

THE vitality

EATING SYSTEM

7 day weight loss plan no. 5

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 glass (150ml) of fruit juice.

1 poached egg on 1 slice wholemeal toast with 1tsp unsaturated margarine.

Lunch

Ham, pea and tomato frittata

Place 50g frozen peas in pan of boiling and cook for 5 mins. Drain well. Beat 2 large eggs with 1tbsp of skimmed milk then stir in the peas, 15g sunblush tomatoes and 40g roughly chopped wafer thin ham. Heat 1tsp oil in a small heavy based frying pan. Pour in the egg mixture and cook over a medium heat for 5 mins or until the eggs are almost set. Place the frying pan under a preheated grill and cook for 2-3 mins or until completely set. Allow to cool slightly then cut into slices and serve with a green salad with 1 tbsp of low fat dressing.

Dessert: 1 pear.

✔ Substitute ham with 80g mushrooms.

Evening meal

Teryiaki beef

Slice 100g lean beef into thin strips, pour over 4tbsp Teryiaki sauce and allow to marinade for 30 mins. Heat 1tsp of oil in a wok and stir fry the beef with a selection of your favourite stir fry vegetables (red peppers, broccoli, mushrooms, bean sprouts, baby sweetcorn, spring onions, carrots). Add the remaining marinade and other seasoning to taste. Serve with 50g (dry weight) egg noodles.

Dessert: Fresh fruit salad.

✔ Substitute beef strips with 100g diced tofu.

Day two

Breakfast

1 glass (150ml) of fruit juice.

Mushrooms on toast

Heat 1tsp of oil in a non-stick pan, add 60g thinly sliced mushrooms and cook for 3-5 mins. Serve with 1 thick slice of toasted malted wheatgrain bread.

1 kiwi fruit.

Lunch

Hummus and carrot wrap

Grate 1 medium carrot and mix with ½tsp of poppy seeds and 1tsp chopped fresh chives. Heat 1 large soft flour tortilla, spread 60g of reduced fat hummus over the wrap, top with the grated carrot. Fold and serve.

Dessert: 1 pot sugar free jelly and a small banana.

Evening Meal

Poached chicken with a cherry tomato sauce

Heat 2 tsp of oil in a small pan, add ½tsp coriander seeds and fry for 1 minute. Add 1tbsp tomato puree and cook for 1 minute (the sauce may seem to clog together but don't worry). Slice 100g cherry tomatoes in half and add to the pan and cook for 5 mins. Stir in 1tbsp balsamic vinegar, 1tbsp of capers and seasoning to taste. Place 1 skinless chicken fillet in a small saucepan, cover with water, bring to the boil then reduce the heat and simmer for 10 mins. Remove chicken from cooking liquor, transfer to a serving plate and spoon over the sauce. Serve with 75g (cooked weight) boiled rice and sugar snap peas.

Dessert: A handful of grapes.

✔ Substitute chicken with 100g tofu or Quorn.

Day three

Breakfast

1 glass (150ml) of fruit juice.

Lightly toasted cinnamon bagel

Mash 30g raspberries with 50g Ricotta cheese and 1tsp icing sugar and spread over bagel.

Lunch

Toasted muffin with spinach and a poached egg

Cook two handfuls of baby spinach until just wilted. Slice 1 English muffin in half and toast. Spread each half with 1 heaped tsp of reduced fat mayonnaise then top with spinach and 1 poached egg on each muffin.

Dessert: 2 passion fruit.

Evening Meal

Spicy tacos

Heat 1tsp of vegetable oil in a pan, add 1 small finely chopped onion and cook for 3-4 mins. Add 100g of extra lean mince beef, cook for 10 mins and stir in 200ml pot of fresh tomato salsa into the mixture. Heat 2 taco shells according to the manufacturer's instructions. Spoon the mixture into the taco shells, sprinkle 1tbsp of grated reduced fat Cheddar cheese over each taco and serve with a large green salad.

Dessert: 1 pot of low fat yogurt.

✔ Substitute the lean mince with 100g cooked kidney beans.

Day four

Breakfast

1 glass (150mls) of fruit juice.

Fresh fruit salad.

1 cereal bar (choose one with less than 150 cals).

Lunch

Chicken fajita

Slice 1 skinless chicken breast into thin strips and toss in 1tsp fajita seasoning. Heat 1tsp of oil in a frying pan or wok. Stir fry the chicken for 1-2 mins add ½ thinly sliced red pepper and ½ sliced onion and continue to cook for 5 mins or until the chicken is cooked through. Heat 1 large soft flour tortilla in the microwave or under the grill. Spoon the chicken mix into the centre of the tortilla. Add 2 tbsp of guacamole. Roll and serve.

Dessert: Nectarine.

✓ Substitute chicken with 100g tofu or Quorn.

Evening Meal

Pan fried cod with Sicilian style broccoli

Place 100g tenderstem broccoli in a pan of boiling water and cook until just tender. Roughly chop 30g green olives stuffed with anchovies and 15g sun-blushed tomatoes, mix with 1tsp toasted pine nuts. Heat 1tsp of oil in a non stick frying pan, add 1 crushed clove of garlic and 25g breadcrumbs and cook, stirring for 2-3 mins. Add the olive mixture and continue to cook for 1 minute. Drain the broccoli and transfer to a warm serving plate and spoon over the breadcrumbs. Heat 1tsp of oil in a frying pan, add 1 cod fillet (about 150g) and cook for 2-3 mins either side or until cooked through. Serve with broccoli and 4 boiled baby new potatoes.

Dessert: Fresh fruit salad.

Day five

Breakfast

Toast and honey or jam

3tbsp branflakes with 150ml semi skimmed milk, 1 small sliced banana and 15g thinly sliced ready-to-eat dried apricots.

Lunch

Waldorf salad

Peel and remove the core from 1 crisp green apple and cut the flesh into bite sized cubes. Slice 2 sticks of celery. Mix the apple and celery with 1tbsp roughly chopped walnuts and 1 tbsp sultanas. Mix together 1tbsp of reduced fat mayonnaise, 1tbsp of plain low fat yogurt and stir into the salad. Serve 125g ready-prepared tandoori chicken.

1 low fat cereal bar.

✓ Substitute chicken with 100g tofu.

Evening Meal

Spaghetti puttanesca

Cook 50g spaghetti in large pan of boiling salted water for 10-12 mins. Drain well and return to the pan. Peel, de-seed and dice 4 plum tomatoes and stir into the pasta, along with 40g roughly chopped pitted black olives, 1tsp roughly chopped capers, 1tbsp of oil and 3tbsp chopped fresh parsley. Season to taste and serve immediately.

Dessert: Melon and kiwi fruit salad.

Day six

Breakfast

1 glass (150ml) of fruit juice.

Strawberry yogurt

Place 75g ripe strawberries in a blender with 1tsp of icing sugar and puree until smooth. Stir into 200ml /7oz 0% fat Greek yogurt.

1 slice of malted wheatgrain toast thinly spread with butter or margarine and jam or lemon curd.

Lunch

Mushroom pate with French bread

Heat 1tsp of oil in a non stick frying pan, add 75g finely chopped mushrooms and 2 finely chopped spring onions and cook, stirring until the mushrooms are soft. Allow the mushrooms to cool then transfer to a blender along with 60g extra light soft cheese and ½ tsp anchovy essence or 1 canned anchovy (optional). Puree until smooth. Spread the mixture over 60g French bread and serve with strips of raw pepper, a few cherry tomatoes and a stick of celery.

Evening Meal

Thai fishcakes

Place 150g roughly chopped cod fillet, 4 spring onions, ½ de-seeded red chilli, 1tsp Thai fish sauce, 2tsp lime juice, in a food processor and blend until smooth. Stir in 3tbsp chopped fresh coriander. Divide the mixture into 3 and shape into fish cakes. Place on a plate, cover and chill for 1 hour to allow them to firm up. Heat 2tsp oil in a non-stick frying pan and cook the fish cakes for about 5 mins, turn and cook for a further 3 mins or until firm. Serve with stir-fried vegetables and 100 g (cooked weight) boiled rice.

Dessert: Papaya fruit salad.

Day seven

Breakfast

Mango smoothie

Place the flesh of 1 ripe mango and half a Galia melon in blender with 200ml/7floz orange juice and blend until smooth.

1 rice cake topped with mashed banana.

Lunch

Moroccan chick pea salad

Mix 150g canned chick peas and mix with ¼ diced cucumber, 5 halved cherry tomatoes, 3tbsp finely chopped red onion and 3tbsp chopped fresh mint. Whisk together 1tbsp lemon juice, ½tsp cayenne pepper and 1tbsp of oil and pour over chickpeas.

Evening meal

Pork kebabs

Whisk together 2tbsp tomato ketchup, 1tbsp runny honey, 1tbsp Dijon mustard, 2tsp Worcestershire sauce and 2tsp oil. Pour the mixture over 100 g cubed lean pork fillet and stir until pork is evenly coated. Thread the pork onto wooden skewers, alternating with button mushrooms and slices of yellow pepper and red onion. Brush the vegetables with a little oil and place the kebabs under a medium hot grill for 10-15 mins, turning frequently. Serve with 3 boiled baby new potatoes and 2tbsp tatziki.

Dessert: Strawberry and kiwi fruit salad.

✓ Substitute pork with 100g diced tofu.