

THE LADY SHAKE



AUSTRALIAN MADE & OWNED
www.theladyshake.com.au



YOU'VE DONE IT!

Congratulations on taking the first step to changing your life for the better! I have personally tried so many different diets over the years and I wanted to make something that not only works, but tastes great, and is good for you. It is easy and simple to incorporate into our busy lifestyles, keeps us fuller for longer, and stops those sweet cravings!

I love meal replacements because you don't have to count calories or spend hours with meal planning and preparation, and you're not on a diet as you are only replacing a couple of meals or snacks a day. **EASY!**

The Lady Shake is designed to help you feel great on the inside and out because when we feel great we can achieve our goals no matter how big or small. Everything and anything is possible. As you start on your weight loss journey I hope our company helps to inspire you to be the best you can be.

Belinda Macdougall

CEO & Co-Founder

WHY DOES THE LADY SHAKE WORK?

To put it simply it The Lady Shake has everything your body needs on a daily basis.

It will keep you full, curb your cravings and help burn fat all day long.

It's so easy and only takes 60 seconds and you're on your way.



RACH LOST 39KG



MELLISSA LOST 36KG



ANGE LOST 61KG



CHRISTINE LOST 27KG

Join our support group for motivation, tips and advice from thousands of women all on the same journey.

www.facebook.com/groups/theladyclub

SUGGESTED LADY SHAKE MEAL PLANS

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**RAPID
WEIGHT LOSS**

7 DAY PLAN

.....

The Rapid plan kick starts your weightloss, reduces cravings and increases motivation.

This plan is best for those wanting faster results.

SNACK TIP

Focus on high protein and low sugar snacks to turn your body into a fat burning machine!

BREAKFAST



The Lady Shake

MORNING TEA



Recommended Snacks
(see page 8 for details)

LUNCH



The Lady Shake

AFTERNOON TEA



The Lady Bar

DINNER



Healthy balanced dinner
visit theladyshake.com.au
for recipes

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WEIGHT LOSS

7 DAY PLAN

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The weight loss plan was created so you can take your time to reach your personal weight loss goal.

This is a more sustainable weight loss plan to achieve long-term results.

RECIPE TIP

For healthy & delicious recipes visit our recipe page below

www.theladyshake.com.au/recipes

BREAKFAST



The Lady Shake

MORNING TEA



Recommended Snacks
(see page 8 for details)

LUNCH



Healthy Lunch with protein

AFTERNOON TEA



The Lady Shake

DINNER



Healthy balanced dinner
visit theladyshake.com.au
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TO LOSE WEIGHT QUICKER AND EASIER, TRY TO ELIMINATE MOST CARBS (NOT FROM FRUIT AND VEGETABLES) AS YOU DONT NEED THEM FOR ENERGY AND THEY WILL JUST STORE AS FAT.

RECOMMENDED FOODS

What you eat will be the most important thing when it comes to good health and weight loss.

I've listed some of my favourite options to help you make better choices on foods you should avoid.

GOOD PROTEIN

Lean meats, fish, seafood – grilled or fresh (not battered), skinless chicken breast, lean turkey breast, lean beef (fat off), milk, greek yoghurt.

FOODS TO AVOID FOR BEST RESULTS

Fruit juice drinks, cakes and lollies, processed foods, canned foods, white bread, white rice and white pasta, alcohol – just empty calories, soft drinks, cordials.

PROTEIN TO AVOID

Sausages, meat pies, sausage rolls, processed meats, bacon, fried foods, cheese, salami, cabanossi.

GOOD CARBOHYDRATES

Fresh fruit and vegetables, wholegrain cereals, whole wheat bread (brown and multigrain), whole wheat pasta, brown rice, oats, yams, lentils, beans.

GOOD FATS

Nuts, avocado, chia seeds, extra virgin olive oil, salmon, whole eggs, coconut oil.

FRUITS & VEGETABLES

There are no BAD fruits or vegetables. Some are higher in sugar and carbohydrates than others so should be limited when losing weight, However replacing bad food with fruit and vegetables is great for you, no matter which fruit you choose.

GOOD VEGETABLES

Lettuce, eggplant, spinach, cucumber, celery, tomatoes, mushrooms, asparagus, cabbage, bok choy, broccoli, zucchini, cauliflower, sprouts, avocado (in moderation), onions, snow peas, carrots (in moderation).

CARBOHYDRATES TO AVOID

White bread, white rice and pasta, fruit juice, potato chips, soft drinks, biscuits, cakes.

FATS TO AVOID

Vegetable oils, margarine, fast foods, hot chips, biscuits & cake.

RECOMMEND FRUITS LOW IN SUGAR

Strawberries, blueberries, oranges, mangoes, apples, peaches, pears, lemons and limes (great to squeeze into your water for added taste!)

FAT-FREE DOESN'T MEAN SUGAR-FREE.

SO AVOID SUGAR AND LOOK FOR GOOD FATS.

PORTION PLATE - WHAT YOUR MEAL SHOULD LOOK LIKE



QUICK TIP!

Eat all your food within a 10 hour window. For example 8am - 6pm this will help your body burn more fat.

DRINKS

Drink 2L of water every day.

Coffee is fine just avoid sugars.

Herbal teas are great as they are low in calories but high in flavour.

A glass of wine in moderation is good for your heart and sanity.

TREAT MEALS

One day a week have one guilt free treat meal! Not a whole day or whole weekend.

So yes, pizza and wine is ok once a week.

The weekend is recommended as that's when we usually find it hard to eat healthy.

This will help kickstart your metabolism to help you lose more fat, and will allow you to still enjoy life.

SNACK TIP

Recommended snacks should be no more than 150 calories and no more than 5g of sugar.

Just turn over the back and look at the nutritional panel and calories and sugar is on the "per serve"

SNACKS

- Low Sugar Yoghurt
- 1 serve of Dark chocolate
- The Lady Bar
- Small handful of unsalted nuts (walnuts, cashews, macadamias, almonds)
- A piece of fruit
- Baked beans
- A tin of tuna or salmon
- Carrot and celery sticks with hummus or low fat cottage cheese
- Boiled eggs

TIPS TO HELP

- **NEVER** go to the supermarket when you're hungry and don't walk down the lolly or chocolate aisle.
- **THROW** all junk food away in your home. If it's in the house you will eat it - throw away the temptation.
- **WALK 30** minutes a day - you will lose weight quicker
- **DON'T SKIP MEALS.** Breakfast is the most important meal of the day. It is scientifically proven that people who skip breakfast find it harder to lose weight.
- **KEEP GOING! NEVER GIVE UP.** If you have a bad food day don't

RAPID WEIGHT LOSS PLAN

	BREAKFAST	MORNING TEA	LUNCH	AFTERNOON TEA	DINNER
MON	Lady Shake	Snack	Lady Shake	Snack	Salmon & Salad
TUE	Lady Shake	Snack	Lady Shake	Snack	Steak and Vegetables
WED	Lady Shake	Snack	Lady Shake	Snack	Lady Pie
THU	Lady Shake	Snack	Lady Shake	Snack	Chicken and Vegetables or Salad
FRI	Lady Shake	Snack	Lady Shake	Snack	Stir Fry
SAT	Lady Shake	Snack	Lady Shake	Snack	TREAT NIGHT
SUN	Lady Shake	Snack	Lady Shake	Snack	Meat and Vegetables

This is just an example of what your weekly plan should look like.

Go to www.theladyshake.com.au for full recipes and delicious options.

WEIGHT LOSS PLAN

	BREAKFAST	MORNING TEA	LUNCH	AFTERNOON TEA	DINNER
MON	Lady Shake	Snack	Chicken Wrap	Lady Shake	Salmon & Salad
TUE	Lady Shake	Snack	Prawn Salad	Lady Shake	Lady Pie
WED	Lady Shake	Snack	Tuna or Ham Wrap	Lady Shake	Stir Fry
THU	Lady Shake	Snack	Lady Pie Leftovers	Lady Shake	Steak and Vegetables
FRI	Lady Shake	Snack	Prawn and Avocado Salad	Lady Shake	Chicken and Salad
SAT	Lady Shake	Snack	Chicken Wrap	Lady Shake	TREAT NIGHT
SUN	Lady Shake	Snack	Beef Salad	Lady Shake	Meat and Vegetables

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FOOD DIARY

Current Weight The main reason I want to lose weight is.....
 Goal Weight If I don't lose weight I will feel.....

B/FAST SNACK LUNCH SNACK DINNER SNACK

MON

TUE

WED

THU

FRI

SAT

SUN

MON

TUE

WED

THU

FRI

SAT

SUN

B/FAST SNACK LUNCH SNACK DINNER SNACK

**RECORD
AT THE
END OF
EACH
WEEK**

**WEIGHT
(KG)**

**PANT
SIZE**

**WAIST
(CM)**

**SHIRT
SIZE**

**THIGH
(CM)**

I FEEL

**RECORD
AT THE
END OF
EACH
WEEK**

**WEIGHT
(KG)**

**PANT
SIZE**

**WAIST
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(CM)**

I FEEL

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MON

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TUE

TUE

WED

WED

THU

THU

FRI

FRI

SAT

SAT

SUN

SUN

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I FEEL

THE LADY SHAKE

A HEALTHY MEAL IN A SHAKE

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