

GoodHealth
Road tests

DIETS TO YOUR DOOR!

Want to ditch the shopping trolley and let someone else take the guesswork out of weight loss? A diet-food delivery service could be just the ticket, writes Rachel Smith



The program:
DIETLICIOUS

www.dietlicious.com.au

Available: Sydney, Melbourne, Brisbane, Canberra and surrounds.

What you get: All food including salad boxes, fruit and bread for the week – nothing to add except milk. Dietlicious recommends two serves of fruit per day and salad/vegetables with lunch and dinner.

How it tastes: Very good, with lots of spices and interesting flavour combinations. On our trial, we ate meals such as Chicken and Almond Filo, Veggie and Lentil Burgers, and Salmon with Chermoula Crust. Some cooking is involved with the vacuum-packed vegies, but the boxes

of pre-washed salad and fruit make it convenient to grab a quick snack or pull a salad together.

Downsides: We'd have loved to see more egg-based breakfasts offered.

What it costs: \$29.25 per day for the 5000kJ menu, plus \$8.50 to \$14.50 delivery, depending on your location.

Support offered: There is phone support if you need it and a follow-up call to find out how you're going. Dietlicious plan to launch a weekly call support program in the near future.

You'll like it if... You like your food, want to lose weight and re-learn portion sizes and healthy options. **Dietitian Vanessa Schuldt says...** "This meal service has adopted a high-protein and low-fat eating plan, with the benefit of plenty of fibre to help satisfy hunger. I find

the 'fresh seasonal produce' approach very appealing, especially with salad accompanying every lunch meal and vegetables included with every dinner meal. One possible downside is that dairy foods appear to be included in small amounts. Three serves of low-fat dairy are typically needed each day to get enough calcium."

The program:
LITE N'EASY

www.liteneasy.com.au

Available: All States except NT and Tasmania.

What you get: All food, snacks, salads, fruit and breads. There are two options for breakfasts and lunches each week and there are over 60 dinners to choose from – so there's lots of variety.

How it tastes: Generally pretty good, although some of the frozen dinners were a little bland. Options we ate included Baked Beans and Cheese on Multigrain Toast, Classic Fruit Muesli, Sliced Turkey and Tomato Roll, and Salmon Teriyaki. Snacks include fruit, tiny low-fat muffins and nut mixes.

Downsides: The food is quite processed and the protein portions can be small, leaving you occasionally hungry between meals. Menus can be a bit inflexible, too – if the breakfast or lunch options for one day don't appeal, you can't swap meals from other days.

What it costs: It's good value at \$18/day for breakfast, lunch and dinner on a seven-day 5000kJ plan.

Support offered: Customers can call or email a Lite n'Easy weight-loss consultant at any time.

You'll like it if... You're not fussed about missing ▶



home-cooked meals. It's economical, to-your-door convenience that helps you shed kilos while eliminating the need to shop and cook. ***Dietitian Vanessa Schudt says...*** "This low-fat meal service is more traditional in its dietary approach, with a greater percentage of energy coming from carbohydrate and less from protein than both the Dietlicious and Eat Fit Food meal services. The meals deliver a good dose of fibre, although I'd like to see more variety in the wholegrain food options on offer, especially for dinner."

The program:
EAT FIT FOOD
www.eatfitfood.com.au

Available: Sydney, Melbourne.

What you get: On the weight-loss program, you can custom build a menu by choosing low-calorie options. And you will get breakfast, lunch, dinner as well as a snack

delivered in a cooler bag every morning. ***How it tastes:*** Delicious. Portion sizes are decent, the food is super fresh and everything reheats well. It's also handy if you're seeking some new ideas on what to cook! On our *Good Health* trial, we ate Poached Eggs with Homestyle Baked Beans and Baby Spinach, Thai Chicken Laksa with Rice Noodles, and Barramundi with Salsa Verde and Green Veggies. Snacks were hummus with veggie sticks or fruit salad and yoghurt.

Downsides: It's quite pricey so perhaps not a long-term option for most people. Bread fans may also find it a struggle – it's generally pretty low in carbs.

What it costs: Breakfast, lunch, dinner and a snack for a 5000kJ menu costs \$67/day including delivery.

Support offered: New clients receive a courtesy call, and a nutritionist is available at an extra cost.

You'll like it if... You're a



diehard foodie. Also, if you feel like you reach for carbs all the time and want to redress the balance, this does teach you another way. ***Dietitian Vanessa Schudt says...*** "This is another high-protein, low-fat meal service to be credited for its abundance of fresh ingredients and high-fibre content. However, with the lower carbohydrate emphasis, achieving the recommended daily target of 48g of wholegrains each day may be a stretch.

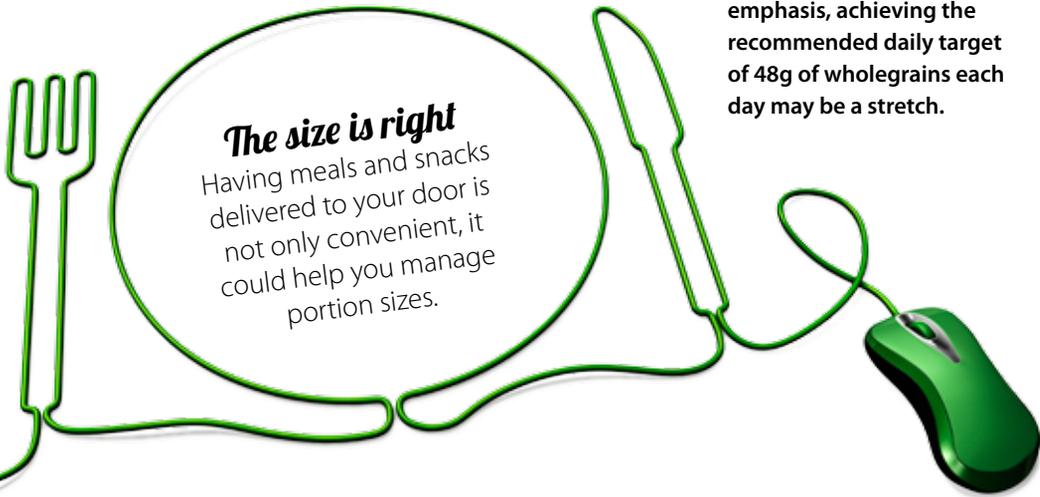
It would be wise to always go for the wholegrain versions of grain-based foods on offer."

The program:
JENNY CRAIG
www.jennycraig.com.au

Available: Nationally, and in New Zealand.

What you get: You receive three Jenny Craig meals every day, plus one Jenny Craig snack, which you must supplement with your own fruit, vegetables and dairy products.

How it tastes: Hit and miss! If you don't follow the reheating instructions to the letter, it may affect the meal's texture and taste. Your day might include dishes such as Oven-baked Muesli, Hearty Beef Pie, and Chicken Fettuccine. Jenny Craig advises three snacks per day, depending on your kilojoule requirements. Options include



The size is right
Having meals and snacks delivered to your door is not only convenient, it could help you manage portion sizes.



fruit, low-fat dairy and a Jenny Craig snack (provided), such as an almond bar.

Downsides: Again, keen cooks may struggle with the processed nature of the Jenny Craig meals. You'll also need to hit the supermarket, which is inconvenient. The calorie-controlled treats available may appeal if you want to eat biscuits or crisps yet stay within the program's limits, but it's debatable whether these items re-educate you about the right food choices to make.

What it costs: It costs \$15 to \$21 per day for a plan (plus vegies/fruit/milk). Includes consultant.

Support offered: Lots! If you choose Jenny Craig At Home Online, you'll be assigned a weight-loss consultant who'll help you select the right plan for your weight-loss goals (they'll even phone you once a week). There's also a food

journal/exercise tracker included to fill out. Jenny Craig Centres are also widely available if you'd prefer a face-to-face consult.

You'll like it if... You'd be shopping anyway and just want your main meals sorted. It'll also suit if you like to be held accountable when losing weight (you can't hide from your weight-loss consultant!).

Dietitian Vanessa Schudt says... "This meal service offers a kilojoule distribution of 50 to 60 per cent carbohydrate, 20 to 25 per cent protein and 20 to 25 per cent fat, so it's more similar to Lite n'Easy in its dietary approach. **The biggest bonus I see with this program is the incorporation of behaviour-modification techniques, with the support of private weekly consultations with a trained consultant."**

WHAT ELSE IS ON OFFER?

Not sure about diet food delivery services, but want to makeover your eating habits anyhow? Here's how.



Aussie Farmers Direct

Order a fresh produce box, delivered to your door (except NT/TAS). www.aussiefarmers.com.au.



Metabolic Jumpstart

It's a diet plan sent to you weekly (you add the food!). www.metabolicjumpstart.com.



Pantry Makeover

Get on track by hiring a 'Pantry Warrior' to analyse your pantry and fridge. www.youtime.com.au. 🍷