

DIETARY GUIDELINES

Water (Aim for 35 ml per kg body weight – maximum 3 litres daily). • Tea/Coffee (Maximum 4 cups per day) • Cocoa **OR** Nomu Sugar Free Hot chocolate (1 cup per day) • Diet cool drinks/cordials (Maximum 2 cans per day) • Artificial sweetener (Maximum 14 tablets per day / 7 sachets) • 1½ cups of fat free milk / yoghurt to be used daily in tea, coffee, cereals etc. • 3 cups of free vegetables daily • 1 tsp olive oil for cooking supper • Spices in moderation, use herbs freely • Tomato-based pasta sauces (<5g fat/100g) • unlimited • Sugar free or diabetic gum/jelly • unlimited • Rhodes / Naturlite fruit spread • unlimited • Supplements: Daily Multivitamin / Mineral (after breakfast) + 1000mg Omega 3 Fatty Acids + 500mg Calcium (before bed)

BREAKFAST

¾ cup Low GI Muesli & ½ cup fat free flavoured yoghurt (from daily allowance).

SNACK 1: 1 Fruit.

LUNCH

1 slice ham, mustard & unlimited salad with either 1 slice Low GI bread **OR** Rye **OR** Pumpernickel Bread **OR** ½ cup baby corn & 1 Tbls Trim **OR** 1 tsp of Margarine **OR** Butter.

SNACK 2: 1 Fruit.

SUPPER

1 chicken breast (90g) & ½ plate of free veggies/salads with 2-3 boiled baby potatoes (90g) **OR** ½ cup sweet potatoes.

MONDAY

BREAKFAST

1 boiled or poached egg & sliced fresh tomato with 1 slice Low GI toast **OR** Rye **OR** Pumpernickel Bread.

SNACK 1: 1 Fruit & 125ml fat free flavoured yoghurt.

LUNCH

6 Provita & unlimited salad with ½ cup low fat cottage cheese **OR** 45g of smoked chicken **OR** 3 pieces shaved ham.

SNACK 2: 2 Fruits.

SUPPER

½ cup mince & ½ plate of free veggies/salads with either ½ cup durum wheat pasta **OR** ½ cup brown or wild rice.

TUESDAY

BREAKFAST

1 cup All Bran & 1 cup fat free milk & 2 Tbls raisins.

SNACK 1: 1 Fruit.

LUNCH

3 cups free salad & ½ cup lentils & ½ round Feta & 1 Tbls mixed seed.

SNACK 2: 1 Fruit.

SUPPER

80g fish (Hake, Salmon), ½ plate of free veggies/salads with either ½ cup peas & corn **OR** ¼ cup pumpkin.

WEDNESDAY

BREAKFAST

125ml fat free flavoured yoghurt with either ¾ cup Muesli **OR** 1 Health Bran Muffin (recipe provided).

SNACK 1: 1 Fruit.

LUNCH

4 Ryvita & unlimited salad and 2 Tbls Lite mayo with either 2 Tbls LOW FAT Hummus **OR** ½ Haas Avocado **OR** 2 Tbls seeds.

SNACK 2: 1 Fruit.

SUPPER

120g lean steak & ½ plate of free veggies/salads dressed with Balsamic vinegar.

THURSDAY

BREAKFAST

½ cup Future Life **OR** 1 cup cooked Jungle Oats & 1 cup milk (cook your Jungle Oats in the 1 cup milk).

SNACK 1: 1 Fruit.

LUNCH

Unlimited salad, 1½ Tbls light dressing with either 1 Low GI toast **OR** Rye **OR** Pumpernickel Bread & ½ cup baked beans **OR** ¼ cup low fat cottage cheese & 1 fruit.

SNACK 2: 1 Fruit.

SUPPER

½ plate of free veggies/salads with either 90g lean pork chop **OR** 120g fish (Hake, Salmon) & ½ cup mash potato **OR** ½ cup sweet potato.

FRIDAY

BREAKFAST

1 cup fruit salad & ½ cup fat free flavoured yoghurt.

SNACK 1: 1 Fruit.

LUNCH

30g chicken, 2 Tbls dried apricots, 1 Tbls light mayo, unlimited salads with either 1 cup couscous **OR** 1 cup brown or wild rice.

SNACK 2: 1 Fruit.

SUPPER

90g roast lamb, ¾ cup butternut & ½ plate of free veggies/salads.

SATURDAY

BREAKFAST

2 egg omelette with peppers/mushrooms/tomato & chives.

SNACK 1: 1 Fruit & 125ml low fat plain yoghurt.

LUNCH

½ tin salmon (80g), 1 whole-wheat roll, unlimited salad & ¼ Haas avocado (30g).

SNACK 2: 1 Fruit & 6 almonds.

SUPPER

1½ cups of lentil & vegetable soup (recipe provided).

SUNDAY

BREAKFAST

1 cup milk or fat free plain yoghurt & six fruits of your choice (Blended to make a smoothie)

LUNCH

4 Fruits of your choice & ½ cup fat free plain yoghurt **OR** ½ cup milk.

SUPPER

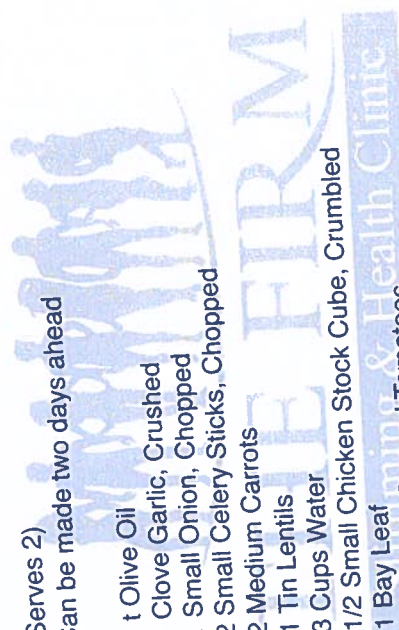
4 cups salad & 2 Tbls seeds **OR** ½ Haas Avocado.

OPTIONAL CLEANSE DAY

Lentil & Vegetable Soup

(Serves 2)

Can be made two days ahead

- 
- 1 t Olive Oil
 - 1 Clove Garlic, Crushed
 - 1 Small Onion, Chopped
 - 2 Small Celery Sticks, Chopped
 - 2 Medium Carrots
 - 1 Tin Lentils
 - 3 Cups Water
 - 1/2 Small Chicken Stock Cube, Crumbled
 - 1 Bay Leaf
 - 1/2 x 410g Canned Tomatoes
 - 2 t Tomato Paste
 - 1 T Fresh Parsley

Heat oil in pan; add garlic, onion, carrots and celery. Cook until onion is soft. Stir in lentils, water, stock cube, bay leaf, undrained crushed tomatoes and paste. Bring to boil, and simmer, covered for about 1 1/2 hours or until lentils are soft. Discard bay leaf. Stir in parsley just before serving.

This soup can also be made ahead of time and frozen for use when needed.

Healthy, Low Fat Apple Bran Muffins

1 c. plain fat free yogurt
1 c. chopped apple (1 med.)
1/2 c. unsweetened applesauce
2 egg whites – whisked to soft peak stage
1 c. oat bran
1 c. all purpose flour
3 tsp. baking powder
2 tsp. ground cinnamon
1/4 tsp. ground nutmeg
1 tsp vanilla extract
1 tbsp. packed brown sugar

Heat oven to 200 C degrees. Spray 9 medium muffin cups, silicone baking trays work best, with non stick cooking spray. Mix yogurt, apple, applesauce, vanilla and egg whites in large bowl until blended. Stir in remaining ingredients (except brown sugar) just until flour is moistened. Do not over mix. Fill muffin cups 7/8 full. Sprinkle with brown sugar. Bake for 20 to 25 minutes or until golden brown. Immediately remove from pan. Makes 8 or 9 muffins.

THE FREE FOOD GROUP

FREE VEGETABLES

(Aim to eat 3 cups per day of the following Free Vegetables)

Artichokes
Asparagus
Bean Sprouts
Brinjal
Broccoli
Brussel Sprouts
Cabbage
Carrots
Cauliflower
Celery
Courgettes
Cucumber
Garlic
Gem Squash

Green Beans
Leeks
Lettuce
Mixed Peppers
Onions
Radishes
Rocket
Spinach
Sprouts
Tomato
Watercress

1 Small - Apple/Orange/Nectarine/Peach/Kiwi
2 Small - Granadilla/Naartjie/Fresh Prunes/Plums
¼ cup - Berries/Cherries/Grapes
1½ cups Water Melon/Melons/Paw Paw (cutbed)
8 Litchis/Strawberries (4cm)
4 Apricots (4cm)
1 Banana (11cm)
1 Grapefruit (9cm)
1 Guava (6cm)
1 Mango (7cm)
3 slices Pineapple
¼ Cup Fruit salad
2 Tablespoons Dried Fruit
¼ Cup Unsweetened Fruit Juice

SALTS AND EXTRAS

Items marked with *are high in salt. Use sparingly and to taste.

Fish Paste*
Herbal Salt*
Himalayan Salt*
Marmite*
Oxo*
Soy Sauce*
Spices*
Worcester Sauce*
Stock Powder/
Cubes*
All Vinegar
Bovril
Celery Salt
Dill Pickles
Herbs
Horseradish
Lemon Juice
Mustard
Spray 'n Cook
Salt/Pepper
Tomato Juice



THE FIRM

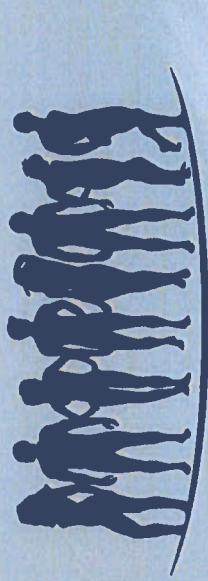
COPYRIGHT©
THE FIRM SLIMMING AND HEALTH CLINIC
1 July 2012

FRANCHISE HEAD OFFICE

Address: 104 Northway Centre, 17 Northway, Durban North 4051

This diet was drawn up by a Registered Dietician.

No part of the diet may be reproduced or transmitted in any form or by any means electronic or mechanical or by photocopying, recording on microfilm or stored in any retrieval system without the written permission of the publisher.



THE FIRM

Slimming & Health Clinic

- ✓ ATTEND ALL YOUR SESSIONS
- ✓ DRINK YOUR WATER
- ✓ KEEP A POSITIVE ATTITUDE

www.thefirm.co.za