

I tried it...

READER'S FOOD GUIDE

... THIS MONTH: ...

COLOUR-FAST PROGRAMME

Every month, one *Simply* You reader will **TRY A DIFFERENT DIET**, and give you a full and honest guide to the good and bad bits and whether it can help you keep the weight off for good...

TESTED BY:
TRACEY HAMMOND, 54

ABOUT OUR TESTER: Tracey is a health and safety manager who has been struggling to lose weight

TRACEY'S SCORE

COST £40 per week

SUCCESS *****

EASY TO MAINTAIN



I feel so much better because of the diet



Research shows that gut health can impact our ability to lose weight. Certain foods such as sugar and processed items can be harmful to gut bacteria, and habits such as snacking can put excess pressure on the gut.

That's why we were interested to hear more about the Colour-Fast programme, a diet plan devised to ensure a healthy gut and immune system. The programme avoids snacking, and includes a long fast between dinner and breakfast.

We spoke to Tracey who tried the diet and shared how she got on...

Colour-fast: The rules

Foods are divided into the following groups...

Green foods (vegetables, fruit, beans and pulses): seven to eight portions a day

Pink foods (starchy foods such as bread, potatoes, pasta and cereals): one to two portions a day

Blue foods (fats and protein such as dairy, meat, fish, nuts and seeds): one with every meal

Red foods (alcohol and high-sugar, heavily processed foods): avoid

• Have three meals a day. No snacks between meals -



BEFORE
14st



Me (right) with my sons and sister

too late a dinner to ensure my body could fast before breakfast.

But I didn't find that hard at all, and if I did have a late dinner, if I was working away or meeting friends for example, I just had a later breakfast the next day.

How did I get on?

» I'd been struggling with my weight for years, suffering joint pain and bad sleep.

I just couldn't understand why I wasn't losing weight, as I was eating healthily and punishing myself in the gym, doing two HIIT sessions and three spin sessions a week!

I've since realised that my gut health wasn't great. Stopping snacking and having a long overnight fast has completely helped, as it allows my gut to rest. I also realised I would eat when I was bored, and reward myself with food or alcohol.

Now my whole attitude to food has changed. The colour system is so easy to follow, and I enjoy filling up my plate with nutritious food, never feeling deprived. I have the odd treat, but now a little is enough to keep me satisfied - I'll have a G-T if I'm celebrating instead of polishing off a bottle of wine!

Best of all, I've stuck to the diet and lost three stone, going from a size 18 to a 12. I've dropped inches from all over my body, especially my bum, thighs and hips. I've swapped intense workouts for yoga and kettlebell classes, which I enjoy and are good for my joints.

The diet is a way of life now. I'm feeling better than I did 10 years ago!

To find out more

Go to theplacebodiet.co.uk/ / colourfast

drink water instead.

» Have an early dinner and late breakfast to fast your body and let your digestive system rest. Stick to the same fasting window, eg if you have to eat dinner an hour later than normal, have breakfast the next day an hour later.

» The more colour on your plate, the better for your gut health!

The good bits:

» This plan was so simple and easy to use. I got sent charts which set out the colour-coded food groups and I ticked off a box as I had a portion during the day - I called it food bingo!

It was a great way of tracking what I ate. The recipes were simple and delicious and it was easy on a budget. The programme recommends 'tapping' as a way of beating cravings and I found this so useful that it became second nature.

They also provide meditation tapes which help keep you on track. Within a few days I was sleeping better and I lost weight quickly and consistently - which I was very happy with!

Downsides:

» I'm struggling to think of any! I had to bear in mind meal times, and not have

TRACEY'S DAILY DIET

Breakfast



Lunch

» **Breakfast:** Feta omelette with an avocado or a home-made smoothie

» **Lunch:** Soup or healthy pizza

» **Dinner:** Stir-fries, vegetable curry or Nando's!

» **Side:** Veggies



Dinner



Side dish



» **TELL US YOUR DIET:**

Have you tried a new food plan recently? We'd love to hear how you got on! Please email inbox@simplyyoumagazine.co.uk