

*MassAnon*  
*Healthy Slimming*

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Slimming Program for one Week

As a GENERAL RULE please consult your doctor about this program or any diet you intend to follow

**DAY 1**

Breakfast: 1 fruit; 100ml low fat yogurt

Mid-morning: cucumber or cherry tomatoes

Lunch: 85g tuna in water; lettuce, 5 Israeli or 15cm English cucumber

Mid-afternoon: cucumber or cherry tomatoes

Supper: 150g chicken breast, no skin; 1 cup cooked spinach or broccoli; 1 medium tomato

Evening: small tossed salad

**DAY 2**

Breakfast: 1 boiled egg; 1 fruit

Mid-morning: cucumber or cherry tomatoes

Lunch: 85g chicken; 1 fruit; 1 slice toast

Mid-afternoon: cucumber or cherry tomatoes

Supper: 120g lean steak or mince; ½ cup cooked carrots; ½ cup cooked cauliflower

Evening: 100ml low fat yogurt

**DAY 3**

Breakfast: 2 cracker breads; 30g cottage or cheddar cheese

Mid-morning: cucumber or cherry tomatoes

Lunch: 250g mushrooms grilled/fried (cook and spray); 1 medium tomato; lettuce

Mid-afternoon: cucumber or cherry tomatoes

Supper: 150g hamburger patty (not the bun); lettuce; 1 fruit

Evening: 1 med apple sliced; 100ml low fat yogurt

**DAY 4**

Breakfast: 1 cup fruit salad; 100ml low fat yogurt

Mid-morning: cucumber or cherry tomatoes

Lunch: 2 boiled eggs; 1 medium tomato; cucumber; lettuce

Mid-afternoon: cucumber or cherry tomatoes

Supper: 150g chicken breast or lean beef; ½ cup gem squash; lettuce

Evening: 1 fruit

**DAY 5**

Breakfast: 1 scrambled or boiled egg; 1 fruit

Mid-morning: cucumber or cherry tomatoes

Lunch: 85g chicken; 1 cup-a-soup lite; 1 fruit

Mid-afternoon: cucumber or cherry tomatoes

Supper: 120g chicken; 1 cup cooked spinach or broccoli; 1 medium tomato

Evening: small tossed salad

## **DAY 6**

Breakfast: 1 fruit; 100ml low fat yogurt

Mid-morning: cucumber or cherry tomatoes

Lunch: 85g tuna in water; 1 tea spoon Real Kraft Mayo; 10 thin slices cucumber

Mid-afternoon: cucumber or cherry tomatoes

Supper: 120g lean steak or mince; ½ cup cooked carrots; ½ cup cooked cauliflower

Evening: 100ml low fat yogurt

## **DAY 7**

Breakfast: 1 cup fruit salad; 100ml low fat yogurt

Mid-morning: cucumber or cherry tomatoes

Lunch: 2 boiled eggs; 1 medium tomato; 10 thin slices cucumber

Mid-afternoon: cucumber or cherry tomatoes

Supper: 150g lean beef; ½ cup gem squash; 1 medium fruit

Evening: 1 fruit

## **Fluid Intake 2 liter per day**

Decaf Coffee, Rooibos tea, Herbal teas, Water, Soda Water, Tab, Sprite Zero, Coke Zero, Pepsi Max, Fanta zero, Sweeto

## **Tossed salad Example**

Tomato, cucumber, lettuce, green/red pepper, half a wheel feta cheese crumbled.

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