

EATING PLAN



BREAKFAST (within an hour of getting up)

- ½ cup low fat muesli or 1 cup All bran or 1 cup cooked oats or 2 slices bread
- With up to 1 cup fat free milk or 175ml fat free yoghurt or 1 egg or 1 heaped tablespoon low fat cottage cheese
- And a fruit or ½ cup fruit juice

MORNING SNACK (10-11am)

- 1 fruit

LUNCH (1-2pm)

- 2 slices low GI seed loaf or rye bread or 1 x whole wheat bread roll or 6 provitas or large baked potato or 1 cup rice/pasta/cous cous
 - ½ chicken breast or ½ tin tuna or 1 heaped tablespoon low fat cottage cheese or 1 egg or 1 low fat vienna
 - ¼ avocado or 1 tsp margarine/butter or 1 tsp olive oil
 - Free vegetables e.g. lettuce, cucumber, tomato etc
- > For variety, make these ingredients into a salad or sandwich

AFTERNOON SNACK (3-4pm)

- 1 fruit

SUPPER (6-7pm)

- Hand size portion fish (grilled) or palm size portion chicken or meat or ½ cup cooked (extra lean or ostrich) mince
- Large potato/sweet potato or 1 cup rice/pasta/mash or tortilla wrap (remember butternut, peas, sweet corn are starchy vegetables)
- As many free vegetables as you want
- Use 1 tsp oil in cooking or add ¼ avocado to meal

Free vegetables: asparagus, artichokes, broccoli, cauliflower, celery, brussels & bean sprouts, cabbage, spinach, lettuce, cucumber (fresh or gherkins), sugar snap peas, mange touts, peppers, radish, spring onions, leeks, tomato, egg plant, marrows, patty pans, green beans, gems, mushrooms, onions

DIRECTIONS FOR USE:

1 capsule 3 times per day, 30 minutes before a meal, with water.

RATIONS

You can have up to 4 cups of coffee or tea per day

You can use up to 1 cup of milk for the coffee and tea – if you do not use milk you can add 175ml yoghurt to one of the snack times

Don't use more than 4 tsp of sugar per day (also includes jam, honey, syrup etc)

Fruit sizes are tennis ball size – be careful with the banana (kiddie size) and grapes (small handful or 10-15 grapes!)

Times for meals vary according to your lifestyle, these are a mere guideline

FOR THE VEGETARIAN

Lunches:

Use fillings such as cheese (choose the lower fat one's mostly e.g. cottage cheese, ricotta cheese, low fat cheese wedges, feta), humus, egg, lentils, beans, avocado, peanut butter, lightly grilled tofu, Fry's burgers or hot dogs.

Suppers:

The Fry's soya products are great to use – the mince is a great substitute whenever you want to make a 'mince' dish. Otherwise try to incorporate beans or lentils into the dishes. Lentils don't take too long to cook (±20 minutes) and go very well with any tomato based dishes.

For bean dishes I always use the canned varieties and the dishes are then quick to prepare! Otherwise incorporate egg or cheese into a dish for the protein. If you are trying to lose weight, watch the quantity of the supper meal – no more than 1 to 1½ cups and load up with salad or free veggies.

FOR VARIETY

Use this eating plan as a baseline or guideline and chop and change the foods to what you feel like eating. For example, 1 cup rice can be swapped with pasta, potato, butternut, sweet corn, bread, crackers, even cereals!

I encourage my clients to make the meals that they usually would (making it with less fat if they generally use a lot of it) and just control the portions of the supper meal. For example, you can have lasagna, don't have a whole plateful, rather have about a cup full and fill up the plate with free vegetables in the form of a salad.

TREATS:

Must be occasional and small which means not more than 3 times per week, especially if you want to lose weight. It can be anything that you desire e.g. chocolate, cake, biscuits, chips, eating out, wine ñ but you must try to incorporate it into your eating plan. The easiest way is to cut out the carbohydrate/starch portion of your supper meal if you have had a treat on that day.