

Edited by
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WOSTEARSun **woman**

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Before:
11st 9lb

Menu
BREAKFAST:
Cereal
LUNCH:
Tuna salad
DINNER:
Macaroni cheese



Verdict
EASY TO DO
IT WORKS...
BUT ONLY
IN SHORT
STINTS

After:
11st 4lb

Same three meals every day... a diet that bores you into eating less

By JENNY FRANCIS
and JOHANNA BELL

BOREDOM is the latest weight-loss weapon — with slimmers gorging on the same favourite foods day after day until the tedium crushes their appetites.

Those on the increasingly popular "mono diet" must stick to the same three meals for breakfast, lunch and dinner every day for a week.

The idea is that your stomach becomes fed-up with the same tastes, so you lose interest in your meals and therefore eat less.

It might sound odd — but according to scientists, it works.

Even by just having the same dinner every night, women end up having consumed 100 fewer calories than usual over a week, according to a study by the universities of Buffalo and Vermont.

It is a trick celebrities have often used — actress Jennifer Aniston, 44, famously ate the same salad, made with turkey bacon and garbanzo beans, every day for **TEN YEARS**.

To see how it works, we asked Sun reader Claire Taylor, 34, to try

the mono diet for two weeks. The office administrator from Burntwood, Staffs, is a size 14, having piled on the pounds since getting together with long-term boyfriend Scott Barnes.

She chose to eat cereal for breakfast, tuna salad for lunch and her favourite — macaroni cheese — for dinner. Claire says:

"I tried Weight Watchers in the past and lost 12lb. I've also attended Slimming World but I didn't get on quite so well.

I liked the sound of the mono diet as it's easy to follow. No one wants to be searching shops for special ingredients or weighing out their

food the whole time so this is convenient. I also loved the fact I could eat as much of my favourite macaroni cheese as I like while on a diet. I'd never imagined I could eat that much cheese and still lose weight.

'After a few days I wasn't hungry'

I chose my favourite meals so I would look forward to eating them and for the first week I didn't feel like I was on a diet at all.

By having no choice over each meal I didn't waste time thinking

about it. When I tucked into each meal, I enjoyed the fact that I could eat my favourite foods and serve myself as big a portion as I liked — without feeling guilty.

But by the end of the first week my appetite changed. As the second Monday crept around I started getting bored of eating the same thing.

To begin with I was having full adult-sized portions, but after a few days of eating the same foods I wasn't as hungry for the same flavours so I automatically served myself up smaller portions. But I still always felt full afterwards.

The mono diet worked because I wanted to reduce my portion size,

not because my diet told me I had to. It also made me crave vegetables. After 11 days I was tired and really wanted a dinner with more vegetables to give me vitamins.

For the first time I craved them over my macaroni cheese.

By day 14 I was eating children's portions because I couldn't stomach any more melted cheese sauce or tuna, but I found I wasn't hungry afterwards.

My normally favourite main meal was very hard to eat by the end.

I went from having a full plate to half a plate, then about a quarter towards the end of the two weeks.

I hadn't weighed myself since the start but I was amazed when I stood on the scales and I'd lost 5lb from 11st 9lb to 11st 4lb.

It shows how well the mono diet tricks your mind into wanting to eat less — and I don't think I'll eat macaroni cheese again.

If anyone is thinking of giving it a try, I'd say it's best to do it in short stints — I couldn't have kept it up any longer.

But **SUN DR CAROL COOPER** warns of the dangers. She said: "On a very limited diet nutritional deficiencies can creep in. It is easy to run short of vital minerals and vitamins.

"Humans are designed to eat a variety of foods so the mono diet flies in the face of nature. It may sound like an easy way to lose weight, but it's not a healthy option."

LOVE IS JUST A FEW TWEETS AWAY



IT seems the days of love letters and candle-lit dinners are over.

For modern-day romantics, a 140-character tweet is all you need to start a relationship.

A new study reveals tweets have overtaken texts and calls as the UK's most popular way to woo.

Dating and personal development coach **JO BARNETT** shares five approaches — with examples — to find your tweet heart.

FRIENDLY: If you are shy, this is an

easy way to chat to a stranger. Keep it casual and add "write back" to show you would like a response.

"Hi Steve, I noticed your picture and would love to get to know more about you and what you do, write back."

FLIRTY: Vamp it up if you want things to move fast. Be sincere but add a question to check if they are single.

"Hi gorgeous, I'm wondering if someone as beautiful as you is single? I'd love to take you out sometime."

OLD FRIEND: If you are tweeting to

someone you know, take a subtle approach to avoid embarrassment. Seem interested and ask questions.

"Hey Adam, it's been ages, how are you and what are you up to? Want to meet for a catch-up?"

DISGUISED CHAT-UP: If you work with someone and want to get to know them without directly asking them out, find something in common. If they agree to meet outside of work time, then they are probably interested too.

"Hi, I noticed we are in the same field

and could really help each other. I'd love to bounce some ideas off you when are you free."

SHARED INTEREST: Get their attention through a shared sport or hobby and read their profile to spark chat. A good approach is to reply to a tweet of theirs.

"Hey, I totally agree about the last episode of Breaking Bad, can't believe it. Have you seen the interview with Bryan Cranston about the last scene?"

