

Use this dietitian-designed sample menu to lose 3kg in just six weeks.
Designed by Dietitian Ria Buys

Need to know

- Have a maximum of 4 fats per day
- Roast chicken on Day 2 can be bought ready-made from the supermarket
- Drink 3 cups herbal or rooibos tea/coffee, 6 glasses of water

Tip 1: Sit down to breakfast

"You need to eat first thing in the morning or your body switches into conservation mode, which means you'll burn kilojoules at a slower rate," says Tanya Zuckerbrot, author of The F-Factor Diet (Putnam). Dietitian Ria Buys recommends fuelling up with a fruit and a bowl of fibre cereal, like Bokomo Right Start.

The weight loss eating plan

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Day 1

BREAKFAST:

- 1/2 cup low-fat milk
- 1 cup fibre cereal
- 1 banana

LUNCH: Chicken Salad

- 1 grilled and sliced chicken breast (80g) plus a big salad
- 1 slice health/seed/rye bread
- Dressing: 1 T olive mix with lemon juice and herbs

SNACK

- 1 mango

SUPPER:

- 90 g lean beef mince made into (2 small) meatballs with a tomato/ onion gravy.
- minted peas, baby carrots and green salad
- 3 slices of pineapple

Day 2

BREAKFAST:

- 1/2 cup fat-free/low-fat yoghurt
- 2/3 cup muesli
- 1 cup fresh fruit salad

LUNCH: Mixed salad with cold meats

- 4 slices lean ham or pastrami served with mustard on 2 Ryvita crackers
- Mixed salad using a variety of salad ingredients including 1/2 small avocado pear

SNACK

- 1 apple

SUPPER:

- 120 g oven-roast chicken (1/2 breast) with lemon and rosemary (skin removed after roasting)
- Variety of roasted vegetables eg. mushrooms, butternut, carrots baby marrow, onion, patty pans
- 2 kiwi fruit, sliced

Day 3

BREAKFAST:

- 1/4 cup low-fat cottage cheese with sliced tomato
- 1 slice rye/health bread toast
- 1 cup cubed paw paw

LUNCH: Tuna corn salad

- 1 tin tuna (canned in brine) plus a mixed salad (using a variety of salad ingredients)
- 1/2 tin corn kernels
- Dressing: 2 T low-fat mayonnaise

SNACK

- 2 naartjies

SUPPER:

- 120 g yellowtail/Cape salmon grilled with olive oil, lemon juice, herbs and spices
- Broccoli, diced butternut and beetroot salad
- 1 pear, sliced and poached with cinnamon and touch of sugar

Day 4

BREAKFAST:

- 1/2 cup low-fat milk
- 2/3 cup muesli
- 1 pear, sliced

LUNCH:

Salad with turkey

- 4 slices lean, shaved turkey
- 1 slices health/seed/rye bread
- vegetable mix: baby carrots, baby corn, rosa tomatoes, pepperdews OR chunky vegetable soup

SNACK

- 3 prunes

SUPPER:

- 90 g lean beef cut into strips and made into a stir-fry with soya sauce, herbs and spices
- as well as a variety of stir-fry vegetables
- 1/2 cup cooked brown/wild rice

Day 5

BREAKFAST:

- 1/2 cup fat-free/low-fat yoghurt
- 1 slice health/rye bread toast with 2 t peanut butter
- 1 cup cubed melon

LUNCH: Large chickpea and brown rice salad

- 2/3 cup canned chickpeas mixed with a variety of salad ingredients, including 1/2 cup (leftover) brown/wild rice as well as 1/2 small avocado pear

SNACK

- 3 plums

SUPPER: Take out

- 120 g Nando's chicken (skin removed)
- coleslaw and Portuguese salad
- 10 fresh strawberries, sliced

Day 6

BREAKFAST:

- 1/2 cup low-fat milk
- 2/3 cup fibre bran cereal
- 1 apple, sliced

LUNCH: Restaurant Open sandwich

- 2 slices smoked salmon with 2 T chunky, low-fat cottage cheese
- 1 slice health/rye bread
- Side salad
- Dressing: 1 T olive oil with a drizzle of balsamic vinegar

SNACK

- 1 pear

SUPPER: Restaurant

- 210 g grilled calamari or 150 g catch of the day (no lemon butter)
- Vegetables – as served
- Dressing: 1 T olive oil with a drizzle of vinegar
- 1 cup fresh fruit salad

Day 7

BREAKFAST:

- 1 slice health/rye bread, toasted
- 1 egg, poached/scrambled
- grilled tomato and mushroom
- 1 cup fresh fruit salad

LUNCH: Braai: main meal

- 120 g chicken breast (skin removed) or 90 g lean beef fillet/rump steak or kebabs
- 3 baby potatoes – boiled in skin and brushed with olive oil and herbs
- variety of salads e.g. carrot, beetroot and three-bean salad

SNACK

- 4 mango strips

SUPPER: Light meal: soup

- 3 Provita crackers
- 4 T ricotta cheese or 4 T hummus
- chunky vegetable soup

Tip 2: Drink water

When German researchers had 14 volunteers drink two cups of water, their metabolism jumped 30% after 40 minutes – and stayed at a higher rate for an hour.

Tip 3: Have a 400kJ snack

Eat something every four hours," says Zuckerbrot. "When you consistently give your body food, your metabolism doesn't have a chance to slow down.

Tip 4: Eat a mix of lean protein, veggies and wholegrain

The protein will help you build lean muscle, and the veggies and grains provide long-lasting energy.

