

FREE DIET PLAN



7 DAY DIET

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

www.SlimmingProducts.co.za



MONDAY

7 DAY DIET

Breakfast

40g Muesli & 1 Piece of Fruit

or

1 Berry Smoothie & Yoghurt

or

1 Slice of Wholemeal Toast with Low-Fat Peanut Butter Spread

Snack Selection

1 Piece of Fruit

or

1 Small Bowl of Low-Calorie Cereal

or

1 Low-Fat Cereal Bar (Around 90 Calories)

Lunch

Half a Tin of Baked Beans & 1 Slice of Wholemeal Bread

or

Half a Tin of Tuna & 1 Small Baked Potato & Unlimited Salad

or

1 Low Calorie Soup

Dinner

1 Chicken Breast Cooked with Low-Cal Spray Oil, Simmered in Chopped Tomatoes & Herbs + Salad

or

Wholemeal Pasta with a Tomato Based Sauce + Sweetcorn + Unlimited Salad

Are you struggling to follow a low-fat diet or you're not sure where to start?

As a SlimmingProducts.co.za customer; we'll share our favourite diet secrets with you. This easy to follow diet plan will ensure you stay healthy throughout the course of the diet.

Also remember that including at least 30 minutes exercise a day will speed up weight-loss, and that drinking plenty of water is vital.

We recommend 2 litres a day; this will ensure you remain hydrated and also increase appetite suppression naturally.



TUESDAY

Breakfast

40g Low Calorie Cereal & 1 Piece of Fruit

or

2 Bananas + Yoghurt

or

1 Slice of Wholemeal Toast with Low-Fat Peanut Butter Spread

Snack Selection

1 Banana + A Glass of Water

or

1 Small Green Tea + A small low-fat yoghurt

or

1 Low-Fat Cereal Bar (Around 90 Calories)

Lunch

1 Small Salad & Tomato Omlette

or

Tuna & Sweetcorn + 1 Small Baked Potato + Small Salad

or

1 Low Calorie Soup

Dinner

1 Grilled Chicken Breast + Plenty of Vegetables + 4 Small New Potatoes

or

Baked Salmon + Vegetables + Plain Boiled Noodles

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WEDNESDAY

Breakfast

- Half Grapefruit + 2 Poached Eggs + Grilled Tomato
- or
- 1 Small Bowl of Muesli
- or
- 1 Slice of Wholemeal Toast with Low-Fat Peanut Butter Spread

Snack Selection

- 1 Pear + A Glass of Water
- or
- 1 Small Green Tea + A small low-fat yoghurt
- or
- 1 Low-Fat Cereal Bar (Around 90 Calories)

Lunch

- 1 Small Salad + Turkey & Watercress Salad
- or
- Tuna Pasta & Broccoli
- or
- 1 Low Calorie Soup

Dinner

- 1 Grilled Turkey Breast + Small Serving of Cranberry Sauce + Large Portion of green beans
- or
- Baked Potato + Tuna Steak with Tomatoes & Onions

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THURSDAY

Breakfast

40g Muesli + 1 Piece of Fruit

or

Half a Grapefruit + Low-Fat Yoghurt

or

1 Slice of Wholemeal Toast with Low-Fat Peanut Butter Spread

Snack Selection

1 Banana + A Glass of Water

or

1 Small Green Tea + A small low-fat yoghurt

or

1 Low-Fat Cereal Bar (Around 90 Calories)

Lunch

1 Small Salad + Chicken Sandwich (No Mayo)

or

Tuna & Sweetcorn + Small Salad

or

1 Low Calorie Soup

Dinner

1 Grilled Tuna Fillet + Plenty of Vegetables + Tomato Sauce

or

Grilled Chicken + Vegetables + Plain Boiled Noodles

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FRIDAY

Breakfast

40g Low Calorie Cereal + 1 Piece of Fruit

or

2 Bananas + Yoghurt

or

1 Slice of Wholemeal Toast with Low-Fat Peanut Butter Spread

Snack Selection

1 Piece of Fruit

or

1 Small Bowl of Low-Calorie Cereal

or

1 Low-Fat Cereal Bar (Around 90 Calories)

Lunch

1 Small Salad + Tomato Omlette

or

Tuna & Sweetcorn + 1 Small Baked Potato + Small Salad

or

1 Low Calorie Soup

Dinner

1 Grilled Chicken Breast + Plenty of Vegetables + 4 Small New Potatoes

OR

Baked Salmon + Vegetables + Plain Boiled Noodles

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SATURDAY

Breakfast

- 40g Low Calorie Cereal + 1 Piece of Fruit
- or
- 2 Bananas + Yoghurt
- or
- 1 Slice of Wholemeal Toast with Low-Fat Peanut Butter Spread

Snack Selection

- 1 Piece of Fruit
- or
- 1 Small Bowl of Low-Calorie Cereal
- or
- 1 Low-Fat Cereal Bar (Around 90 Calories)

Lunch

- 1 Small Salad + Tomato Omlette
- or
- Tuna & Sweetcorn + 1 Small Baked Potato + Small Salad
- or
- 1 Low Calorie Soup

Dinner

- 1 Grilled Chicken Breast + 1 Cup of Mange Tout + 4 Small New Potatoes
- or
- Baked Salmon + Vegetables + Plain Boiled Noodles

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SUNDAY

Breakfast

40g Muesli+ 1 Piece of Fruit

or

Fruit Smoothie + Low Fat Greek Yoghurt

or

1 Slice of Wholemeal Toast with Low-Fat Peanut Butter Spread

Snack Selection

1 Piece of Fruit

or

1 Small Bowl of Low-Calorie Cereal

or

1 Low-Fat Cereal Bar (Around 90 Calories)

Lunch

1 Small Salad + Prawn Sandwich

or

1 Portion Grilled Chicken + Handful of Green Salad + 3 Tomatoes

or

1 Low Calorie Soup

Dinner

1 Tin of Heinz Beans + 1 Slice of Wholemeal bread + Green Salad

or

Steamed Salmon Portion + Vegetables + Plain Brown Pasta

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