

WEIGHT LOSS DIET

NAME:

PLEASE SELECT **ONE** ITEM FROM THE FOOD & **ONE** ITEM FROM THE DRINK LISTING FOR EACH MEAL

⇒ **Meal 1: Breakfast – 8.00am** or when you get up

Food	1 x small bowl Bran Flakes with ¼ pint of semi skimmed milk 1 x small bowl Special K with ¼ pint of semi skimmed milk 1 x Shredded Wheat with ¼ pint of semi skimmed milk 2 slices of toast with 1 banana sliced on top	Drink	1 x pint of diluted fresh juice or squash 1 x pint of water
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⇒ **Meal 2: 2 – 3 hours later**

Food	2 x Ryvita Crunch mixed with 2 dessert spoons of low fat cottage cheese. Mix this together and add <i>1 of the fruits below</i> (add the Ryvita just before eating – this will avoid them going soft) Plus 1 x orange or 1 x apple or 1 x banana	Drink	1 x pint of diluted fresh juice or squash 1 x pint of water
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⇒ **Meal 3: Lunch 2 – 3 hours later**

Food	1 x small salmon salad with trimmings 1 x lean piece of ham salad with trimmings 1 x wholemeal salad sandwich with one of the above meats/fish Plus 1 x apple or 1 x banana	Drink	1 x pint of diluted fresh juice or squash 1 x pint of water
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⇒ **Meal 4**

Food	1 x low fat yoghurt	Drink	1 x pint of diluted fresh juice or squash 1 x pint of water
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⇒ **Meal 5: Dinner (no later than 1900 if possible)**

Select **one** meal from the following options:

- ⇒ 1 x protein (see listing below) plus 1 x large salad
- ⇒ 1 x protein plus 1 x pasta/rice dish (preferably wholemeal)
NB: you can add a pasta sauce, but check fat content first
- ⇒ 1 x protein plus 1 x Veg plus 1 x Carbohydrate

Protein	1 x small grilled or steamed chicken breast 1 x small grilled or steamed turkey breast 4oz of grilled or steamed salmon or white fish 4oz of lean steak <i>grilled only</i> 1 x lean pork chop <i>grilled only</i>	Drink	1 x pint of diluted fresh juice or squash 1 x pint of water
Veg	1 x portion of green vegetables (broccoli is ideal)		
Carb	1 x portion of new potatoes or mash (use a little milk or butter) 1 x portion of rice or pasta		
	Plus 1 x low fat yoghurt – eat ½ or ¾ hour after main meal		

COOKING – HINTS & TIPS

- If possible *steam* your meals (electric steamers are cheap @£25 and offer hassle-free cooking), as it retains all the vitamins and goodness in fresh food. Your meals will be much tastier, it's quick, easy (hardly any washing up) and takes a maximum of 20 minutes to cook with out any supervision.
- If you find some of the evening meals bland, add some Thai Chill dip sauce once everything is cooked. You can also squeeze some fresh lemon and lime juice over your chicken, turkey or fish - it tastes great!

THE WEEKENDS

Thankfully, you can take the weekends off! **But remember**, if you don't follow your diet religiously during the week, all your hard work in the gym will be lost. You will get fitter, but the weight will not shift. Diets are the most important part of achieving any goal (60%) whether it be losing weight, toning up or gaining weight.

On your weekends off, have a good curry and a few drinks, you will have earned it over the last five days, but don't let your body down by going over the top - this is **really** important.

You need to take time out to eat your meals properly and not on the go. The above diet plan may look a lot to eat, but it is not. We need to increase your body's metabolism and the only way we can do this is by eating small frequent meals throughout the day. Eating late at night is a big problem, as all that food will be stored as fat because you will not be expending a lot of energy while sleeping. If you can, walk or cycle at a low intensity 1 hour after your evening meal, which is a great way to burn off the calories. If this cannot be achieved we may have to swap your evening meal with your lunch, dependent on your workload.

Really try and reduce the amount of coffee and alcohol you drink. Don't try and stop completely on day one, gradually reduce to a couple of cups / glass each week. This diet is good food, which your body needs to function correctly on a daily basis, which in turn will make you feel better in yourself and more energetic, ready for those sessions in the gym! Give it a go for a couple of weeks and you'll see exactly what I mean.

This will take a lot of self-discipline and time – results do not happen overnight. This is the main reason why you don't see many people with good bodies. With determination, exercise and following the above diet plan correctly, is the winning formula to achieve the body and weight loss you're looking for - far quicker than you think. The ball is in your court, play it - it will change your life.

YOU CAN DO IT MY FRIEND!!!!
REMEMBER - THE SKY IS THE LIMIT IF YOUR HEART IS IN IT!