

## BIG LOSER 8 WEEK CHALLENGE

What a great week from all of the competitors. After completing the 5 day Detox there was some fantastic results. Most of you were amazed how much weight was lost plus inches around the waist I encourage you to keep up the enthusiasm. The food plans are a guide but don't forget the drink calories. Before you know it, you can be consuming two days of calories in one day. Be mindful.

## WRAP IT UP

There are many wrap bread variations we can purchase from the supermarket. Some wrap breads contain more carbohydrate than four slices of regular bread. Below is an example of a few. Avoid the high calorie and high carbohydrate bread wraps.

BREAD / WRAP	CAL	CARBS (g)	SUGARS (g)	FIBRE (g)
2 slices Burgen Soy Lin	198	21.2	2	4.6
White Lebanese	275	53	3	3
Wholemeal Lebanese	240	45	3	4.5
Mission White	216	33.6	4.3	1.8
Freedom Gluten Free	143	28.2	1.4	0.6
Pita Pocket	165	31.8	2.1	1.8
Bagel	223	43.1	5.3	2.6
Mountain Bread	72	13	<1	1.1
Barley Max	100	10.6	0	10.4
Soji Wholemeal	87	16.1	0.6	1.8
Wattle Valley Grain	129	19.7	0.8	3.6

## BOOTCAMP 10KM SHERBROOKE FOREST TREK SATURDAY 26<sup>TH</sup> OCTOBER

The Bootcamp troops are off on a scenic trek through the Sherbrooke Forest Saturday 26<sup>TH</sup> October. We are meeting on the corner of Terry's Lane and Sandells Road Tecoma. Please note the session is starting an hour earlier at 8.30am **NOT** 9.30am. If you have a catch up class, this is a good opportunity to jump in. Please arrive 10mins early.

### RECIPE

Prawn Thai Bowls Serves 4

- ½ lime
  - 2 tablespoons fish sauce
  - 2 tablespoons water
  - 1 tablespoon peanut or canola oil
  - 2 teaspoons sugar
  - 40 green prawns
  - 1 Lebanese cucumber, sliced into strips
  - 1 carrot, sliced into strips
  - 1 small red capsicum, cut into thin slices.
  - ½ cup chopped peanuts
  - 1 small chilli, finely sliced
- 1) Whisk juice of ½ lime, fish sauce, oil and sugar until dissolved.
  - 2) Cook prawns over medium heat with a little oil, and cook until pink.
  - 3) Mix prawns, vegetables and sauce and top with peanuts.