**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 milk  2T fresh blueberries | 1 small apple 100ml fat-free flavoured yoghurt | 2 slices low-GI bread 2 slices lean ham On 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 minutes 120g fish fillet, steamed 1C fresh green beans, steamed, served with 1/3 wheel feta and handful small tomatoes |
| **Day 2** | | | | |
| 1/2C wholewheat cereal 1/2C low-fat milk1 small banana cut into cereal | 3 Provitas 2 slices shaved chicken | 1 wholewheat wrap  80g tuna  2C lettuce, tomato, cucumber, shredded carrot, onion, green pepper, 1/4 avo  1T 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 broccoli  1/2C carrot salad with orange juice dressing (Make 1C to use leftover tomorrow) |
| **Day 3** | | | | |
| 1 slice low GI toast  1 large egg, scrambled  2 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 nuts  2T 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 mince  1C coleslaw mixed with 1/2 diced apple  Dressing: 100ml yoghurt and 1t mayo | 3 dried mango strips  100ml fat-free yoghurt  1t mixed seeds | 3 baby potatoes, boiled  90g lean rump, trim fat before cooking  1/2C butternut  1C mix veg: red onion, peppers, baby marrow  1/2C mushrooms |
| **Day 5** | | | | |
| 1/4C low-GI muesli  100ml fat-free flavoured yoghurt  2T fresh blueberries | 1/4C mixed nuts | 6 Provitas  3 slices mozzarella  1C snack-pack veg: cherry tomatoes, gherkins, mange tout peas, baby corn and carrot balls  2T 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 salmon  1C green salad: lettuce, cucumber, cherry tomatoes and carrot balls  30g cottage cheese | 250ml glass low-fat milk | 1/3C cooked durum wheat noodles  90g lean beef strips  Stir 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.**