

Eating Enough

Here it is. As promised this is an eating plan which will ensure you eat enough. Of the healthy stuff. Give it a while, your taste buds need to reset and that can take a few days. But you will end up enjoying what you eat and you will feel much better.

***Breakfast***

1. 40 g (dry weight) porridge (skim milk)
2. 1 poached egg one slice wholemeal toast
3. 1 low fat plain yoghurt, piece of fruit
4. grilled mushrooms
5. High fibre, low sugar cereal (skim milk)
6. 1 boiled egg, 1 slice wholemeal toast
7. 2 slices edam cheese, 1 tomato

 (do not eat same 2 days running, otherwise choose as you want)

***Meal 2***

1. 1 apple
2. 2 clementines
3. Low fat yoghurt,
4. small tub cottage cheese
5. Low fat fruit yoghurt
6. 1 cup cherries
7. Handful of nuts
8. Matchbox size cube of reduced fat hard cheese
9. Small (100g) glass soya milk
10. Carrot batons
11. Stick celery with low fat cream cheese
12. Handful of grapes
13. Small handful of pumpkin or sunflower seeds
14. Six brazil nuts, walnuts or almonds

**RULES**

(do not eat any one of these MORE THAN 3 times during 14 days)

***Meal 3***

1. sandwich one slice wholemeal bread, 30g cheese, salad
2. sandwich one slice wholemeal bread, small can salmon, tomato
3. sandwich one slice wholemeal bread, hard-boiled egg, tomato
4. sandwich one slice wholemeal bread, small can tuna, spring onion
5. sandwich one slice wholemeal bread, hummus salad
6. canned chicken (small)
7. canned peaches (in fruit juice), sunflower seeds
8. canned mandarins (in fruit juice), 6 almonds

homemade soup mixed veg,

1. homemade soup mushroom,
2. homemade soup tomato
3. homemade soup chicken and vegetable
4. fruit smoothie –banana, 120 ml light soya milk, 1 tbsp oat bran, cinnamon
5. fruit smoothie - 240ml fat free milk, cup fresh strawberries, 1 tbsp oats

***Meal 4***

1. baby spinach, hard-boiled egg
2. chicken breast grilled and salad
3. canned or smoked salmon or other fish and salad or avocado (1/2)
4. Reduced fat cheese, eggs (as omelette), mixed veg
5. Peppered mackerel or other oily fish, tomatoes and peppers
6. Small portion wholegrain rice, grilled vegetables
7. Whole grain pasta, nuts, reduced fat cheese, broccoli
8. 120 g prawns or squid, lettuce, 1 tomato, olive oil and vinegar dressing
9. Baked cod fillet, bake olive oil, lemon juice, green vegetables
10. Grilled salmon fillet – green vegetables
11. Scrambled eggs (2 or 3) with tsp butter, 1 slice wholemeal toast
12. Grilled steak, salad
13. 50g brown rice, with mushrooms, onion, celery serve with mixed green salad
14. Baked butternut squash or sweet potato with cheese

***meal 5***

1. handful of blueberries, Greek yoghurt
2. cottage cheese, fresh pineapple
3. low fat cream cheese – 2 cracker bread or crispbread
4. hummus, carrot sticks
5. hummus, crispbread or cracker bread
6. raspberries
7. pear, matchbox size piece feta cheese
8. half cup pumpkin seeds
9. sweet potato slices, low fat cream cheese
10. chicken/turkey slices and apple slices
11. ½ avocado with tbsp olive oil, lemon juice
12. Small baked potato reduced fat cheese, salsa
13. Tomato, slice mozzarella
14. Hard-boiled egg, banana

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