

THE vitality

EATING SYSTEM

7 day weight maintenance plan no. 1

How many calories

This weight maintenance plan provides approximately **1600** calories a day which when combined with regular exercise should be enough to help you achieve your goal. To maintain your desired weight, the Department of Health suggests adults should aim for a total of at least **30 minutes per day** of moderate intensity physical activity on **5 or more days of the week**.

Visit www.fabflour.co.uk and click on **Vitality Eating System** for more information.

- Select three daily meals, plus snacks, to make up your calorie allowance.
- Have 6 – 8 glasses of water throughout the day. You can also have regular tea, green, herbal or fruit tea.
- You can have unlimited amounts of green salad, green leafy vegetables, herbs and spices.

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.

Want to do your own thing?

That's fine – the plan is based on 1600 calories – you're allowed a total of 300 calories at breakfast, 450 calories for lunch, and 600 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 weight maintenance plan consists of seven days of menus, which have been developed by a nutritionist.

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 maintenance 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 your desired weight 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 maintenance

There is no magic formula. **The Vitality Eating System** is practical and flexible, and the weight maintenance is achievable and realistic. The healthy way to maintain your desired weight successfully and keep it that way, 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.

Slice 1 wholemeal English muffin in half and lightly toast. Spread with 1tbsp of crunchy peanut butter and 1 medium sliced banana.

Lunch

Carrot and courgette frittata

Whisk together 2 large eggs and 2tbsp semi skimmed milk. Peel and coarsely grate 1 small carrot and 1 courgette. Heat 1tbsp oil in a small non-stick frying pan, add the grated carrot and courgette and cook over a medium heat, stirring occasionally, for 2-3 mins. Pour in the egg mixture, sprinkle over 30g Cheddar cheese, and cook for 4 mins or until the bottom is just set. Transfer to a pre-heated grill and cook for a further 4 mins or until just firm to the touch. Serve with tomato salad.

Dessert: One portion of fresh fruit such as a peach.

Evening meal

Yakatori chicken

Slice 1 skinless chicken breast into thin strips. Mix 1tbsp soya sauce, 2tsp runny honey, 1tbsp sake (Japanese rice wine or dry sherry) in a shallow dish, add the chicken, mix well, cover and marinate for 1 hour. Thread the chicken on wooden skewers and place under a hot grill for 5-6 mins or until cooked through.

Serve with vegetables such as mange tout and baby sweetcorn, stir fried in 1tbsp of oil and 70g (dry weight) egg noodles.

Dessert: Sugar free jelly.

🍷 Substitute chicken with 100g tofu.

Day two

Breakfast

Fresh grape and melon smoothie

Place 150g melon (any type) and 200ml grape juice in blender and puree until smooth.

Figs and orange Ricotta on toast

Mix 50g Ricotta cheese with 2tsp of icing sugar and zest of 1 orange. Toast 1 thick slice of crusty white bread, spread with the Ricotta mixture and top with 1 sliced fresh fig.

Lunch

Lentil and Feta salad

Place 150g canned puy lentils in a bowl. Whisk together 1tbsp of olive oil, 1tsp Balsamic vinegar, 1 crushed clove of garlic, pinch of salt and ½tsp English mustard powder. Place 75g green beans in a pan of boiling water and cook for 2-3 mins or until just tender. Drain well. Mix the lentils and green beans with 5 sliced baby cherry tomatoes. Crumble over 40g Feta cheese and serve.

Dessert: Apple.

Evening meal

Spinach and lemon risotto

Heat 1tbsp olive oil in large saucepan, add 1 small finely chopped onion and cook for 2-3 mins. Add 60g risotto rice and cook, stirring, for 1-2 mins. Add just enough hot chicken or vegetable stock to cover the rice and continue to cook, stirring frequently, until most of the stock has been absorbed. Continue adding the stock in this way until it is almost completely absorbed and the rice is tender – you'll need around 250ml of stock in total. Stir in 100g baby spinach and cook until just wilted. Remove from the heat and stir 40g freshly grated Parmesan cheese and the juice and zest of 1 small lemon.

Dessert: 1 large slice of fresh pineapple, 50g raspberries.

Day three

Breakfast

1 glass (150ml) of fruit juice.

Raspberry and passion fruit breakfast yogurt

Stir 3 heaped tbsp of sugar free muesli, 50g fresh raspberries, the seeds of one passion fruit into 200ml low fat yogurt.

Lunch

Goats cheese, pear and walnut open sandwich

Mix 50g soft goats cheese with a little milk and stir in 15g chopped walnuts. Toast 1 thick slice of crusty wholemeal bread and spread over the cheese mixture, and top with 1 sliced small pear. Serve with a watercress salad with 1tbsp of French dressing.

Dessert: a small bunch of grapes.

Evening meal

Tuna with mango and black bean salsa

Slice 1 small mango into cubes and mix with 3tbsp finely chopped red onion, 4tbsp of canned black beans, ¼ finely chopped red chilli, 2tbsp of chopped fresh coriander and the zest and juice of 1 lime. Brush 150g tuna steak with a little olive oil and place on a hot griddle pan for 5 mins on each side or until cooked to your liking. Spoon the salsa onto a plate and top with the tuna. Serve with 4 boiled baby new potatoes.

Dessert: Fresh fruit salad.

Day four

Breakfast

1 glass (150 ml) of fruit juice.

2 poached eggs on 1 slice of toasted wholemeal bread with grilled tomatoes.

Lunch

Tabbouleh with spicy chicken

Soak 50g bulghur (cracked) wheat in cold water for 30 mins. Drain well and squeeze dry. Stir in 2tbsp each of chopped fresh parsley and mint, 1tbsp of olive oil, the zest and juice of 1 small lemon, 2 thinly sliced spring onions, 4 halved baby tomatoes. Slice 100g ready cooked chicken into bite sized pieces and stir into cracked wheat.

Dessert: A handful of raspberries served with low fat yogurt.

✓ Substitute chicken with 100g drained chickpeas.

Evening meal

Salmon with a Parmesan crust

Place 3tbsp of fresh breadcrumbs, 1tbsp of freshly grated Parmesan cheese, 1tbsp of fresh basil and 2tsp of toasted pine nuts in food processor and pulse for 30 seconds. Place 1 salmon fillet (about 125g) skin side down on a baking sheet, top with the breadcrumb mixture and place the fish under a medium hot grill until the fish is cooked through. Serve with sugar snap peas and 3 boiled new potatoes.

Dessert: Sugar free jelly.

Day five

Breakfast

1 glass (150ml) of fruit juice.

Bircher muesli

Pour 150ml semi-skimmed milk over 40g muesli, cover and leave in the in fridge overnight. Coarsely grate or chop 1 red apple and stir into muesli with 2tbsp blueberries. Top with a 3 tbsp of 2% fat Greek yogurt.

Lunch

Brie and bacon baguette

Slice one small baguette or long crusty roll (about 70g), in half. Spread with 1tbsp reduced fat mayonnaise, add 2 rashers grilled lean back bacon and 40g sliced brie and a handful of watercress.

Dessert: 2 kiwi fruit.

✓ Substitute bacon with Quorn.

Evening meal

Spiced prawns with griddled courgettes on naan bread

Thickly slice 2 medium courgettes and place in a large bowl, drizzle over 1tbsp of olive oil, add seasoning to taste and mix well (the easiest way to do this is by using your hands). Cook the courgettes in batches on a hot griddle pan, for 2-3 mins each side or until just tender. Heat 1tsp of oil in a wok, add 125g cooked peeled prawns, a crushed clove of garlic and good pinch of dried chilli flakes and cook for 1-2 mins. Warm 1 mini naan bread, arrange the courgettes on the bread and top with the prawns. Top with 2 tbsp of tzatziki

Dessert: Fresh pineapple.

✓ Substitute prawns with tofu.

Day six

Breakfast

Mango and strawberry smoothie

Peel and roughly chop 1 small ripe mango and place in food processor or blender along with 50g sliced strawberries, 200ml semi-skimmed milk, and 1 pot of strawberry yogurt. Blend until smooth.

1 cereal bar (choose one with 150 cal or less).

Lunch

Minted pea and lettuce soup

Heat 1tbsp of oil in a saucepan, add 1 small finely chopped onion and cook until soft. Add 125g frozen peas, 1 roughly chopped baby gem lettuce and 400ml chicken or vegetable stock. Bring to the boil, reduce the heat and simmer for 10 mins. Allow to cool slightly then transfer into a food processor or blender and process until smooth. Return the soup to the pan, stir in 3tbsp reduced fat crème fraiche and 1tbsp chopped fresh mint. Serve with a thick slice (about 60g) of focaccia.

Evening meal

Quarter pounder with spicy sweet potato wedges

Preheat oven to 220°C/gas mark 8. Slice 1 large sweet potato in half lengthways then each half into 3 to make fat wedges. Mix 2tsp of olive oil with 1tsp of fajita seasoning in a small bowl. Use a pastry brush to brush the mixture over the flesh of the potatoes. Transfer the potatoes to a non stick roasting tin and bake for 15-20 mins or until crisp and nicely browned. Serve with 4tbsp tzatziki and 125g extra lean beef burger.

Dessert: Slice of fresh pineapple.

✓ Substitute beef burger with a bean/Quorn burger.

Day seven

Breakfast

1 glass (150ml) of fruit juice.

Slice 1 cinnamon bagel in half and lightly toast, spread each half with 1tsp of chocolate and hazelnut spread and top with a mashed banana.

Lunch

Zesty prawns in pitta pockets

Mix 1tbsp of reduced fat mayonnaise with the zest of 1 small lemon. Stir in 100g cooked peeled prawns. Heat 1 wholemeal pitta and slice in half. Spoon the prawns into the middle of the pitta, add a handful of rocket or watercress and serve.

Dessert: A slice of melon

Evening meal

Roasted vegetables with pasta and pesto

Slice 2 courgettes, 1 small red pepper, 1 small red onion into bite sized pieces. Place in a roasting tin, drizzle over 1tbsp of olive oil and cook at 200°C /Gas mark 6 for 20 mins. Cook 50g pasta according to packet instructions, drain well and stir in roasted vegetables and 2tbsp of fresh pesto.

Dessert: Fresh fruit salad.