



“Portion control is vital to sustained weight loss”



Jonathan Hill
CEO and Co-Founder

Jonathan Hill, CEO and Co-Founder of Chefgood...

So you've selected the 1200 calorie meal plan to get an idea of how many calories you take in each day.

It's good to be able to measure your portion control. The idea is to be sitting in a calorie deficit to achieve weight loss.

This means to burn more calories than you consume during the day.

Having it all planned, prepared and packaged for you is a great place to start. Your calorie requirement for weight loss is dependant on your height, age, weight, sex, metabolic function...and activity levels.

It's, therefore, different for everybody.

If you're a female, for instance, and you're not exercising regularly, then the 1200 calorie meal plan can be an excellent starting point. It will help you understand how many calories are in your meals and to get an idea of your portion control. Both are really important.

I believe strongly that eating **great quality, tasty food** is the key to the western problem of portion control. Just look at Japanese cuisine. It's delicious, real, lean and totally satisfying ...without the need to overeat.

You might feel a little bit lethargic at the start because it's so different to what you're used to and you're in a calorie deficit, but those feelings and sensations will soon pass.

As you progress with the diet, you can expect to see some weight loss and your energy levels will pick up.

It's important to be mindful of how you're feeling and not to starve yourself or feel too uncomfortable.

The variety with the food at Chefgood is amazing and you're getting different meals all the time. Breakfast, lunch and dinner are sorted - from Blueberry Oates to casseroles, stir fries...and even slow-cooked lamb.

Wonderful quality and perfect portion control.

If you're unsure which meal plan is best for your weight loss goals, feel free to consult our nutritionists at Chefgood. They can take your individual circumstances into consideration and make a plan more appropriate for you.

Please find out more about us at chefgood.com.au