

THE NIP DIET

WEIGHT LOSS & MANAGEMENT
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10 Days (day 1-10)

Low Carb food only.

Go for reduced fat when you can.

Keep your meals small &
as simple as possible.

10 Days (day 11-20)

Once Phase 1 is complete, start
adding fruit (two a day maximum)
and cheese (once a day maximum).

10 Days (day 21-30)

Once Phase 2 is complete, start
adding nuts, seeds and grains (one
serving a day maximum)

Micromeal Options

6 micromeals a day in total
2hr+ between meals minimum

Absolutely no sugar or alcohol.
Meal options can be repeated
twice in a day.

- 1 2-3 boiled eggs
- 2 tuna or 2-eggs + lettuce salad
- 3 grilled chicken + cucumber salad
- 4 50g ham with cucumber slices
- 5 7oz (200g) 2% Greek yogurt with cinnamon
- 6 7oz (200g) cottage cheese
- 7 glass of milk or a protein shake
- 8 orange or apple slices, with cinnamon
- 9 pear or banana sliced, with cinnamon
- 10 green smoothie (½ apple + ½ banana + spinach)
- 11 1 cup of strawberries (or other berries)
- 12 1 cup melon
- 13 1oz (30g) cheese with cucumber slices
- 14 1oz (30g) cheese with tomato slices
- 15 1oz (30g) raw nuts (any, suggested: almonds)
- 16 ½ cup fresh in-shell pumpkin seeds
- 17 apple slices with peanutbutter
- 18 1 serving of oatmeal with cinnamon
- 19 1 slice of bread with butter or peanutbutter
- 20 1 bowl of beans, in tomato sauce

PHASE 1

PHASE 2

PHASE 3