

7-day metabolism-boosting diet

	BREAKFAST	SNACK	LUNCH	SNACK	DINNER
DAY 1	1 cup bran flakes with fat-free milk, 1 t sugar and 1 t oat bran; 1 orange; 1 cup coffee with fat-free milk and 1 t sugar (optional)	Berry smoothie: ½ cup mixed berries, ½ cup plain fat-free yoghurt and 1 sugar	Tuna mayo sandwich: 2 slices low-GI bread, ½ tin tuna in brine, 1 T light mayonnaise, ½ onion, chopped; and 10 baby carrots	175ml fat-free yoghurt; Ceylon tea with fat-free milk and ½ t sugar (optional)	1 cup pasta alfredo; 1 cup beetroot; 10–15 tomato slices in balsamic vinegar
DAY 2	1 cup Bokomo oats, made with milk only (no water), served with 2 t soft brown treacle sugar; 1 pawpaw with lemon juice	Banana smoothie: 1 banana, ½ cup fat-free vanilla yogurt; and Ceylon tea with fat-free milk and ½ t sugar	1 cup durum wheat penne pasta with 2–3 T Arrabiata sauce*; 3 celery sticks, served with dip (½ cup fat-free cottage cheese and 1 T chutney)	1 café latte: 1 t instant coffee dissolved in hot fat-free milk, 1 t sugar (optional)	2 cups beef stir-fry with chickpeas; 1 glass carrot juice
DAY 3	½ cup wholewheat Pro-Nutro, warm fat-free milk, 1 t soft brown treacle sugar; 1 grapefruit; 1 skinny cappuccino with 1 sugar	Carrot and apple smoothie: 3 large carrots, 1 apple with skin, ½ cup crushed ice	½ tin beef and lentil soup* with 1 slice low-GI toast; 10 rosa tomatoes	1 glass fat-free milk with 2 t Nesquik	½ cup chicken a la king with 1 cup rice; 1 cup baby spinach; 3 baby gem squash
DAY 4	2 slices low-GI toast with low-GI jam (no butter); 1 large mineola; 1 cup Ceylon tea with fat-free milk and ½ t sugar	Guava smoothie: 2 guavas, ½ cup plain fat-free yoghurt with 1 t sugar	Chicken mayo toasted sandwich: 2 slices low-GI toast, 1 chicken breast fillet, 2 T light mayo 1 tomato, 5 gherkins (use in toaster with Spray 'n Cook)	½ cup light custard; 1 energy vitamin-water	2 Weigh-Less pork bangers; ¾ cup baked beans; 1 cup steamed carrots, tossed in honey and ginger; 8 chunks cubed butternut
DAY 5	1 cup Bokomo Right Start Fibre Plus, with vanilla fat-free yoghurt and 1 sliced banana; 1 espresso	1 banana with ½ cup light custard	½ tin butternut soup*; 6 Pro-Vitas with 1 tub fat-free cottage cheese and 2 T tomato sauce	Hot chocolate: 1 cup fat-free milk with 2 t Nesquik	1 grilled salmon cutlet with corn mash (½ cup mashed potato with ½ cup whole kernel corn) and Oriental sauce; 1 cup steamed red baby cabbage and 1 cup steamed courgettes
DAY 6	Omelette (1 whole egg and 1 egg white) with baked beans; 1 cup fresh fruit salad; 1 coffee with ½ t hazelnut syrup	Pawpaw smoothie: 1 pawpaw and ½ cup fat-free vanilla yogurt	1 tin pilchards in tomato sauce; 1 slice low-GI toast; ½ cucumber chopped and mixed with ½ cup plain, fat-free yoghurt and chopped mint	1 Ola Moo ice cream on a stick (this ice cream was specially designed to be high in calcium and low-GI)	2 chicken sosaties on the braai with baby potato salad; 1 cup carrot salad; 1 cup plain, grilled aubergines
DAY 7	Grilled tomato and Weigh-Less bacon on toast; 1 iced coffee: 1 t instant coffee and 1 t sugar dissolved in a little hot water, then fill glass with cold fat-free milk and ice cubes	A large bunch of grapes	150g beef fillet, sliced; 1 roasted sweet potato; 1 cup mashed butternut; ½ cup peas tossed in mint jelly	Hot vanilla babychino: 4–6 drops vanilla essence and ½ t sugar in 1 cup hot fat-free milk, frothed	½ tin chicken and chickpea soup; 1 slice low-GI toast; 10 mange touts peas

Special notes!

▶ The products and brands mentioned in this eating plan have been specially selected by Hume

for maximum results. The carbohydrates are low- or medium-GI, proteins are lean, and dairy products are low-fat or fat-free.

▶ Water is essential for optimal metabolic functioning and you need 6–8 glasses a day.

※ When buying mayonnaise, tinned soups and pasta sauces, make sure the product has less than 10g fat per 100g.