



**An introduction
to your**

Menu Suggestions

One of the goals of this ten week program is to break the obsession with food that so many people have.

We need you to stop feeding your tongues and start to feed your bodies.

This program does not exclude any food types and so because we leave the governance to your personal tastes within a framework of a certain number of calories you are free to pick and choose to match those personal tastes.

The menu plan we provide is only as a guide. These are healthy low calorie options that work within most peoples budgets and are all commonly eaten foods that are available without going on special shopping expeditions to specialist shops. But you are free to make up your own meal plans that suit you. Just make sure you are counting the calories on the packs and sticking to your daily calorie allowance.

A kitchen scales is helpful in judging and matching portions to calories.

We also include some shop bought meals specifically the M&S Balanced for You range. We know some people don't like to cook and these options are so much better than buying a calorie laden insulin spiking sandwich or stopping at the takeaway on the way home. They also provide a good idea of portion size and they take the work out of the calorie counting so are ideal for someone with a busy schedule.

Please try to understand that this is a healthy weight LOSS program. It's not a cookery program or a Come Dine With Me class!

Don't make the mistake of focusing on recipes. Your focus should not be food.

We will help you to get there, just follow the plan and by the end of 10 weeks it will all make sense to you. But for nowyou just have to trust us!

Breakfast Menu Suggestions Calories

- Porridge 40g with 200ml slimmed milk250k
- Flahavans quick pot porridge mixed with 100g low fat greek yoghurt205k
- 2 wheatabix skimmed/semi skimmed milk.....200k
- 2 oatibix skimmed/semi skimmed milk.....200k
- 1 boiled egg, 1 wholemeal toast with low fat spread200k
- 2 scrambled egg with a dash skimmed/ semi skimmed milk 2 grilled tomatoes200k
- Half grapefruit, 1 slice wholemeal toast with low fat spread and one plum200k
- 1 smoked kipper fillet200k
- 2 Ballyfree turkey rashers grilled 1 grilled Ballyfree turkey sausage 1 poached egg260k
- 2 wholemeal toast and low fat spread200k

Lunch Menu Suggestions Calories

- Reduced sugar and salt heinz beans snap pot 1 slice wholemeal toast247k
- 2 egg omelette with tomato, onion, 28 gram (1 pack slice) cheddar cheese250k
- *Tuna salad*
138g (drained weight from 185g can) tuna in water, tomato, cucumber, lettuce, onion, celery, 1 grated carrot, dress with 15g teaspoon of low fat mayonnaise264k
- *Chicken salad*
1 breast fillet of grilled chicken, tomato, cucumber, lettuce, onion, celery, 1 grated carrot, dress with lemon juice and balsamic vinegar..... 260 k
- Baked potato 140g covered with baked bean snap pot 350 k
- 150g low fat cottage cheese with onions and chives on four ryvita crackers.....252k
- Ham & Philli sandwich 30g Philadelphia Original 2 slices wholemeal bread 1 slice honey roast ham 1 tsp cranberry sauce..... 325K
- Toasted cheese (1pack slice cheddar) 25g, two slices wholemeal bread toasted, sliced tomato and onion.....260k
- Weight watchers John West tuna and sweetcorn mayonnaise 80g can, 2 ryvita crispbread..... 120k
- M&S Balanced for You Cod Mornay312k
- M&S Balanced for You chicken chorizo and bean soup 245k
- M&S Balanced for You chicken and noodle salad284k

Snack Suggestions Calories

- Apple or pear or peach or 2 satsumas or a kiwi fruit.....50k
- Banana 150k
- 1/4 honeydew melon.....9k
- 1/2 grapefruit/plum 40 k
- Low fat yogurt tub60k
- 1 Ryvita cracker light spread of low fat Philadelphia83k
- Pack of popcorn 30g 136k
- 1 cup of strawberries with low fat yogurt..... 110k
- Loop the loop ice pop85k
- Rice cake35k
- 1 cup of raspberries (123g).....64k
- 6 unsalted brazil nuts..... 136k

Dinner Menu Suggestions Calories

- 140g baked potato with half a slice of pack cheddar, 100g cod grilled, carrots, and broccoli400k
- 140g chicken breast fillet grilled, 5 small new potatoes boiled, 2 tbsp of gravy, cauliflower and peas400k
- *Chicken salad*
140g chicken breast fillet grilled, tomato, cucumber, lettuce, onion, celery, 2 grated carrots, dress with balsamic vinegar, 3 small new potatoes400k
- 150g cooked pasta (50g raw weight) 3tbsp tomato based pasta sauce, 1 small tin kidney beans drained, 80g green beans steamed350k
- 120g salmon fillet with cajun spices grilled, 10 asparagus spears steamed, 3 small new potatoes.....400k
- Spaghetti Bolognese, 120g lean minced beef, half onion, half red pepper, 3 tbsp tomato based pasta sauce, 150g cooked pasta (50g raw weight).....430k
- Homemade Pizza 1 medium soft tortilla (60g) 1 tbsp tomato puree,60g fresh mozzarella, 5 button mushrooms, half a red pepper, 7 cherry tomatoes, 2 tbsp pine nuts.....443k
- 120g Roast beef, 2 tbsp gravy, 5 small new potatoes, broccoli, carrot and cabbage.....410k
- M&S Balanced for You Thai green curry.....383k
- M&S Balanced for You Hoisin duck and noodles.....352k
- M&S Balanced for You beef stroganoff.....380k
- M&S Balanced for You Paella.....421k
- M&S Balanced for You Beef Rendang.....347k

