**If the holidays left you with more than just a tan, jump into our post-silly-season plan and lose those unwanted kg.**

Lose that silly- season tummy tyre by following this easy, fresh summer eating plan designed by dietitian Marile Grobbelaar.

**Maximise your eating plan by following these tips:**

- **Try an alcohol detox**. Studies have shown that during the holidays we tend to dramatically increase our intake of alcohol, which is very high in kJ. Avoid it for four weeks and increase your intake of water, herbal teas, homemade ice teas, diluted juices and diet cordials.
- **Get creative with salads.** Salads don’t need to be boring. Add more fresh summer fruit and vegetables.  For example, try coleslaw with apples and raisins, carrot salad with pineapple and orange, or a green salad with mango, red peppers and cashew nuts.
- **Make it tastier** Replace salt, pepper and tomato sauce with delicious fresh herbs like basil, rocket, thyme, rosemary and parsley. Experiment with different spices like cinnamon, ginger (or even fresh ginger) and nutmeg.                                                                                                                                                                                                                                                                                                       - **Get going.** Dust off those running shoes and get active. Research shows a great improvement in eating habits when an exercise regime is incorporated! Aim for 30 minutes three to four times per week.

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| **Breakfast** | **Morning snack** | **Lunch** | **Afternoon snack** | **Dinner** |
| **Day 1** |
| 1/2 C cooked oats 1C low-fat milk2T fresh blueberries |  1 small apple100ml fat-free flavoured yoghurt | 2 slices low-GI bread2 slices lean hamOn sandwich: 1C lettuce, slices tomato, cucumber, onion, fresh basil. 1/4 avo1T English mustard | 30g lean biltong | 1 medium sweet potato cut into wedges, baked at 180C with 10ml olive oil for 30 minutes120g fish fillet, steamed1C fresh green beans, steamed, served with 1/3 wheel feta and handful small tomatoes |
| **Day 2** |
| 1/2C wholewheat cereal1/2C low-fat milk1 small banana cut into cereal | 3 Provitas2 slices shaved chicken | 1 wholewheat wrap 80g tuna2C lettuce, tomato, cucumber, shredded carrot, onion, green pepper, 1/4 avo1T low-fat mayonnaise | 1 medium peach 100ml fat-free yoghurt | [**Chicken Korma**](http://www.shapemag.co.za/recipe/get-back-on-track-recipes/) 1/3C cooked basmati rice 1C steamed broccoli1/2C carrot salad with orange juice dressing (Make 1C to use leftover tomorrow) |
| **Day 3** |
| 1 slice low GI toast 1 large egg, scrambled2 slices tomatoes | 1/2C leftover carrot salad 1/2C pineapple | 1C cooked couscous 60g cooked chicken breast mixed with 1C cherry tomatoes, peppers and onion, 1/4C diced mango and 5 cashew nuts2T balsamic vinegar with 1t lemon juice  | 250ml glass low-fat milk | 1/3 cooked durum wheat spaghetti 90g lean mince cooked with 1/2 onion, 1/2 C mushroom and 1C cooked peasServe with 1C tomato and red onion salsa (make 150g mince and use the rest for lunch tomorrow) |
| **Day 4** |
| Fruit smoothie:1C fruit of choice1C low-fat milk | 2 Ryvita 1T cottage cheese | 1 slice low-GI toast 60g leftover mince1C coleslaw mixed with 1/2 diced appleDressing: 100ml yoghurt and 1t mayo | 3 dried mango strips 100ml fat-free yoghurt1t mixed seeds | 3 baby potatoes, boiled 90g lean rump, trim fat before cooking1/2C butternut1C mix veg: red onion, peppers, baby marrow1/2C mushrooms |
| **Day 5** |
| 1/4C low-GI muesli 100ml fat-free flavoured yoghurt2T fresh blueberries | 1/4C mixed nuts | 6 Provitas 3 slices mozzarella1C snack-pack veg: cherry tomatoes, gherkins, mange tout peas, baby corn and carrot balls2T hummus | 1 small apple 100ml fat-free flavoured yoghurt | [**1/2 Wholewheat pizza**](http://www.shapemag.co.za/recipe/get-back-on-track-recipes/) |
| **Day 6** |
| Leftover pizza | 1 Safari Trufruit bar 100ml fat-free yoghurt | 2 slices rye bread 60g fresh or canned salmon1C green salad: lettuce, cucumber, cherry tomatoes and carrot balls30g cottage cheese | 250ml glass low-fat milk | 1/3C cooked durum wheat noodles 90g lean beef stripsStir fry beef with 1/2 onion, 1 garlic clove, 1/2C mushrooms, 1C sliced baby marrow, 1C mange tout peas and baby corn, and 1/2 can Italian tomatoes |
| **Day 7** |
| 1/4C wholewheat Pronutro 1C low-fat milk | 2 Provitas 1 slice mozzarella cheese | [**Yoghurt chicken kebabs**](http://www.shapemag.co.za/recipe/get-back-on-track-recipes/) 3 baby boiled potatoesDressing: 1 low-fat mayonnaise with 1T low-fat yoghurt1/4 cucumber, 1/2 onion | 1 peach sliced 1/2C low-fat custard | 1 slice low-GI toast Omelette: cook 2 large eggs mixed with 1/4C low-fat milk and 2C veg mix of mushroom, cherry tomatoes, onion and green pepper. Add 30g lean ham; place on toast. |

Key chart:
1 C = 250ml
t = teaspoon
T = tablespoon

**Disclaimer:**

**This meal plan has been designed for weight loss and weight maintenance on an average of 5 500kJ per day of a 60-70 kg adult woman. Should you have any pre-existing medical conditions, its recommended that you always seek medical approval before using an eating progaramme.**