

DIETARY GUIDELINES

- 8 glasses of water (+- 2 Litres) per day [or as close as possible]
- 1 Cup (250ml) skim/fat free milk per day (uses in tea, coffee, etc)
- 3/4 cups coffee per day - I drink unlimited amount of herbal tea without milk
- Canderel/Equal sweetener may be used
- If you drink 'soda', make sure its 'diet' or 'lite'
- Cottage cheese to be fat free / low fat (any flavour) - refer to Tue & Fri
- Although supplements are not necessary - the following are really good: Calcium, Essential fatty acid & Omega 3+6
- Vegetables? Veer away from 'Orange' - like butternut and carrots (as well as peas - they're very starchy) and mielies (high in sugar). Greens are always good, i.e. Green beans, courgettes, brussell sprouts, brocolli, gem squash - and also cauliflower :)
- Fruit? Basically anything, just not bananas, watermelon or strawberries - because of their high sugar content

<p style="text-align: center;">MONDAY</p> <p>BREAKFAST (Detoxification Day) 1 Cup coffee OR tea (NO SUGAR. Black, but skim milk & sweetener can be used)</p> <p>MID-MORNING 1 Glass fruit juice (250ml) Liquefruit/Ceres, etc.</p> <p>LUNCH 1 Sachet 'Cup-A-Soup' Lite</p> <p>MID-AFTERNOON 1 Glass fruit juice (250ml) Liquefruit/Ceres, etc.</p> <p>SUPPER 1 Sachet 'Cup-A-Soup' Lite</p>	<p style="text-align: center;">FRIDAY</p> <p>BREAKFAST 1/2 tomato, 1 egg (boiled or poached, but i scramble mine in a tsp of marger-ine) and 1 slice of toast (you can also use bovril/marmite on the toast)</p> <p>MID-MORNING 1 fruit</p> <p>LUNCH 1 baked potato (a fair sized one) with 4 tbsps cottage cheese OR 4 slices cold meat with salad</p> <p>SUPPER Grilled kingklip - any fish if you choose (palm size) OR Grilled chicken breast (no skin) and two cups of veg (as listed above)</p>
<p style="text-align: center;">TUESDAY</p> <p>BREAKFAST 1 Fruit, 1 boiled or poached egg, 1/2 tomato</p> <p>LUNCH 4 Provitas, lettuce and tomato/ 4 tbsps cottage cheese OR 2 tbsps tuna (<i>in brine</i>) (NOTE: 1 slice of Low G.I bread is equivalent to 4x provitas)</p> <p>SUPPER Grilled steak (palm size) OR Grilled chicken breast (no skin) and two cups of veg (as listed above)</p>	<p style="text-align: center;">SATURDAY</p> <p>BREAKFAST 3 fruits</p> <p>LUNCH Breadroll (wholewheat/brown - NO marg), 4 tbsps tuna OR chicken breast, with 1/2 tomato, lettuce and cucumber</p> <p>MID-AFTERNOON 1 fruit</p> <p>SUPPER Grilled steak (palm size) OR Grilled chicken breast and drumstick + two cups of veg (as listed above)</p>
<p style="text-align: center;">WEDNESDAY</p> <p>BREAKFAST 1 slice brown/wholewheat/low GI toast (NO BUTTER/MARGERINE) & Two tbsps savoury mince OR 2 slices of ham and half a tomato</p> <p>LUNCH Fruit salad (1 cup in total) / or just have 2 apples + two wedges of melrose (low fat)</p> <p>SUPPER Grilled kingklip - any fish if you choose (palm size) OR Grilled chicken breast (no skin) and two cups of veg (as listed above)</p>	<p style="text-align: center;">SUNDAY</p> <p>BREAKFAST 1 fruit, 2 egg omelette/scrambled egg + 1/2 tomato</p> <p>LUNCH 3 slices roast lamb, beef/pork, 1 baked potato OR 1/2 cup rice + 2 cups of veg (as listed above)</p> <p>SUPPER 1 slice bread/toast (brown/wholewheat bread - no marg), 2 slices of ham, 1/2 tomato, lettuce + 1 fruit :)</p>
<p style="text-align: center;">THURSDAY</p> <p>BREAKFAST 1 Fruit, 1/2 cup All Bran and milk from your daily allowance</p> <p>MID-MORNING 1 Fruit</p> <p>LUNCH Tuna salad (using 1/2 a cup of tuna)</p> <p>SUPPER 1 chicken breast and 1 chicken drumstick and two cups of veg (as listed above)</p>	<p>FOOTNOTE: I think it's about give and take, especially when i feel the need for something like chocolate. I'll eat it. But then continue the rest of the day - back on track like i was supposed to. On sunday I have a roast potato and gravy - because there are some sacrifices I'm just not prepared to make :)</p> <p>STAY MOTIVATED • DRINK YOUR WATER • BRUSH YOUR TEETH EARLY AT NIGHT TO PREVENT THE THOUGHT OF 'MUNCHING' LATE AT NIGHT • FORCE YOURSELF TO EXERCISE EVEN WHEN YOU REALLY DON'T FEEL LIKE IT < THIS WILL BE THE MOST BENEFICIAL AT THE END OF THE DAY AND WILL HELP KEEP YOU ON TRACK AND FEELING GOOD</p>