

# THE vitality

## EATING SYSTEM

### 7 day weight loss plan no. 2

#### 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.
- 2 slices wholemeal bread lightly toasted and topped with 1 mashed medium sized banana.

### Lunch

#### Caesar chicken wrap

Slice 100g cooked chicken breast into thin strips, mix with 2tsp Caesar dressing and 1tsp of Parmesan cheese and sliced Cos lettuce, spoon the mixture into the middle of a flour tortilla, fold and roll to secure filling.

Pot of sugar free jelly. 1 Apple.

- ✓ Fill the wrap with red pepper, hummus and alfalfa.

### Evening meal

#### Baked cod with herb crust with Mediterranean vegetables

Dice 1 thick slice of crusty bread (about 60g) into 2cm cubes. Mix with 2 tsp fresh basil, 1 crushed clove of garlic and 2 de-seeded and diced plum potatoes. Add 1 beaten egg and 15g melted butter and mix well. Place 1 cod steak on a lightly oiled baking sheet, spoon over the bread mixture and place in preheated oven 200°C/gas mark 6 for 15mins or until the fish is cooked. To prepare the vegetables slice 2 courgettes, 1 small red pepper, 1 small red onion and a handful of mushrooms and place in a roasting tin. Drizzle with 1 tbsp of olive oil and place in the oven with the fish.

1 pot 'diet' chocolate mousse.

- ✓ Replace cod with bean burger.

## Day two

### Breakfast

- 1 small glass (150ml) unsweetened fruit juice.
- 3 heaped tbsp bran flakes with 200ml semi skimmed milk, tbsp raisins or chopped dried apricots.

### Lunch

#### Feta and pasta salad

100g (cooked weight) pasta mixed with ½ diced red pepper, 2tbsp of canned sweetcorn and 50g crumbled Feta cheese and 1tbsp of low fat salad dressing.

Low fat fruit yogurt. 1 satsuma.

### Evening Meal

#### Chilli with crispy paprika croutons (serves 2)

Heat 1 tsp of oil in a nonstick pan, add 1 finely chopped onion and 1 diced red pepper and 175g extra lean minced beef and cook over a high heat for 2-3 mins. Stir in 2 tsp of flour, 200g can tomatoes, 150ml beef stock, 1tsp tomato puree, 1tsp chilli powder, 1 tsp sugar and half a 410g can of red kidney beans. Bring to the boil and simmer for 20mins. To make the croutons, slice 2 thick slices of crusty bread (about 100g) into cubes. Mix 1tbsp of oil with a good pinch of chilli powder and paprika and 1 crushed clove of garlic. Add the bread and toss until well coated. Place the bread on a baking tray and pop into a hot oven until golden. Spoon the chilli onto serving plate, top with croutons and serve with large green salad with fat free dressing.

- ✓ Use quorn mince instead of beef.

## Day three

### Breakfast

- 1 small glass (150ml) unsweetened fruit juice.
- Stir 4tbsp sugar-free muesli into 150g pot low fat yogurt. Add 50g raspberries or blueberries.

### Lunch

#### Tomato and goats cheese bruschetta

Preheat oven to 190°C/gas mark 5. Arrange 1 thick slice (about 50g) from a part bake ciabatta loaf on baking sheet and brush with 1tsp of oil and bake until golden and crispy. Allow to cool. Top with 50g soft goats cheese, halved cherry tomatoes and fresh basil.

Stir seeds of 1 passion fruit into 1 small pot of low fat rice pudding.

### Evening Meal

125g gammon steak (grilled), 4tbsp reduced fat coleslaw, 3 boiled baby new potatoes.

1 pot 0% fat free Greek yogurt, 2tsp maple syrup.

1 Pear.

- ✓ Stir-fried vegetables with 25g cashew nuts.

## Day four

### Breakfast

Porridge made with 45g oats and 200ml semi skimmed milk, topped with 1tbsp raisins.

### Lunch

#### Mushrooms on toast

Heat 1tsp of oil in a non-stick pan, add 2 roughly chopped rashers of lean back bacon, a large handful sliced mushrooms and 2 thinly sliced spring onions and cook for 5 minutes. Stir in 2tbsp half fat crème fraiche. Serve with 1 thick slice of toasted malted wheatgrain bread. Serve with grilled tomatoes.

1 pot low fat fruit yogurt.

🍃 Omit bacon.

### Evening Meal

#### Sausages with lentils

Heat 2tsp of oil in a non-stick pan, add 1 small finely onion, 1 chopped stick of celery and 1 crushed clove of garlic and cook for 4-5 minutes. Add 5tbsp canned lentils and 1tbsp of Worcestershire sauce. Serve with 2 grilled low fat sausages and sugar snap peas.

1 pot crème caramel.

🍃 Replace Worcestershire sauce with soy sauce and sausages with vegetarian sausages.

## Day five

### Breakfast

1 small glass (150ml) unsweetened fruit juice.

1 bowl canned grapefruit.

2 poached eggs on 1 slice of wholemeal or malted wheatgrain toast.

### Lunch

#### Prawn fajitas

Spray non-stick pan with a little olive oil. Toss 125g cooked peeled prawns in ½tsp Fajita seasoning, and sauté until hot. Spoon the prawns into 1 soft flour tortilla, add ½ small sliced avocado, fold and serve.

Large slice of melon.

🍃 Replace prawns with 4 heaped tbsps of mixed bean salad.

### Evening Meal

#### Lemon and chicken stir fry

Slice 1 skinless chicken breast into thin strips. Heat 2tsp of vegetable oil in a wok and stir fry the chicken with a selection of your favourite vegetables (red peppers, broccoli, mushrooms, bean sprouts, baby sweetcorn, spring onions, carrots). Mix 1tbsp of wholegrain mustard, 1tsp of honey and the zest and juice of ½ a lemon and stir into the stir fry mixture. Serve with 70g (dry weight) egg noodles.

Fresh fruit salad.

🍃 Replace chicken with quorn or tofu.

## Day six

### Breakfast

1 small glass (150ml) unsweetened fruit juice.

45g bran flakes (or other wholegrain cereal) topped with 1 portion of fresh fruit (eg sliced banana, chopped apple or pear) served with 125ml semi-skimmed milk.

### Lunch

#### Ham and cheese bagel

Slice 1 onion bagel in half. Spread each half with 1tbsp of low soft cheese, add 75g wafer thin smoked ham and a couple of slices of cucumber.

1 pot low fat yogurt and 2 plums.

🍃 Replace ham and soft cheese with hummus.

### Evening Meal

#### Welsh cheese bake (serves 2)

Heat 2tsp of oil in a non-stick pan and cook 125g sliced leeks until soft. Toast 4 thick slices of bread on one side and lightly spread the untoasted side with low fat spread. Slice into fingers. Place one third of the bread, toasted side down in a small ovenproof dish. Grate 60g half-fat Cheddar cheese. Spoon one third of the leeks over the bread and top with one third of cheese. Repeat layers finishing with cheese. Beat 1 large egg with 225ml skimmed milk, ½tsp mustard and pinch of cayenne pepper and strain over the leek and cheese mixture. Bake at 180°C/gas mark 4 for about 40 mins or until golden.

Serve with broccoli or sugar snap peas.

Fresh fruit salad.

## Day seven

### 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.

### Lunch

Slice 60g French bread in half lengthways and place under a hot grill for 2-3mins or until lightly toasted. Spread 1tsp red pesto over the surface, top with a layer of thinly sliced tomato, and 50g wafer thin smoked ham. Sprinkle over 25g grated reduced fat. Grill for 3-5mins or until the cheese has melted. Serve with a large green salad with fat free dressing. Fresh fruit.

🍃 Replace ham with strips of roasted red pepper.

### Evening meal

#### Fish cakes with roasted vegetables

Slice 1 small onion and one small red pepper into quarters and place in a roasting tin along with 1 sliced courgette, 75g baby sweetcorn, drizzle over 1tbsp of olive oil and place in a hot oven for 20 minutes or until cooked. Cook fish cakes according to the manufacturers instructions and serve with the vegetables.

Stewed rhubarb stirred into 0% fat Greek yogurt.

🍃 Serve vegetables with 50g crumbled feta cheese and 100g cooked pasta.