

Diet for Slimming (Men)

Daily dairy allowance:

- 400ml low fat milk or yoghurt

Breakfast:

- 1 cup cereal or 2 slices brown/whole wheat bread
- 200 ml (3/4 cup) low fat milk or yoghurt (for cereal) or
- 1 egg (3/week) or 40 grams cottage cheese (1 heaped tablespoon)
- 1 fruit in season

Lunch:

- 2 slices brown/wholewheat bread
- 90 grams lean protein, e.g. cold meat/chicken/fish/cottage cheese
- 2 teaspoons mayonnaise or lite margarine
- Salads from Group A
- 1 fruit in season

Snack:

- 2 provita
- 1 tablespoon cottage cheese

Supper:

- 150 grams (cooked weight) lean meat or chicken (no skin) or fish
- 200 grams (cooked weight) carbohydrate rich food e.g. potato/rice/pasta/pap/whole corn
- 10 ml Olive oil for cooking or salad OR 2 tablespoons gravy
- Vegetables from Group A: large serving
- Vegetables from Group B: ½ cup serving
- Large green salad
- 1 fruit in season

General Guidelines for Weight Loss

- Do not snack between meals unless the snacks are specifically part of the meal plan.
- Do not add extra fat when preparing food.
- Foods prepared in a microwave are suitable for a weight loss plan.
- Avoid fried foods
- Herbs (fresh or dried), spices, garlic, lemon juice, vinegars (balsamic/cider/wine), Worcester sauce, Bovril and Marmite may be used to prepare food.

Vegetable/Salad Groups

Group A: large servings allowed

- Asparagus
- Baby Marrow
- Brinjal
- Broccoli
- Brussel Sprouts
- Cabbage
- Cauliflower
- Celery
- Cucumber
- Gem Squash
- Gherkins
- Green Beans
- Leeks
- Lettuce
- Marrow
- Mushrooms
- Onions
- Patty Pans
- Peppers
- Radishes
- Spinach
- Spring Onions
- Tomato
- Turnips
- Watercress

Group B: limit serving to 150grams/day

- Beetroot
- Butternut
- Carrots
- Hubbard Squash
- Mixed Vegetables
- Parsnips
- Peas
- Pumpkin