is after cooking):

- OR** 7 ounces (200g) of chicken without fat, such as chicken breast, drumsticks, or thighs. Cook or bake the chicken without the skin.
- OR** 7 ounces (200g) of fish, such as salmon, tuna, trout, mullet, or any other type of fish.

- OR** 5 ounces (150g) of red meat without fat.
- OR** 9 ounces (250g) of 5% soft white cheese.

**LUNCH** can include a salad or cut up vegetables and cherry tomatoes with two sandwiches made with light bread. Each sandwich can be filled with one of the following options:

- OR** Two slices of cold cuts
- OR** Half of a hard-boiled egg
- OR** 1 tablespoon of 5% soft white cheese
- OR** Thin slice of 9% yellow cheese
- OR** 1.5 ounce (40g) of tuna fish
- OR** Quarter of medium-sized avocado

## WHAT SHOULD YOU DO IF YOU HAVE A QUESTION AFTER 11 P.M. AND IT'S TOO LATE TO CALL YOUR GROUP LEADER?

Simply go to our website: [www.ykosloff.com/en](http://www.ykosloff.com/en) On the homepage, you will find a link to frequently asked questions. There you'll find answers about alternatives to cottage cheese, yogurt, and apples, as well as substitutes for light bread, what to do if you want to drink coffee with milk, and many more tips and ideas.

### CHECK IF YOU SUCCEEDED TO:

- ♡ Prepare the recipes
- ♡ Write down everything you ate and how you felt an hour later
- ♡ Eat all five daily meals
- ♡ Walk 30 minutes every day

If you didn't manage to meet at least three of the four goals, try to rejoin one of our groups in the future.

**REMEMBER, OUR LEADERS ENJOY YOUR PHONE CALLS. PLEASE CALL US ABOUT ANY PROBLEM, BE IT BIG OR SMALL.**

**Good luck!**