

THE vitality

EATING SYSTEM

7 day weight loss plan no. 4

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

Porridge with raisins

Porridge made with 45g oats and 200ml skimmed or semi-skimmed milk, topped with 2tbsp raisins.

Lunch

Rye bread open sandwich with cheese, fruit and nuts

Top 2 slices of rye bread with cottage cheese, chopped dates, walnuts and a handful of rocket.

One portion of fresh fruit.

Evening meal

Pan-fried tuna with spinach and pine nuts

Heat a non-stick pan until very hot. Brush a 150g tuna steak with olive oil and place in the pan. Cook for 2 mins on each side, until just charred. Remove from the heat. Place 125g spinach in a saucepan and cook over a gentle heat until wilted. Drain off any excess liquid, return to pan and add 1tsp olive oil spread, 1tbsp pine nuts and a little salt and pepper to taste. Spoon onto a serving plate and top with the tuna and a lemon quarter. Accompany with one medium jacket potato

85 g fresh /canned pineapple or peaches.

Day two

Breakfast

Muesli with fruit

40g sugar-free muesli (homemade or bought) with 125ml skimmed or semi skimmed milk and 125g strawberries or sliced peaches.

Lunch

Spinach, rocket and avocado salad

Mix together a handful of spinach and rocket leaves in a large bowl. Combine with half an avocado (thinly sliced), 1tbsp of nuts (e.g. cashews, walnuts, peanuts) and 1tbsp balsamic vinegar.

1 small wholemeal roll with 2tsp olive oil spread.

Evening Meal

Moroccan chicken and vegetable kebabs with yoghurt sauce

First, make the sauce by combining 2tbsp plain yoghurt with 1 small garlic clove (crushed), 1tbsp lemon juice, ½tsp of chopped mint, chilli and paprika to taste. Cut a large boned chicken breast into chunks, then coat with the yoghurt mixture. Leave to marinate in the fridge for an hour. Thread alternate pieces of chicken, cherry tomatoes, courgette slices and yellow pepper onto 2 skewers and grill for about 15 mins, turning and basting with the remaining marinade, until cooked. Heat and serve the remaining marinade as an accompanying sauce. 3 heaped tbsp cooked rice (15 g cooked weight).

1 portion of fresh fruit.

🍋 Substitute 100 g tofu for the chicken.

Day three

Breakfast

Fruit 'n' yoghurt

Place 85–125g fresh fruit, e.g. chopped mango, sliced bananas, strawberries, raspberries or blueberries in a bowl and spoon over 15 g natural bio-yoghurt. Drizzle over 1–2 level tsp honey.

Lunch

Bagel with cream cheese and smoked salmon

Split a bagel and fill with 40g of cream cheese and add 80g of smoked salmon. Top with a few slices of tomato and freshly ground black pepper.

Evening Meal

Spicy grilled chicken with baked sweet potato

125g grilled skinless chicken breast, brushed with olive oil, chilli, honey and Jerk chicken seasoning, served with one small baked sweet potato and a large portion of steamed vegetables (e.g. carrots, broccoli, courgettes, green beans).

50g low fat frozen yoghurt dessert topped with 85g sliced strawberries, raspberries or blueberries.

🍋 Substitute a grilled bean burger for the chicken.

Day four

Breakfast

Toasted English muffin with marmalade

Spread a toasted wholemeal English muffin with 1tsp olive oil spread and 2 level tsp marmalade or jam.

One portion of fresh fruit.

Lunch

Carrot soup with crusty bread

Cook ½ small chopped onion and garlic in 2 tpsps olive oil for about 5 mins. Add 2 sliced carrots, 250 ml vegetable stock and a bay leaf to the pan, stir, then bring to the boil. Simmer for 15 mins or until the vegetables are tender. Remove and discard the bay leaf. Liquidise the soup, season and stir in approximately 1tbsp of chopped fresh coriander. Accompanied by 1 large slice of crusty wholemeal bread spread with a little olive oil spread. Scatter over 2 tbsps grated Cheddar cheese.

1 portion fresh fruit.

Evening Meal

Grilled fish with roasted vegetables

150g grilled white fish fillet (e.g. cod or haddock) OR 3 tbsps canned beans (e.g. pinto beans, chickpeas, red kidney beans) accompanied by 225g vegetables (e.g. courgettes, peppers, onions, aubergines, tomatoes) tossed in 1tbsp olive oil, garlic and rosemary sprigs and roasted at 200°C / 400°F / gas mark 6 for about 30 mins. Serve with one medium jacket potato with a dab of olive oil spread.

Day five

Breakfast

Toast and honey or jam

A slice of wholemeal toast spread with 2tsp olive oil spread and 2 level tsp honey or jam.

1 portion of fresh fruit.

Lunch

Tuna filled jacket potato with salad

1 medium jacket potato topped with 45g of canned tuna in spring water or brine (drained) mixed with 1tbsp sweetcorn and 2 level tsp reduced fat mayonnaise.

A large mixed salad with 1tbsp dressing.

1 portion of fresh fruit.

✓ Substitute 1–2tbsp hummus for the tuna.

Evening Meal

Chicken, red pepper and tarragon rice salad

Firstly make the dressing by mixing together 1 tbsps olive oil, the juice of ½ lemon, ½tsp Dijon mustard, ½ crushed garlic clove and 1tbsp chopped tarragon. Place the following ingredients in a large bowl: 3tbsps cooked brown or white rice, ½ red pepper (thinly sliced), 8 cherry tomatoes and 60g cooked skinless chicken. Pour over the dressing and mix thoroughly.

1 pot (150g) natural yoghurt mixed with 3 chopped dried apricots.

✓ Use 85g canned beans (e.g. red kidney beans) instead of the chicken.

Day six

Breakfast

Fresh fruit smoothie

Place 225g (8oz) mixture of fresh fruit, e.g. nectarine, melon, banana, oranges, peaches, strawberries, kiwi fruit or mango, 200ml fruit juice and a handful of ice cubes in the goblet of a smoothie maker, blender or food processor and process for about 45 seconds until smooth. Serve immediately.

Lunch

Open sandwich with guacamole and tomatoes

Top a thick slice of bread with 1 heaped tbsps guacamole (homemade or bought), thin slices of tomato and a thinly sliced red pepper. Accompany with a mixed leaf salad with a drizzle of olive oil dressing.

1 pot (150g) natural yoghurt mixed with 1 level tbsps dried fruit (e.g. raisins or chopped apricots).

Evening Meal

Chinese style stir-fried chicken with ginger, broccoli and baby sweetcorn

Stir-fry 1 small skinless chicken breast (cut into strips) for 2–3 mins in 1tbsp olive oil. Remove from the pan. Meanwhile add ½ small chopped onion, 30g broccoli florets and 30g baby sweetcorn and a little grated ginger, garlic, chilli and soy sauce to taste and stir-fry for one minute. Return the chicken to the wok and heat through.

Serve with 4tbsps cooked noodles and scatter over 1tbsp cashew nuts.

✓ Use 85 g tofu instead of the chicken.

Day seven

Breakfast

Cereal with fruit

45g bran flakes (or other bran/wholegrain cereal) topped with 1 portion of fresh fruit (e.g. sliced banana, apricots, strawberries or grated apple) served with 125ml skimmed or semi skimmed milk.

Lunch

Tuna and butter bean salad

Arrange 50g of watercress (or other salad leaves) on a plate. Spoon 100g of canned tuna in spring water or brine (drained) on top, breaking it up as you go. Scatter over 100g canned butter beans. Pour over 1tbsp of dressing made by mixing 1tbsp of olive oil, lemon juice and season to taste.

1 portion of fresh fruit.

✓ Use 100g of another variety of beans (e.g. red kidney beans or flageolet beans) instead of the tuna.

Evening meal

Lean home-made burger on Ciabatta bread

This makes 4 servings. Mix together 300g lean minced turkey (or other meat), ½ small chopped onion, 1 crushed garlic clove, 1tsp chopped fresh parsley, a little salt and black pepper and 1 beaten egg. Form into 4 neat burger shapes. Place on a baking tray, spray with oil spray and cook under a hot grill for 10–15 mins, turning frequently. Meanwhile toast 4 slices of Ciabatta bread. Lay green salad leaves on the toasted bread then top with a burger. *One burger counts as one serving.*

Accompany with a large mixed salad with 1tbsp olive oil dressing.

✓ Substitute a nut burger (homemade or bought) for the turkey burger.