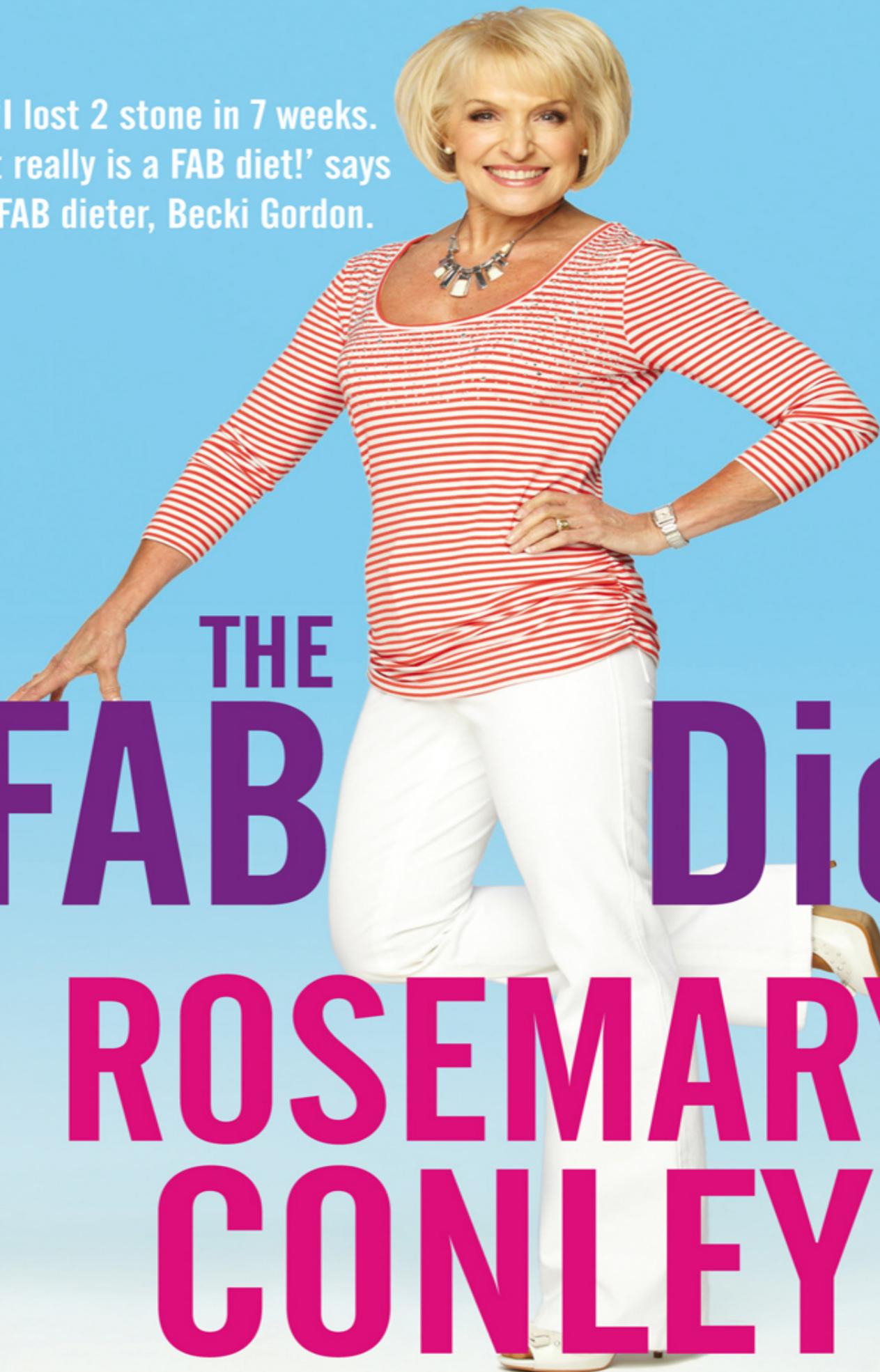


THE ALL NEW FAT ATTACK BOOSTER DIET

'I lost 2 stone in 7 weeks.
It really is a FAB diet!' says
FAB dieter, Becki Gordon.



THE
FAB Diet

**ROSEMARY
CONLEY**

Contents

Cover

About the Book

About the Author

Also by Rosemary Conley

Title Page

Acknowledgements

Introduction

1 Lose weight fast and feel FAB!

2 Tried and tested

3 Planning for success

4 How to follow the FAB Diet

5 The Kick-Start Booster Diet

6 The 1400 Fortnight

7 Your Personal FAB Plan

8 Diet menus

Breakfasts

Lunches

Dinners

Power Snacks

Treats and Desserts

Alcoholic Drinks

9 Recipes

Soups

Beef and Lamb

Pork

Chicken and Turkey

Fish and Shellfish

Vegetarian

Desserts

10 Move it! Burn fat faster and get a FAB body shape

11 The Five-Minute Core Workout

12 The Advanced FAB Fitness Challenge

13 Staying slim: your FAB maintenance plan

14 Naomi's weight-loss blog

Your personal calorie allowance

Index of recipes

Copyright

About the Book

Rosemary Conley's Fat Attack Booster (FAB) Diet has been tried and tested for six months and the results are astonishing.

The FAB dieters cannot believe the results they have achieved:

'I lost 12 lbs in my first week. The FAB Diet is so easy AND I'm eating normal food!' says FAB dieter, Robert Carr.

- The FAB Diet is simple to follow, and speeds up your rate of weight loss like never before.
- With loads of delicious recipes, low-fat, calorie-calculated meal suggestions, easy exercises, motivational tips and testimonials from successful slimmers, the only things you have to lose by trying it are weight and inches!
- Follow this plan, and you'll tone up as you slim down!

The FAB Diet really, really works!

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 of around nine million copies. Rosemary has also presented more than 400 cookery programmes on television and has hosted several of her own TV series on BBC and ITV, including *Slim to Win with Rosemary Conley*, which was first broadcast in ITV Central and Thames Valley regions in 2007, with a new series in 2008.

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'.

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 & Fitness* magazine; Quorn House Media Ltd, which runs 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)

Rosemary Conley's Metabolism Booster Diet

Rosemary Conley's Whole Body Programme

Rosemary Conley's New 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 Conley's New Inch Loss Plan

Rosemary Conley's Low Fat Cookbook

Rosemary Conley's Red Wine Diet

Rosemary Conley's Low Fat Cookbook Two

Rosemary Conley's Eat Yourself Slim

Rosemary Conley's Step by Step Low Fat Cookbook

Rosemary Conley's Gi Jeans Diet

Rosemary Conley's Ultimate Gi Jeans 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

FAB Diet

THE ALL NEW
Fat Attack Booster Diet

Rosemary Conley



arrow books

Acknowledgements

I created my FAB Diet 12 months ago and if you joined Rosemary Conley Diet and Fitness Clubs during that time, you will have been following this diet. Because of the outstanding success of the diet in our classes I decided to write a book about it and include some of our members' testimonials and stories. I hope their experiences will inspire you. A massive thank you to the wonderful franchisees who run our classes for embracing the new diet so enthusiastically and motivating their members to achieve such success. A big thank you, too, to all our members for their emails, letters and cards. You have proved that the diet really, really works and you are all so inspirational! I still take my own classes on a Monday evening and in the 41 years I've been running classes, never have I seen weight losses like those achieved by my members who followed the FAB Diet and I've included some of their photographs in this book.

A very big thank you must go to Naomi Mayer-Baker for writing her blog. Naomi, who is a member of our online slimming club, described her weight-loss journey in her weekly blog. I was so enchanted by it that I asked her permission to include it in this book. I am sure you will inspire so many readers, Naomi. Thank you for letting me reproduce the story of your wonderful journey.

A big thank you also to chef Dean Simpole-Clarke for his delicious recipes, to Pauline Beanlands and Sue White for gathering together the testimonials from our members, to Anja Zeman for calculating the calories and fat content of the diet menus and recipes and to Diana Buchanan for all her support and help throughout the compilation of this book.

I am fortunate to work alongside one of the most inspiring fitness professionals and teacher trainers in the UK – Mary

Morris. Thank you, Mary, for helping me put together the workouts for this book and for your continuing encouragement and expertise in respect of both the diet and the exercises. Thank you also to my wonderful daughter, Dawn, for her infinite wisdom in helping me create the diet. We work brilliantly as a team and Dawn keeps me on track when I'm working on a new diet.

As any author will acknowledge, the role of a book editor is golden. My wonderful editor, Jan Bowmer, is amazing and I want to thank you, Jan, for everything you have done to make this book so easy to follow and comprehensive. You are a joy to work with and you really are a star!

Thank you to Alan Olley for taking so much trouble to make me look my best in the photographs and also for making my successful slimmers look beautiful. Thank you to Clive Doyle for his food photography. I must also thank designer Roger Walker for making the book so easy to use and to Susan Sandon and Gillian Holmes at Random House for continuing to believe in me. Long may it continue!

Introduction

My Fat Attack Booster Diet was introduced to the members of Rosemary Conley Diet and Fitness Clubs in January 2012. We had the best January ever that year with a 30 per cent increase in new members compared to the previous year. Of course, part of the reason for this was that I was appearing on ITV1's *Dancing On Ice* in front of nine million viewers on a Sunday evening, but I think it was also because we had introduced a new diet that was incredibly effective while being so easy to follow.

I think my appearance on *Dancing On Ice* made folk realise it's never too late to get slim and fit and gave them the incentive to do it for themselves – I couldn't have succeeded in staying in the competition for six weeks if I'd been unfit and overweight. There's no doubt it's an incredibly physically demanding show and my years of teaching exercise certainly stood me in good stead. My body was also fairly flexible and my weight was at a healthy level. I was surprised how few aches I experienced and how much energy I found every day – but I was having the time of my life and had the loveliest skating partner in Mark Hanretty, who was a sheer delight to be with as well as being an amazingly talented coach and professional ice skater. I now have a passion for ice skating and for encouraging older folk to shed their excess weight and become fitter, because there's a heck of a lot of living still to be done after you turn 60!

It was due to the remarkable success stories we were seeing in our classes and in our online slimming club that I decided to write this book. Not everyone is able to join a class or has access to a computer so I hope this book will show folk that weight loss doesn't need to be complicated. The great news is that you don't have to follow a very-low-calorie diet (VLCD) of around 600 calories a day or have meal replacements like milkshakes or powdery

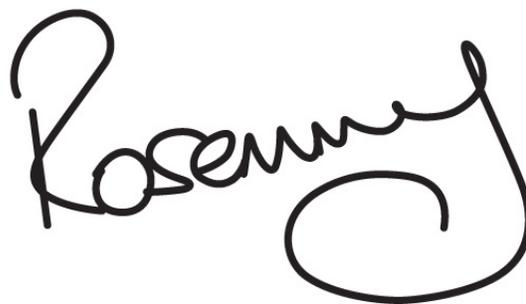
soups to see a fast weight drop. On my Fat Attack Booster Diet – or FAB Diet for short – you can eat healthy, low-fat, calorie-counted proper meals combined with some doable exercises that will fit into your daily life. Do this and you will slim down and tone up like never before.



Rosemary Conley and Mark Hanretty in *Dancing On Ice* 2012 (ITV / Rex Features)

I honestly believe this is the easiest diet to follow – ever! But don't take my word for it. Take a look at the 'before' and 'after' success stories included in this book and read the comments and letters I received from our members who all lost weight successfully and transformed their figures. These are real people who are living proof that this diet works. Our FAB dieters cannot believe the results they've achieved – safely, effectively and for life.

This diet works. Stick to it and you will be astonished at the results and you will feel amazing at the end of it. So, move it, lose it, love it!

A handwritten signature in black ink, reading "Rosemary". The signature is written in a cursive, flowing style with a large initial 'R' and a decorative flourish at the end.

PS Throughout this book I've mentioned various products and services that we offer. All our products are very carefully selected and only included in my range if I honestly believe it will help whoever buys it.

1

Lose weight fast and feel FAB!

Do you want to shed your excess weight fast and improve your health and fitness into the bargain? Well, now you can! In the 40 or so years I've been helping people to lose weight and get fitter I've never witnessed weight losses like those seen by our members after my FAB Diet was introduced to our Diet and Fitness Clubs in 2012. I've created diets before where trialists have lost a stone (6.4kg) in the first month but on my FAB Diet our members continued to lose weight at an amazing rate, with some managing a stone each month. The results were truly astonishing and yet the diet offers three meals a day of 'normal', everyday food. No powders or potions, and no gimmicks – just healthy food that YOU select from the many meal suggestions, together with some exercise that's within your capability, and you choose what you do. Put this magic combination together and you can achieve a slim and toned body, just like the slimmers featured in the photographs [here](#). They all followed the diet and transformed their shape, size and health – fast! You can read their stories in Chapter 2.

This diet does what it says on the tin! It shows you how to boost your weight loss by attacking the unwanted fat on your body in a calorie-controlled, low-fat eating plan and effective exercise plan to help you achieve the figure and fitness level you've always dreamed of. And once you've lost your weight, I'll show you how to keep it off for good.

The beauty of my FAB Diet is that it's so versatile and caters for every taste and lifestyle. There are high-protein meal options if

you like to follow a high-protein diet. Maybe you love your carbs? That's fine too, as I've included meals for those who love bread, pasta, rice and potatoes. Perhaps you have a sweet tooth? You'll find plenty of meal choices where a dessert has been included in the menu plan and, of course, there's a vegetarian alternative at every mealtime.

You can prepare your own meals, using the delicious recipes in this book, or for a speedier solution there are quick and easy alternatives for creating tasty meals using ready-made sauces – including my own Rosemary Conley range. And if you don't want the hassle of preparing a meal from scratch, you can select my Solo Slim® ready-meal options in the diet, which can be ordered through my website (www.rosemaryconley.com). All you have to do is pop a pouch of delicious 100% natural, healthy food into a microwave or empty the contents into a saucepan and heat on the hob. This really is the easiest diet ever.

And to make it really simple to select the type of meals you want, all the different meal categories are colour-coded so you can see your preferred options at a glance – for instance, all the high-protein options are in red, carbs are yellow, vegetarian green, and so on. See [here](#) for the full key.

Your good health

Exercising regularly and eating a healthy diet that offers a balance of nutrients and plenty of fruit and vegetables will not only help you achieve a healthier and slimmer body and control your body weight, but will also help reduce your risk of developing serious conditions such as heart disease, high blood pressure, stroke, high cholesterol and type 2 diabetes. We all imagine these things won't happen to us but none of us is immune from disease and we should do everything in our power to reduce our risk.

In particular, the carbohydrate meal choices in my FAB Diet are ideal for diabetics as they are based on healthy low-Gi foods –

that's foods such as oat-based or high-fibre cereals, wholegrain or multigrain bread, pitta bread, sweet potatoes and waxy new potatoes, basmati rice and pasta. Low-Gi foods help to lower the glycaemic index of a meal, which in turn helps to stabilise blood sugar levels. The beauty of low-Gi foods is that they also keep us feeling fuller for longer, thereby reducing hunger pangs – which is just what you want on a weight-reducing plan!

According to the charity Diabetes UK, eating a healthy diet can curb some of the complications associated with type 1 and type 2 diabetes. Untreated, diabetes can lead to blindness, heart disease, kidney failure and nerve damage. If you are a diabetic, losing weight will make a big difference to how your condition is managed. For people without diabetes, losing weight can also have a positive impact on their risk of developing the condition.

Diabetes UK advises that breaking down your daily food intake into three smaller meals, with snacks in between is useful for controlling the condition. So my FAB eating plan – which offers three main meals a day with a healthy mid-morning and mid-afternoon 'Power Snack' – is ideal for helping diabetics manage their condition as well as lose their excess weight.

Visit www.diabetes.org.uk for more information on diabetes, or you can watch Zoe Harrison from Diabetes UK discuss diabetes on my free internet TV channel (www.rosemaryconley.tv).

How does the FAB Diet work and why is it so effective?

No diet will work unless the total calories from the food and drink you consume are less than the total calories you spend in energy. If you eat less than you spend, you will lose weight – it's a simple matter of physics.

Some foods have more 'fattening power' than others. As fat has nearly twice the number of calories, gram for gram, of carbohydrate or protein, cutting down on the fat in your diet will be a huge help in your weight-loss progress. At the same time, if you can spend a bit more energy by being more active, you'll lose

weight faster, providing you stick to a calorie-controlled diet. But it's important to have enough food to keep you feeling fuller for longer so you don't dive into the biscuit barrel the first time you feel peckish! And my FAB Diet allows you to do that.

I know that counting your daily calories is boring and tedious. That's why all the meals in my FAB Diet are calorie-counted, so you don't have to worry about that unless you eat something outside of the recommended meals. I've designed this FAB Diet so there's something for everyone, and with plenty of variety in the menus offered you're bound to find something to suit – whether you prefer cereal or toast or fruit for breakfast or you like a sandwich or a proper meal at lunchtime or perhaps eat only chicken or fish for dinner. All the options are there for you to choose – and repeat – to your liking.

To burn fat faster, as well as following the eating plan in this book I ask you to do some aerobic exercise each day, such as brisk walking, cycling or an aerobics class. Add in some toning exercises three or four times a week and you'll firm up and strengthen your muscles, which will give you a better shape. You can choose what exercise you do or you can follow the daily fitness challenges I've set for you in the first four weeks which will enable you to build up your fitness gradually. You may find it helpful to read Chapter 10 before you start the diet.

Three steps to successful weight loss

The FAB Diet is divided into three stages. The first stage is designed to kick-start your weight loss so you see quick results early on. Research has shown that if you lose a significant amount of weight in the early stages of a weight-loss plan, you are much more likely to continue. So, for the first two weeks, you follow the quite strict, 1200-calorie Kick-Start Booster Diet. You'll find the results of this initial effort incredibly encouraging. In trials, dieters lost an average of 7lb (3.2kg) in 14 days, so it's worth making the effort to stick to it.

In week three you move on to the 1400 Fortnight Diet, where your calorie allowance is increased to 1400 calories a day so you can enjoy an alcoholic drink and some extra treats. Then in week five you progress to Your Personal FAB Plan where your individual calorie allowance will be based on your basal metabolic rate (BMR), which is the number of calories your body needs to keep ticking over even if you stayed in bed all day and did nothing. This means that every bit of energy you spend moving around in your daily life and any other exercise you do will be fuelled by your body's fat stores and you'll burn more calories. (You can find your BMR by checking the charts at the back of the book.) Also in week five I've introduced a Fat Loss Booster day each week where on one day a week I ask you to be extra strict with your diet, sticking to 1200 calories a day, and to exercise more energetically, which will make a huge difference to your weight-loss progress.

Keep it off

Once you've achieved your desired body weight, it's vital to maintain it if you are to enjoy your new-found health, energy and confidence, and I will show you how to do this without feeling as if you are 'dieting'. Staying active and continuing to eat low-fat foods is the key to long-term success.

If you stick to the diet and exercise regularly, you will be truly amazed at your rate of progress and you'll look great and feel fit and fabulous. You are starting on a wonderful journey that will change your life.

2

Tried and tested

When my FAB Diet was introduced to our Diet and Fitness Club members in January 2012 I was staggered by the extraordinary results. Never before have I witnessed such fast and sustainable weight losses. Take a look at the photographs [here](#). These slimmers all agreed to be photographed for this book in the hope they could inspire others on their weight-loss journey.

When Nicola Bishop joined my Diet and Fitness class on 12th March 2012, she wore size 20 exercise gear and weighed 13st 12lb (88kg). Her joints ached so much that she'd started using a walking stick and her doctor was about to put her on statins for her high blood pressure and high cholesterol. She felt self-conscious, tired and her self-esteem was at rock-bottom. Four months later Nicola had slimmed down to 9st 12lb (62.6kg), was wearing size 10 clothes and looked fabulous!

Nicola, 49, says: 'I couldn't believe how much I could eat on the diet and still lose weight. I stuck rigidly to the 1200-calorie Kick-Start Booster Diet for the first two weeks and was amazed to find I'd lost 13lb (5kg) in 14 days! I then followed the 1400 Fortnight Diet for the next two weeks and lost a total of 1st 8lb (9kg) in the first month.

'After the first four weeks I moved on to the Personal FAB Plan, where I was allowed more calories. I was worried that my weight loss would really slow down but I kept losing at a rate of 2-3lb (0.91 and 1.4kg) a week. After four months I'd reached my goal of 9st 12lb (62.6kg). It was incredible!'



Nicola Bishop before she lost weight.



Nicola after she lost 4st in 4 months.

SLIMFILE

Nicola Bishop

Age 49

Height 5ft 6in (1.68m)

Top weight 13st 12lb (88kg)

Now weighs 9st 12lb (62.6kg)

Total weight lost 4st (25.4kg) in 4 months

Dress size was 20 **now** 10

Bust was 44in (112cm) **now** 35in (89cm)

Waist was 43in (109cm) **now** 31½in (80cm)

Hips were 44in (112cm) **now** 36.5in (93cm)

Tops of arms were 13in (33cm) **now** 11in (28cm)

Above knees was 18½in (47cm) **now** 16in (41cm)

BMI was 31.3 **now** 22.3

As well as sticking to the FAB Diet Nicola was determined to improve her fitness and started cycling the three miles to work. She added an extra couple of miles to her homeward journey in order to burn more calories! Today, after reaching her goal weight, she still comes to my weekly class and also power-walks for 15 minutes every lunchtime.

Nicola says: 'I'm more sociable now, my confidence is back and my fitness levels have gone sky high. I cycle 40 miles every Sunday and love it. I've been able to stop almost all my meds and my doctor is thrilled with my transformation. I feel 20 years younger, like a new woman. This diet, together with my exercise plan, has totally changed my life and I love the new me.'

Take a look at Nicola's 'before' and 'after' photographs to see the transformation.

Tracy Moore, 43, hated being overweight. When she joined my class on 16th January 2012 she weighed in at 17st 4lb (110kg). Her health was deteriorating, her joints were aching and she was getting chest pains – not good at any time in your life but

particularly worrying for Tracy when she was trying to keep up with her energetic three-year-old daughter.

Tracy says: 'I felt I just couldn't interact with my little girl, and my weight made me feel so miserable, it affected how I felt about everything. I hated shopping for clothes and I always felt tired. I just felt so miserable.

SLIMFILE

Tracy Moore

Age 43

Height 5ft 11in (1.8m)

Top weight 17st 4lb (110kg)

Now weighs 13st 2½lb (83.7kg)

Total weight lost 4st 1½lb (26.1kg)

Total inch loss 54in (137cm)

Dress size was 22 **now** 14

Bust was 47in (119cm) **now** 40in (102cm)

Waist was 46in (117cm) **now** 36in (91cm)

Hips were 51in (130cm) **now** 43in (109cm)

Widest part was 52in (132cm) **now** 44in (112cm)

Left arm was 15in (37cm) **now** 12in (30cm)

Right arm was 16in (41cm) **now** 12in (30cm)

Left thigh was 30in (76cm) **now** 25in (64cm)

Right thigh was 31in (79cm) **now** 25in (64cm)

Left knee was 19in (48cm) **now** 17in (43cm)

Right knee was 18in (46cm) **now** 17in (43cm)

BMI was 33.7 **now** 25.7



Tracy Moore before she lost weight.



Tracy shed 4st 1½lb in 6 months.

'I knew I had to do something as being overweight was taking over my life. In January 2012 I felt the time was right to take

action. Rosemary was launching the FAB Diet in her classes and I was happy to give it a go. I couldn't believe how easy it was. I lost almost 2st (12.7kg) in the first two months and dropped three dress sizes. I was thrilled!

By the end of July that year, Tracy – who is 5ft 11in (1.8m) tall – had slimmed down from a size 22 to a size 14 and now weighs 13st 2½lb (83.7kg). In six months Tracy lost 4st 1½lb (26.1kg) and 54in (137cm) from her body.

She says: 'The best thing is that my health has improved dramatically, I can run around after my little girl and we love going to the park together. I bought myself a size 14 leather jacket from French Connection and it felt so good – as if I'd won the Lottery! The FAB Diet is easy to follow and you eat "normal" foods, which makes it more of a way of life than a diet.'

Colleen Williams, 39, had reached a point in her life when she was so overweight she didn't want to face people. She says: 'When you meet someone you haven't seen in a long time you can see on their face how shocked they are at your weight gain. So you stay at home, miserable and bored, eating huge, man-sized meals.'

Colleen had been overweight since the birth of her son 15 years ago. Her weight had crept up to 17st 3lb (109.3kg) and her dress size had reached a size 22 before she decided to join her local Rosemary Conley class in Churchdown, Gloucester, in January 2012.

She also worried about her health. 'I was sure my weight was aggravating my asthma and migraines and was the cause of my sciatica. So I decided that 2012 was going to be different. My 40th birthday was looming and I made up my mind that I was not going to be fat in my 40s!



Colleen at 17st 3lb.



Colleen lost 6st 11lb in 10 months.

'I dreaded going out and about with my son and husband. Even when they were just walking, I found it hard to keep up with

them. I'd have to stop, rest and take my inhaler and they'd have to wait for me.'

Within 10 months of joining the Rosemary Conley class, Colleen reached her goal weight of 10st 6lb (66.2kg). She now wears a dress size 10 or 12 and is fitter than she's been since her school days. She can walk up the steepest of hills with her husband and match him pace for pace. She hardly needs to use her inhaler for her asthma, her migraines are only an occasional occurrence and her sciatica has gone.

SLIMFILE

Colleen Williams

Age 39

Height 5ft 6in (1.68m)

Top weight 17st 3lb (109.3kg)

Now weighs 10st 6lb (66.2kg)

Total weight lost 6st 11lb (43.1kg)

Dress size was 22 **now** 10/12

Bust was 44½in (113cm) **now** 37in (94cm)

Waist was 41in (104cm) **now** 29in (74cm)

Hips were 40in (102cm) **now** 36½in (93cm)

Widest part was 44in (112cm) **now** 36½in (93cm)

Left arm was 16in (41cm) **now** 11½in (29cm)

Right arm was 16in (41cm) **now** 12in (30cm)

Left thigh was 25in (64cm) **now** 21in (53cm)

Right thigh was 25in (64cm) **now** 20½in (52cm)

Left knee was 20in (51cm) **now** 16in (41cm)

Right knee was 20in (51cm) **now** 15½in (39cm)

BMI was 38.9 **now** 23.5



Naomi as she looks today.



Naomi Baker before she joined our online slimming club.

Best of all, she now loves going out socially with her husband and looks forward to deciding what to wear instead of dreading trying

to find something to fit.

Naomi Baker, 39, gained weight after giving up work to have a family. During her last pregnancy with baby Leo she had gained more than 3st (19.1kg) and her weight had risen to 13st 4lb 4oz (84kg). Family commitments meant she couldn't get to a class, so she joined our online slimming club

www.rosemaryconleyonline.com. She lost 2st 11lb 4oz (17kg) in 26 weeks on the FAB Diet and transformed her life, her figure and her health. Fascinated by the whole experience, she decided to write a weekly blog, which she sent to me to read. I was so enchanted by her weight-loss experience I asked her if I could include her blog in this book. You can read her personal story in Chapter 14.

What other dieters said

As well as the slimmers whose photos appear in this book there were many other success stories and I've included a selection of comments and extracts from letters I received from members of our classes.

■ Kirstie Davies, 24, from Suffolk weighed 15st 4½lb (97kg) when she joined her local class in January 2012. She wrote:

'The FAB Diet plan definitely works, even with my lifestyle. I would recommend it to any of my friends as it doesn't mean you have to put your life on hold – you can carry on the same as long as you just think about what you are eating and drinking.'

In just seven weeks Kirstie lost 1st 8½lb (10kg) and loads of inches – 5in (13cm) from her waist, 4in (10cm) from her bust, 4in (10cm) from her widest part and from her hips as well as 2in (5cm) off each thigh.

■ Zoe White, 21, joined our classes at the end of January 2012, weighing in at 15st 2lb (96kg). Zoe wrote:

'The diet is so easy to follow and I have really got into exercise. I am delighted that I've lost so much weight for my wedding.'

Zoe lost a staggering 1st 11½lb (11kg) in the first six weeks. By the end of June, she had lost almost 4st (25kg) in time for her wedding and her BMI had reduced from 35.4 to a much improved level of 26.4.

■ Jill Howard, 54, joined the Needham Market class in Suffolk at the end of January, weighing in at 14st 7½lb (92kg). She said:

'As crazy as it sounds, I am starting to feel like a human being again instead of a great tired old lump! My confidence has started to rise. I really enjoy the classes and everyone is so friendly, and they care – a great combination.'

In four weeks Jill lost 12lb (5.4kg) and shed 4in (10cm) off her waist and 2in (5cm) off her hips and bust.

■ Caroline Freil, from Northern Ireland, joined our classes in January 2012. She wrote:

'These are the changes I have made: cutting out the rubbish, watching my portion sizes, covering half my plate with veg or salad, following the 5% fat rule, checking calories and labels before buying food, exercising more (walking and at class). If I have a bad day I write down the calories, which definitely helps me get back on track. Highlights so far: compliments from other people, have put away "fat" clothes as they are too big! I'm looking out clothes that have been in the back of the wardrobe for years, but which now fit. Love seeing the inches dropping off!'

In nine weeks Caroline lost 2st 1lb (13kg) and 18½in (47cm).

■ In just 12 weeks 18-year-old class member Liz King from Somerset lost almost 2st (12.7kg) and an amazing 7in (18cm) from her waist alone! Liz wrote:

'I can't believe how much weight I have lost. I'm happier and much fitter. I love it!'

Six months later, Liz had lost 4st 4lb (27kg) and her BMI has reduced from 35.9 to 25.6.

■ Class member Karen Blake, also from Somerset, joined her local class on 8th March 2012. Four weeks on Karen had lost 1st 5lb (8.6kg). She said:

'I never suffer from acid indigestion any more, I never have any knee pain and I feel so much happier and healthier!'

■ There's nothing like a forthcoming wedding to focus the mind on shedding a few pounds so when bride-to-be Hannah and bridesmaids Rachel and Nicky joined their local class in Cambridgeshire they brought enthusiasm, fun and laughter as they encouraged each other on their weight-loss paths at the classes.

As the date of the big day approached there was much excitement. Rachel wrote:

'I had my bridesmaid dress fitting on Saturday and it was massive (yay!). Just to think that I couldn't even get into it six months ago!'

Hannah and Rachel have each lost almost 1st 7lb (9.5kg), while Nicky has lost 2st 6lb (15kg).

■ Amy Berry, 26, from Suffolk also joined our classes to lose weight for her wedding. She wrote:

'I've tried pretty much every diet possible in the last eight years and have struggled with all of them and ended up slipping straight back into bad habits. I personally feel Rosemary's FAB Diet is amazing. It promotes good, healthy eating and exercise. The first few weigh-ins really inspired me to keep going and to stay on track. I lost 1st 5lb