



### Week 1

#### **(7:00 AM – 8:00 AM) Breakfast:**

- 1 Serving of Trim Slim Shake + 2 Glasses Water

#### **(10:00 AM - 10:30 AM) Snack:**

- 1 Fruit + 1 cup Low Fat Yogurt + 1 Glass Water

Or

- ½ cup Low Sugar Cereal + Fat Free Milk + 1 Glass Water

Or

- Protein – ( 24kj / 100 calories) + Carbs – ( 12kj / 50 calories ) + 1 Glass Water

#### **(12:30 PM – 13:00 PM) Lunch:**

- Any lean Meat (Size of your palm) + Veggies + 1 small potato + 1 Glass Water

Or

- 1 Chicken Breast + ½ cup brown rice + 1 Glass Water

Or

- Protein + Low Sugar Fat ( 19kj / 80 calories ) + Carbs ( 19kj / 80 calories ) + 1 Glass Water

#### **(15:00 PM – 15:30 PM) Snack:**

- 2 Whole cream crackers \ Provita's + ½ tin tuna + 1 boiled egg. + 1 Glass Water

Or

- 1 Boiled Egg + 1 Slice Whole wheat bread + 1 Glass Water

Or

- Protein – ( 24kj / 100 calories) + Carbs – ( 12kj / 50 calories ) + 1 Glass Water

#### **(18:30 PM – 19:30 PM) Dinner:**

- 1 Serving of Trim Slim Shake + 2 Glasses Water

## Week 2

### **(7:00 AM – 8:00 AM) Breakfast:**

- 1 serving of Trim Slim Shake + 2 Glasses Water

### **(10:00 AM - 10:30 AM) Snack:**

- 1 Fruit + 1 cup Low Fat Yogurt + 5 Almond Nuts + 1 Glass Water

Or

- ½ cup Low Sugar Cereal + Fat Free Milk + 1 Glass Water

Or

- Protein – ( 24kj / 100 calories) + Carbs – ( 12kj / 50 calories ) + 1 Glass Water

### **(12:30 PM – 13:00 PM) Lunch:**

- 1 boiled egg + Greek Salad ( With ¼ Avocado + ¼ slice Feta Cheese ) + 1 Glass Water

Or

- 1 Chicken Breast + ½ cup brown rice + 1 Glass Water

Or

- Protein ( 24kj / 100 calories) + Low Sugar Fat ( 19kj / 80 calories ) + Carbs ( 19kj / 80 calories ) + 1 Glass Water

### **(15:00 PM – 15:30 PM) Snack:**

- 2 Whole wheat cream crackers \ Provita's + ½ tin tuna. + 1 Glass Water

Or

- 1 Boiled Egg + 1 Slice Whole wheat bread + 1 Glass Water

Or

- Protein – ( 24kj / 100 calories) + Carbs – ( 12kj / 50 calories ) + 1 Glass Water

### **(18:30 PM – 19:30 PM) Dinner:**

- Any lean Meat (Size of your palm) + Veggies + 1 small potato + 1 Glass Water

Or

- Any lean Meat (Size of your palm) + Greek Salad + ½ teaspoon salad dressing + 1 Glass Water

Or

- Protein + Low Sugar Fat ( 19kj / 80 calories ) + Carbs ( 19kj / 80 calories ) + 1 Glass Water

**Liquids Restrictions:** No Alcohol

Not more than 4 cups of coffee daily (Fat Free Milk + Canderel Sweetner)

No Flavored Water

No Soft Drinks (Coke, Fanta, Sprite etc.)

**Liquid Recommend:** Water with Lemon Juice

3 cups Rooibos Tea (Fat Free Milk + Canderel Sweetner)

**Please note below:**

Fibrous veggies are allowed with any meal in any amount e.g., asparagus, broccoli, Brussels sprouts, cabbage, cauliflower, celery, cucumber, eggplant, collard greens, tomato, lettuce, any mushroom, green onion, onion, bell pepper, radish, snow peas, spinach, fennel, green beans and pickles.

Carrots, peas and squash are not “free” veggies but can be enjoyed occasionally.

Corn and potatoes are counted as grains/carbs in the meal plan.