

Breakfast: 7 to 7.30 am

DAY ONE

150ml fresh orange juice
45g/1.6oz bran cereal
125ml skim or low fat milk
1 cup of black or green tea with skim or low fat milk



1 orange

Morning Snack

1 slice of wholegrain bread spread with 1 tablespoon (15ml) fruit preserve
1 apple

Lunch: 12.30 pm

500ml stir fried peppers and broccoli made with 50g peppers and 125g broccoli
125ml cooked brown rice
175ml frozen yoghurt
Iced or hot tea



Afternoon Snack

3 wheat biscuits
1/4 avocado, mashed
250ml fruit juice

Dinner: 6 pm

180 - 210g salmon steak or fillet, grilled (marinated in sesame oil, reduced sodium soy sauce, minced ginger)
1 baked potato with 2 teaspoons canola spread and minced fresh chives
250ml steamed zucchini/ marrow
200ml skim/low fat milk



DAY TWO

2 slices wholewheat bread spread with 2 tablespoons (30ml) of honey
1 cup of black or green tea with skim or low fat Milk



1 pear
30g/1.1oz low fat cheese
Iced or hot tea



250ml lentil soup
1 small wholewheat pita bread spread with 45g fat free cottage cheese mixed with minced chives
200ml coleslaw made with 150ml shredded cabbage and 50ml shredded carrots mixed with 1 tablespoon (15ml) light mayonnaise
250ml cranberry juice or other fruit juice

1 rice cake spread with 1 tablespoon of jam
200ml low fat or skim Milk



Shrimp curry made with 170g of shrimps, 120ml each of cauliflower, diced green pepper and cubed eggplant 120ml cooked brown rice
1/2 fresh mango or pawpaw, cut into bite sized pieces
Iced or hot tea



DAY THREE

200ml grapefruit juice
Scrambled egg with peppers (made with 2 whole eggs and 1 egg white with 50ml diced green peppers, scrambled in 1 tablespoon (15ml) sunflower oil)
1 slice wholewheat toast
1 cup of black or green tea with skim or low fat Milk

1 banana
1 granola bar
Iced or hot tea



1/2 melon
250ml chicken noodle soup
3 wheat biscuits
250ml low fat or skim Milk

500ml air popped popcorn
250ml cranberry juice



Chicken fajitas made with 120g chicken breast cut into strips and simmered with onions, red bell peppers and fajita or taco seasoning (you can use readymade fajitas)
2 flour tortillas
50ml salsa
Green salad made with 1 cup lettuce, tomatoes and 1 tablespoon (15ml) oil-free salad dressing
Iced or hot tea



DAY FOUR

1/2 grapefruit
125ml oats porridge topped with 125ml fresh berries
125ml low fat/skim milk
1 cup of black or green tea with skim/low fat Milk



3 wheat biscuits spread with 1/4 avocado.
1 apple
Iced or hot tea



Tuna or salmon salad sandwich on wholewheat bread (60g tuna or salmon and 15ml lite mayonnaise)
50ml each carrot and celery sticks
250ml cranberry or other fruit juice



4 small ginger cookies
1 pear
Iced or hot tea

Green salad - 250ml lettuce and 125ml cucumber, 1 tablespoon oil-free dressing
Lemon-garlic baked chicken (1 chicken breast marinated in lemon juice, olive oil and garlic)
250ml pasta tossed with 125ml steamed broccoli and 125ml chopped tomatoes and 2 tablespoons (30ml) grated Parmesan cheese
250ml skim/low fat milk

DAY FIVE

200ml grapefruit juice
125ml plain low fat yoghurt mixed with 60ml Muesli and 30ml raisins and 15ml honey
1 cup of black or green tea with skim or low fat milk

1 small bran muffin
250ml skim/low fat milk



250ml mushroom and barley soup
125ml chicken salad (made with lite mayonnaise) served on a bed of lettuce and tomato slices
Iced or hot tea

1 apple
3 digestive biscuits
250ml cranberry or other fruit juice



Sesame beef stir-fry made with 120g lean beef cut into strips (marinated in a mixture of minced ginger, reduced sodium soy sauce, sherry and sesame oil) and stir fried with 125ml each of broccoli florets, snow peas and sliced water chestnuts
125ml instant noodles
125ml fresh or canned pineapple slices
Iced or hot tea

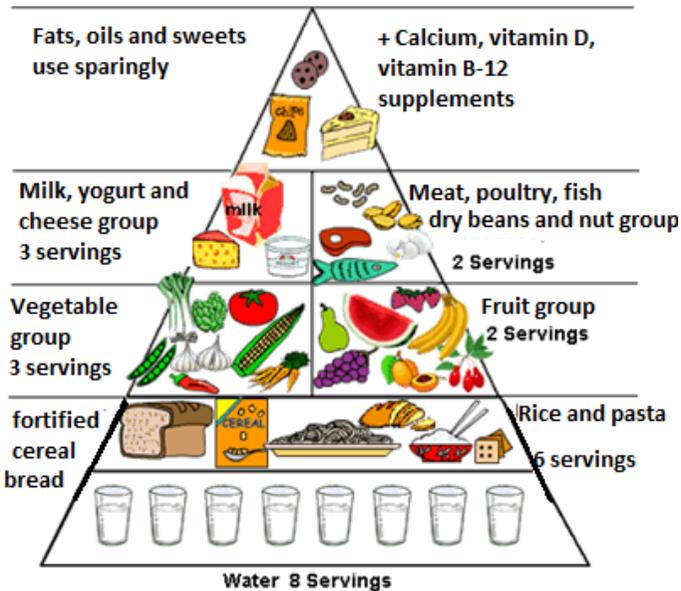
HEALTHY EATING

This is a suggested plan for people who want to eat healthily.

This plan is suitable for most women seeking a balanced and healthy diet, as well as weight maintenance (not weight loss).

Men can afford portions that are about 20% bigger.

ENJOY



Always check with your own doctor before embarking on any new eating or exercise plan.



For General Enquiries

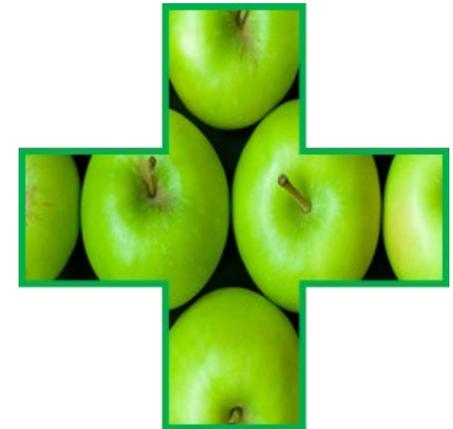
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WELLNESS PROGRAMMES



HEALTHY EATING PLAN

