

diet menu

**YOUR MENU PLAN
FOR A TIGHTER LOOKING
AND FEELING BODY**

7 DAY PLAN





WOMAN 150 - 159CM (4614KJ)

DAY 1

BREAKFAST

$\frac{1}{2}$ Cup Cooked Oats
 (1/4 Cup Raw)
 +
 $\frac{1}{4}$ Cup Fat Free Milk
 +
 1 T.spoon
 Raisins/Cranberries
 +
 1 t.spoon Seeds

MORNING SNACK

1 Apple/Peach/Pear/
 Small Banana/Orange

LUNCH

1 Slice Low GI Bread
 +
 1 Tsp. Fat Free Cottage
 Cheese
 +
 2 Slices Lean Cold Meats
 (pastrami, silverside, cooked
 ham/beef)
 +
 Lettuce, Tomato, Cucumber

AFTERNOON SNACK

3 Dried Peach Halves/6
 Dried Apricot Halves

SUPPER

1 Small Ostrich fillet(aprox
 90g)
 +
 3 Boiled Baby Potatoes/1
 Small Roasted Sweet Potato
 +
 $\frac{1}{2}$ Cup Boiled/Roasted
 Carrots

DAY 2

BREAKFAST

1 Slice Low GI Bread
 (fresh/toasted)
 +
 1 T.spoon Peanut Butter/2
 T.spoons Fat Free Cottage
 Cheese

MORNING SNACK

2 Prunes/Naartjies/
 Kiwi Fruit

LUNCH

$\frac{1}{2}$ Cup Cooked Cous-cous
 +
 60g Feta Cheese
 +
 6 Sundried Tomato halves
 +
 Free Vegetables
 (see below)

AFTERNOON SNACK

5 Pieces Dried Mango
 Strips/5 Dried Apple Rings

SUPPER

1 Small Skinless Chicken
 Breast(aprox 90g)
 +
 $\frac{1}{2}$ Cup Cooked Brown
 Rice/Cooked Cous-cous
 +
 $\frac{1}{2}$ Cup Roasted Butternut

DAY 3

BREAKFAST

$\frac{1}{2}$ Cup All Bran Flakes
 +
 $\frac{3}{4}$ Cup Fat Free Milk
 +
 1 Small Banana/1 T.spoon
 Raisins

MORNING SNACK

1 Cup Fruit Salad

LUNCH

$\frac{1}{2}$ Cup Cooked Pasta
 +
 1 small grilled skinless
 chicken breast(80g)
 +
 Free Vegetables
 (see below)

AFTERNOON SNACK

1 Safari Just Fruit Bar/3
 Small Dates

SUPPER

1 Big Fish Fillet(any white
 fish - aprox 160g)
 +
 $\frac{1}{2}$ Cup Mash(made with low
 fat/fat free milk and
 NO BUTTER)
 +
 $\frac{1}{2}$ Cup Boiled Peas

DAY 4

BREAKFAST

1 Slice Low GI/Rye Bread
 +
 1 Poached/Boiled Egg
 +
 30g Lean Bacon/Salmon

MORNING SNACK

1 Apple/Peach/Pear/
 Small Banana/Orange

LUNCH

Salad made from 1 tin tuna(in
 brine)
 +
 $\frac{1}{2}$ Cup Corn Kernels
 +
 Free Vegetables
 (see below)

AFTERNOON SNACK

3 Dried Peach Halves/6
 Dried Apricot Halves

SUPPER

$\frac{3}{4}$ Cup Lean/Extra lean
 Mince pan-fried together
 with peppers
 & Tomatoes and mixed with
 tomato and onion mix(for
 sauce)
 +
 $\frac{1}{2}$ Cup Pasta Screws +
 Salad(made from free veg)



WOMAN 150 - 159CM

DAY 5

BREAKFAST

½ Cup Cooked Oats
(1/4 Cup Raw)
+
¼ Cup Fat Free Milk
+
1 T.spoon
Raisins/Cranberries
+
1 t.spoon Seeds

MORNING SNACK

1 Cup Fruit Salad

LUNCH

1 Medium Potato
(cooked)
+
2 T.spoons Fat Free Cottage
Cheese/60g Feta
Cheese/60g Mozzarella
cheese

AFTERNOON SNACK

5 Pieces Dried Mango
Strips/5 Dried Apple Rings

SUPPER

1 Small Skinless Chicken
Breast(aprox 90g) cut into
strips and pan fried with
Vegetables such as carrots,
red, yellow and green
peppers, mushrooms, red
cabbage,spinach etc.
+
½ Cup Cooked Noodles

DAY 6

BREAKFAST

Omelet made from 2 eggs
+
Red/Yellow/Green Peppers
& Mushrooms(for filling)
+
1 Slice Low GI/Rye Bread

MORNING SNACK

1 Apple/Peach/Pear/
Small Banana/Orange

LUNCH

3 Provitas/2 Ryvitas
+
3-4 slices lean cold meats
(pastrami, silverside, cooked
ham/beef)
+
2-3 slices
mozzarella/edam/tussers
cheese

AFTERNOON SNACK

1 Safari Just Fruit Bar/3
Small Dates

SUPPER

120-150g Ostrich/Beef
Fillet
(pan-fried or on the braai)
+
1 Cup Roasted Veg (made
with butternut, mushrooms,
peppers in the oven with a
little olive oil sprayed over
vegetables + herbs and
spices as desired)

DAY 7

BREAKFAST

1 Cup Fruit Salad
+
175ml Fat Free Yoghurt(any
flavour)
+
1 T.spoon Almonds

(can be eaten as a fruit salad
or a smoothie)

MORNING SNACK

2 Prunes/Naartjies/
Kiwi Fruit

LUNCH

1 Small Wholewheat Pita
Pocket
+
1 Small Grilled Chicken
Breast(shredded)
+
1 T.spoon Hummus/Tzatziki
+
Free Veg to fill pita pocket

AFTERNOON SNACK

3 Marie Biscuits/1
Wholewheat Rusk

SUPPER

2 Small Hake Fillets
(aprox 140g) topped with 2
t.spoons tomato/basil pesto
and surrounded by rosa
tomatoes and grilled
+
½ Cup Cooked
Beetroot/Peas/Carrots/
Roasted Butternut
+
Salad (made from free veg)



Fats to use per day (CHOOSE 3 OF THE FOLLOWING EXTRA FATS/DAY)

- 2tsp. Light Margarine
- 1 Tsp. Light Mayonnaise
- 1 Tsp. Light/Reduced Fat/Low Oil Salad Dressing
- 1 tsp. Olive Oil
- 1 tsp. Canola Oil
- 1 tsp. Sunflower Oil
- 3 Olives
- 1 Tsp. Nuts
- 1/8 Avocado
- w 1 fat can be exchanged for 125ml dry wine/1 tot whiskey on occasion.

Free Vegetables (USE AS MUCH AS DESIRED WITH ANY OF ABOVE MEALS)

Mushrooms, Baby Marrow, Cucumber, Lettuce, Cabbage, Brussels Sprouts, Peppers, Tomato, Spinach, Gem Squash, Cauliflower, Broccoli, Celery, Parsley, Radishes, Watercress, Asparagus, Eggplant, Green Beans, Patty Pans, Pickles, Pepperdews

Important to know

- w Days do not have to be followed in this order, and you can swop out meals for example, day 1 breakfast and day 4 lunch etc.
- w Portion sizes is very important
- w Do not skip meals
- w Exclude all forms of sugar (sugar in coffee and tea as well as sugar-containing cold drinks)
- w Sweet-n-Tone Non Artificial sweetener can be used in coffee and tea
- w A Maximum of 500ml sugar-free cold drinks can be consumed (eg. Coke Light, Coke Zero, Sprite Zero, Fanta Zero, Ice Tea Light, Jive Sugar Free, Pepsi Max, Pepsi Light)
- w Sugar Free Mix-a-Drinks can be consumed such as Brookes Low Cal
- w Make sure you consume water during the day
- w A Maximum of three cups of coffee or tea can be consumed per day (with Sweet-n-Tone Non Artificial sweetener)
- w Cooking methods are important (grill/roast in oven, steam, pan-fry with 5-10ml of oil or spray)
- w Herbs, spices, garlic and ginger can be used
- w Sauces such as tomato sauce, chutney, sweet chilli sauce, barbeque sauce, monkey gland sauce can be used in moderation
- w Marmite, Bovril, Oxo, Fish Paste and Diabetic Jam can be used when desired