



# Sample Eating Plan

08h00 – breakfast

(oats, all bran flakes, add fruit and milk for additional nutrients + plus a glass of orange juice)

11h00 – snack

(fruit, small handful nuts or biltong, low-fat-low sugar yogurt (Parmalite or Danone), carrots & celery with low fat hummus)

13h00 – lunch

(rice cakes, corn thins or brown bread sandwich with protein (chicken, turkey, ham, cottage cheese) and veggies (tomatoes, cucumber, lettuce) – basically think of it as a grain (carbs), protein (the meat or cheese) and veggies. You can also have a salad, but just make sure you have protein in it, or you will get hungry again soon.

16h00 – snack

(fruit, small handful nuts or biltong, low-fat-low sugar yogurt (Parmalite or Danone), carrots & celery with low fat hummus)

19h00 – dinner

Sweet potato with protein (tuna, cottage cheese); chicken breast with veggies, brown rice with steak and spinach etc. – basically think of it as a grain (carbs), protein (the meat or cheese) and veggies. You can also have a salad, but just make sure you have protein in it, or you will get hungry again soon. Nothing wrong with carbs (pasta, rice, potatoes) they just should not be the main base of your meal – think of your plate as a 12hr clock, with veggies & fruit filling 30mins the clock, carbs 15mins & protein 15mins

22h00 – snack

I usually find a yogurt, an apple or air popped popcorn are nice before-bed snacks.

Try and cut down on sugar in your tea/coffee as well, which will make dramatic changes. Let me know if this all makes sense and if you need any further help with your choices.

Just remember KEEP EATING every 2-3 hours!