

## The Lean Team “No Doubts Diet”

This short guide provides information for people who would like to lose substantial amounts of weight and achieve remission of type 2 diabetes, like the participants in the DiRECT study.

The DiRECT study used the Counterweight-Plus formula diet, of nutritionally-complete shakes and soups, exclusively for about 12 weeks, providing about 825 calories per day which can result in weight loss of over 15 kg (2 and a half stones).

Here we provide a suggestion for how you could try to mimic the findings in DiRECT, with a food-based approach. This is for people who cannot access, or don't think they could tolerate, the Counterweight-Plus diet.

We have deliberately kept the plan very simple. Consistent research is showing that variety of food choices leads to greater consumption. At this stage, we are trying to avoid too much choice as it is likely to make you hungrier, increase cravings and thinking about food. Part of the success of the programme used in DiRECT was that participants had a complete break from conventional foods.

We have based the plan on a calorie intake of 830 calories per day. Increasing that to 1000 or even 1200 calories per day would still allow you to lose the weight, albeit a little more slowly.

If you add extra foods, or take ‘days off’ the **No Doubts Diet**, it will take longer to lose the weight and it can be hard to get back on track when you have interrupted your momentum and rekindled your tastes for “off plan” foods.

The meals are based on the staples of porridge, soup and bread. Soup can be prepared in advance for several days, and kept in the fridge or frozen. It often tastes better the following day after cooking. The more you can batch cook and prepare in advance the easier it will be. Feel free to add any herbs and spices that you can find – they don't contain calories.

The **No Doubts Diet** contains almost all the vitamins and minerals you need, so it should not be necessary to take any extra supplements in 12-weeks. If you continue longer, a multi-vitamin might be advisable. Do not eat less than what is recommended as this will affect your nutritional status.

Keep up your usual activity level, but do not try to make big increases in your physical activities until after you have lost the weight.

In the DiRECT study, people stopped taking medications for type 2 diabetes and high blood pressure before starting the diet, as rapid weight loss can cause sudden falls in both blood glucose and blood pressure. We recommend that before starting the **No Doubts Diet**, you discuss stopping medications with your doctor or nurse, and arrange to have fortnightly checks to monitor changes. There are some people, maybe 1 in 10, whose diabetes does not improve in the expected way, and they may need to continue taking the medications for diabetes. About a third of people do not need blood pressure tablets at all after losing weight.

Weight loss is never easy, but if you are determined, and really do stick to the plan, following the **No Doubts Diet** for 8 weeks will lead to weight loss of at least 10 kg (1

stone 8 pounds). That is often enough for a remission of type 2 diabetes, but you may need to lose 15kg (2 stone 5 pounds), which will take around 12 weeks.

If you are successful in losing 10-15kg, there will be many long-term health benefits, but returning to your usual food choices, which you may have considered 'normal', will put the weight back on. A permanent 'new normality' is necessary, and that may be very different to your family and friends.

**GOOD LUCK AND KEEP US INFORMED OF YOUR PROGRESS!**

**The Lean Team**

## The No Doubts Diet

### Breakfast

40g (half cup) porridge oats, made with water (1 cup).  
1 portion fruit (e.g. small banana, chopped).

**Preparation:** add everything into a microwavable dish, and heat for 2 minutes. Eat with a splash of cold milk.

### Lunch

Bowl of lentil soup, and 1 slice of wholemeal/wholegrain bread  
**NB.** bread should be of average size, 100 calories or less, per slice

**Preparation:** see soup recipes

### Dinner

Bowl of lentil soup, and 1 slice of wholemeal/wholegrain bread  
**NB.** bread should be of average size, 100 calories or less, per slice

**Preparation:** see soup recipes

### Evening Snack

1 portion fruit

### Fluids

Aim for 3 litres (zero calorie) fluids per day. There is an allowance of 200 mls semi-skimmed milk for teas/coffees, or as a drink. If you prefer not to use milk, have a 150-175g pot of low fat yoghurt instead. The remaining 2.8 litres as water, teas, herbal infusions, coffee. Try to avoid sweetened 'diet' drinks.

**Tip:** Flavour water (including sparkling water) with lemon, cucumber, or orange and keep a jug in the fridge to keep nice and cold.

### Nutritional information

Energy: 830 calories, Carbohydrate: 154g, Fat: 11g, Saturated fat: 3.5g, Protein: 39g, Fibre: 19g (70% Carbohydrate, 11% Fat, 19% Protein).

Vitamin B1: 1.4 mg, Vitamin B6: 1.5 mg, Vitamin C: 94 mg, Calcium: 538 mg, Iron: 10mg.

## **Soup Recipes**

The nutritional information we have provided is based on using the lentil soup recipe, but using the other recipes won't affect things too much in terms of calorie intake, which above all else, is the dominant consideration for weight loss.

There are three soup recipes in total, but you may come up with your own ideas. You could also buy tinned or fresh soups from the supermarket, but be sure to keep an eye on the calories.

You'll need a pan, measuring jug, knife for chopping veg, and a cheap hand blender.

The **No Doubts Diet** plan will meet your 5-a-day target, is high in fibre and low in fat. It provides adequate dietary protein during weight loss and covers your requirements for most vitamins and minerals so we do not suggest you take a multivitamin, but it will do no harm if you prefer to.

Planning is key. Soup will keep fresh in the fridge for 2-3 days, and will freeze for 2-3 months. Set aside time in your week to prepare ahead of schedule.

Feel free to adapt recipes, but remember to keep an eye on calories. The vegetables can be changed if you prefer. Add any herbs or spices you like – try Italian herbs, ginger, curry powder, lemon juice – whatever takes your fancy! We have suggested you use a 1 calorie oil spray to minimise calories, go for an olive oil based one.

## **Lentil soup**

This recipe makes 4 servings, each 160 calories, so enough for 2 days. You can save yourself time by doubling all the quantities to make enough for 4 days.

### **Ingredients:**

5 large carrots

2 onions

3 sticks of celery

125g lentils

750 mls water

“1-cal” spray oil (or a small amount of olive oil)

### **What to do:**

1. Dice up all vegetables into small pieces (peel carrots and onions first).
2. Put a soup pan over a medium heat and heat your oil for a minute. Add in vegetables. Cook for a few minutes until it softens.
3. Boil a kettle of water, and add in about 750 mls of boiling water (or up to 1000 mls if you prefer a thinner soup).
4. Add in 125g of lentils, and simmer for around 20 mins, stirring occasionally to make sure it doesn't stick.
5. Add herbs and spices for additional flavouring if you wish (be careful with added salt!)
6. Store in 4 portions for 4 meals (i.e. 2 days), in fridge or freezer, to be reheated. Homemade soup often tastes better the next day!

### **Tomato & lentil soup**

This recipe makes 4 servings, each 200 calories, so enough for 2 days. You can save yourself time by doubling all the quantities to make enough for 4 days.

#### **Ingredients:**

6 medium (peeled) carrots

1 medium onion

700 mls water

1 large potato (peeled)

1 can chopped tomatoes

150g (dry weight) red split lentils

“1-calorie” spray oil

#### **What to do:**

1. Prepare all your vegetables first. This is easiest, unless you're quick! Dice them all up.
2. Once the vegetables are prepared, heat the oil in the soup pan for a minute, then add all the veg (including potato). Add a sprinkle of pepper. Cook for around 5 minutes until vegetables soften. Keep stirring with wooden spoon so they don't stick.
3. Then add a tin of chopped tomatoes to pan. Add water, and bring to the boil.
4. Now add your lentils. Put lid on, cook on medium heat for around 15-20 mins. Judge timing depending on whether you like your soup dryer and chunky or a bit thinner. If too dry, add more water. Keep stirring throughout.
5. Add herbs and spices for additional flavouring if you wish (be careful with added salt!)
6. Store in 4 portions for 4 meals (i.e. 2 days), in fridge or freezer, to be reheated. Homemade soup often tastes better the next day!

### **Spicy tomato bean soup**

This recipe makes 4 servings, each 220 calories, so enough for 2 days. You can save yourself time by doubling all the quantities to make enough for 4 days.

#### **Ingredients:**

1 medium sized onion

1 tablespoon mild or medium spiced curry powder

200 mls water

1x400g tin of chopped tomatoes

1x410g tin of black eyed beans

1x700g jar of Italian smooth passata

100g plain soft cheese (Philadelphia or shops own brand)

"1 calorie" spray oil

#### **What to do:**

1. Heat oil in a soup pan, then gently fry the onion until softened.
2. Add in curry powder, water, chopped tomatoes, passata, and black eyed beans (drained).
3. Stir it all together, and leave to cook on medium heat for 10 minutes
4. Once done, stir in 100g plain soft cheese, and cook until melted.
5. Add herbs and spices for additional flavouring if you wish (be careful with added salt!)
6. Store in 4 portions for 4 meals (i.e. 2 days), in fridge or freezer, to be reheated. Homemade soup often tastes better the next day!

## 10 tips for success

1. Planning is essential for success. Cook in advance, and keep soups in the fridge and freezer which can be easily heated.
2. Keep it simple and be consistent. Too many meal options is likely to increase confusion, temptation and appetite. Reducing the thinking around food choice, helped participants in the DiRECT study a lot.
3. Be Mindful. Make sure you take the time sit down, and enjoy the meals you have planned. Lay the table at home, put on some nice music. At work, get away from your desk.
4. The first few days will be the most difficult. Get through those and you're on your way. If you experience a headache, it will pass as your body adjusts to the lower calorie intake. Keep your fluid intake high.
5. Find pleasure and joy in things other than food. Do not focus on what you are giving up by eating less of some of the foods you enjoy, but focus on what you will gain in return from weight loss and diabetes remission
6. Don't give in to hunger. The first few days will likely be hard. Dealing with hunger, or a desire to eat, is key to success. Keep yourself busy at these times and remind yourself why you are doing this. Your appetite will adjust after a few days, and most of the time you will not be hungry.
7. Check your weight at the same time each week, and keep a record. If you can, enlist support from someone who can weigh you and discuss your progress every week. Some people find keeping a journal is also helpful. This is somewhere to record your daily progress, your motivations, goals, thoughts, and what you eat.
8. Get active! Don't suddenly try a half marathon - but be as physically active as you can be. Walking for 30 minutes every day is a good start.
9. Beat stress - find ways to effectively deal with stress, without turning to food. This could be through meditation, exercise or talking with someone you trust. Eating will only double your problems.
10. Don't be disheartened if you lapse from your plan. A slip up here and there will not matter. The important thing is getting back on track quickly and keeping going!