

# Table of Contents

- 13 About My Evolution
- 15 Information sources
- 16 A special message from Margie Cummins

## Chapter One - Let's Get Started

- 20 Getting started
- 21 The start is the same for all of us!
- 22 All about you
- 23 Tips for success
- 25 Game plan 101
- 25 My SWOT analysis
- 26 Here's what you should know
  - ❖ Endorphins (page 26)
  - ❖ Motivation (page 27)
  - ❖ Keys to successful weight loss (page 28)
- 32 The negative impact of carrying extra weight
  - ❖ Blood pressure & being overweight (page 32)
  - ❖ Heart disease & being overweight (page 33)
  - ❖ Stroke & being overweight (page 33)
  - ❖ Cancer & being overweight (page 33)
  - ❖ Sleep apnea & being overweight (page 34)
  - ❖ Osteoarthritis & being overweight (page 34)
  - ❖ Fatty liver disease & being overweight (page 35)
  - ❖ Kidney disease & being overweight (page 35)
  - ❖ Pregnancy & being overweight (page 35)
  - ❖ Overweight & obesity risk for men (page 36)
- 36 Everyone is different
- 337 You need more than just M.E.
  - ❖ Mind games (page 38)
  - ❖ Stress (page 38)
  - ❖ Time for bed (page 39)
  - ❖ Professional assistance (page 39)

## Chapter Two - My Evolution Meal Plan and Plan Information

- 41 The Australian Heart Foundation Recommendations
- 43 The Core Meal Plan
- 44 Calorie Reduced Day
- 45 What is the Core Plan?
- 45 Snacks & water
- 47 Breakdown of the minimum daily requirements for the Core Plan
- 49 Why is there a calorie reduced day?
- 50 Freedom to evolve
- 50 Mix 'n Match plan options!
- 52 Genesis (1200 cals)
- 53 Genesis Sample Menu Plan
- 54 Energize (1200 - 1400 cals)
- 55 Energize Sample Menu Plan
- 56 Adapt (1800 - 2200 cals)
- 58 Adapt Sample Menu Plan
- 59 Ongoing Body Transformation

## Chapter Three - Additional Information

- 61 My Evolution support group
- 62 Multi-vitamin usage
- 62 Drinking water
- 63 Eat slowly
- 63 Detoxing
- 64 Protein / Protein powders
- 64 Time frames
- 65 Vegetarian / vegan / FODMAP/ gluten free options
- 65 Cooking methods
- 66 Recipe ideas
- 66 Shopping for food
- 67 Food preparation

- 68 Sauces, dressings, condiments, flours & oils.
- 69 Finding your inner willpower & making it work for you
- 69 Why watching your blood glucose matters.
- 70 10 Tips to lower the GI of your diet
- 71 Find your fit

## Chapter Four – Approved Food Lists & Snack Information

- 73 Approved low GI fruit & vegetables for use in the plan
  - ❖ Fruit (page 73)
  - ❖ Low GI fruits that are plan approved (page 73)
  - ❖ Vegetables (page 74)
  - ❖ Low GI vegetables that are plan approved (page 74)
  - ❖ Low GI beans & legumes / grains that are plan approved (page 75)
- 76 Limited approved fruits and vegetables
  - ❖ Fruits (page 76)
  - ❖ Vegetables (page 76)
- 77 Remember
- 77 Reaching your required calories
  - ❖ Vegetables (page 77)
  - ❖ Fruits (page 78)
  - ❖ Legumes / Grains (page 78)
  - ❖ Fish (page 79)
  - ❖ L.S.A. (page 79)
  - ❖ Meat Proteins (page 79)
- 80 Pasta
- 81 Approved sauces, dressings, condiments, flours & oils.
- 82 Other approved foods
- 83 Snacks are important to successful weight control
  - ❖ Basic snack rules (page 83)
- 84 Snack ideas
- 85 Snacks are best unprocessed where possible

# Chapter Five - Ongoing Body Transformation

- 87 Introduction
- 89 So what is the Ongoing Body Transformation? How is it different to the first three options?
- 90 So how does the O.B.T. plan work?
- 91 Ongoing Body Transformation meal plan
- 92 The Cheat Meal Options
- 93 O.B.T. Breakfast recipes
  - ❖ Dr Brian's Oatmeal Shake (page 93)
  - ❖ Banana & Berry Smoothie (page 93)
  - ❖ Breakfast Turkey Toast Stack (page 93)
- 94 O.B.T. Lunch recipes
  - ❖ Margie's Favourite Salad (page 94)
  - ❖ Light Mountain Bread Salad Wraps (page 94)
  - ❖ Pumpkin Soup (page 95)
- 95 O.B.T. Dinner recipes
  - ❖ Good old Meat and Veg (page 95)
  - ❖ Kat's Spinach and Tomato Frittata (page 96)
  - ❖ 4 - Bean Soup (page 96)
- 97 How does Cheat Day work?
- 98 O.B.T. Cheat Day breakfast recipes
  - ❖ Muffins On The Go (page 98)
  - ❖ 'So Quiche' Muffins (page 99)
  - ❖ Protein Pancakes (page 99)
  - ❖ Oatmeal Pancakes (page 100)
  - ❖ Margie's Breakfast Smoothie (page 10)
  - ❖ Egg Frittata (page 100)
  - ❖ Banana & Honey Smoothie (page 101)
- 102 O.B.T. Cheat Day lunch recipes
  - ❖ Rice Paper Rolls with Chicken (page 102)
  - ❖ Chicken Flat Bread (page 102)
  - ❖ Margie's Homemade Aioli (page 103)
  - ❖ Prawn Lettuce Cups (page 103)
  - ❖ Paprika Chicken Meatball Wraps (page 104)

- ❖ Chicken Wrap (page 104)
- ❖ Steak Sandwich (page 105)
- ❖ Warm Pumpkin and Chicken Salad (page 105)
- 106 O.B.T. Cheat Day dinner recipes
  - ❖ Fish Cakes (page 106)
  - ❖ Turkey Meat Balls (page 106)
  - ❖ Thai Green Curry (page 107)
  - ❖ Moroccan Chicken Salad (page 108)
  - ❖ Roasted Veggies & Goats Cheese Salad (page 108)
  - ❖ Sweet Potato Lasagna (page 109)
  - ❖ Garlic Prawns (page 110)
  - ❖ Falafel Magic (page 110)

111 Fibrous vegetables list

## Chapter Six - My Evolution Recipes

- 115 M.E. Breakfast recipes
  - ❖ M.E. Green Super Juice (page 115)
  - ❖ Frittata (page 116)
  - ❖ Tasty Protein Pancakes (page 117)
  - ❖ M.E. Power Oats (page 118)
  - ❖ Chia Pudding with Fruit (page 119)
- 121 M.E. Chicken Recipes
  - ❖ Stuffed Chicken Rolls (page 121)
  - ❖ Broccoli & Cauliflower Soup with Chicken (page 122)
  - ❖ Chicken Fajita Salad Bowl (page 123)
  - ❖ Chicken Garlic Balls (page 124)
  - ❖ Chicken & Mushroom Burger (page 125)
- 129 M.E. Seafood recipes
  - ❖ Basic Fish Cakes (page 129)
  - ❖ Oriental Prawn Salad (page 130)
  - ❖ Flavourful Steamed Trout Parcels (page 131)
  - ❖ Lemon Calamari with Zucchini Noodles (page 132)
  - ❖ Prawn Pasta (page 133)
- 136 M.E. Vegetable recipes
  - ❖ Zucchini Pasta Florentine (page 136)

- ❖ Quick Garlic Broccolini (page 137)
- ❖ Roasted Chickpea & Tofu Salad (page 138)
- ❖ M.E. Cauliflower Rice (page 139)
- ❖ M.E. Vegetable Soup (page 140)

#### 143 M.E. snack recipes

- ❖ Zucchini & Chickpea Fritters (page 143)
- ❖ Baked, Healthy Falafels (page 144)
- ❖ Spicy Sweet Potato Hummus (page 145)
- ❖ Easy Tahini (page 146)
- ❖ Tzatziki Dip (page 147)
- ❖ Crunchy Spiced Chickpeas (page 148)
- ❖ Greek Inspired Savory Muffins (page 149)

#### 153 Handy information for cooking while following ME.

- ❖ Salt (page 153)
- ❖ Air fryers (page 153)
- ❖ Chicken (page 153)
- ❖ Cookware (page 153)
- ❖ Quantities (page 154)
- ❖ Sugar (page 154)
- ❖ Oil (page 155)
- ❖ Canned vs Natural (page 155)
- ❖ Fresh vs Frozen (page 156)
- ❖ Mincing chicken (page 156)
- ❖ Macros (page 156)
- ❖ Weights (page 157)
- ❖ Oven temperatures (page 158)

## Chapter Seven – Exercise & Basic 4 Week Exercise Plan

160 Basic training tips

160 Hit the hills

160 Boot camps

160 Gym membership

160 Train! Train! Train

161 Rest

162 What is Cardio?

162 Here we go

164 Week 1

❖ Day 1 (page 164)

❖ Day 2 (page 164)

❖ Day 3 (page 164)

❖ Day 4 (page 164)

❖ Day 5 (page 165)

❖ Day 6 (page 165)

❖ Day 7 (page 165)

165 Week 2

❖ Day 1 (page 165)

❖ Day 2 (page 165)

❖ Day 3 (page 165)

❖ Day 4 (page 165)

❖ Day 5 (page 166)

❖ Day 6 (page 166)

❖ Day 7 (page 166)

166 Week 3

❖ Day 1 (page 166)

❖ Day 2 (page 166)

❖ Day 3 (page 166)

❖ Day 4 (page 166)

❖ Day 5 (page 167)

❖ Day 6 (page 167)

❖ Day 7 (page 167)

167 Week 4

❖ Day 1 (page 167)

❖ Day 2 (page 167)

❖ Day 3 (page 167)

❖ Day 4 (page 168)

❖ Day 5 (page 168)

❖ Day 6 (page 168)

❖ Day 7 (page 168)

169 Show me how

❖ Crunches (page 169)

❖ Modified Push Ups (page 170)

❖ Squats (page 171)

❖ Superman Pose (page 172)

❖ Side – Lying Leg Raises (page 173)

## Chapter Eight – O.B.T. 8 Week Exercise Plan

175 Fitness Plan Week 1 – 4

175 Week 1

❖ Day 1 (page 175)

❖ Day 2 (page 175)

❖ Day 3 (page 176)

❖ Day 4 (page 176)

176 Week 2

❖ Day 1 (page 176)

❖ Day 2 (page 176)

❖ Day 3 (page 177)

❖ Day 4 (page 177)

178 Week 3

❖ Day 1 (page 178)

❖ Day 2 (page 178)

❖ Day 3 (page 178)

❖ Day 4 (page 179)

179 Week 4

❖ Day 1 (page 179)

❖ Day 2 (page 179)

❖ Day 3 (page 180)

❖ Day 4 (page 180)

180 Fitness Plan Week 5 – 8

181 Week 5

❖ Day 1 (page 181)

❖ Day 2 (page 181)



- ❖ Day 3 (page 181)
- ❖ Day 4 (page 181)
- 182 Week 6
  - ❖ Day 1 (page 182)
  - ❖ Day 2 (page 182)
  - ❖ Day 3 (page 182)
  - ❖ Day 4 (page 182)
- 183 Week 7
  - ❖ Day 1 (page 183)
  - ❖ Day 2 (page 183)
  - ❖ Day 3 (page 183)
  - ❖ Day 4 (page 183)
- 184 Week 8
  - ❖ Day 1 (page 184)
  - ❖ Day 2 (page 184)
  - ❖ Day 3 (page 184)
  - ❖ Day 4 (page 185)

## Chapter Nine – Knowledge Is Power

- 187 Calories
  - ❖ More than just a number (page 187)
  - ❖ Calories are more than just their numerical value. (page 187)
  - ❖ Why what we eat is important. (page 189)
- 191 Lemon Water
  - ❖ Tips (page 191)
  - ❖ Things to be aware of (page 191)
- 192 The importance of self-care
- 195 Successfully eating out
- 196 Eating out options
  - ❖ Italian (page 196)
  - ❖ Mexican (page 197)
  - ❖ Asian (page 198)
  - ❖ Fast food / food courts (page 199)

- 200 Tips for successful shopping trips
- 202 Why is drinking water so important?
  - ❖ So how can you make sure you stay hydrated throughout the day?  
(page 202)
- 204 Let's talk about emotional eating
- 206 Damn scales!!
- 209 31 Days to hitting 10,000 steps

## Chapter Ten - Goal Setting

- 212 Let's start at the beginning
- 214 Looking to our past, to help create our future - (workbook)
- 226 How to achieve your goals
- 228 Your Future Self
- 229 So let's start planning your future self (workbook)
- 235 So what now?

## Chapter Eleven - So Let's Get Started

- 237 Before you start with your food, start with you.
  - ❖ Take a photo (page 237)
  - ❖ Weigh yourself (page 237)
  - ❖ Take your measurements (page 238)
  - ❖ Set-backs (page 238)
- 239 You've Got This!

## Appendix

- 242 Daily Genesis or Energize Checklist
- 244 My Evolution Shopping List
- 246 My menu plan at a glance
- 247 Food Journal
- 248 Basic Exercise Journal
- 249 Measurements Journal
- 250 Emotions Journal
- 251 Online sources / recommended links
- 251 Free calorie tracking websites / apps we love