

**ROSEMARY CONLEY'S**

**Ultimate**

**Gi Jeans**

**Diet**

**Healthiest, fastest  
weight loss ever!**

**Lose 7lbs in  
2 weeks\***



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## **About the Book**

The new bestseller from Britain's best-loved diet and fitness expert.

Lose your unwanted weight faster than ever with this brand new book from Britain's most trusted diet and fitness expert. Rosemary Conley CBE has come up with the ultimate plan to help you shed your excess pounds and inches swiftly and safely.

In trials\* 85% of people said they lost more weight on this diet than on any previous diets, 99% said they felt healthier and 89% said they were less hungry and in eight weeks the average weight loss was 1½ stone.

Including eating plans for shift workers and solo dieters as well as families, and what to eat when dining out, there really is something for everyone.

And if you want a great body try the best ever exercises to help you burn fat and transform your body shape so you can look great in jeans. You will also find plenty of practical help and inspiration with Rosemary's no-nonsense advice and truly motivational tips to help you succeed.

Tens of thousands of successful slimmers have proved that this diet works. If they can do it, so can you!

\*Based on two trials with sample sizes of 36 and 382.

## **About the Author**

**Rosemary Conley** CBE is the UK's most successful diet and fitness expert. Her diet and fitness books, videos and DVDs have consistently topped the bestseller lists with combined sales approaching nine million copies.

Rosemary has presented more than 400 cookery programmes on television and has hosted several of her own TV series on BBC and ITV. In 1999 Rosemary was made a Deputy Lieutenant of Leicestershire. In 2001 she was given the Freedom of the City of Leicester, and in 2004 she was awarded a CBE in the Queen's New Year Honours List for 'services to the fitness and diet industries'. In 2012, Rosemary was one of the oldest contestants ever to appear on *Dancing on Ice*.

Together with her husband, Mike Rimmington, Rosemary runs five companies: Rosemary Conley Diet and Fitness Clubs, which operates an award-winning national network of almost 200 franchises running around 2,000 classes weekly; Quorn House Publishing Ltd, which publishes *Rosemary Conley Diet and Fitness magazine*; Quorn House Media Ltd, which runs [rosemaryconley.tv](http://rosemaryconley.tv), an online TV channel; Rosemary Conley Licences Ltd; and Rosemary Conley Enterprises.

Rosemary has a daughter, Dawn, from her first marriage. Rosemary, Mike and Dawn are all committed Christians.

## **Also by Rosemary Conley**

*Rosemary Conley's Hip and Thigh Diet*

*Rosemary Conley's Complete Hip and Thigh Diet*

*Rosemary Conley's Inch Loss Plan*

*Rosemary Conley's Hip and Thigh Diet Cookbook* (with Patricia Bourne)

*Shape Up for Summer*

*Rosemary Conley's Beach Body Plan*

*Rosemary Conley's Flat Stomach Plan*

*Be Slim! Be Fit!*

*Rosemary Conley's Complete Flat Stomach Plan*

*Rosemary Conley's New Body Plan*

*Rosemary Conle's Low Fat Cookbook*

*Rosemary Conley's Red Wine Diet*

*Rosemary Conley's Low Fat Cookbook Two*

*Eat Yourself Slim*

*Rosemary Conley's Step-by-Step Low Fat Cookbook*

*Rosemary Conley's GI Jeans Diet*

*Rosemary Conley's New Hip and Thigh Diet*

*Rosemary Conley's GI Hip and Thigh Diet*

*Slim to Win Diet and Cookbook*

*Rosemary Conley's Amazing Inch Loss Plan*

*The Secrets of Staying Young*

Rosemary Conley's

**Ultimate  
Gi Jeans Diet**

The healthiest and most effective weight-loss plan -  
ever!



## Acknowledgments

It quickly became obvious that I should write a sequel to my original *Gi Jeans Diet* after so many people wrote to me with details of their astonishing success and the health benefits they enjoyed. This *Ultimate Gi Jeans Diet* represents a culmination of research and new ideas that greatly expands on the original diet, and I would like to thank Dr Susan Jebb, one of the UK's leading nutrition scientists, for her expert advice and guidance.

Thanks also to the team at ITV Central for giving me the opportunity to test the diet on television; to Teresa Keates for testing the Solo Slim Diet; to my husband, Mike, for testing the Kick-start Diet and for his encouragement throughout the writing of this book; to my daughter, Dawn, for her invaluable support, research and ideas in making this diet as extensive as possible.

I want to say a very big thank you to ALL the members who took the time to fill in the questionnaire; to our franchisees who gave out the forms and encouraged their members to complete them; and to our special team at Quorn House for inputting the information. I must also acknowledge the contribution made by Chris Ash, our Group Marketing Manager, and Angie Higgins, our General Manager, in compiling a questionnaire that is really useful and motivational; and to Jeremy Bromley, our IT manager, for creating a computer programme to collate the information.

A huge thank you, too, to my friend and colleague, Mary Morris, M.Sc., our Clubs' Training Consultant. Mary's expertise and knowledge forms the basis of all the exercise programmes in our magazine as well as in this and many other of my books. We also choreographed my new Gi Jeans

Weight-loss Workout DVD together. Mary created the fascinating lifestyle quiz that appears in [chapter 5](#) of this book, in consultation with Dr Susan Jebb. Mary is a total joy to work with and it is difficult to put into words how much I appreciate her.

I also want to thank Anne-Marie Littlewood, B.Sc., a former Clubs franchisee who is now Consultant for our online slimming club, [rosemaryconleyonline.com](http://rosemaryconleyonline.com). Anne-Marie sorted out the most commonly asked questions about low-Gi eating to help give readers a better understanding of how this diet works.

The recipes in this book are created by chef Dean Simpole-Clarke. Dean has a flair for producing easy-to-prepare, low-fat dishes that are suitable both for everyday eating and dinner parties. Thank you so much for all your skill and hard work, Dean.

All the meal suggestions and recipes are fat- and calorie-counted, and this extensive research was undertaken by my very patient PA, Melody Patterson. Thank you, Melody, for coping with this mammoth job alongside your other work.

Thanks must also go to everyone involved in turning my raw manuscript into this book: to Hannah Black at Century; to Roger Walker for designing the inside pages; to the cover design team; to hair and make-up artist Jane Tyler for making me look my best in the pictures; to Martin Black for the exercise photography; and to Allan Olley for taking such a great cover shot.

Last, but by no means least, thank you to my long-suffering book editor, Jan Bowmer. When I write a book, I don't have the luxury of time to go away for a month or so and work on it in one go. Anyway, this isn't that sort of book. There are so many different elements to it and it is only through Jan's expertise and patience that the book emerges as an understandable and hopefully inspiring volume! Thank you so much, Jan.

## Useful information

### Cooking weight conversions

Ounce (oz)	Pound (lb)	Gram (g)
1		25
2		50
3		75
4	$\frac{1}{4}$	115
6		175
8	$\frac{1}{2}$	225
16	1	450
	$1\frac{1}{2}$	675
	2	1kg

### Liquid measures

Fluid ounce (fl oz)	Pint	Millilitre (ml)
2		50
4		120
5	$\frac{1}{4}$	150
6		175
8		250
10	$\frac{1}{2}$	300
12		350
14		400
	$\frac{3}{4}$	450
16		475
	1	600
	$1\frac{1}{4}$	750
	$1\frac{1}{2}$	900
	2	1.2 litres

### Body weight conversions

Pound (lb)	Stone (st)	Kilogram (kg)	Pound (lb)	Stone (st)	Kilogram (kg)
1		0.5	9		4.1
2		1	10		4.5
3		1.4	11		5
4		1.8	12		5.4
5		2.3	13		5.9
6		2.7	14	1	6.3
7	½	3.2	28	2	12.7
8		3.6			

## Spoon measures

1 teaspoon (tsp) = 5ml      1 tablespoon (tbsp) = 15ml

## Linear measurements

Inch (in)	Feet (ft)	Millimetre (mm)	Centimetre (cm)
⅛		3	
¼		5	
½			2.5
1½			4
2			5
2½			6
3			7.5
3½			9
4			10
5			13
6			15
7			18
8			20
9			23
10			25
12	1		30

## Abbreviations and symbols used

oz	ounce	ft	foot
lb	pound	mm	millimetre
g	gram	cm	centimetre
kg	kilogram	kcal	calorie
st	stone	tsp	teaspoon
fl oz	fluid ounce	tbsp	tablespoon
ml	millilitre	Ⓟ	suitable for vegetarians
in	inch	❄	suitable for home freezing

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The diet in this book is based on sound healthy eating principles. However, it is important that you check with your doctor or GP before following any weight-reducing plan. Diabetics should always follow the eating guidelines recommended by their GP or medical practitioner.

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# 1 Lose weight fast!

I CHALLENGE YOU to find another diet that will enable you to lose weight faster or more healthily than this one! It's been tried and tested by thousands of dieters and really is the Ultimate Gi Jeans Diet! And because the eating plan is based on healthy and filling, low-fat, low-Gi foods, you won't feel hungry as the weight and inches drop away.

Since my *Gi Jeans Diet* book was published in January 2006, I have received thousands of letters and emails from readers telling me of their amazing successes on this revolutionary, easy-to-follow diet.

For instance, Angela McArthur from Glasgow wrote: 'I have lost 3st in 18 weeks and dropped from a dress size 18/20 to a size 12! People don't recognise me in the street and even my partner walked past me the other day! It has given me such a boost - I have more confidence, and I feel healthier and less tired.'

Sarah Bowyer, from Reading in Berkshire, lost 2st 6lb in eight weeks and wrote: 'I love this diet! The weight and the inches have dropped off me and I don't feel hungry. It's incredible!'

Adelle Smith, also from Reading, wrote: 'I have been on loads of diets over the years but never have I experienced the speed of weight loss like this. I have lost 6st in seven months. It's brilliant!'

Alison Hicks from Cheshire, who lost 1st 8½lb in eight weeks, wrote: 'My health and general wellbeing has improved beyond all expectations. Seeing the results so quickly has really encouraged me to stick with it.'

Carrie Masters, a diabetic from Surrey, also lost 1st 8½lb in eight weeks and wrote: 'The Gi Jeans Diet has worked brilliantly alongside my diabetes. I've never felt so well and have been able to reduce my insulin intake.'

I have been helping people to lose weight and get fitter for a long time and, with 27 diet books already under my belt, I thought I had written everything that I could to help overweight people become slimmer. But then I discovered the glycaemic index, or 'Gi' way of eating. Not only did it transform my own daily diet, but it inspired me to create my own Gi Jeans Diet and put it in a book. When it was introduced to Rosemary Conley Clubs around the UK the results were astonishing. Never, ever before had members experienced such enormous weight losses so fast.

So what exactly is Gi? Different foods cause our blood sugar levels to rise and fall at varying rates, immediately after we have eaten them and during the period following consumption. Foods with a low glycaemic index cause our blood sugar levels to rise slowly and fall gradually, which helps us to stay feeling full for longer. And this, of course, helps us when we are trying to lose weight. Avoiding sudden rises and falls in our blood glucose levels also is much better for our general health. Clinical research studies show that a low-Gi eating plan can reduce the risk of developing diabetes or heart disease. So many people these days are at risk of these diseases and a low-Gi diet is a real health-enhancer for all of us.

With this Ultimate Gi Jeans Diet, not only will you lose your unwanted weight safely and faster than ever, you will transform your shape and discover the body you have always wanted. Yes, really! Indeed, some research studies have shown that a low-Gi diet can maximise fat loss and in particular help reduce abdominal (tummy) fat.

This diet presses all the right buttons to allow you to achieve a fast but healthy weight loss yet offers sufficient food to satisfy the most demanding of appetites. Eating

low-Gi foods prevents sudden food cravings, which are one of the main reasons dieters fail. In a moment of hunger they reach for that sweet or high-fat snack which then ruins the most effective of diets.

Unlike in many other Gi diets, all the foods included in this diet are also low in fat. Eating a low-fat diet minimises fat deposits around our bodies as, quite naturally, the fat we eat is stored as fat for emergencies in case we should ever find ourselves in the middle of a famine. As this is highly unlikely in the western world in the 21st century, we need much, much, less fat than we used to years ago when families had to 'make do' with whatever food was available.

## Get the balance right

Losing weight is a matter of physics. Our bodies need fuel in exactly the same way as our cars need it. We eat food as fuel and, if we eat less than our bodies use up, we lose weight because the body has to get the fuel it needs from somewhere else. It does this by using some of its reserves from its existing fat stores. The opposite of this of course is if we eat more fuel than our bodies need, we gain weight, just like putting extra cans of fuel in our car boot. To keep our weight constant, we must eat an equal amount of food to what our bodies spend in energy. It's a fine balance.

The energy content of food is measured in calories and the trick is to select foods that we enjoy and which make us feel full but contain only a moderate number of calories. As I've done all the selecting and calculations for you in the menus in this book, there's no need for you to worry about calorie counting every item of food you eat. And as all the meal suggestions are based on low-fat foods, you will automatically be cutting down on lots of calories, anyway. Be aware that fat contains twice as many calories compared to other food groups. So, if we cut down the fat, we automatically cut down on the calories. Add to the mix

some slow-energy-releasing, low-Gi foods and we naturally feel fuller for longer.

By eating in this way we don't feel hungry even though we are eating less fuel than the body uses. And, as the body demands a certain number of calories to fulfil its tasks and operation, it automatically uses some of our stored fat to make up the difference. Then, if we include some extra activity, the body has to use even more fat from our fat stores to meet its extra needs. Result: fantastic weight and inch loss.

## Get off to a flying start!

How this diet works is simple. To help get you off to a flying start I suggest that for the first two weeks you follow the Kick-start Diet. This strict but highly effective diet will enable you to lose around 7lb in 14 days. I can be confident in predicting this as in my initial trials with 36 volunteers, the average weight loss over two weeks was 7.25lb. Since that initial trial some dieters have even been known to lose up to a stone in two weeks but, of course, it all depends on how much weight you have to lose in the first place. What I do know is that I have never seen weight fall off people so fast and yet the diet is very healthy for adult men and women of all ages, irrespective of their starting weight.

After this initial two-week period, when you are asked to abstain from alcohol and treats, you should move on to Part 2 of the diet, which allows you more food choices. You will have more calories to play with, including an optional daily high-fat treat, plus a 100-calorie allowance for alcohol each day. The treats and the alcohol can be saved up over seven days if you wish so that you can still enjoy a very social weekend or special meal out.

You will be able to calculate your ideal personal calorie allowance by referring to the basal metabolic rate (BMR) tables at the back of this book. As you lose weight you will

be able to adjust your calorie allowance accordingly so that you are always able to experience a significant weekly weight loss.

As I mentioned earlier, you do not have to get too involved in counting the calories in individual foods. I have included a wide selection of breakfast, lunch and dinner suggestions where all the calories have been carefully calculated. All you need to do is select meals within a calorie bracket, which, when totted up at the end of the day, do not exceed your total daily calorie allowance. This is fully explained later.

Unless otherwise stated in the diet plans, all foods contain five per cent or less fat – that's five grams or less fat per 100 grams of product. This will still give you a wide selection of foods to choose from but is a good rule of thumb to help steer you away from high-fat foods that will just make you fat! One important exception to this rule is oily fish, as it contains valuable nutrients. Health experts recommend eating at least one portion of oily fish every week.

## Speed up your weight loss

At the same time as following the diet I recommend you increase your activity levels. This will not only increase the speed at which you lose weight but it will also help maximise your inch loss and help you to tone up as you slim down.

'Aerobic' exercise (that's activities such as walking, jogging, swimming and dancing) burns fat from our bodies, so it is a great way to speed up the weight-loss progress. Body toning exercises help strengthen our muscles, which makes them a better shape and also increases our ability to burn fat when we exercise aerobically.

Exercise is a good habit to get into, but sometimes our busy lifestyles prevent us from taking the time to do it and

it slips down our list of priorities. It is really important that you develop the habit of becoming naturally more active. Treat yourself to a pedometer and wear it every day. It will greatly motivate you to think about moving more. Start by increasing your usual number of steps by an extra 2000 a day until you achieve 10,000 steps a day. Being more active will help you to become healthier, fitter and, of course, slimmer!

In [chapter 3](#) I explain the principles of low Gi and advise how you can make some simple choices when selecting foods so that you can steer your day-to-day eating habits towards low-Gi foods. Not every food you eat needs to be low Gi, but introducing more low-Gi foods into your daily diet will benefit your health, too. Since I researched my original Gi Jeans Diet my husband, Mike, and I have switched effortlessly to eating low-Gi foods and we feel much better for it.

You have bought this book to help you transform your body and your health. I've been overweight myself, so I can empathise with you and I want to help you on your journey to a new you. If you follow the advice, stick rigidly to the diet principles and do some form of exercise or activity on at least five days a week, I guarantee you will succeed. Tens of thousands of Rosemary Conley Club members have proved without a shadow of a doubt that this diet works. If they can do it, so can you!

## 2 They did it, so can you!

AT THE SAME time as my original Gi Jeans Diet was launched in January 2006, ITV Central invited five brave folk to try the diet in the full glare of the television cameras. Sue Jinks, Sue Rea, Anne Hubbard, Jayne Marshall, and Tony Kemp, all from the Midlands, weighed in for everyone to see. With varying amounts of weight to lose, they took up the challenge with enthusiasm and sportsmanship. I kept in telephone contact with them and each time I phoned they were so positive and kept telling me how well they felt. It was really exciting.

Their second public weigh-in was after the initial two weeks on the Kick-start Diet, and the results sounded promising. Jayne had lost an impressive 8lb, Sue Jinks 7lb, little Sue Rea (as she became known because of her 5ft height) 7lb, Anne Hubbard 8lb, while our male dieter, Tony, had lost an impressive 1st 2lb in the fortnight and his trousers were nearly falling down!

The next weigh-in for the cameras was seven weeks later. We all met at Marks & Spencer at Fosse Park, a retail shopping centre on the outskirts of Leicester, so that we could get them all fitted out in new clothes for their now trimmer figures in time for the TV broadcast later that day. They all looked so much slimmer I couldn't have been more thrilled with their progress. After our shopping trip we went over to our offices at Quorn House where the TV cameras were ready for us. It was all very exciting.

The fab five were interviewed and then it was time for the final weigh-in. Ironically, on this particular day I had

completely lost my voice, having had an attack of laryngitis over the previous few days. I couldn't utter a sound! I was so frustrated! However, Central News presenter Sameena Ali-Khan did a great job announcing the final weights, to the total shock, surprise and delight of the dieters.

After nine weeks Jayne had slimmed down from 11st 3lb to 9st 13lb - a loss of 1st 4lb. Sue Jinks had slimmed down from 12st 6lb to 10st 7lb - a loss of 1st 13lb! Little Sue Rea had shrunk from 10st 2lb to 9st 2lb - a stone lighter - while Anne Hubbard had slimmed from 12st 6lb to 11st 1lb - a loss of 1st 5lb. Then there was Tony. Tony had weighed in at 18st, which was far too much for his 5ft 10in frame, but in just nine weeks he lost an astonishing 2st 2lb and weighed in at a very reasonable 15st 12lb.

Tony, who lives in Nottingham, had been in denial about his weight until his trousers split. He said:

'I was so pleased to be selected for the TV trial. It was just what I needed and I couldn't believe how easy the diet was to follow. I didn't feel hungry and I felt so much better in myself. I know I will continue as it is just a way of eating now.'

When Tony and I met up again a few weeks later, he had lost another stone. Fabulous!

Anne Hubbard, from Leicestershire, found her weight had crept up over the years and size 16 clothes were getting tighter. After just nine weeks on the diet, Anne was wearing size 12 jeans! In that time Anne had lost 2in from her waist, 3in from her hips and 4in from her thighs. She said:



*Tony Kemp at 18st*



*Tony lost 3st 2lb*

'I found the diet so easy to stick to and I enjoyed the recipes - as did the whole family, and I loved the

exercise. I work out to Rosemary's *Shape Up & Salsacise* DVD four times a week as well as going to a class. I have so much more energy now.'

Anne also commented that she used to suffer with high blood pressure, but since losing her excess weight and exercising more her blood pressure was now normal. What's more she was now wearing size 10 trousers, which she hadn't done for 20 years!



*Anne Hubbard at 12st 6lb*



*Anne lost 3st*

I couldn't have wished for a more pleasant, happier bunch of people to try my diet and I know they still keep in touch with each other now.

In July, seven months after the TV trial started, Anne sent me a text message, which read: 'Just wanted to say thank you, have now lost 3st and just bought size eight jeans! Feel fantastic!'

When my original Gi Jeans Diet was launched in Rosemary Conley Diet and Fitness Club classes throughout the UK in 2006, we were all astonished at the fast and positive results achieved by members. Never before had we experienced weight losses like it and it wasn't long before our wonderful instructors were passing on to me the news of record-breaking rates of success. For instance, Lindsey Peters, a Hertfordshire franchisee, totted up her members' weight losses in January alone. They had lost over 100st in four weeks on the new diet!

News started spreading fast and new members were flocking to our classes and, as the *Gi Jeans Diet* had become a bestseller, my publishers were soon asking for a follow-up book. Having followed a similar pattern with my *Complete Hip and Thigh Diet* after the great success of my original *Hip and Thigh Diet* back in 1988, I thought it would be fun to write the *Ultimate Gi Jeans Diet*. As with my *Hip and Thigh Diet*, I also felt it would be interesting to carry out some further research into the actual statistical evidence produced by those who had followed this diet.

We created a questionnaire to be filled in only by those Rosemary Conley class members across the UK who had joined since my Gi Jeans Diet was launched in the Clubs - some four months previously. I wanted to compare their weight losses with those of members of the original trial team who had tested the diet through my local radio station, BBC Radio Leicester. In that original trial there were 36 willing volunteers who followed the diet for eight weeks. The results were extremely encouraging, with an average weight loss over the first two weeks of 7.25lb, and their average weight loss after eight weeks was an impressive 1st 1.5lb.

As the initial trial was done with a relatively small number of people, I was keen to see what the results might tell us if we cast the net further afield. So in May 2006 at the Rosemary Conley annual training convention at Center Parcs, our franchisees each took a few questionnaires to be completed by their members and returned by the end of July in time for me to finish this book. By mid-July I had received 382 questionnaires and these were analysed through a special computer programme designed by our IT manager, Jeremy. Members of staff input the data, then Jeremy pressed the button to print out the results. When I first saw that the average weight loss across 382 people was 1st 6lb in eight weeks I was flabbergasted. It seemed almost unbelievable but it was, of course, totally genuine.

Yes, this diet really did work fast. Moreover, the dieters didn't find the diet difficult and spoke encouragingly of their successes. Here's a summary of the results.

## The trial results

The trial participants covered a very wide age range. There were only four per cent in the 16-24 age group, 13 per cent in the 25-34 age bracket, 34 per cent in the 35-44 range, 27 per cent in the 45-54 age group, 15 per cent in the 55-64 range, and seven per cent were aged between 65 and 74.

The Kick-start Diet is tough and requires a couple of weeks of discipline and abstinence from alcohol, with the sole purpose of getting you off to a flying start to inspire you to continue. When asked 'Did you feel hungry on the Kick-start Diet?' 27 per cent said 'not at all', 31 per cent said 'hardly ever' while 38 per cent said 'occasionally'. Only four per cent said they were hungry 'very often'. I was surprised at how well they had coped.

When asked if they found the Kick-start Diet easy to follow, 51 per cent said it was 'very easy', 45 per cent said it was 'quite easy' while only three per cent said it was 'not easy' and one per cent said it was 'hard'.

But the results were astonishing and there is no doubt that, pushing ourselves hard when our motivation is at its highest and then seeing almost immediate results is immensely encouraging.

John Midgley, from Haworth in Yorkshire, lost 10½lb on the Kick-start Diet and went on to lose 3st 6½lb in 12 weeks. John commented that he also had given up smoking as well as joining the class and, along with the weight, almost all his symptoms of asthma had disappeared, too. His waist measurement went from 42in to 36in and he was delighted that his fitness level was 'better than ever!'