

Slimz

TARGETED WEIGHT CONTROL

5 Week
EATING PLAN



Tips to maximise your weight loss potential.

1. Take a photograph of yourself before you start to compare once your 6 weeks are completed.
2. All foods must be weighed raw.
3. Do not use any butter, oil, spray and cook or margarine.
4. Drink 2 liters of water per day (8 glasses of 250 ml each).
5. You are allowed drink: Per day
 - 4 Cups Green tea, Rooibos tea or coffee without sugar
 - 500 ml Diet Coke
 - 125 ml maximum milk per day (Reduce or cutout milk)
6. Eat 3 meals a day at 7h00, 12h00, 17h00.
7. Take starch with meals and not in between meals.
8. Use food list with food groups to exchange similar food items in your meal plan.
9. All products that you choose should be low in fat with less than 3 g fat per 100 g. Look at the nutritional information on food packaging.
10. Take a multi vitamin every day to boost immune system:
 - Viralmed Natural Antibiotic
 - Viralmed ProBio Natural Antibiotic + probiotic

Let's get started!

Eating plan developed by leading dietitian, Amanda Kuit RD(SA). Contact XS Health at info@xshealth.co.za for any queries regarding your 5 week exercise or eating plan.

WEEK 1**5 DAY ENERGIZER****FOODS ALLOWED FOR WEEK 1: Beans, seeds and nuts**

Baked beans, butter beans, sesame seeds, pumpkin, seeds, pecan nuts, peas, almonds

FRUIT	Pineapple (180 g)	Guava (200 g)
	Green Melon (180 g)	Apricot (200 g)
	Lemon (free)	Kiwi (160 g)
	Grapefruit (200 g)	Fruit juice (220 ml)
	Dried fruit (30 g)	Peach (200 g)

POULTRY / FISH	Chicken breast	(no skin allowed)
	Tuna	(in water)
	Turkey	(no skin allowed)
	Fish	Hake

MEAT	Ostrich	Fillet
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STARCH	Maize cooked (125 g)	Provitas (3)
	Rice cooked (80 g)	Rice cakes (3)
	Rye bread (2 slices)	Rye vita (4)
	Cornflakes (30 g)	Carrots cooked (100g)

VEGETABLES	If the diet mentioned mixed vegetables, you have to make up the portion with 3 different types of vegetables in the group.	
	Green beans	Patty pans
	Celery	Broccoli (only 3 x week)
	Cauliflower	Cucumber
	Mushrooms	Cucumber
	Garlic (2 teaspoons / day)	
	Tomato (1 small per day)	
	Asparagus (Tinned or fresh)	
	Courgettes or baby marrows	
	Spinach	

HERBS AND SPICE	Origanum	Parsley
	Pepper	Coriander
	Tumeric	Basil

WEEK 1**MEAL PLAN****DAY 1**

MEAL 1	
1	Egg
150 g	Mixed vegetables
1	Apple

MEAL 2	
125 g	Poultry or Fish
1	Starch
130 g	Mixed vegetables
1	Fruit

MEAL 3	
100 g	Bean, seeds, nuts
140 g	Vegetables

DAY 3

MEAL 1	
50 g	Cheese (Mozzarella)
100 g	Mixed vegetables
1	Apple

MEAL 2	
135 g	Chicken/Turkey/Tuna/Fish
135 g	Mixed vegetables
1	Starch
1	Fruit

MEAL 3	
120 g	Ostrich
130 g	Mixed vegetables
1	Fruit

DAY 2

MEAL 1	
250 ml	Yoghurt (plain)
	Mixed with one fruit
1	Weetbix

MEAL 2	
85 g	Ricotta cheese
135 g	Mixed vegetables
1	Apple

MEAL 3	
135g	Meat (Ostrich)
135 g	Mixed vegetables

DAY 4

MEAL 1	
100 g	Fish
130 g	Mixed vegetables
1	Apple

MEAL 2	
135 g	Fish or Chicken
1	Starch
135 g	Mixed vegetables

MEAL 3	
100 g	Beans
130 g	Vegetables
1	Fruit

A great start to a great, new you!

This will be your most difficult period since you might not see immediate results. Stay motivated with your target in mind - a slimmer you is now only 4 weeks away!

Remember that you might first lose weight before you will start losing CM! So set your goal to fit perfectly into your favourite clothing piece - nothing like a well fitted pair of jeans.

WEEK 2-3

ACCELERATION

FOODS ALLOWED FOR WEEK 1: Beans, seeds and nuts

Baked beans, butter beans, sesame seeds, pumpkin, seeds, pecan nuts, peas, almonds. You are allowed to have 210 g of any type of bean, seed or nut per week or 30 g/day.

FRUIT	Grapes 75 g Apple 85 g	Paw Paw 130 g Grapefruit 160 g
	Fruit salad 115 g Cooked dried fruit 65 g	Kiwi 90 g Water melon 188 g
	Fruit juice 180 ml	Orange 142 g
	Naartjie 100 g	Mango 74 g
	Dried fruit (30 g)	Peach (200 g)

POULTRY / FISH	Chicken breast	(no skin allowed)
	Tuna	(in water)
	Turkey	(no skin allowed)
	Fish	Hake

MEAT	Ostrich	Fillet
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STARCH	Maize cooked (125 g)	Provitas (3)
	Rice cooked (80 g)	Rice cakes (3)
	Rye bread (2 slices)	Rye vita (4)
	Cornflakes (30 g)	Carrots cooked (100g)

VEGETABLES	If the diet mentioned mixed vegetables, you have to make up the portion with 3 different types of vegetables in the group.	
	Green beans	Patty pans
	Celery	Broccoli (only 3 x week)
	Cauliflower	Cucumber
	Mushrooms	Cucumber
	Garlic (2 teaspoons / day)	
	Tomato (1 small per day)	
	Asparagus (Tinned or fresh)	
	Courgettes or baby marrows	
	Spinach	

HERBS AND SPICE	Origanum	Parsley
	Pepper	Coriander
	Tumeric	Basil

WEEK 2-3**MEAL PLAN****DAY 5****MEAL 1**

1	Egg (50 g)
30 g	Reduced Feta or low fat cheese
120 g	Tomato
40 g	Whole wheat bread

MEAL 2

65 g	Beef, mince or steak
60 g	Pasta
85 g	Apple
135 g	Baby Marrow

MEAL 3

65 g	Chicken, fillet
155 g	Green Beans, cooked
65 g	Potato, in skin cooked
85 g	Apple

DAY 7**MEAL 1**

30 g	Low fat cheese
120 g	Tomato
40 g	Whole wheat bread
40 g	Whole wheat bread

MEAL 2

90 g	Chicken breast
60 g	Mixed vegetables
65 g	Potato, cooked with skin
130 g	Paw paw

MEAL 3

90 g	Beef, mince or steak strips
135 g	Baby marrow, cooked
50 g	Rice cooked
130 g	Paw Paw

DAY 6**MEAL 1**

125 ml	Yoghurt low fat
75 g	Grapes
40 g	All Bran
40 g	Whole wheat bread

MEAL 2

40 g	Pork steak or strips (or Beef)
120 g	Mixed vegetables
50 g	Rice, cooked
135 g	Baby Marrow

MEAL 3

40 g	Pork steak or strips (or Beef)
120 g	Mixed Vegetables
50 g	Rice, cooked
85 g	Apple

DAY 8**MEAL 1**

1	Egg (50 g)
120 g	Tomato
40 g	Whole wheat bread
40 g	Whole wheat bread

MEAL 2

65 g	Beef, mince or steak
60 g	Pasta
60 g	Mixed vegetables
115 g	Fruit salad

MEAL 3

65 g	Chicken, breast without skin
60 g	Mixed frozen vegetables
115 g	Fruit salad
65 g	Potato cooked

Remember to drink **2 litres water a day!**

DAY 9

MEAL 1

125 ml	Milk (Low fat (2 %)
40g	All Bran
85 g	Apple
40 g	Whole wheat bread

MEAL 2

60 g	Fish, hake or tuna
140 g	Greek salad
50 g	Rice
270 ml	Fruit juice

MEAL 3

120 g	Mutton
80 g	Green beans, cooked
70 g	Carrots, cooked
90 g	Beetroot cooked

DAY 11

MEAL 1

125 ml	Milk (Low fat (2 %)
40 g	All Bran
85 g	Apple
40 g	Whole wheat bread

MEAL 2

75 g	Chicken, fillet
155 g	Green beans
35 g	Dried Fruit
60 g	Pasta

MEAL 3

105 g	Pork, fillet
120 g	Mixed Vegetables
50 g	Rice, cooked
130 g	Paw Paw

DAY 10

MEAL 1

125 ml	Yoghurt low fat
200 g	Paw Paw
40 g	All bran or high fibre cereal
40 g	Whole wheat bread

MEAL 2

90 g	Beef, mince or steak
140 g	Greek salad
30 g	Cheese, feta
60 g	Pasta, cooked

MEAL 3

90 g	Pork, steak or strips
120 g	Mixed Vegetables
65 g	Potato
75 g	Banana, peeled

DAY 12

MEAL 1

105 g	Pork , fillet
120 g	Mixed Vegetables
50 g	Rice, cooked
40 g	Whole wheat bread

MEAL 2

80 g	Chicken, mince or strips
140 g	Greek salad
60 g	Pasta
85 g	Apple

MEAL 3

100 g	Fish, hake
60 g	Potato
140 g	Greek salad
150 g	Banana, peeled

Results are in sight!

WEEK 4-5

BODY TONING

FOODS ALLOWED FOR WEEK 4 & 5

FRUIT	Grapes 50 g, Apple 65 g	Paw Paw 120 g Grapefruit 140 g
	Fruit salad 115 g	Kiwi 70 g
	Fruit juice 100 ml	Orange 130 g
	Naartjie 110 g	Mango 60 g

POULTRY / FISH / MEAT (ALL LEAN WITHOUT FAT)	Chicken, turkey	(no skin allowed)
	Tuna, crab meat	(in water)
	Pilchards, sardines	In tomato sauce
	Hake	Any
	Salmon	Steamed
	Ostrich	Fillet

STARCH	Rye Vita (4)	Oats cooked 110 g
	Pumpkin cooked 120 g	Maize porridge, cooked 100 g
	Carrots cooked 100 g	Bread, whole wheat 40 g
	Carrots raw 80 g	Bread seed loaf 45 g

VEGETABLES	Mushrooms 165 g	Broccoli cooked 170 g
	Tomato raw 120 g	Broccoli raw 164 g
	Cucumber 190 g	Baby marrow 135 g
	Lettuce 210 g	Green beans cooked 155 g
	Tomato & onion cooked 75 g	
Cauliflower raw 115 g, Cauliflower cooked 180 g		
Spinach cooked 250 g, Spinach raw 400 g		

MILK (ALL MUST BE LOW FAT OR 2 %)	Low fat milk	150 ml
	Yoghurt plain	200 ml

By now you should be more than satisfied with the new slimmer you.

If you are not satisfied with the results to date, please contact our pharmacist for an evaluation and assistance to your weight loss program.

Now is your time to shine with only 2 weeks left.

DAY 13

MEAL 1

40 g	Low fat Cheese
1	Vegetable
1	Starch
40 g	Whole wheat bread

MEAL 2

50 g	Protein of your choice
1	Starch
1	Vegetable

MEAL 3

50 g	Protein of your choice
2	Vegetables
1	Starch
1	Apple

DAY 15

MEAL 1

40 g	Low fat Cheese
1	Vegetable
1	Starch

MEAL 2

60 g	Protein of your choice
1	Vegetable
100 g	Beans : Baked beans or lentils

MEAL 3

60 g	Protein of your choice
2	Vegetables
1	Fruit

DAY 14

MEAL 1

100 ml	Yoghurt low fat
1	Fruit
1	Starch

MEAL 2

100 g	Peas
2	Vegetables
100 g	Protein of your choice

MEAL 3

50 g	Protein of your choice
2	Vegetables
1	Starch

DAY 16

MEAL 1

100 ml	Yoghurt low fat
1	Fruit
1	Starch

MEAL 2

60 g	Protein of your choice
1	Starch
2	Vegetables

MEAL 3

75 g	Protein of your choice
1	Vegetable
100 g	Beans : Baked beans or chickpeas

Stay focussed & motivated
for your final 2 weeks.

The next 2 weeks will determine the final result of your hard work and commitment to a new slimmer you.

DAY 17

MEAL 1	
125 ml	Milk (Low fat (2 %)
1	Starch
1	Fruit

MEAL 2	
110 g	Protein of your choice
2	Vegetables
1	Starch

MEAL 3	
50 g	Protein of your choice
2	Vegetables

DAY 19

MEAL 1	
125 ml	Milk (Low fat (2 %)
1	Starch
1	Fruit

MEAL 2	
125 g	Protein of your choice
2	Vegetables
1	Starch

MEAL 3	
60 g	Protein of your choice
2	Vegetables

DAY 18

MEAL 1	
125 ml	Yoghurt low fat
1	Fruit
40 g	All bran or high fibre cereal

MEAL 2	
100 g	Protein of your choice
2	Vegetables
100 g	Beans / peas

MEAL 3	
85 g	Protein of your choice
2	Vegetables
1	Starch

DAY 20

MEAL 1	
125 ml	Yoghurt low fat
1	Fruit
40 g	All bran or high fibre cereal

MEAL 2	
70 g	Protein of your choice
2	Vegetables
1	Fruit

MEAL 3	
115 g	Protein of your choice
1	Starch
2	Vegetables

Congratulations on the new slimmer you!

By now your friends, spouse and colleagues would already have taken notice of your transformation.

Remember to maintain your new body weight and waistline by continuing with a healthy eating plan, exercise and Slimz dosages.



The Innovation Hub, Office BA1, BioPark Building,
C/O The Innovation Hub Drive and Allen Cormack Drive

Tel: 086 722 7692

E-mail: info@xshealth.co.za

www.slimz.co.za