

HEALTHY EATING PLAN



A NON-SURGICAL SOLUTION TO ACHIEVING
OUTSTANDING SLIMMING RESULTS

BEFORE YOU START...

Eating early in the morning is crucial to prevent your body from entering conservation mode, which slows down kilojoule burning. Starting your day with fruit and a bowl of fiber-rich cereal, such as Bokomo, sets the right tone.

Hydration is essential for any diet; aim for two to three liters of water daily. It's advisable to have a glass of water 30 minutes before breakfast.

Drinking water can boost metabolism by up to 30% within the first hour and maintain an elevated rate afterward.

To keep your metabolism active, aim to eat every four hours consistently.

Incorporate a variety of proteins, vegetables, and whole grains into your diet. Proteins aid lean muscle development, while vegetables and grains offer sustained energy.



Drink 2 to 3 Litres of water per day

DAY 1



Breakfast

Muesli & Yoghurt

- Half cup Fat-Free or Low-Fat Yoghurt
- Half a cup Muesli

Combine with 1 of the following:

- 3 Dried prunes
- 3 Dried apple rings
- 1/2 an orange

Lunch

Mixed Salad with Cold Meats

- 4 Slices of Lean Ham or Pastrami served with mustard on 2 Ryvita Crisp Bread
- Tomato and cucumber salad

Dinner

Roasted Chicken & Vegetables

- 120g oven-roast Chicken (1/2 breast) with Lemon and Rosemary (skin removed after roasting)
- Variety of Roasted Vegetables (mushrooms, butternut, carrots, baby marrow, onion, patty pans)

Desert Select 1

- 3 Dried Apricots
- 3 Dried Apple rings

Snacks

- 10:00: - Small Apple or 3 dried Apricots
- 15:00 - Small Apple
- 20:00 - Mirowave popcorn (no butter or salt)

DAY 2



Breakfast

All Bran & Milk

- Half a cup Low-Fat Milk
- 1 Cup All-Bran flakes

Combine with 1 of the following:

- 3 Dried prunes
- 3 Dried apple rings

Lunch

Chicken Salad

- 1 grilled & sliced chicken breast (80 g) in a big green salad.

Dressing: 1 teaspoon olive mix with lemon juice and herbs.

Combine with 1 of the following:

- 1 Slice Seed or Rye bread

Dinner

Meatballs & Vegetables

- 90 grams Lean Beef Mince made into two small meatballs with a tomato or onion gravy.
- Minted peas, baby carrots and a bowl of green salad

Desert

- 3 Dried Prunes

Snacks

- 10:00: - 1/2 an orange
- 15:00 - Small Apple or 3 dried Apple Rings
- 20:00 - Mirowave popcorn (no butter or salt)

DAY 3



Breakfast

Boiled Eggs & Tomato

- 2 Boiled Eggs
- 1 Tomato
- 3 Dried prunes

Lunch

Tuna Salad

- 1 tin Tuna (in brine) and a mixed salad (using a variety of salad ingredients)
- Half a tin of Corn Kernels

Dressing: 2 teaspoons of low-fat mayonnaise

Dinner

Fish & Vegetables

- 120g Yellowtail or Cape salmon grilled with olive oil, lemon juice, herbs and spices
- Broccoli, diced butternut & beetroot

Desert

- 3 Dried Prunes

Snacks

- 10:00: - Green Apple
- 15:00 - Banana
- 20:00 - 3 dried Apple Rings



DAY 4



Breakfast

Muesli & Milk

- Half a cup Low-Fat Milk
- 1 Cup Museli
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- Combine with 1 of the following:
- 3 Dried prunes
- 3 Dried apple rings

Lunch

Chicken Salad

- 1 grilled & sliced chicken breast (80 g) in a big green salad.

Dressing: 1 teaspoon olive mix with lemon juice and herbs.

Combine with 1 of the following:

- 1 Slice Seed or Rye Bread

Dinner

Beef Stir Fry & Rice

- 90 grams Lean Beef cut into strips and made into a stir-fry with soya sauce, herbs and a variety of stir-fry vegetables
- Half a cup cooked brown or wild rice.

Snacks

- 10:00: - Small Apple or 3 dried Apricots
- 15:00 - 2 Naartjies
- 20:00 - An orange

DAY 5



Breakfast

Yoghurt, Toast & Grapefruit

- Half a Cup Fat-Free or Low-Fat Yoghurt
- 1 Slice Seed or Rye toast with 2 teaspoons of peanut butter
- 1 cup cubed grapefruit

Lunch

Chickpea and Brown Rice Salad

- 2/3 cup canned chickpeas mixed with a variety of salad ingredients
- 1/2 cup brown or wild rice
- half an avocado

Dinner

Nando's Chicken, Coleslaw & Salad

- Take out 120g Nando's chicken with skin removed.
- Coleslaw
- Portuguese salad.

Desert

- 3 10 fresh sliced strawberries

Snacks

- 10:00: - 1 small Apple or 3 Dried Apple Rings
- 15:00 - 3 Dried Apricots
- 20:00 - Half a Cucumber Sliced



DAY 6



Breakfast Options:

All Bran & Milk

- Half a Cup Low-Fat milk
- 2/3 Cup All Bran Flakes
- 1 Apple, Sliced

Lunch Options:

Open Sandwich

- 2 slices smoked salmon with 2 tsp chunky, low-fat cottage cheese
- 1 slice rye bread
- Side salad with 1 tsp olive oil with a drizzle of balsamic vinegar

Dinner Options:

Fish & Vegetables

- Restaurant 210g grilled calamari or 150g catch of the day (no lemon butter)
- Vegetables as served with Dressing: 1 Tsp olive oil with a drizzle of vinegar

Desert

- 3 Dried prunes

Snacks:

- 10:00: - Small Apple or 3 dried Apricots
- 15:00 - 1 Apple
- 20:00 - 3 Dried Prunes

DAY 7



Breakfast Options:

Eggs, toast, mushroom & tomato

- 2 eggs, poached or scrambled or boiled
- Grilled Tomato
- Grilled mushroom
- 3 Dried apple rings

Lunch Options:

Chicken/Beef/Rump, baby potatoes and green salad

- Braai of 120g chicken breast (skin removed) or 90g lean beef fillet or rump steak
- 3 baby potatoes boiled in skin & brushed with olive oil & herbs
- Green salad

Dinner Options:

Soup

- Any packet soup
- 3 Provita's
- 4 tsp Ricotta cheese or 4 tsp Hummus

Snacks:

- 10:00: - An orange
- 15:00 - 3 Dried Apricots
- 20:00 - Microwave Pop Corn (No Salt or Butter)



SHOPPING LIST

CATEGORY	INGREDIENT	QTY	TICK
Cereal	All Bran	375g	
Cereal	Muesli	400g	
Cold Meat	Chicken	4 Slices	
Cold Meat	Lean Ham	4 Slices	
Cold Meat	Pastrami	4 Slices	
Condiment	Balsamic Vinegar	250ml	
Condiment	Chutney	470g	
Condiment	Lemon Juice	250ml	
Condiment	Low Fat mayonaise	500g	
Condiment	Soya Source	250ml	
Dairy	Fat-free or low fat yoghurt	1lt	
Dairy	Low fat milk	1lt	
Deli	Hummus	250g	
Deli	Low fat cottage cheese	250g	
Deli	Ricotta Cheese	125g	
Frozen Veg	Peas	250g	
Frozen Veg	Stir Fry Veg	250g	
Fruit & Veg	Avocado	1	
Fruit & Veg	Baby Carrots	Small	
Fruit & Veg	Baby Marrows	Small	
Fruit & Veg	Banana	1	
Fruit & Veg	Beetroot	1	
Fruit & Veg	Broccoli	1/2 bunch	
Fruit & Veg	Butternut	1	
Fruit & Veg	Carrots	Small	
Fruit & Veg	Cucumber	Small	
Fruit & Veg	Dried Apple Rings	200g	
Fruit & Veg	Dried Apricots	200g	
Fruit & Veg	Dried Prunes	200g	
Fruit & Veg	Grape Fruit	1	
Fruit & Veg	Green Apples	1 Bag	
Fruit & Veg	Lettuce	Head	
Fruit & Veg	Mint	Small Bunch	
Fruit & Veg	Mushrooms	125g	
Fruit & Veg	Naartjies	4	
Fruit & Veg	Onions	3	
Fruit & Veg	Oranges	3	
Fruit & Veg	Strawberries	Small	
Fruit & Veg	Tomatoes	6	
Oil	Olive Oil	250ml	
Popcorn	Mircrowave popcorn	4	
Protein	Chicken	1,2kg	
Protein	Eggs	6	
Protein	Lean beef mince	120g	
Protein	Rump Steak	120g	
Protein	Yellow Tail or Cape Salmon	120g	
Soup	Cuppa Soup	4 x 20g	
Spices	Lemon spice	200ml	
Spices	Mixed herbs	200ml	
Spices	Rosemary spice	200ml	
Spreads	Peanut butter	400g	
Starch	Baby Potatoes	Small bag	
Starch	Brown or Wild Rice	250g	
Starch	Provitas	Small	
Starch	Rye or Seed Bread	Loaf	
Starch	Ryvita Crisp Bread	250g	
Tin Food	Canned Chickpeas	400g	
Tin Food	Tin of Corn Kernels	410g	
Tin Food	Tuna in Brine	170g	