

Recommended Garcinia Diet Plan

BREAKFAST:

1. Protein -1 to 2 Eggs OR Low Fat/Fat Free Cottage Cheese
2. Carbohydrate - Oats OR Low G.I. Bread OR All Bran
3. 1/2 Grapefruit
4. Tea OR Coffee

Mid-Morning Snack:

1. 1 x Fruit
2. 1 x handful of Mixed Nuts and Seeds

LUNCH:

1. Protein – Chicken OR Steak OR Fish
2. Carbohydrate- Basmati Rice OR Sweet Potato OR Low G.I. Bread
3. Mixed Vegetables OR Salad
4. 1 x Tablespoon Mayonnaise Light (Optional)
5. Tea OR Coffee (Optional)

Afternoon Snack:

1. Yoghurt OR Low Fat/Fat Free Cottage Cheese (with Cinnamon)
2. Lean Biltong (Optional)

DINNER:

1. Protein - Chicken OR Steak OR Fish OR Leg of Lamb
2. Vegetables - Big Salad OR Mixed Vegetables
3. 1/2 Avocado OR 1 tablespoon Olive Oil (over salad)
4. Tea OR Coffee (optional)

PORTION SIZES:

Protein:-

Chicken - 1 Breast (or the equivalent thereof)

Steak – Not More than 200g Lean Beef

Fish - 1-2 grilled fillets (or the equivalent thereof) – Tuna, Salmon & Hake recommended

Cottage Cheese - 2-3 Tablespoons – Low Fat or Fat Free

Carbohydrates:

Bread – 1/2 Slices (Low GI Brown Bread or Rye Bread)
Oats - 1 Cup (raw weight)
Basmati Rice - 1 Cup (cooked weight)
Sweet Potato - Medium (+/- size of your fist)
All Bran - 1 serving as per box instructions (use 2% Low Fat Milk or Fat Free Milk)
Fruit - 1 Medium (or the equivalent thereof)

Fruit List:

Apples
Pears
All Citrus Fruit
All Berries
Peaches & Nectarines

Salad:

Mixed Lettuce
Carrots
Dried Cranberries
Olives
Reduced Fat Feta
Sprinkle of Seeds – Mixture of Pumpkin, Sesame and Sunflower
Mixed Bean Sprouts
Spring Onion
Low Oil/Low Fat Salad Dressing or Just a Splash of Lemon Juice

NB: Always drink 2/3 litres of water a day and remember to take a good multivitamin

Health4Life