

THE vitality

EATING SYSTEM

7 day weight loss plan no. 1

How many calories

This diet plan provides approximately **1400** calories a day which when combined with regular exercise should be enough to help you achieve a safe steady weight loss. The Department of Health recommends that people trying to lose weight should aim for between 45-60 minutes of physical activity per day.

- If you have less than a stone to lose, you should also choose **1** snack each day.
- If you have between one and three stone to lose, aim for **1500** calories, including **2** snacks.
- If you have more than three stone to lose have **1750** calories, including **3** snacks.
- Men can eat slightly larger portions of the suggested meals and include at least **3 – 5** snacks, aiming for a total of about **2250** calories per day.

How the plan works

There's no need to count calories we've already done the hard work for you – all you need to do is to select your choice from the list of breakfast, lunch and evening meal options given on the following pages. You're also allowed 225ml of semi-skimmed milk to use in tea and coffee throughout the day plus 2 items from the list of snacks and treats. If you have less than 1 stone to lose select **1** snack only.

Want to do your own thing?

That's fine – the plan is based on 1400 calories – you're allowed a total of 300 calories at breakfast, 350 calories for lunch, and 500 calories for your evening meal and 2 snacks from the list below. If you want to choose a ready meal, sandwich or snack that fits into those calorie bands feel free to substitute. You can swap any of the suggested fruits for another fruit of your choice if you'd prefer but remember it's important to eat a variety of different fruits over the course of a week. If you chose ready meals remember to check the salt and calorie content plus serve ready meals with an extra portion of vegetables or salad to increase fibre intake and the feeling of satiety.

Fruit and vegetables

What's a portion?

Where **one portion of fruit is indicated on the menu, select one from this list. Vary your choices so you get more nutrients.**

- **1 medium fruit:** apples, oranges, bananas, peaches and pears
- **2 small fruit:** satsumas, apricots, plums and kiwi fruit
- **3 heaped tablespoons of berry-type fruits:** grapes, strawberries, raspberries and cherries
- **Half large fruit:** mangos, papayas and grapefruits
- **150ml serving of 100% fruit juices.** *Note that only 1 serving of fruit juice can count towards the 5-a-day recommendation. Excess consumption of fruit juices is not recommended as they are high in calories and sugars which increase the risk of dental caries.*
- **80g of mixed salad vegetables**
- **3 tablespoons of cooked vegetables:** broccoli, cauliflower, carrots and green beans
- **3 tablespoons of pulses:** baked beans, kidney beans, lentils and chickpeas.
Note that only 1 serving of pulses can count towards the 5-a-day recommendation.

Snacks (approximately 125 calories each)

- **One (200ml) yogurt drink**
- **One pot low fat fruit yogurt**
- **One slice wholemeal toast with 1 teaspoon of spread and 2 teaspoons of jam**
- **1 apple and 1 large banana**
- **2 crispbreads with 2 teaspoons of peanut butter**
- **5 Brazil nuts or walnuts**
- **1 small banana and 4 dried apricots**
- **One small wholemeal roll with 1 teaspoon spread and Marmite**
- **½ English muffin with 1 teaspoon of spread; 1 small fruit (e.g. satsuma)**
- **1 banana mixed with 2 tablespoons of low fat plain yogurt**
- **1 small bowl (25g) of bran flakes / cornflakes with 150ml of skimmed milk**
- **One slice (40g) French bread with 1 teaspoon of spread**
- **1 oatcake with 1 tablespoon of hummus and carrot, cucumber and celery sticks**

The Vitality Eating System consists of a seven day weight loss plan, which has been developed by a nutritionist, with the aim of enabling realistic and sustainable weight loss. Research has shown that with a slow and steady weight loss, you are more likely to keep the weight off.

The plan consists of delicious, low fat breakfast, lunch and evening meal menus so you'll never go hungry. What's more there is an approved selection of healthy 'snacks' to ensure your energy reserves are topped up during the day.

Sensible weight loss solutions

We do not advocate fad diets and yo-yo dieting to control your weight. Evidence now proves that these quick fixes do not succeed in maintaining weight loss and have long-term health implications, both mental and physical. The latter include increased risk of cardiovascular disease and loss of bone density leading to bone fractures. Additional emotional problems such as depression and binge eating can also be linked to the rollercoaster of yo-yo dieting.

Fad-free secrets to weight loss

There is no magic formula. **The Vitality Eating System** is practical and flexible, and the weight loss is achievable and realistic. The healthy way to lose weight successfully and keep it off, is to eat a nutritionally balanced, low fat diet, containing starchy carbohydrates, such as bread, pasta and cereals, plus fruit and vegetables. This needs to be accompanied by exercise.

A quick and simple way to tell if you need to lose weight is to measure your waist circumference. Men with a waist measurement of over 94cm (90cm for Asian men) and women with a measurement of over 80cm, should consider losing weight.

Day one

Breakfast

1 small glass (150ml) unsweetened fruit juice.

Bacon sandwich made from 2 slices of wholemeal or malted wheatgrain toast spread with tomato ketchup, 2 rashers of lean bacon, sliced tomatoes.

✓ Scrambled egg on toast.

Lunch

Brie, mango chutney and watercress sandwich

Made with 2 slices of malted wheatgrain bread with a thin layer of half fat butter or reduced fat spread, add 40g thinly sliced brie, 1tbsp of mango chutney and plenty of watercress.

1 pot sugar free jelly.

1 satsuma or fresh fruit of your own choice.

Evening meal

Chicken tikka masala

Heat 1tsp of oil in a non stick pan, add 100g diced chicken breast and cook for 3-4 mins. Add 1 heaped tsp of mild curry paste, 200g can chopped tomatoes and cook for 10 mins. Stir in a good handful of fresh spinach and 1 pot low fat bio yogurt. Serve with 60g (uncooked weight) basmati rice.

1 pot low fat yogurt.

✓ Replace chicken with can of chickpeas.

Day two

Breakfast

1 small glass (150ml) unsweetened fruit juice.

3 heaped tbsp (40g) bran flakes with 200ml semi skimmed milk, 1tbsp dried cranberries or chopped ready-to-eat dried apricots.

Lunch

Couscous salad

Place 50g couscous in a large heat proof bowl, pour over enough boiling water to cover the surface, cover and allow to stand for 10 mins. Fluff the couscous with a fork then add 2 finely chopped spring onions, 4 halved cherry tomatoes, 2 roughly chopped apricots, 100g cooked chicken and 1tbsp chopped fresh mint (optional).

Pear or fresh fruit of your choice.

✓ Replace chicken with 25g toasted pine nuts or flaked almonds.

Evening meal

Chilli con carné

Heat 1tsp of vegetable oil in a pan, add 1 small finely chopped onion and ½ sliced red pepper and cook for 3-4 mins. Add 100g of extra lean mince beef cook for 10 mins. Stir in 200ml pot fresh tomato salsa and 3tbsp of canned kidney beans. Serve with 1 medium jacket potato and 3tbsp ready prepared tzatziki.

✓ Use quorn mince instead of beef.

Day three

Breakfast

1 small glass (150ml) unsweetened fruit juice.

Stir 4tbsp (40g) sugar-free muesli into 150g pot low fat yogurt. Add 50g blueberries and 1 chopped apple.

Lunch

Hummus and carrot pitta

To make the hummus use 100g of canned chickpeas and place in a blender with 1 teaspoon olive oil, 1 crushed garlic clove, 1 finely chopped red pepper, fresh coriander and a squeeze of lemon juice for flavour. Spoon into 1 small wholemeal pitta (40g).

1 pot low fat fruit rice pudding.

2 plums or kiwi.

Evening meal

Cod with cheesy mustard crust

Preheat oven to 200°C/gas mark 6. Place 1 cod fillet on an oiled baking sheet. Mix 25g half fat grated cheddar cheese, 1tsp of wholegrain mustard and 1tbsp of milk then spoon the mixture over the fish. Place in the oven and cook for 20 mins. Serve with 1 small jacket potato and leeks.

✓ Replace cod with bean burger, serve with large portion ratatouille and 1 small jacket potato.

Day four

Breakfast

1 small glass (150ml) unsweetened fruit juice

1 poached egg on 1 slice of wholemeal or malted wheatgrain toast.

1 small ripe mango or bowl of canned grapefruit.

Lunch

1 bowl of tomato soup.

4 oatcakes each spread with 1 heaped tsp of light soft cheese.

Strips of red pepper and carrot sticks.

1 pot of low fat yogurt.

Evening meal

Pork kebabs

Mix 2tbsp tomato ketchup, 2tbsp Worcestershire sauce, 1tbsp runny honey, 1tsp English mustard and 1 clove crushed garlic. Cut 100g lean pork into bite sized pieces. Slice 1 small red onion, 1 courgette and 1 small red pepper into cubes. Thread the meat and the vegetables onto 2 metal skewers, brush with the marinade and place under a medium grill until cooked.

Serve with 60g brown rice cooked according to packet instructions.

✔ Large serving ratatouille in one medium jacket potato topped with 40g grated reduced fat cheddar cheese.

Day five

Breakfast

1 small glass (150ml) unsweetened fruit juice.

Apple and muesli yogurt

Place 1tbsp raisins in a small bowl, pour over 4tbsp apple juice, cover and allow to soak overnight. Stir the raisins, 2tbsp apple sauce, 2tbsp muesli with 1 pot of low fat yogurt.

Lunch

Chicken fajita

Slice 1 skinless chicken breast into thin strips and stir fry in non stick pan in 1tsp of oil for 3-4 mins. Add ½ small finely chopped red onion and 1 small sliced pepper and 1tsp fajita seasoning. Mix with 3tbsp tzatziki and spoon into soft flour tortilla.

✔ Replace chicken with 4tbsp of mixed bean salad.

Evening meal

Salmon with a cucumber sauce

Place 4tbsp Greek yogurt in a small bowl, stir in 50g chopped cucumber, 2 finely chopped spring onions, 1tsp chopped fresh chives and seasoning to taste. Brush 1 salmon fillet with a little lemon juice. Place salmon under a hot grill and cook for 5 mins each side or until the fish is cooked. Serve with 3 boiled potatoes and sugar snap peas.

✔ Stir fried vegetables with 25g cashew nuts and 60g rice noodles cooked according to packet instructions.

1 pot reduced fat chocolate mousse.

Day six

Breakfast

1 small glass (150ml) unsweetened fruit juice.

1 cinnamon bagel, toasted and spread with 1tsp low fat spread.

Lunch

Tuna pate

Place 100g drained tuna in water, 45g low fat soft cheese, the zest and juice ½ lemon and 1tsp snipped fresh chives in a food processor and blend until smooth. Spread over 2 slices of malted wheatgrain toast and serve with green salad and fat free dressing.

✔ Instead of tuna pate use 75g reduced fat hummus.

Slice of fresh pineapple or fresh fruit of your choice.

Evening meal

Beef stroganoff

Slice 100g lean beef steak into thin strips. Heat 1tsp of vegetable oil in non stick frying pan, add the beef and cook for 3-4 mins or until browned. Remove the meat and set to one side. Add 1tsp of oil then add 1 finely chopped small onion and 50g roughly chopped button mushrooms and cook over a low heat until the onions are soft. Return the meat to the pan, add 100ml of chicken stock, ¼tsp of mild paprika and seasoning to taste. Bring to the boil and cook for 1-2 mins. Reduce the heat and stir in 100ml 0% fat Greek yogurt. Serve with a large portion of steamed broccoli and 1 medium baked sweet potato (175g).

✔ Increase chopped mushrooms to 125g.
Fresh fruit salad.

Day seven

Breakfast

1 small glass (150ml) unsweetened fruit juice.

2 slices wholemeal or malted wheatgrain bread lightly toasted. Top each slice with 1tsp of peanut butter and half a mashed banana.

Lunch

Roasted vegetable and pasta salad

Slice 1 courgette, 1 red pepper, 1 small red onion and ½ small aubergine into bite sized pieces. Place in a roasting tin, drizzle over 1tbsp of olive oil, season to taste and cook at 200°C/gas mark 6 for 20 mins or until cooked. Mix with 100g cooked pasta spirals, 3 roughly chopped pitted black olives. Stir in 1tbsp of your favourite low fat salad dressing.

Evening meal

Chicken with red pepper and soft cheese

Place 1 large red pepper under a hot grill for about 15 mins or until the skin is black and blistered. Cover with a clean wet cloth and allow to cool then remove skin. Place half the pepper and 25g reduced fat soft cheese in a food processor and puree until smooth. Using a sharp knife make a lengthways cut through chicken breast to create a pocket. Spoon cheese mixture into pocket. Wrap in foil and place in a preheated oven at 190°C/gas mark 5 for 30 mins or until the chicken is cooked. Place the remaining pepper in a blender with 100ml chicken stock and puree until smooth. Place in a small saucepan, gently heat and stir 1tbsp reduce fat crème fraiche.

✔ Grill 2 vegetarian sausages and serve with 5tbsp cooked lentils and steamed broccoli.

1 pot low fat yogurt.