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# 7 DAY PLAN at-lo

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## DAY 1

High Protein, 1 cup salad and 1 cup veggies OR 2 cups of salad or veggies.

## DAY 2

High Protein, 1 cup salad and 1 cup veggies OR 2 cups of salad or veggies.

## DAY 3

High Protein, 1 cup salad and 1 cup veggies OR 2 cups of salad or veggies.

**Snacks for weekend** 40g biltong (p/day), boiled egg, cold meat (roll-ups pastrami, silver side), 2 cups sugarless jelly; 2 cups plain popcorn.

## ALLOWED ON PROTEIN DAYS

**Green Salad** includes – lettuce, cucumber, tomato, peppers, onion, avocado

**Lunch Veggies** include – corn, cabbage, peas, carrots, butternut, sweet potato, cauliflower, broccoli, beetroot, olives, asparagus, peppers, onion

**Dinner Veggies** include – gem squash, butternut, sweet potato, spinach, cabbage, baby marrows, mixed veggies, stir-fry veggies

**TRY DIFFERENT COOKING METHODS** – stir-fry, raw, roasted and baked

**SALAD / VEGGIE DRESSING** - Use a little of this dressing on salads and veggies.

2 cups olive oil

1 tsp fine crushed garlic (optional)

¼ cup lemon juice

½ cup balsamic vinegar

2 tsp mustard powder

4 tbsp mayonnaise (with lowest carbohydrates counting)

2 tsp Ina Parman dried mixed herb salt

5 sachets of sweetener ( Salati of any of choice)

Mix all ingredients together in a mixing bowl, whisk well. Pour in your favourite dressing bottle and store in the refrigerator.

*Be All You Can Be*

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## DAY 4

Breakfast: 1 cup oats (cooked); ¼ cup milk OR 100ml yogurt; 1 small banana.

Lunch: ½ avocado sliced; 90g deli ham; 6 cherry tomatoes; ½ wheel feta cheese. 1 tbsp. salad dressing, Pile salad ingredients on plate and top with, dressing, ham, and avocado OR 1 x cup-a-soup and 2 cracker breads.

Dinner: 120g beef stir-fry; 1 cup stir-fry veggies, 1 cup (cooked) whole wheat spaghetti.

## DAY 5

Breakfast: 1 cup oats (cooked); ¼ cup milk OR 100ml yogurt; 1 small banana.

Lunch: 190g tuna, drained; 1 medium tomato sliced; ½ avo, sliced; 1tbsp. salad dressing. Mix all ingredients together OR 1 x cup-a-soup and 2 cracker breads.

Dinner: 120g skinless, chicken breast; 2 medium tomatoes; 4 mushrooms; 1 small onion; 4 baby marrows; 1tsp olive oil. Cut chicken breast in four and arrange on a baking dish. Surround with quartered tomatoes, sliced onion, and baby marrows. Drizzle with oil and bake in moderate oven for 30-35 minutes.

## DAY 6

Breakfast: 1 cup oats (cooked); ¼ cup milk OR 100ml yogurt; 1 small banana.

Lunch: ½ avocado sliced; 60g cooked chicken chopped; half wheel feta cheese; 6 cherry tomatoes; ½ cup sliced red pepper; ½ cup thinly sliced onion; 1 tbsp. salad dressing. Pile salad ingredients on a plate and top with chicken and avocado OR 1 x cup-a-soup and 2 cracker breads.

Dinner: 120g white fish fillet; 2tbsp plain low-fat yogurt; ½ tsp mustard; ½ cup carrots; 1 cup green beans; 3 tbsp. brown basmati rice (dry weight). Bake fish in moderate oven until cooked. Steam the veggies. Combine mustard and yogurt and serve over fish. Serve with brown rice.

## DAY 7

Breakfast: 1 cup oats (cooked); ¼ cup milk OR 100ml yogurt; 1 small banana.

Lunch: ½ avocado sliced; 90g deli ham; 6 cherry tomatoes; ½ wheel feta cheese; 1 tbsp. salad dressing. Pile salad ingredients on plate and top with, dressing, ham, and avocado OR 1 x cup-a-soup and 2 cracker breads.

Dinner: 120g lean pork chop (or any lean meat chop); 1 large tomato cut in half; 1 cup cauliflower. Broil chop and tomato, and steam cauliflower.

## SNACKS:

1 fresh fruit

2 cups plain popcorn

2 cups sugarless jelly

Fluid Intake 2 liters per day

Coffee, Rooibos tea, Herbal teas, Water, Soda Water, Tab, Sprite Zero, Coke Zero, Pepsi Max, Fanta zero, Sweeto