



D 7 DAY PLAN

To Keep your Body in Good Health is a Duty

*MassAnon
Healthy Slimming*

D 7 DAY PLAN

FRIDAY SATURDAY SUNDAY

FROM THE PROTEIN LIST eat 5 – 6 times a day – start making it a habit to have 5 to 6 meals a day. Start off with 3 meals and snacks in between.

1. Mix and match your proteins e.g., bacon and eggs, mixed grill etc., and prepare in any manner as you wish **WITHOUT FLOUR OR CRUMBS** or any form of starch.
2. Make your portion sizes to make you feel comfortable – **DO NOT OVEREAT**, but do not suffer hunger. *Listen to your body.*
3. 200g vegetables *per day* from either the salad greens or vegetable column. Have as many as possible of your allowed vegetables raw.
4. PLEASE NOTE this is not meant to be a *High Protein Diet*.
5. In this diet program, we **AVOID**.
 - i. refined carbohydrates
 - ii. carbohydrates with a high glycaemic index
- 7 The allowed vegetables supply 30 - 40 grams of **complex** carbohydrates.
- 8 It is very important to drink fluids at regular intervals – 2 to 3 litre fluids per day of which half should be water.

NO CARBOHYDRATES other than the allowed vegetables

Snacks for weekend: 40g biltong (p/day), boiled egg, cold meat (roll-ups pastrami, silver side).

PROTEIN ALLOWED

- **Any pure meat such as**
- Beef, Veal, Mutton and lamb, Pork, Game,
- **Poultry including** chicken, duck, turkey, ostrich etc.
- **Any fish and seafood** without batter or crumbs such as
- hake, haddock, kippers, salmon, tuna, kingklip, sardines (watch out for hidden sugars and starches in tinned fish in tomato sauce or curry),
- prawns, calamari, mussels, scallops, periwinkles, abalone, shrimps, crab (not crabsticks since it is only crab flavored pasta) **BUT** sauces must be butter or sour cream base NOT A “CREAMY” SAUCE WHICH IS A WHITE SAUCE THAT IS MILK AND FLOUR BASED,
- eat eggs in moderation,
- any hard and or cream cheese such as cheddar, mozzarella, parmesan, haloumi, feta BUT restricted to 2 (two) pieces a day the size of a matchbox. Avoid “soft” cheeses such as cottage and processed cheese.

ALSO ALLOWED ON PROTEIN DAYS

Butter, margarine, oil, cream, sour cream, Mayonnaise with lowest carbohydrates OR Hellman’s Mayonnaise (not lite)

Be All You Can Be

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ALSO 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.

MONDAY

Fruit as prescribed (column below)

FRUIT DAY Eat at least a variety of 3 of the fruits listed below – these will help you to get rid of any excess fluids and toxins in the body.

Apples, Grapes, Apricots, Bananas, Cherries, Kiwi fruit, Melon Pears, Nectarines, Peaches, Pineapples, Plums, Raspberries, Blueberries, Blackberries, Strawberries

TUESDAY

Breakfast - 1 cup Oats (cooked) or 1 cup All Bran; ¾ cup low fat milk; 1 fruit.

Lunch - 1 cup chopped cauliflower (small pieces); 1 med tomato; ½ cup peppers; mayo to taste.

Supper - 2 Chicken thighs; unlimited steamed, mixed veggies.

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WEDNESDAY

Breakfast - 1 cup Oats (cooked) or 1 cup All Bran; $\frac{3}{4}$ cup low fat milk; 1 fruit.

Lunch – 1 tomato sliced; $\frac{1}{2}$ avo sliced, $\frac{1}{4}$ cup peppers; $\frac{1}{4}$ wheel feta.

Supper – Stir fry: 120g chicken pieces; $\frac{1}{2}$ cup carrots; $\frac{1}{2}$ cup peppers; $\frac{3}{4}$ cup baby marrows.

THURSDAY

Breakfast – 1 cup Oats (cooked) or 1 cup All Bran; $\frac{3}{4}$ cup low fat milk; 1 fruit.

Lunch – 1 broccoli (break up in small pieces); 250g bacon or choice of meat; $\frac{1}{4}$ cup peppers; mayo to taste.

Supper – 2 chops (any); 1 squash, 1 cup cauliflower (mashed with 1 tsp. margarine), 1 medium tomato.

Snacks: (for Tuesday, Wednesday, and Thursday)

10 cherry tomatoes

$\frac{3}{4}$ cup sliced cucumber

1 cup sugar free jelly

$\frac{1}{4}$ cup nuts (not peanuts)

1 fresh fruit

Fluid Intake 2 liters per day

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

The only impossible journey is the
One you never begin.

Unknown

Be All You Can Be