

# THE vitality

## EATING SYSTEM

### 7 day weight maintenance plan no. 2

#### 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](http://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.

#### Bagel with honey

Split and toast a bagel then spread with a little olive oil spread and 1tbsp honey.

### Lunch

#### Fresh tomato soup with a roll

Scatter 2tbsp grated cheese on 300ml fresh tomato (or vegetable) soup. Serve with a side salad of salad leaves with 1tbsp dressing and a small wholemeal roll.

1 portion of fresh fruit.

### Evening meal

#### Tagliatelle with chicken and garlic

Cook 85 g (dry weight) of tagliatelle or other pasta. Sauté a small skinless chicken breast and 1 crushed garlic clove in 1tbsp olive oil for 10 mins stirring frequently. Stir in 2tbsp half-fat crème fraîche, ½tsp herbs de Provence and bring to a simmer. Add to the drained pasta, toss and serve with a green salad.

1 pot (150 ml) fruit yoghurt.

✔ Use 85g mushrooms instead of the chicken and scatter 25g grated cheese over the pasta.

## Day two

### Breakfast

#### Yoghurt and banana

Mix a 150ml pot of fruit yoghurt with 2tsp clear honey and 1 sliced banana.

1 slice of toast spread with a little olive oil spread.

### Lunch

#### Bruschetta with Feta cheese and vine-ripened tomatoes

Place 2 thick slices of Ciabatta bread on a baking tray, brush both sides with a little olive oil and toast lightly under a hot grill, turning once. Mix together 2-3 chopped vine-ripened plum tomatoes, 40g Feta cheese and a pinch of dried basil. Spoon onto the Ciabatta and cook under the grill until heated through. Scatter over a few fresh basil leaves and freshly ground black pepper. Serve with a mixed salad and 1tbsp olive oil dressing.

1 portion of fresh fruit.

### Evening meal

#### Pan-fried salmon with rocket and tomato

Brush a 175g salmon fillet with a little olive oil, fry for 8 mins, turning once. Toss 60g vine-ripened baby tomatoes in 1tbsp olive oil vinaigrette. Add a handful of rocket, mix and pile onto a serving plate. Place the salmon top and serve immediately.

125g berries (e.g. strawberries or raspberries) with a 35g scoop of ice cream.

✔ Substitute a nut burger or cutlet for the salmon.

## Day three

### Breakfast

#### Compote of dried fruit

Pour over just enough boiling water to cover 120g dried fruit mixture, e.g. figs, apricots, prunes, apples, mangos. Allow to cool, then put covered in the fridge overnight. They should become plump and soft. Drain the water. Spoon over 3tbsp (45ml) plain yogurt.

### Lunch

#### Chicken and watercress baguette

Fill ½ French stick with 2 slices (85g) of cooked chicken mixed with 2tsp reduced-calorie mayonnaise, and a handful of watercress. Serve with a side salad and 1tbsp olive oil dressing

One portion of fresh fruit.

✔ Use 2tbsp hummus instead of the chicken.

### Evening meal

#### Easy omelette with red peppers and tomatoes

Heat 1tbsp olive oil in a non-stick pan and stir-fry half a red pepper and half a yellow pepper (sliced) for 2 mins. Add 1 chopped tomato and continue cooking for 2 mins. Add 2 beaten eggs, 1tbsp chopped fresh parsley and a little salt and freshly ground black pepper. Stir, and then cook over a medium heat for 3-4 mins. Turn and cook the other side for 30 seconds. Serve with 175g boiled new potatoes and a large leafy salad and 1tbsp dressing.

85g prepared fruit mixed with 2tbsp fruit yogurt.

## Day four

### Breakfast

1 glass (150 ml) of fruit juice.

### Egg on toast with grilled tomatoes

2 slices of wholemeal toast spread with 2tsp olive oil spread with 1 scrambled egg and 2 grilled tomatoes.

### Lunch

#### Meze salad with Greek dressing

Pile 125g mixed salad leaves on a serving plate and toss with 1tbsp olive oil, yogurt, lemon juice and mint dressing. Spoon over 125g reduced fat hummus and add raw sliced peppers, carrots sticks and cucumber batons. Accompany with 1 wholemeal pitta bread.

### Evening meal

#### Pork chops with baked apple and mash

Grill a 150g lean pork chop steak (fat removed) for 10 mins, turning once. Serve with 175g mashed potato, steamed broccoli, carrots and 2tbsp apple sauce.

1 pot (150 ml) fruit yogurt.

🍷 Have a vegetable burger instead of the pork chop.

## Day five

### Breakfast

#### Strawberry and blueberry smoothie

Place 85g strawberries, 60g blueberries, 1 small banana (cut into chunks), 125ml fresh orange juice and a handful of crushed ice in a smoothie maker, blender or food processor and blend until smooth and frothy. Serve immediately.

### Lunch

#### Roast beef and horseradish salad roll

Fill a wholemeal roll with 40g sliced lean beef (or spread with 40g low fat soft cheese with garlic & herbs), 1tbsp reduced fat mayonnaise with horseradish, shredded lettuce, diced cucumber and sliced tomato.

1 pot (150 ml) fruit yoghurt.

### Evening meal

#### Chicken, mushroom and tarragon risotto

Cook ½ small onion and 85g sliced mushrooms in 1tbsp olive oil in a large pan cook over a moderate heat for about five mins. Add 85g rice (preferably Arborio or risotto) and continue cooking and stirring for 1-2 mins. Add 300ml of vegetable stock to the rice and cook, stirring frequently, over a low heat until the liquid has been absorbed – about 20 mins. When the rice is almost done, add 60g cooked chopped chicken and stir. Heat through for 2-3 mins, then season to taste and serve hot. Accompany with a green salad with 1tbsp olive oil dressing or a green vegetable.

🍷 Use 60g cashew nuts instead of the chicken.

## Day six

### Breakfast

1 glass (150ml) of fruit juice.

### Cereal and fruit

60g bran or wholegrain cereal with 1tbsp sultanas and 200ml skimmed or semi skimmed milk.

### Lunch

#### Mexican style wrap

Fill a wrap with 250g can of mixed beans (in brine) mixed with 50g chopped avocado, chopped tomato and fresh coriander and scatter over 25g grated cheese. Accompany with a large green salad with 1tbsp olive oil dressing.

1 portion of fresh fruit.

### Evening meal

#### Grilled salmon with broccoli, green beans and new potatoes

Grill a 150g salmon fillet with a slice of lemon. Scatter over 2tbsp flaked toasted almonds and accompany with 85g steamed broccoli, 85g green beans and 100g of boiled new potatoes with a little olive oil spread.

1 pot of natural yoghurt mixed with 1tsp clear honey

🍷 Have 3tbsp lentil dahl instead of the salmon fillet.

## Day seven

### Breakfast

#### Bacon and toast

2 slices of wholemeal toast, spread with a little olive oil spread accompanied by 2 rashers of lean grilled bacon and 2 grilled tomatoes.

🍷 Substitute 125g mushrooms for the bacon.

### Lunch

#### Chicken, cream cheese and grape baguette

80g French bread split and filled with 85g sliced cooked skinless chicken, 1tbsp low fat soft cheese, a handful of salad leaves, deseeded grapes and cucumber slices.

One portion of fresh fruit.

### Evening meal

#### Mediterranean pasta bake with feta cheese

Sauté ½ chopped onion; ½ sliced red pepper in 1tbsp olive oil for 5 mins. Add a crushed garlic clove, ½ diced aubergine, ½ sliced courgette and 1 small can chopped tomatoes. Stir then cover and cook over a low heat for 20-25 mins until all the vegetables are tender. Season to taste with salt and freshly ground black pepper and sprinkle with the chopped parsley. Meanwhile, cook 85g pasta in boiling water. Drain and combine with the ratatouille and scatter over 40g crumbled feta cheese. Bake in oven until cheese bubbles.