

A vibrant, warm-toned photograph of a woman with curly hair, wearing a red shirt, smiling broadly while pouring beer from a green bottle into another bottle. She is at a party table with various dishes, including a large platter of roasted meat, a bowl of salad, and bread. The scene is set outdoors or in a bright, sunny indoor space.

No.1TM
**super
fast
diet**
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PARTY GIRL'S GUIDE TO INTERMITTENT FASTING

If going cold turkey makes you quake in your stylish yet affordable party girl shoes, fear not! On SuperFastDiet you actually get to wear those awesome dancing shoes, because a life without a social life is no life at all!

party girl's guide™

Consider SFD the party girl's solution to dieting – we don't want to deprive you of your hard-earned post-work pinot or must-have mimosas with brunch – rather just pick a couple of days a week, or handful of hours a day to go without, leaving you with plenty of opportunities to pop the bubbly and enjoy life!

WELCOME TO THE NEW WORLD: HOW INTERMITTENT FASTING WORKS

SIP ON THIS: back in the dark ages (pre-SFD) you may have tried to lose weight by lowering your calorie intake all of the time (which meant cutting out alcohol too and nostalgically reminiscing on when you used to have a social life). Compare that to SFD, which advocates intermittent fasting.

Intermittent fasting means that you have fast days, (or periods depending on the method you choose) during which you significantly limit your calorie intake, these alternate with feast days that give you much more wiggle room and freedom than traditional calorie reduction diets. Dr Jason Fung explains why intermittent fasting is more effective than calorie reduction diets through analogy, "Jumping off a one-foot wall 1000 times is much different than jumping off a 1000-foot wall once." Overall averages only tell one part of the tale, and often, understanding frequency is key. What's does that have to do with fasting? Basically, limiting your calorie intake all of the time can mess with your metabolism so that whatever weight you lose, you can very easily put back on. On the other hand, with intermittent fasting, your metabolism stays constant and the periods of fasting allow your body time to burn up everything it already has before you add more fuel (read: food).

So how does this affect wine Wednesday you ask? Not at all! Just designate other times during the week as your fast days. You've got a party invite for the weekend? Fast on Tuesday and Thursday. You got an unexpected promotion? Congrats! Pop the bubbly immediately and fast tomorrow instead! Whichever method you choose; 3-day, 2-day or part-day fast, you can compensate for your feast days with fast days, so you never have to feel like you're missing out. SFD allows you to live your life as you like; indulging when you feel like it and fasting when you can! The secret ingredient is balance.



party foods[™]

Be smart about snacking under the influence; either have a bite to eat before you head out (if you know there will only be SFD-sabotaging menu options), or suggest somewhere with some tasty dishes everyone will enjoy.

SMART GIRL PARTY FOOD SWAPS



Arancini (Sicilian Cheesy Risotto Balls)
1 ball = 385 calories

Honey & Sesame Prawns
5-6 pieces = 132 calories



Mini Quiches
1 quiche = 800 calories

Mini Frittatas with Ricotta & Parmesan
1 frittata = 86 calories



Slider (mini burger)
1 slider = 240 calories

Cucumber & Smoked Salmon Bites
5-6 pieces = 152 calories



Wedges with Sour Cream & Sweet Chilli
1 medium bowl = 568 calories

Steamed Edamame Beans Lightly Salted
1 85g serving = 100 calories



Red Rock Deli Potato Chips
1 50g serving = 260 calories

Air Popped Popcorn
1 cup = 31 calories



Corn Chips & Cheese Dip
1 50g serving = 220 calories

Carrot Wedges with Hummus
1 50g serving + 2 tbsp = 70 calories



cater to your cravings™

When you're out and feeling peckish, or off to a friend's place and planning what to bring, identify what you're craving and work out a simple substitute that won't compromise on taste and will give you more bang for your calorie buck!

SMART GIRL PARTY FOOD SWAPS

SALT AND CARBS

Try to stay away from potatoes and super salty sauces; look for roasted veggies or grainy toasts.



French fries with
tomato sauce
(1 cup = up to
350 calories)

Sweet potato or
pumpkin wedges
with tzatziki
(1 cup =
50-100 calories)



FINGER FOOD

Sometimes ordering a bigger healthy dish can be more calorie-thrift than a bunch of little fried snacks.



Fried chicken wings
with blue cheese
dressing
(6 wings = up to
700 calories)

Grilled chicken skewers
with peanut dipping
sauce & chili
(1 skewer =
130 calories)



CRUNCHY STUFF

Instead of something deep fried, go for an item with a nutty crust, baked edges or crisp veggies.



Corn chips with creamy
spinach artichoke dip
(10 chips =
up to 300 calories)

Baked kale chips
sprinkled with
sea salt
(10 chips =
30 calories)



SWEET NOTHINGS

Look for natural sugars to satisfy your sweet tooth.



Chocolate mousse
(1 cup = up to
500 calories)

Dark chocolate with
dates and berries
(1 square, 2 dates +
handful of berries =
101 calories)



CHEESE

There are stacks of 'good' cheeses, so you should have plenty of tasty options!



Brie and cheddar
(100g = up to
400 calories)

Ricotta, feta, cottage
or goats cheese
(100g =
75-100 calories)



bubbly is better™

Did you know champagne is one of the best low-calorie options for wetting your whistle? Yes, you can pop the top off and pour a flute because that glass of bubbles will barely move the calorie-counting needle.



BOTTOMS UP!

Most wines go through a process of converting the sugar in grape juice into alcohol, but some sweeter wines allow residual sugar content to remain for flavor purposes. As a general rule of thumb, high alcohol means more calories. A glass of champagne contains only around 90 calories, and champagne serving sizes tend to be smaller than wine too, keeping the calorie count lower. The best choices are Brut Nature, Brut Zero or Pas Dosé, with for Extra Brut or Brut (otherwise known as extra dry or dry) coming in a close second and third, as they have less residual sugar and thus lower calories.

TIP: Several winemakers have recently pioneered lower alcohol, lower calorie wines. Lindemans, McWilliams, Yellowglen, Jacobs Creek and Skinnygirl are just a few of the labels with wines now coming in at under 100 calories per glass.



low calorie cocktails''

Here at SuperFastDiet, we're serious about staying social. And when it's time to party we can't go past a delicious cocktail. These tasty low-calorie cocktail recipes are a great way to stay on the fast track and still enjoy happy hour.



cucumber splash

- ☐ 30ml gin
- ☐ 1 tbsp fresh lime juice
- ☐ 1 tsp organic rose water
- ☐ 3 thin slices of cucumber
- ☐ Sparkling mineral water
- ☐ Edible rose petals to garnish
- ☐ Ice cubes

Combine ice cubes, gin, lime juice, rose water and cucumber slices in a cocktail shaker and shake well. Pour over ice in a chilled glass and top with sparkling mineral water. Garnish with cucumber slices and edible rose petals.

Tip: For super-fine slices of cucumber, slice with a mandoline. Organic rose water, suitable for eating and drinking, can be purchased from most health food stores, pharmacies and supermarkets such as Woolworths, as well as online from retailers like eBay and Amazon.

75 CALORIES

SERVES 1

GIN

minty gin cocktail

- ☐ 30ml 100% unsweetened grapefruit juice
- ☐ 30ml gin
- ☐ squeeze of lime to taste
- ☐ Ice cubes
- ☐ Handful fresh mint leaves

Place ice cubes and mint leaves into cocktail shaker, shake for 10-15 secs, pour into chilled glass. Pour grapefruit juice and gin over ice, add lime juice to taste. Garnish with mint leaves.

78 CALORIES

SERVES 1

GIN



light & stormy

- ☐ 30ml spiced rum
- ☐ 175ml diet ginger beer
- ☐ 15ml fresh lime juice
- ☐ 1 tsp grated fresh ginger, plus a few slices to garnish
- ☐ 1 lime slice to garnish
- ☐ Ice cubes

Fill a large tumbler with ice, stir in ginger beer, spiced rum, lime juice and grated ginger. Garnish with ginger slices and slice of lime.

Super Food alert: Fresh ginger is a powerful antioxidant with anti-inflammatory properties. Studies show ginger may help lower blood sugar levels, cholesterol levels, help reduce chronic pain and improve the risk of heart disease and Alzheimer's disease.

81 CALORIES

SERVES 1

RUM

skinny passionfruit coconut spritz

- ☐ Ice cubes
- ☐ 30ml coconut flavoured vodka
- ☐ 250ml chilled sparkling water
- ☐ Passionfruit teabag
- ☐ 1 fresh passionfruit

Steep passionfruit teabag in sparkling water for 10 minutes, then shake vodka over ice. Fill a chilled tumbler with ice, add shaken vodka and top with now-passionfruit flavoured sparkling water. Finish with the juice and seeds from a fresh passionfruit.

85 CALORIES

SERVES 1

VODKA



bloody mary

- ☐ 30ml chilled vodka
- ☐ 60ml chilled tomato juice
- ☐ 1 tbsp fresh lemon juice & lemon slice
- ☐ ¼ tsp Worcestershire Sauce, or to taste
- ☐ ¼ tsp Tabasco Sauce, or to taste
- ☐ Ground black pepper, to taste
- ☐ 1 celery stick with leafy top & 1 olive, to serve

Three-quarters fill a glass with ice cubes. Add 30ml chilled vodka and about 60ml (1/4 cup) chilled tomato juice to almost fill glass. Add lemon slice, 1 tablespoon lemon juice and a dash of Worcestershire Sauce. Stir in a pinch of ground black pepper and Tabasco Sauce to taste. Add a celery stick and olive pierced with toothpick to garnish.

95 CALORIES

SERVES 1

VODKA

kir royale

- ☐ 15ml Crème de cassis blackcurrant liqueur
- ☐ 150ml low-calorie sparkling wine
- ☐ 1 strawberry to garnish

Pour 15ml of blackcurrant liqueur into bottom of champagne glass, top gently with low-calorie sparkling wine and garnish with a strawberry.

Tip: Yellowglen Yellow 65 has 30% fewer Calories, 40% less alcohol, 65 Calories per 150ml glass!

109 CALORIES

SERVES 1

SPARKLING



pineapple splice

- ☐ 30ml light rum
- ☐ 2 slices (100g) frozen fresh pineapple (chop prior to freezing)
- ☐ ½ passionfruit
- ☐ 5ml fresh lime juice
- ☐ 50ml V8 Splash Mango Peach Juice
- ☐ fresh mint leaves to garnish

Place frozen pineapple, spiced rum, mango peach juice and fresh lime juice into a blender and process to combine. Pour into glass, add passionfruit, mix lightly and garnish with mint leaves.

117 CALORIES

SERVES 1

RUM

watermelon mojito

- ☐ Crushed ice
- ☐ 4 mint leaves
- ☐ 2 tbsp fresh lime juice
- ☐ ¼ tsp Stevia
- ☐ 30ml white rum
- ☐ ½ cup chopped de-seeded watermelon
- ☐ splash chilled soda water
- ☐ Small watermelon wedge to garnish

Combine Stevia with ¼ teaspoon warm water and mix until dissolved. In a cocktail shaker, muddle ice, mint leaves, lime juice, Stevia syrup, chopped watermelon and rum. Fill a tumbler with ice, then strain watermelon and rum mix into glass. Top with soda water and garnish with a small watermelon wedge and sprig of mint.

125 CALORIES

SERVES 1

RUM



aperol rosé spritzer

- ☐ 15ml Aperol
- ☐ 50ml chilled passionfruit juice
- ☐ 15ml fresh lime juice
- ☐ ¼ tsp stevia
- ☐ 150ml low-calorie sparkling rosé
- ☐ slice of ruby grapefruit to garnish
- ☐ Ice cubes

Combine passionfruit juice, Aperol, lime juice and stevia and whisk until stevia is dissolved. Shake over ice cubes in a cocktail shaker, then pour in rosé and stir through. Serve in a large ice-filled wine glass and garnish with a ruby grapefruit wedge.

Tip: Yellowglen Jewel Pink 65 has 30% fewer Calories, 40% less alcohol, 65 Calories per 150ml glass!

155 CALORIES

SERVES 1

ROSÉ

crimson crush

- ☐ Ice cubes
- ☐ 30ml chilled vodka
- ☐ 15ml elderflower liqueur
- ☐ 60ml fresh unsweetened pink grapefruit juice
- ☐ 3 tsp pomegranate seeds
- ☐ 1 slice fresh pink grapefruit to garnish

Place all ingredients in a cocktail shaker and shake well. Pour into a glass and garnish with a slice of fresh grapefruit.

159 CALORIES

SERVES 1

VODKA



SFD IS DESIGNED FOR REAL LIFE AND ALL OF THE WONDERFUL OPPORTUNITIES AND EVENTS THAT COME WITH IT. SO, DITCH THOSE OLD-SCHOOL ABSTINENCE-ONLY DEPRIVATION DIETS AND ENJOY LIFE TODAY, BECAUSE TOMORROW, YOU CAN ALWAYS FAST! CHEERS TO THAT!

