

Your 17-day Slim-down Eating Plan

This eating plan contains mostly whole, minimally processed foods, limiting processed, high-salt foods and added sugars. To reduce the risk of bloating, typical gas-forming foods like beans, cabbage, onions, peppers, cauliflower, Brussels sprouts and dried fruit have not been included. Also avoid raw apple, watermelon and chewing gum that contains sorbitol if these make you bloated.

Build your own meals, according to preferences, by choosing one of the five to six options provided for each meal and snack. You can have the snack whenever it suits you. If you prefer not to snack, you can add it to one of your three meals. During the 17-day period, avoid caffeine: caffeinated coffee, tea (except rooibos), chocolate and energy drinks

1 portion of fruit equals:

- 1½ cups strawberries
- 1 medium apple
- 4 apricots
- 12 grapes
- 7 granadillas
- 1 large guava
- 1 medium orange
- ½ mango
- 2 medium naartjies
- 1 cup pawpaw
- 1 medium peach
- 2 large slices melon
- 4 pineapple rings
- 2 large prunes
- ½ grapefruit
- 1 medium banana
- 1 medium pear
- 1½ cups fresh fruit salad
- 2 large figs
- 1 slice watermelon

Breakfast Options

- 1 cup bran flakes
- ⅔ cup fat-free milk
- 1 fruit
- ½ cup cooked unsweetened oats
- ⅔ cup fat-free milk
- 1 fruit
- ⅔ cup low-fat muesli*
- ⅔ cup fat-free milk
- 1 fruit
- *Muesli with less than 3g fat and less than 1 400kJ per 100g
- Examples:**
- Woolworths Swiss or Baked
- Kellogg's Special K Muesli
- 2 slices wholewheat/seed/rye bread or toast
- Topping:** Fresh/grilled tomato slices + 3 tbsp low-fat cottage cheese, seasoned with fresh/ dried basil
- 1 fruit
- 2 slices wholewheat/seed bread or toast
- Topping:**
- 30g cheese
- 1 boiled egg
- 1 fruit

Light Meal Options

- 2 slices wholewheat/seed/rye bread
- ½ can tuna in spring water
- 1 heaped tsp mayonnaise
- Fresh rocket, chopped celery
- 1 fruit
- 1 medium pita filled with 2 slices lean ham, 3 heaped tsp avocado, fresh spinach leaves, sliced tomato
- 1 fruit
- 1 slice rye bread with 1 boiled egg, 3 tbsp low-fat cottage cheese, fresh parsley
- Green salad (no cheese or dressing)
- 1 fruit
- Bulgar salad with 1 cup cooked bulgar wheat, 1 small grilled/smoked chicken breast (90g), 1 tbsp pumpkin seeds, topped with 2 tbsp honey and Dijon mustard dressing, cherry tomatoes or tomato cubes, fresh coriander, cucumber
- 1 fruit
- 2 slices wholegrain/rye bread with 60g salmon, gherkins, 3 tbsp low-fat cottage cheese
- Green salad (no cheese or dressing)
- 1 fruit
- 1 medium soft flour tortilla wrap (±80g) filled with 8-10 pitted olives, diced tomato and cucumber, 3 tbsp low-fat cottage cheese, fresh basil
- 1 fruit

Main Meal Options

- Bolognaise made with extra-lean mince, fresh tomatoes, garlic, chopped carrots, herbs, 2 tsp olive oil for preparation
- Portion:** ½ cup bolognaise (±120g)
- ⅔ cup cooked quinoa
- Green salad (no cheese or dressing)
- 1-2 cups low-fat soup*
- 1 small wholewheat/seed roll
- Green salad with 4-5 olives and 4-5 nuts or 3 heaped tsp avocado
- *Soup with less than 3g fat and less than 220kJ per 100ml
- 1 tomatoey chicken kebab (120g chicken). Make tomato sauce using fresh tomatoes, garlic and basil
- Thread mushrooms between chicken breast pieces
- ⅔ cup cooked pearl barley
- 1½ cups chunky vegetables: baby marrow, carrots, beetroot, oven roasted with a light spritz of olive oil spray
- 1 palm-size oily fish fillet (±120g), grilled with fish spice and lemon
- 1 medium baked sweet potato (rubbed lightly with olive oil and salt and baked until soft), topped with 1 tsp pesto
- 1 cup steamed green beans and wilted spinach with a squeeze of lemon juice and black pepper
- ½ steamed gem squash
- Ostrich fillet steak (palm size, ±120g) served with 4 tbsp tomato salsa, 1 medium steamed mealie (corn on the cob); 3 large brown mushrooms, oven grilled with a light spritz of olive oil spray
- 1½ cups stir-fried vegetables: baby marrows and carrots in 1 tsp olive oil
- Roast chicken (±120g) – avoid skin
- 1 cup butternut, roasted with tomatoes, 2 tsp olive oil, sprinkled with cinnamon and served with fresh coriander
- ½ steamed gem squash
- 3 fresh tomato slices with a dash of balsamic vinegar

***1 CUP
200-
250ml**

Mid-morning or Mid-afternoon Snack Options

- 3 wholegrain crackers, lightly spread with fishpaste, smooth low-fat cottage cheese or Marmite
- 1 fruit – have a variety
- 150ml fat-free plain yoghurt