



TOTAL
WELLBEING
DIET

Winter WELLBEING GUIDE

WITH DELICIOUS DIET RECIPES

**Your
guide**
to thrive in
winter



Contents



What's in this guide?

Thank you for downloading our Winter Wellbeing Guide!

Use this guide to get an idea of how you can avoid the temptation to hibernate during the cooler months by staying active, eating healthy and cooking some warm meals!

Page guide

- Page 3** Simple tips to stay healthy
- Page 4** Boost your immune system
- Page 5** How to stay active
- Page 7** CSIRO Total Wellbeing Diet Moroccan chickpea, sweet potato & carrot soup
- Page 8** CSIRO Total Wellbeing Diet Shepherd's pie
- Page 9** CSIRO Total Wellbeing Diet Moroccan lamb with spiced vegetables
- Page 10** Julie: Cook ahead for busy days
- Page 11** Jo: Plan your week
- Page 12** George: One bad day isn't the end
- Page 13** Try our FREE weight loss tools
- Page 14** Join the CSIRO Total Wellbeing Diet

Stay healthy



TOTAL
WELLBEING
DIET

Simple tips to stay healthy



Boost your diet

Your diet is crucial to your wellbeing over winter so resist the urge for sweet and fatty comfort food. What you need is a balanced diet with food from all 6 food groups.



Exercise regularly

It's easy to declare winter couch and blanket season but that's not good for your health. Get out and exercise regularly throughout the week - and make sure you get a daily dose of sunshine on your skin! See tips on how to stay active on page 6.



Embrace the ZZZs

Better sleep is associated with heaps of health improvements such as better memory and attention span, healthier weight management, less stress, and better mood and mental health. If you would like to learn more about sleep [check out our sleep blog here](#) with tips to get some quality sleep and lose weight.



Drink more water

It's just as easy to get dehydrated in winter as it is in summer but we pay less attention to thirst when it's cold. Make sure you drink water throughout the day to stay hydrated - and an extra cup of tea to stay warm!



Join Australia's 

No. 1 rated diet and lose weight today!

Boost your immune system



TOTAL
WELLBEING
DIET

With winter comes the flu and cold season and lower immune systems. So we thought we would share some foods you can eat this winter to keep your immunity up!

Plus, these foods are available fresh during winter and will be cheaper as well.

- Beta-Carotene can help reduce inflammation
- Vitamins C & E support the immune system
- Zinc can help boost white blood cells
- Digestible fibre supports your gut where immune cells live

4 foods to boost your immune system



Vitamin C & E (Antioxidants)

e.g Oranges, brussel spouts, kale



Beta-Carotene (Antioxidants)

e.g Sweet potatoes, kale, spinach



Zinc (Mineral)

e.g Pumpkin, nuts, beans



Digestible Fibre (Gut health)

e.g Broccoli, parsnips, carrots

Stay active



TOTAL
WELLBEING
DIET

How to stay active during winter



Find your motivation

Do you have a social event this spring or summer, like a wedding or a holiday? Visualise how you want to look when the time comes!



Set goals

Find an event in 3 months time that you can train for, like a fun run or a charity walk. Make a promise to yourself that you'll be ready for that.



*Team up

Ask a friend or family member to join you for regular exercise sessions throughout the week. You're less likely to skip a session if someone else is relying on you.



Dress for the cold

Sure, it's cool outside, but people exercise in colder places than Australia! Make sure your wardrobe contains some nice, warm and fit-for-purpose exercise gear.



Take a walk

Get into the habit of going for a daily walk. It can boost both your mental and physical health. And if you take your walk during the day in the sunshine. Many of our members use a daily walk as their main exercise and they notice the physical and mental benefits immediately. [Check out their stories now!](#)



*If your state or region is currently in lockdown please adhere to current restrictions.



Hand
picked
from our
menu
plans

OUR FAVOURITE
WINTER

Recipes

These recipes and over a thousand more are available
when you join the CSIRO Total Wellbeing Diet

Moroccan chickpea, sweet potato & carrot soup

Prep time: 15 minutes
Cook time: 30 minutes

Serves: 4

Food Units per serve: 1 unit Meat & Protein, 2 units Bread & Cereals,
2 units Vegetables, 1 unit Healthy Fats & Oils,

INGREDIENTS

- Olive oil, 4 teaspoons
- Red onion, 1 medium, finely chopped
- 2 medium sweet potato, peeled, chopped
- 4 medium carrots, chopped
- 2 tablespoons moroccan seasoning,
- Vegetable liquid stock, salt reduced, 6 cups
- Chickpeas, canned, no added salt, 3 cups, see tip
- Mixed grain wrap, 1 large wraps, cut into 8 wedges
- Parsley, 4 tablespoons, chopped

METHOD

1. Heat 2 teaspoons oil in a medium saucepan over medium heat.
2. Add onion, sweet potato and carrot.
3. Cook, stirring for 5 minutes until vegetables start to colour.
4. Add 4 teaspoons of seasoning, cook, stirring for 1 minute.
5. Add stock and bring to the boil. Partially cover with a lid, boil gently for 20 minutes until vegetables are tender.
6. Meanwhile, preheat oven 200°C. Line a roasting pan with baking paper. Add the chickpeas. Spoon over the remaining olive oil and sprinkle with remaining seasoning blend, shake pan to coat.
7. Roast the chickpeas for 15-20, shaking pan every 5 minutes.
8. Place the wrap wedges in a single layer on a baking tray, bake underneath the chickpeas for 5-7 minutes until light golden.
9. Blend or process the sweet potato mixture until smooth. Adding a little warm water to adjust the consistency if needed.
10. Stir in the roasted chickpeas and parsley. Season with pepper. Serve with baked wrap wedges.

Member
favourite



TOTAL
WELLBEING
DIET

Shepherd's pie

Prep time: 10 minutes | Cook time: 35 minutes
Serves: 1 | Food Units: 1 unit Meat & Protein,
1 unit Breads & Cereals, 1.5 units Vegetables, 1 unit
Dairy, 1 unit Healthy Fats & Oils



INGREDIENTS

- Olive oil, 3 teaspoons
- Onion, any type, 1 medium, finely chopped, e.g. brown onion
- Sweet paprika, dry powder, 2 teaspoons
- Ground cumin, 2 teaspoons
- Lamb mince, 600 g
- Tomatoes, diced, canned, any type, 1 x 400g can
- Chicken liquid stock, salt reduced, 1 cup
- 2 medium carrots, diced
- Frozen peas, 80 g
- Butternut pumpkin, 600 g, peeled, diced
- Olive oil spray, 3 sprays

METHOD

1. Preheat oven to 200°C fan forced. Grease 4 x 1.5 cups capacity oven proof ramekins. Heat oil in a saucepan over medium heat. Add onion, cook, stirring 3 for minutes until soft. Add paprika and cumin, cook, stirring for 30 seconds until aromatic.
2. Increase heat to high, add the mince, cook, stirring with a wooden spoon for 4 minutes until browned. Stir in the tomatoes and stock. Bring to a simmer. Add carrots, simmer, uncovered for 10-15 minutes until thickened but still saucy. Season.
3. Meanwhile, cover the peas with boiling water, stand 1 minute. Drain. Transfer to a plate, roughly mash with a fork. Place the pumpkin onto a microwave-safe plate in a single layer. Cover with damp paper towel. Microwave 4-5 minutes or until just tender. Drain well. Add the peas. Spoon the mince evenly between ramekins. Top with pumpkin and peas.
4. Spray with olive oil and season with pepper. Place onto a tray and bake for 15 minutes until top starts to colour around the edges. Serve.

Moroccan lamb with spiced vegetables

Prep time: 10 minutes | Cook time: 35 minutes | Serves: 2
Food Units per serve: 1.5 units Meat & Protein, 4.5 units Vegetables,
1 unit Healthy Fats & Oils

INGREDIENTS

- 2 Beetroots, peeled, boiled, drained, cut into thin wedges
- Olive oil, 2 teaspoons
- Pepper, any type, ground, 1 pinch
- Pumpkin, any type, 200 g, e.g. butternut, skin on, cut into 3cm pieces
- Carrot, 2 medium carrots, cut into 3cm pieces
- 5 brussel sprouts, trimmed and sliced
- Moroccan seasoning, 6 teaspoons
- Red onion, 1 medium, cut into thin wedges
- Lamb eye of loin, extra lean, raw, 300 g, fillet, trimmed
- Red wine vinegar, 2 tablespoons
- Fresh mint, 3 tablespoons

METHOD

1. Preheat oven 220°C fan forced.
2. Place beetroot in small roasting pan. Drizzle lightly with a 1/2 teaspoon of oil and season to taste.
3. Cut pumpkin and carrot into 3cm pieces. Arrange in another roasting pan with brussel sprouts. Drizzle lightly with a teaspoon of oil then sprinkle over 4 teaspoons spice mix, turn to coat. Place into oven with the beetroot pan and roast both pans for 20 minutes. Remove the beetroot, add the onions to the pumpkin, stir to combine. Roast a further 10 minutes or until vegetables are tender. Remove from oven.
4. Meanwhile, rub lamb lightly with a 1/2 teaspoon of oil and sprinkle with remaining 2 teaspoons spice mix, massaging with fingertips. Heat a non-stick frying pan over medium heat. Add lamb, cook for 4 minutes each side, for medium or until cooked to your liking. Remove to a plate, cover with foil to keep warm. Stand 10 minutes before thickly slicing.
5. Add the beetroot to the pumpkin pan. Spoon over the vinegar. Top with lamb and any pan juices from resting. Scatter over the mint to serve.



Some tips from
our success stories

Julie lost 34 kg!*



AND
received
a refund^

Cook ahead for busy days

"I don't finish work until 7pm on Tuesday and Wednesday nights so I will make a slow cooker dish or casserole dish on Sunday or Monday so I can just reheat it when I get home from work on Tuesdays and Wednesdays."

*Julie lost 34 kg in 7 months - Individual results may vary



TOTAL
WELLBEING
DIET

Some tips from
our success stories

**Jo lost
22 kg!***



**AND
received
a refund^**

Set aside time to plan out your week

"The food is enjoyable and filling, and while I now allow myself to be more flexible, it's really important for me to take the time on the weekend to work out my weekly plan."

*Jo lost 22 kg in 5 months - Individual results may vary



**TOTAL
WELLBEING
DIET**

Some tips from
our success stories

George lost 16 kg!*



AND
received
a refund^

No one eats perfectly all the time

"One bad day doesn't mean the end. I had total blowout days on the diet. The goal is to reduce them to close to zero. No one can eat perfectly all the time. Reset and start again."

*George lost 16 kg in 12 weeks - Individual results may vary



TOTAL
WELLBEING
DIET

Free Online Tools



Diet Types

Do you struggle to stick to a diet? Behavioural scientists at CSIRO believe the secret to successful weight loss is understanding your Diet Type.



Healthy Diet Score

The CSIRO Healthy Diet Score is a scientifically-validated survey that assesses your eating habits against Australia's Dietary Guidelines. Get tips on what part of your diet you need to improve.



Start Strong Diet Quiz

Discover how your mindset and motivation can help boost your weight loss by trying our 3-minute Start Strong Diet Quiz.



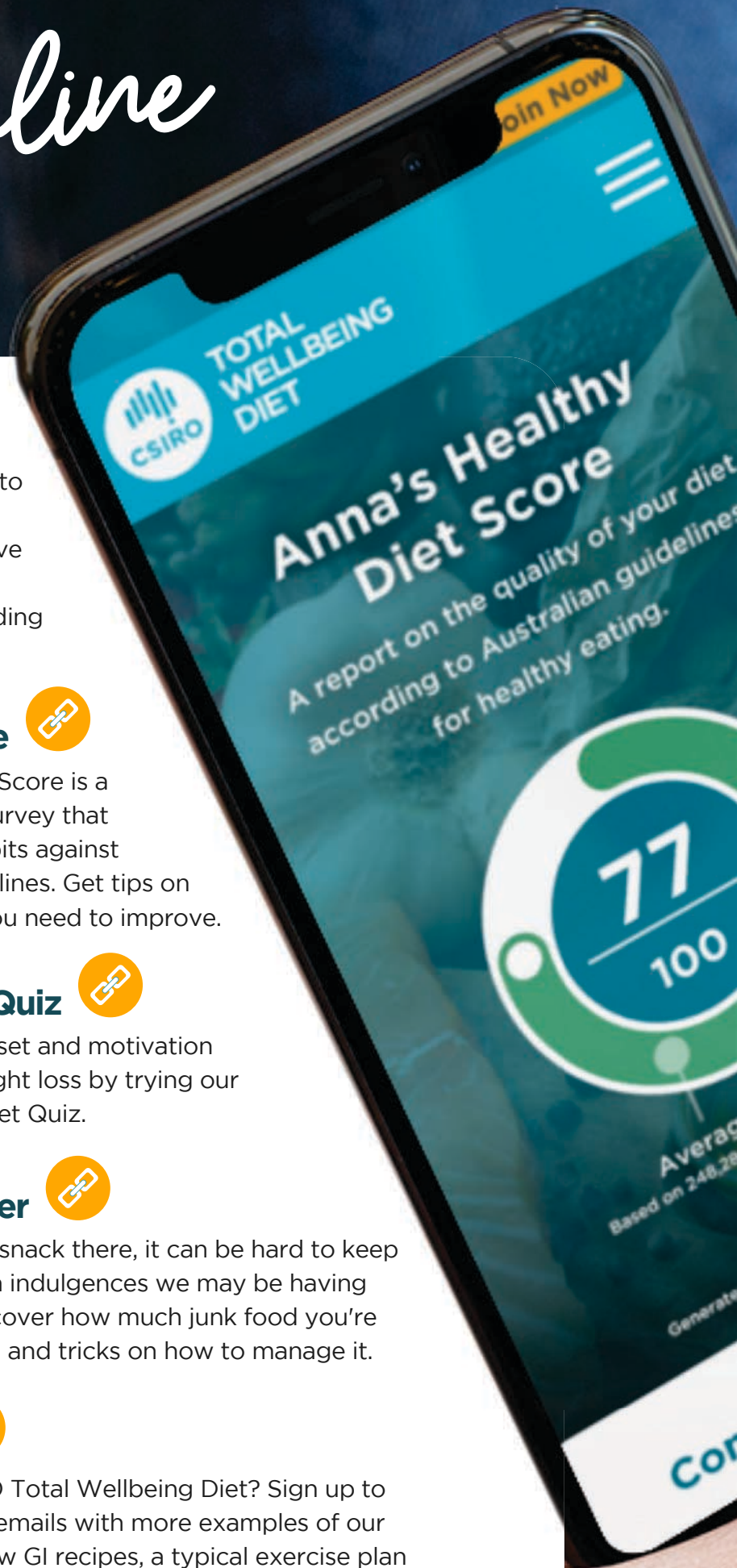
Junk Food Analyser

With a snack here and a snack there, it can be hard to keep track of all the little extra indulgences we may be having throughout the day. Discover how much junk food you're eating and get some tips and tricks on how to manage it.



3-Day Taster

Curious about the CSIRO Total Wellbeing Diet? Sign up to receive a short series of emails with more examples of our delicious high protein, low GI recipes, a typical exercise plan and learn about all the powerful online tracking tools we offer.





**TOTAL
WELLBEING
DIET**

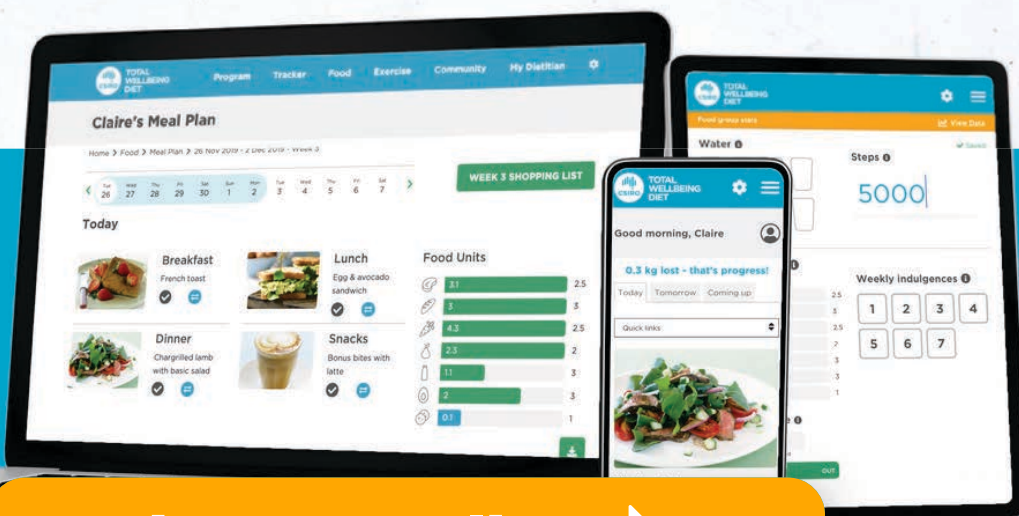
Join today!

★☆☆☆☆ **4.8**
Trustpilot

★★★★★ **4.6**
PRODUCT REVIEW
COM.AU

Join today and gain access

- Scientifically formulated online 12 week weight loss program
- Easy, delicious menu plans
- Low GI to help sustain energy levels
- At-home workouts with videos - no gym required!
- All new Start Strong Interactive Guide
- New positive psychology tools to give you a wellbeing boost
- Supportive online community
- Telehealth sessions with Total Wellbeing Health Coaches (optional extra)
- A refund of up to \$199[^] if you adhere to the 12 Week Program
- Or a rebate from your health fund



Join Australia's 
No. 1 rated diet and lose weight today!

[^]Terms and conditions apply for the refund offer.

We're social

