



## M 7 DAY PLAN

*To Keep your Body in Good Health is a Duty*

*MassAnon  
Healthy Slimming*

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# M 7 DAY PLAN

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## Day 1

Breakfast: 1 cup All-Bran; 1 cup milk; ½ cup blue/black berries

Mid-Morning: 1 orange

Lunch: 30g low fat cheese; 2 cracker breads; 1 x cup-a-soup

Mid-Afternoon: ¼ cup real nuts (not peanut- or sugar-coated nuts)

Dinner: 1 portion Fish filet/Spinach®; unlimited mixed veggies

## Day 2

Breakfast: 1 cup All-Bran; 1 cup milk; ½ cup blue/black berries

Mid-Morning: 1 orange

Lunch: ½ tin tuna; 1 tbsp. mayo; 2 cracker breads; 1 banana

Mid-Afternoon: 1 cup plain popcorn

Dinner: 1 med pork chop (or any); ½ cup sliced steamed carrots; ¾ cup broccoli; 1 gem squash

## Day 3

Breakfast: 1 cup All Bran; 1 cup milk; ½ cup blue/black berries

Mid-Morning: 1 orange

Lunch: 30g low fat cheese; 2 cracker breads; 1 x cup-a-soup

Mid-Afternoon: ¼ cup real nuts (not peanut- or sugar-coated nuts)

Dinner: 150g baked chicken; 1 cup cauliflower mashed with a little margarine; 1 gem squash

## Day 4

Breakfast: 2 scrambled eggs; 2 slices bacon; 2 cracker breads

Mid-Morning: 1 orange

Lunch: ½ tin tuna; 1 tbsp. mayo; 2 cracker breads; 1 banana

Mid-Afternoon: 1 cup plain popcorn

Dinner: 120g leg of pork or mutton (or any meat); 1 cup steamed cauliflower with 30g grated cheese; ¾ cup steamed carrots.

## Day 5

Breakfast: 2 poached or boiled egg; 2 cracker breads; 1 banana

Mid-Morning: 1 orange

Lunch: 30g low fat cheese; 2 cracker breads; 1 x cup-a-soup

Mid-Afternoon: ¼ cup real nuts (not peanut- or sugar-coated nuts)

Dinner: 120g chicken breast; 1 cup broccoli; ¾ cup steamed carrots; 1 gem squash

## Day 6

Breakfast: 1 cup All Bran; 1 cup milk; ½ cup blue/black berries

Mid-Morning: 1 orange

Lunch: ½ tin tuna; 1 tbsp. mayo; 2 cracker breads; 1 banana

Mid-Afternoon: 1 cup plain popcorn

Dinner: 150g baked chicken; 1 cup cauliflower mashed with a little margarine; 1 gem squash

*Be All You Can Be*

# M 7 DAY PLAN

## Day 7

Breakfast: 2 scrambled eggs; 2 slices bacon; 2 cracker breads

Mid-Morning: 1 orange

Lunch: ½ tin tuna; 1 tbsp. mayo; 2 cracker breads; 1 banana

Mid-Afternoon: 1 cup plain popcorn

Dinner: 1 portion Fish fillet/Spinach®; unlimited mixed veggies

**Fluid Intake** 2 liters per day

Coffee, Rooibos- & Herbal teas, Water, Soda Water, Tab, Sprite Zero, (1 glass full cream milk p/day)

## RECIPIES

### ® Fish Fillet with Spinach

Any lean (*hake, any other white fish*)

750g fish fillets

230g fresh spinach

1 medium tomato thinly sliced

2 teaspoons olive oil

2 tablespoons grated Parmesan cheese

2 tablespoons soy sauce

black pepper to taste

2 teaspoons Worcestershire sauce

Preheat oven to 375 degrees.

Line a 100mm deep baking pan with half the spinach.

Place fish on top.

Combine olive oil with soy sauce and Worcestershire and drizzle over the fish.

Partially cook the onion (5 minutes on high in the microwave).

Spread the onion and tomato slices over the fish.

Sprinkle with the Parmesan cheese (or cheddar) and pepper. Spread remaining spinach on top.

Cover lightly with foil and bake 20–25 minutes or until fish flakes easily with a fork.

4 *SERVINGS*



*Be All You Can Be*