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THE 10-DAY SUMMER BOOSTER EATING PLAN

In designing this Eating Plan I have selected recipes that offer high nutrition and low or controlled calories. Within the Plan you will see lots of delicious recipes which are all on the website, many of which are accompanied by 'how-to-cook' videos to make it even simpler for you to follow the instructions.

Daily Allowance:

- Eat three meals a day - Breakfast, lunch and dinner.
- Have 450ml or $\frac{3}{4}$ pint semi-skimmed milk (or soya/oat/almond alternatives) per day.
- You can have 1 extra portion of fruit per day (e.g. 1 portion x 100g raspberries or strawberries or blueberries or two kiwi fruits or 1 x small apple or pear, or 125ml fresh fruit juice). This is in addition to the Eating Plan.

Notes:

- There are 10 days of meal options, all of which are interchangeable or repeatable.
- There are lots of low-fat healthy recipes – just click on the highlighted link for each recipe.
- Veggie options are available.
- Follow the portion sizes where stated.
- Water is unlimited, and tea too. (Try to reduce coffee consumption).
- Low-cal drinks diluted with water are unrestricted.
- Use soy sauce or balsamic vinegar in place of salad cream or mayo for salads.
- Avoid all butter, oil and other fats except Fry-light Oil Spray.
- No alcohol and no snacks for 10 days.
- If you substitute your own meals ensure they are within the calorie guidelines and made from fresh, healthy ingredients.
 - Breakfasts are approx. **200 calories.**
 - Lunches are approx. **300 calories.**
 - Dinners are approx. **500 calories.**
- Add to that the Daily Allowance of 450ml milk and the extra piece of fruit and you should be consuming around **1200 - max 1300 calories a day.**



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DAY 1

BREAKFAST: 40g any high fibre cereal or oats for porridge or muesli served with milk from allowance topped with 100g blue berries (V).

LUNCH: 1 slice wholegrain bread toasted, topped with 100g baked beans and a poached egg, plus a salad of carrot, celery, peppers, cherry tomatoes, raw mushrooms (V).

DINNER: [Fresh Salmon Pasta Salad](#) or [Crushed Bean Rigatoni](#) (V). **Plus** a large salad of leaves and vegetables.

DAY 2

BREAKFAST: 1 slice wholegrain bread, toasted, served with one scrambled egg plus 4 grilled tomatoes (V).

LUNCH: [Crunchy Pepper Salad](#) (V) served with 100g baked beans and 100g tuna in brine served with soy sauce. For vegetarian option use 200g baked beans.

DINNER: [Mexican Beef](#) or [Roast Vegetable and Lentil Dahl](#) (V). **Plus** a side salad.

DAY 3

BREAKFAST: 200g live yogurt (Greek-style or regular) served with 100g chopped strawberries and 50g blueberries (V).

LUNCH: [Tuna Wrap](#) or vegetarian alternative plus a small salad.

DINNER: [Chicken and Pepper Stir-Fry](#). For vegetarian option use Quorn pieces.

DAY 4

BREAKFAST: 1 Weetabix plus one tbsp Branflakes topped with 100g blueberries served with milk from allowance (V).

LUNCH: [Coronation Chicken Salad](#). For vegetarian option have a large salad served with one boiled egg and a small avocado pear.

DINNER: [Cottage Pie with Sweet Potato Mash](#) with unlimited vegetables (excl. potatoes). For vegetarian option use Quorn mince.

DAY 5

BREAKFAST: Two boiled eggs plus a satsuma and a kiwi fruit (V).

LUNCH: [Rice and Bean Salad](#) (V) served with a side salad of leaves and vegetables or roast chicken breast with a large salad.

DINNER: [Horseradish Fish Pie](#) or [Rich Mushroom Tagliatelle](#) (V). **Plus** unlimited vegetables.

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DAY 6

BREAKFAST: [Austrian Muesli](#) (V). (Needs to be prepared the night before).

LUNCH: [Mackerel Pâté](#) served with 3 wholegrain crispbreads and salad. For vegetarian option have a two-egg omelette served with salad.

DINNER: Lamb steak, well grilled, plus unlimited veg and 100g new potatoes with skins plus a little gravy. For vegetarian option use a Quorn Steak.

DAY 7

BREAKFAST: 1 slice wholegrain toast spread with Marmite topped with a poached egg (V).

LUNCH: [Mediterranean Prawn Salad](#). For vegetarian option exchange prawns for button mushrooms.

DINNER: 120g Roast chicken breast, unlimited vegetables and 100g [dry roast sweet potatoes](#), and low-fat gravy **or** [Baked Bean and Vegetable Bake](#) (V) plus a side salad.

DAY 8

BREAKFAST: Two large bananas and one satsuma (V).

LUNCH: Large salad with 100g wafer-thin ham or beef or 100g canned tuna in brine or mixed beans and [Homemade Coleslaw](#) (V).

DINNER: [Spaghetti Bolognese](#) (serving size 52g uncooked weight of spaghetti) plus a small side salad. For vegetarian option use Quorn mince.

DAY 9

BREAKFAST: 1 banana sliced, one conference pear chopped with skin, plus 100g raspberries or chopped strawberries or blueberries, plus 2 tablespoons Greek-style live yogurt (V).

LUNCH: 300 ml serving [Homemade Soup](#) (V) of your choice plus a small salad.

DINNER: [Chicken Korma](#) served on a bed of beansprouts and stir-fried vegetables (no rice) **or** [Teriyaki Tempeh](#) with Beansprouts and Broccoli (no rice). **Plus** a side salad.

DAY 10

BREAKFAST: 1 x 400g can plum tomatoes, boiled well till they reduce. Serve with 50g button mushrooms dry fried with a spray of Fry-light, served on one slice toasted wholegrain bread (V).

LUNCH: Large plate of salad served with two hard-boiled eggs, fresh beansprouts, grated carrot and grated beetroot, served with soy sauce (V).

DINNER: [Asian Salmon Steak with Stir-fry Vegetables](#) **or** [Roast Vegetable and Chickpea Pasta](#) (V). **Plus** a side salad.

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