

# THE vitality

## EATING SYSTEM

### 7 day weight loss plan no. 3

#### 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

#### Egg and toast

1 boiled egg with 1 slice of wholemeal toast spread with 1tsp unsaturated margarine.

One glass (150 ml) of fruit juice or one portion of fruit.

### Lunch

#### Chicken (or cheese) and salad sandwich

Chicken (or cheese) and salad sandwich Wholemeal sandwich with 2tsp reduced-calorie mayonnaise, 2 slices of cooked chicken and salad leaves.

One side salad with balsamic vinegar or oilfree dressing.

One portion of fresh fruit.

**V** Use 2 slices of reduced fat cheese instead of the chicken.

### Evening meal

#### Stir-fried pork with mushrooms

Cut 85g pork fillet into thin slices and stir-fry with 1tsp chopped garlic over a high heat in 2tsp sunflower or sesame oil. Add 2tspsoy sauce and a little chilli paste (optional). Once the pork has browned, add 225g mixture of vegetables (try sliced mushrooms, carrots, leek, cabbage, mange tout or beansprouts). Cook for 2 or 3 mins or until the pork is cooked through. Serve with 230g (cooked weight) cooked wholemeal noodles.

**V** Use 100g tofu instead of pork.

One pot (150ml) low calorie fruit yoghurt.

## Day two

### Breakfast

#### Porridge with honey

Porridge made with 45g oats and 200ml skimmed or semi-skimmed milk, topped with 2tsp of runny honey.

### Lunch

#### Pitta with hummus

Fill one wholemeal pitta bread with 2tbsp hummus and salad leaves.

A side salad of tomatoes and cucumber with 1 tablespoon olive oil dressing.

One portion of fruit or one glass (150ml) of fruit juice.

### Evening Meal

#### Lentil and vegetable soup

Bring to the boil 300ml vegetable stock, add 60 g red lentils and cook for 10 mins. Add ½ chopped onion, 1 sliced carrot, 2 broccoli florets and 1 cauliflower floret and continue cooking for a further 20 mins until the vegetables are tender. Season with salt and pepper.

1tbsp grated cheese.

One wholemeal roll with 1tsp unsaturated margarine.

One portion of fruit.

## Day three

### Breakfast

#### Fruit smoothie

Place a little crushed ice, 1 banana, 6 partially frozen strawberries or 10 raspberries, 150ml orange juice and 3tbsp plain yoghurt in a blender, smoothie maker or food processor and process until smooth.

### Lunch

#### Muffin pizza

Split and toast a wholemeal English muffin. Spread pasta sauce over each cut side, scatter over 2tbsp grated cheese and thinly sliced red peppers, onions or mushrooms. Place under a hot grill until the cheese is bubbling.

Leafy salad with 2tsp olive oil dressing.

One portion of fresh fruit.

### Evening Meal

#### Grilled trout with garlic and herbs

*(You can substitute any oily fish)*

Brush each side of a small whole trout (gutted) with a little olive oil and grill for 8 – 10 mins turning once halfway through cooking. For the dressing, mix together 1 crushed garlic clove, 1tbsp olive oil, a little lemon juice and 1tbsp fresh coriander (or other herb). Pour the dressing over the grilled fish.

3tbsp (115g cooked weight) brown rice.

2 portions of vegetables.

**V** Substitute a quorn fillet for the fish.

## Day four

### Breakfast

#### Bagel with cheese

Split and toast a bagel then spread with 1tbsp low-fat soft cheese.

One glass (150ml) of fruit juice or one portion of fruit.

### Lunch

#### Tuna salad with cherry tomatoes

Ready-prepared mixed salad leaves, a few cherry tomatoes and slices of red pepper tossed with a small can (100g) of tuna in spring water or brine and 1tbsp olive oil dressing.

One wholemeal roll with 1tsp unsaturated margarine.

One portion of fruit.

✔ Use 200g mixed beans (canned or from the deli counter) instead of tuna.

### Evening Meal

#### Turkey and vegetable kebabs

Cut a turkey breast (90g) into 2.5cm cubes. Place in a dish with sliced courgettes, cherry tomatoes and yellow pepper slices. Cover with a marinade made with 1 tablespoon balsamic vinegar, 2 tbsp olive oil, 1tbsp Dijon mustard, and 1tsp chopped fresh thyme, and leave for 1 hour. Thread the turkey and vegetables onto 2 skewers then cook under a preheated grill for about 12 mins.

Serve with 3tbsp (115g cooked weight) brown rice.

½ banana mixed with small pot of low fat plain yogurt.

✔ Use 100 g smoked tofu instead of turkey.

## Day five

### Breakfast

#### Muesli and fruit

40g muesli with 150ml semi-skimmed or skimmed milk and a portion of fresh fruit (e.g. grated apple, strawberries, sliced banana).

### Lunch

#### Chicken wrap with salad

Fill one wrap with 85g cooked sliced chicken, salad leaves and 2tsp low-fat dressing.

One side salad with balsamic vinegar or oil-free dressing.

1 pot (125g) low fat fromage frais.

✔ Use 2tbsp hummus instead of chicken.

### Evening Meal

#### Steamed cod with roasted vegetables

*(You can substitute any white fish)*

Place ½ sliced red pepper, ½ diced aubergine, ½ sliced red onion in a roasting tin. Drizzle over 1 tablespoon olive oil; add a few sprigs of rosemary, a chopped garlic clove and a few olives. Toss lightly and roast in the oven (200°C/400°F/gas mark 6) for about 30 mins. Meanwhile, steam a 150g cod steak for 15 – 20 mins (depending on the thickness of the fish). Spoon the vegetables on a plate and lay the cod on top.

✔ Use 45g crumbled feta cheese instead of the cod.

1 baked apple filled with 1tbsp sultanas and 1tsp runny honey.

## Day six

### Breakfast

#### Muffin with honey

1 toasted wholemeal English muffin with 1tsp unsaturated margarine and 2tsp honey.

One glass (150ml) of fruit juice or one portion of fruit.

### Lunch

#### Baked beans on toast

2 slices of wholemeal toast with 1tsp unsaturated margarine and 150g baked beans.

One side salad with balsamic vinegar or oil-free dressing.

One portion of fresh fruit.

One pot low fat fruit yoghurt.

### Evening Meal

#### Stir fried chicken with pasta

Slice 1 small skinless chicken breast into thin strips. Heat 2tsp of oil in a frying pan, add the chicken, 4 sliced spring onions and ½ sliced red pepper and stir fry until the chicken is cooked. Add 1 small jar of tomato based pasta sauce and cook for 5 mins.

Serve with 150g (cooked weight) pasta.

2 portions steamed or boiled vegetables.

✔ Use 1 quorn or nut cutlet instead of the chicken.

## Day seven

### Breakfast

#### Cereal and toast

A small bowl (25g) bran flakes with 100ml skimmed or semi skimmed milk.

1 slice of wholemeal toast with 1tsp unsaturated margarine and a little Marmite.

### Lunch

#### Baked potato with tuna

225g baked potato with 10g tuna mixed with 1tbsp reduced fat mayonnaise.

One portion of vegetables or salad.

One portion of fresh fruit.

Use 2tbsp cottage cheese and 1tbsp nuts or seeds instead of the tuna and mayonnaise.

### Evening meal

#### Steak dinner

Grill a 150g lean lamb/beef steak (fat removed) for 8 mins, turning once.

175g boiled or mashed potatoes.

2 portions of vegetables.

4tbsp fruit salad.

✔ Substitute a nut or vegetable cutlet for the steak.