

DIET PLAN

Lets Get Started

3 easy steps to healthy, sustainable weight loss.

Your free 7 day diet plan suggesting healthy meals and snacks. Ideal for use in conjunction with our weight loss products.

- 1 Easy to Follow 7 Day Meal Plan
- 2 Use A Weight Management Supplement
- 3 Combine With A Light Exercise Regime



Share your results with us on social!

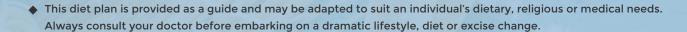




Easy to Follow 7 Day Meal Plan

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
BREAKFAST	2 scrambled eggs 1 slice wholemeal toast 1 tablespoon low sugar tomato sauce	40g high fibre cereal with organic whole milk 1 medium banana	1 slice wholemeal bread 2 tablespoons reduced sugar peanut butter topped with 1 medium sliced banana	2 poached eggs 1 slice wholemeal toast 250ml fresh orange juice	40g high fibre cereal with skimmed milk 1 medium banana	1 wholewheat bagel 1 tablespoon of soft cheese 1 portion of fruit	Organic yogurt portion 1 slice wholemeal toast
LUNCH	200g chicken breast V Tuna in brine 2 handfuls rocket 2 medium tomatoes, sliced	1 tin reduced sugar baked beans & 2 slices wholemeal toast	1 medium jacket potato 1 small tin of tuna with 1 tblsp. mayonnaise, black pepper and watercress	200g chicken breast 200g Tofu fresh egg noodles stir fry vegetable portion	200g ham/turkey Prie & grape combined with 2 handfuls rocket, in medium wholemeal pitta	200g refried beans 1 wholemeal wrap salsa, guacamole & 1 cup of romaine lettuce	1 slice cheddar cheese grilled on 1 slice wholemeal toast with sliced turkey breast (V) (no turkey breast) and tomato slices
DINNER	Medium steak portion Quorn Sliced onion & red peppers oven baked in olive oil	300g bake in the bag chicken of your choice V Fish of your choice Handful of raw spinach leaves with olive oil	1 wholemeal wrap 400g chicken or turkey 2 scrambled eggs breast with sliced peppers & cucumber	250g grilled salmon Broccoli and carrots 3 tablespoons of brown rice	200g lean minced beef v 200g Quorn bolognese with tomato & basil sauce Small portion of wholewheat spaghetti	200g chicken breast V 2 Vegetarian Sausages Stir fried with beansprouts & mange-tout in a soy sauce	Bunless beef vegetarian burger wrapped in iceberg lettuce leaves, with 1 slice cheddar & thinly sliced tomato
11AM SNACK	2 tablespoons of low-sugar peanut button on a wholewheat cracker	Medium piece of fruit, such as an apple, banana or orange	Fruit snack pot or 1 banana	2 tablespoons of low-sugar peanut butter on a wholewheat cracker	Medium piece of fruit, such as an apple, banana or orange	1 Greek yogurt portion (170g pot)	Fruit snack pot or 1 banana
3PM SNACK	3 bite-sized soft cheese portions (50g x 3)	High protein cereal meal replacement bar	Carrot batons with individual houmous snack pot	3 bite-sized soft cheese portions (50g x 3)	Handful of hazelnuts or Brazil nuts	High protein cereal meal replacement bar	Carrot batons with individual houmous snack pot

DIET TIP: Protein is important to keep you satisfied. Also, it is better to reduce carbohydrates & sugar than to reduce fat. Avoid 'Low Fat' versions of foods (or check the label before purchasing) to make sure they're not high in sugar. This is a common diet misconception.









Weight Management Supplement

A weight management supplement could help you reach your goals quicker than dieting alone. Different supplements have different properties, so use the information below to see which one suits you best.



I'm Hungry Between Meals



I Lose Weight Slowly



I Don't Have Much Energy



Glucomannan Plus

Glucomannan, also known as

fullness by absorbing water

fiber in your stomach.

Konjac root, creates a sense of

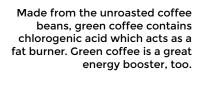
and expanding to form a bulky



Raspberry Ketone Plus



Green Coffee Bean Extract





I Eat Carbohydrates Often



I Get Hungry After Dinner



My Hair & Skin Suffers When I Diet



Carb Blocker Capsules

Carb Blocker contains white kidney

helps to inhibit the amylase enzyme

suggest that white kidney bean can

bean extract, which studies show

in your stomach. Some studies

inhibit the enzyme up to 33%.



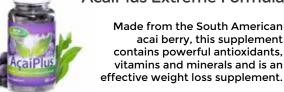
Works overnight whilst you sleep, but also helps to reduce evening

SlimKick Night

cravings. Many people get hungry about an hour after their evening



AcaiPlus Extreme Formula





I'm Bloated & Constipated Often



I Need Fast Results For A Wedding



I Can't Swallow Tablets



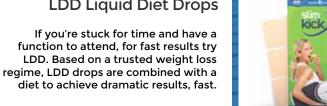
DetoxPlus Colon Cleanse



If you suffer from bloating or constipation, you may not get the best results from your diet. Clear away stored toxins and waste gently over a 30 day course.



LDD Liquid Diet Drops



SlimKick Diet Patches



If you can't swallow tablets and prefer something discreet, try the SlimKick patch. It works 24 hours a day and is worn on the skin just like a plaster.



2 3

Light Exercise Regime

Exercising lightly will help burn calories and tone up your muscles for a leaner appearance. Exercise doesn't have to be too strenuous. Take it easy and stop if you feel light headed or dizzy, and gradually build up your stamina.

Try and do two exercises, three times a week with a rest day between each day.

For example, on Monday do a brisk walk followed by 50 star jumps. On Wednesday, do 30 squat thrusts followed by some jackknife situps. On Friday, skip for 1 minute finished off with running on the spot.

BRISK WALK FOR 30 MINUTES

You could walk a mile or more.

Walking is an easy exercise and can be done by most people. It has the same health benefits as running but puts less strain on your joints. You can easily walk a mile in 30 minutes!

50 STAR JUMPS

Start with your arms and legs oustreatched and jump so your hands and ankles touch slightly. Repeat 50 times without a rest if possible. It is recommended to wear a sturdy trainer shoe.

30 SQUAT THRUSTS

An intense full body workout.

Crouch to a leapfrog position with your arms shoulder width apart. Jump and kick your legs back into a push up position, and then back again. Try and do three lots of ten.

10 SIT UPS, 3 TIMES

Lay down and hook your feet under your sofa for support. Lay back two thirds of the way, using your tummy muscles to bring you back slowly. Then, reach forward and touch your toes. Repeat three sets

5 PUSH UPS, 3 TIMES

Lie on the floor with your hands shoulder width apart. Push and extend your arms out straight, whilst keeping your back and body straight. Lower to the floor slowly.

JACKKNIFE SIT UPS

Tone your lower tummy muscles.

Lie flat on your back with your arms outstretched by your ears. Keeping your back flat and legs straight, use your waist to raise your legs and arms so your feet and hands touch.

SKIPPING FOR 1 MINUTE

Simple but effective cardio.

A low cost skipping rope will do the trick. Ideally outside in an open space, skip with an even pace for one minute. As you build up stamina, try for 2-3 minutes.

STRAIGHT ARM SQUATS

Firmer buttocks and thighs.

Outstretch your arms in front of you with your feet spread shoulder width apart. Bend your knees to perform a squat into a seated position slowly, and then back up again. Repeat 10 times.

RUNNING ON THE SPOT

Get your heart pumping indoors.

As it sounds, running on the spot can be as effective as running outside. With plenty of space around you, jog to a run on the spot for 5-10 minutes.







TRY AND DRINK 2-3 LITRES OF WATER DAILY

Purchase a 2 litre bottle of water and re-fill it with cold water. Sip it throughout the day to keep yourself hydrated and to flush out toxins. This will also help keep your hunger suppressed slightly to prevent you from snacking between meals.

AVOID LOW FAT 'DIET CEREALS' AND YOGURTS

'Low fat' foods are one of the biggest diet food industry scams - because they're loaded with sugar. Don't be conned into thinking you'll be thin and beautiful by eating a low fat food as it's excess sugar that causes weight gain in these types of foods.

MAKE SURE YOU USE THE SUPPLEMENTS EVERY DAY

To get the best results from your supplements, make sure that you take them every day, or as directed on the label or by your health professional. Forgetting to take them might slow your progress, so set reminders on your phone to take them regularly.

Eat regularly, don't forget those snacks

It may not be what your used to, but our diet plan suggests 5 small meals a day, including an 11am & 3pm snack.

These are essential - they prevent your body from going into starvation mode between meals, keeping your metabolism at its best.

Reduce your carbohydrated intake in the afternoons and evenings

Unless you are active in the evenings or doing intense exercise, reducing your carbohydrates and sugar in the evening will help. Carbohydrates and sugar are used as energy by your body, and is stored as fat if not burned off quickly.

Combine weight loss supplements with a colon cleanser

If you find that your belly is your worst area due to bloating or constipation, then you may benefit from a colon cleanse. A gentle yet effective digestive cleanse method, a colon cleanse supplement can reduce bloating and result in a flatter looking stomach.



If you're looking to lose weight safely and naturally, you're in good hands.

We're committed to bringing you the best in weight loss supplements. We're the most trusted supplier of weight loss tablets online, with over 1 million satisfied customers and consistent excellent feedback.

Since 2007

www.evolution-slimming.com

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