

10 DAY CALORIE CONTROLLED MENU PLAN



If you want to kickstart your weight management program goal follow this 10 DAY CALORIE CONTROLLED MENU PLAN plus exercise.

- ▶ Either choose from one of the breakfast, lunch or dinner options each day, or
- ▶ Eat breakfast option 1 on day 1, then breakfast option 2 on day 2 and so on
- ▶ Repeat after Day 5

10 DAY CALORIE CONTROLLED MENU PLAN

BREAKFAST OPTION 1	BREAKFAST OPTION 2	BREAKFAST OPTION 3	BREAKFAST OPTION 4	BREAKFAST OPTION 5
1 serve muesli with soy milk and nuts (pg 23)	1 berry smoothie (pg 23) and 1 slice rye toast with 1 tbsp cashew nut spread (pg 26)	2 poached, boiled (pg 24) or scrambled eggs on 1 slice rye toast or 1 serve omelette	1 serve buckwheat pancakes with fruit and yoghurt (pg 26)	1 serve fruity rice porridge (pg 24)
LUNCH OPTION 1	LUNCH OPTION 2	LUNCH OPTION 3	LUNCH OPTION 4	LUNCH OPTION 5
1 salad and tofu sandwich (pg 27)	1 serve spicy lentil soup (pg 28)	1 serve winter salad and 40g goat's cheese or 1 serve summer salad with tuna and 40g goat's cheese (pg 29)	1 serve nicoise salad with 1 small can tuna in springwater (pg 30)	1 serve rice salad with low fat yoghurt vinaigrette and 1 boiled egg (pg 30)
DINNER OPTION 1	DINNER OPTION 2	DINNER OPTION 3	DINNER OPTION 4	DINNER OPTION 5
1 serve mango chicken (pg 36)	1 serve wholegrain pilaf (pg 32) with 1 serve tofu chilli	1 serve vegetable stir fry with tofu or free range chicken (pg 32)	1 serve salmon patties with 1 serve tabouleh and 1 serve basic green salad (pg 33)	1 serve vegetarian chilli con carne with 1 serve basic green salad (pg 35)
SNACKS	SNACKS	SNACKS	SNACKS	SNACKS
<ul style="list-style-type: none"> • 1 piece fruit • 1 serve fresh fruit with 1 tub plain low fat acidophilus natural yoghurt or 1 fruit smoothie • 1 cup carrot and celery slices with 3 tbsp salsa 	<ul style="list-style-type: none"> • 1 serve mango or apricot with 1 tub plain low fat acidophilus natural yoghurt 	<ul style="list-style-type: none"> • 1 piece fruit • 1 serve fresh fruit with 1 tub plain low fat acidophilus natural yoghurt or 1 fruit smoothie 	<ul style="list-style-type: none"> • 1 serve fresh fruit with 1 tub plain low fat acidophilus natural yoghurt or 1 fruit smoothie • 1 glass soy milk 	<ul style="list-style-type: none"> • 1 serve fresh fruit with 1 tub plain low fat acidophilus natural yoghurt or 1 fruit smoothie • 1 glass soy milk

HOW TO EAT WHEN YOU'RE EATING OUT

Eating out at restaurants or at family's and friends' homes can be a hurdle when you're detoxing because you are not in control of the food preparation.

If you are planning to eat at a restaurant, be aware that some cuisines are healthier and more in line with the Detox Program guidelines than others. Here are some tips on dining out so you can enjoy yourself without feeling too restricted.

THESE CUISINES ARE BEST WHILE DETOXING

Vietnamese, seafood (not fish'n'chips!) or Japanese

EATING OUT WITHOUT BLOWING OUT

- ▶ Have a healthy snack before you go – don't arrive ravenous
- ▶ Tell the staff you are on a restricted diet and ask if something plain is possible (grilled fish and vegetables, for example)
- ▶ Ask for no dressing or sauces as they are generally high in sugar and fat
- ▶ Choose steamed vegetables (with no butter or dressing) and salads (just an olive oil and balsamic dressing) as side dishes

If following the 10 DAY CALORIE CONTROLLED MENU PLAN it is best to avoid eating out. You will notice better results if you keep to the suggested recipes.

