



In essence this eating plan means, total calories down, protein (from lean meat & vegetarian sources) up, replacing grains (breads, pastas and white potatoes) with greens, and replacing bad fats (usually found in processed foods) with healthy fats such as those found in olive oil, avocados, raw nuts and seeds, and omega-3 rich fish oils.

The **DIET OVERVIEW** gives you a general overview of what your diet will look like during your 10-day program. Obviously there is huge scope for your meals within the lunch and dinner options.

Select from the **SUGGESTED FOODS** to plan lunch and dinner: These foods packed full of nutrition, and are low on the glycemic index. This means they give you a slow release of energy which will leave you satisfied and for longer.

DIET OVERVIEW

BREAKFAST	LUNCH	DINNER
Boiled/scrambled /poached eggs with 1 slice bread <i>Or</i>	Meat or Fish with Vegetables ** <i>Or</i>	*Omelette with Vegetables or Side Salad <i>Or</i>
Bowl fresh fruit Salad with plain yoghurt <i>Or</i>	Soup (non cream) with 1 slice bread <i>Or</i>	Meat or Fish with Vegetables ** <i>Or</i>
Porridge with skimmed milk	Meat or Fish with Salad**	Meat or Fish with Salad**

* Choose only one of these per day, women 2 eggs, men 3 eggs

**See Suggested Foods Table, vegetarians pick protein source from column 1

SUGGESTED FOODS

MEATS	FISH	VEGETARIAN	VEGETABLES	GOOD FATS
1 Chicken Lean beef Pork Turkey	Cod Fish Haddock Herring Mackerel Monksfish Salmon Tuna	Soy Meat Alternatives Eggs Pulses Cottage Cheese	2 Asparagus Broccoli Cabbage Carrots Cauliflower Celery Cucumber Mushrooms	3 Avocados Nuts & Seeds Olives Olive oil Canola oil Rapeseed oil

1) Pick serving from column 1 – serving size should be about the size of your fist when clenched

2) Pick any amount from table 2 and in any combination. With the exception of sweet potato* which should be medium in size & eaten to a max of 4 times over the 10 days

3) Use items from table 3 but sparingly



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'LOSE THE CHRISTMAS GAIN' EATING PLAN

DIET PLAN

PAGE
002

SNACKS

Snacks are permissible but not a requirement – i.e. if you need one you can have one but otherwise go without!
Here are some healthy snack suggestions:

- Low fat yoghurt (small serving)
- Sliced fruit such as apple, pear, oranges
- An Innocent Smoothie
- 2 crackers with tuna or sliced tomato or cottage cheese
- Celery sticks or carrots with small serving of hummus

MEAL SUGGESTIONS

Stir fries, grilled chicken or salmon salad, pork with roasted vegetables, cajun salmon served with steamed vegetables, stews, lean beef or tofu burger with avocado salad... the options are endless but if you are short on inspiration I recommend www.jamieoliver.com/recipes for easy to follow recipes and different ways to prepare your meats (or meat substitutes), fish and vegetables.

GENERAL GUIDELINES

Regular tea and coffee (no lattes or cappuccinos) are permitted, no sugar, use low fat milk & to a max of 3 per day. I suggest you save 2 of these for mid morning and mid afternoon.

Preparation: Meat and fish to be grilled, baked or poached - no breadcrumbs. Steak, no more than 3 times over the 10-day period

Drink plenty of water (preferably still). Add lime, lemon or mint leaves for flavour. This will help with appetite control and help to cleanse your system

- No alcohol or soft drinks
- Bread: preferably wholegrain over white
- Limit use of butter
- Use olive, canola or rapeseed oil for cooking.
- Steer clear of high calorie salad dressings. Lightly dress with balsamic or try just simple lemon juice
- Preparation is key, so make sure to go to the supermarket and stock up accordingly!

Best of Luck!

Gillian
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