

**BODY&FIT**<sup>®</sup>

# A SLIMMER YOU

A NEW YOU IN 12 WEEKS!







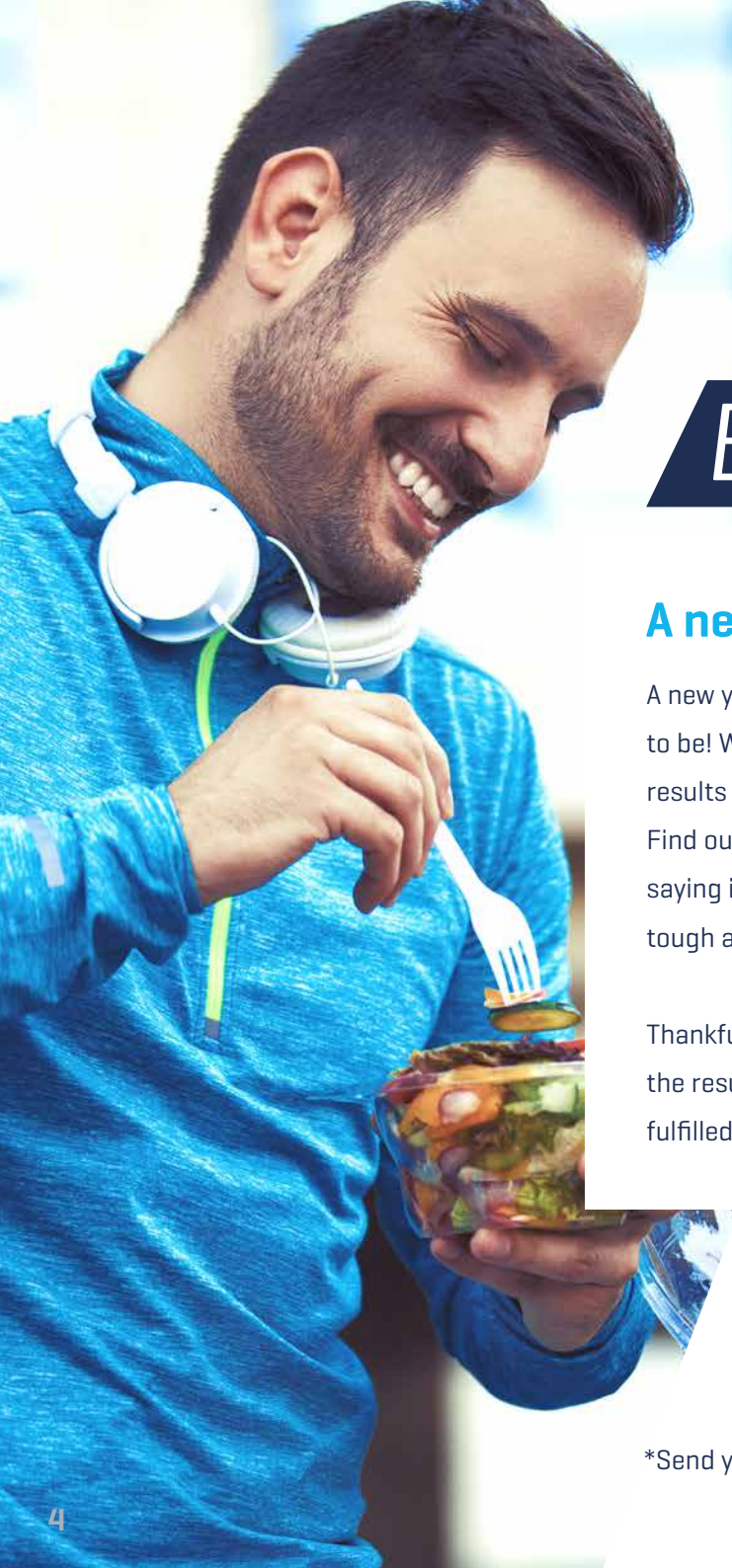
# CONTENTS

<b>Intro</b>	4
Phase 1, 2 and 3 overview	5
Extra information	6
Body & Fit's Tips	8
Q&A	10



<b>Phase 1 – Lose it!</b>	14	<b>Phase 2 – Keep it off!</b>	80	<b>Phase 3 – Find Your Balance!</b>	149
Week 1	18	Week 1	84	Week 1	152
Week 2	32	Week 2	98	Week 2	168
Week 3	46	Week 3	114	Week 3	184
Week 4	60	Week 4	128	Week 4	200
Week 1 shopping list	74	Week 1 shopping list	142	Week 1 shopping list	214
Week 2 shopping list	75	Week 2 shopping list	143	Week 2 shopping list	215
Week 3 shopping list	76	Week 3 shopping list	144	Week 3 shopping list	216
Week 4 shopping list	77	Week 4 shopping list	145	Week 4 shopping list	217
End of Phase 1	78	End of Phase 2	146	End of Phase 3	218
				Recipe index	220





# BODY & FIT A SLIMMER YOU!

## A new you in 12 weeks!

A new you in just 12 weeks – the you you've always wanted to be! We're looking forward to helping you get real results – quickly, responsibly and, above all, permanently. Find out how in Body & Fit's *A Slimmer You!* We're not saying it's going to be easy – definitely not. It's going to be tough and there'll be times when you'll feel like giving up.

Thankfully, twelve weeks isn't a lifetime. When you see the results for yourself at the end of it, you'll feel so fulfilled. Don't just dream it – go for it! Start Body & Fit's

*A Slimmer You!* today. It consists of a professional dietary system split into three clearly defined phases, each lasting four weeks. The plan has been written by dieticians who'll be guiding\* you through the next twelve weeks.

We've tested the plan extensively with real test subjects and they've achieved amazing results. Stick to the plan and you, too, will see real progress. Read more about our *A Slimmer You!* weight-loss plan at ...

**[www.bodyandfit.com/aslimmeryou](http://www.bodyandfit.com/aslimmeryou)**

\*Send your questions to our dieticians at [customerservice@bodyandfit.com](mailto:customerservice@bodyandfit.com).



*A Slimmer You! consists of three clearly defined phases, each lasting four weeks.*



*Phase 1*  
***Lose it!***

You'll achieve great results in the first phase – in fact, you may be quite astonished at what you can achieve in just four weeks.



*Phase 2*  
***Keep it off!***

The first four weeks are over. Time to move on to Phase 2 – full of pride and motivation. During this phase – *Keep it off!* – you'll continue building on your results and start preparing yourself for the last phase – *Find your balance!*



*Phase 3*  
***Find your balance!***

By Week 9, you'll have already worked incredibly hard towards achieving your goals. In this last phase – *Find your balance!* – you'll be learning how to maintain the results you've achieved. You can even continue this phase for longer if you so choose.



# EXTRA INFORMATION

## **Fluids**

It's important to drink sufficient fluids throughout the twelve weeks. Attempt to drink at least 1.5 to 2 litres of water a day to keep well hydrated. Fluids are an extremely important part of your diet and help you stop confusing hunger for thirst.

## **But what should I be drinking?**

Try to drink water as much as possible. After all, it contains zero calories. Tea is also a good choice, especially herbal tea. Don't drink too much coffee, and avoid milk and sugar. Be wary of soft drinks and fruit juices, as these contain a lot of 'hidden' sugars. You can also drink low-calorie, sugar-free diet drinks, but in moderation.

## **Vitamins**

It can sometimes prove difficult to ingest enough vitamins and minerals while dieting. That's why it's sensible to supplement your diet with high-quality vitamins, such as our Smart Multi product. These are the perfect way for your body to get its recommended daily dose of vitamins and minerals.

## **Fibre**

Fibre is an important part of a healthy, balanced diet and occurs naturally in wholewheat grain products, fruit, vegetables and legumes. Oats and rye are a particularly good source of fibre for aiding digestion and regular bowel movement. To add extra fibre to your diet during your

weight-loss plan, try oatmeal [Ultra Fine Oats] or superfoods, such as chia seed or linseed, for breakfast.

## **A helping hand**

If you'd like to get a little extra dietary help, try our 24HR Fat Burn or Green Tea – Ultra Pure products. Fish oil supplements are a great source of essential omega fatty acids – try our High-Quality Omega3 or Marinol Omega3 products. EPA and DHA are omega fatty acids that are also good for your heart.



### **Variety**

We've included complete menus for all twelve weeks of your weight-loss plan. These are merely intended as guidelines, but it's advisable not to stray too far and, if you do, to opt for a healthy alternative. We've also included protein shakes [Smart Protein], protein bars [Smart Bars] and protein pancakes [Smart Protein Pancakes], but we understand that you might prefer a little more variety, in which case opt for an alternative evening meal. For example, whip up a two- or three-egg omelette with veggies or salad, or a piece of lean meat/fish/poultry with veggies or salad, or a home-made vegetable soup. Variety, as they say, is the spice of life and will help you stick to *A Slimmer You!*

### **Practical information**

- use coconut oil, olive oil or Smart Cooking Spray for your evening meal
- use unroasted, unsalted nuts wherever we mention nuts
- one portion of Smart Protein Pancake Mix makes two pancakes





### **Let's get moving!**

Attempt to do some form of physical exercise every day and see if you can make this a habit. It's not only good for your body, but also for your mood. Make sure you choose an activity that you actually like. This way, you'll keep going for longer. You don't even need to leave home, if you don't want to – try push-ups, step-ups, sit-ups or skipping with a rope. You can even make a start on some strength training.

### **Eat regularly throughout the day**

Don't skip meals or double up on meals. Attempt to eat regular, smaller meals throughout the entire day – ideally six meals, as we recommend in this weight-loss plan. It's also important to choose healthy snacks with little or no added sugar, such as vegetables, fruit or a protein-rich product.



# BODY & FIT'S TIPS

## **Avoid sugary products**

Biscuits, cakes and some breads [currant buns] contain a lot of processed sugars. These products contain fast-acting sugars [carbohydrates] that give a quick, but short-lasting, boost. Opt instead for snacks containing more protein and fibre, and less added sugar, such as vegetables, fruit, and other fibre- and protein-rich products.

## **Don't drink alcohol**

Alcohol absorbs directly into your bloodstream from your digestive system as soon as you drink it. This means that if you eat and drink alcohol at the same time both are absorbed and digested more slowly, and your body absorbs and processes the alcohol before it starts digesting the food. Worse still, alcohol contains a lot of calories. If this weren't enough, it also makes you feel drained and less motivated the next day to eat healthily and keep physically active.

## **Get plenty of sleep**

A good night's sleep is always important, but especially when you're following a diet. Obviously, you'll feel more tired if you don't get enough sleep, but you'll also feel hungrier and less motivated, which will make you fall back into old habits more quickly and easily.

## **Don't buy food you can't resist**

Everyone has moments when their willpower is at a low ebb. Don't worry about this but be prepared for it. Just make sure you don't have any food in the house you can't resist and don't go shopping when you're hungry. This will help you avoid impulse buying.

# QUESTION & ANSWER

Following Body & Fit's well-balanced weight-loss plan, you'll probably be eating more proteins and fewer calories, fats and carbohydrates than you're used to. You'll start seeing results on the weighing scale once you're consuming fewer calories than your body needs on a daily basis.

## **Why use Body & Fit's Smart Protein?**

Smart Protein contains only 90 calories and 18.6 g of protein per shake. It also contains added vitamins, minerals and fibre from vegetables and fruit, as well as the amino acid l-carnitine. Smart Protein's proteins consist of a high-grade combination of whey proteins and micellar casein proteins. Use 28 g of Smart Protein powder to make one shake. Shake well in a beaker, or mix in a blender, preferably with just water or alternatively a 50-50 mix of water and skimmed milk.

## **Will I experience any negative physical effects by following this plan?**

At first, your body will probably have to get used to your new diet. Possible side effects may include headaches and/or stomach problems. But don't worry – your body will get used to things after a few days and these side-effects will diminish. If you're on any medication, we recommend that you consult your GP to find out if it's advisable to follow our weight-loss plan.

## **I'm getting headaches, what should I do?**

Firstly, make sure you're drinking enough fluids. This is important at any time, but particularly when you're following a diet. Water is always the best choice. Alternatively, you could opt for herbal tea and occasionally coffee without milk or sugar. Be wary of fruit juice, soft drinks and other juices. These products contain a lot of sugars, which means you unwittingly consume a lot of extra calories.

### **I'm getting stomach aches – what should I do?**

If you're having digestive problems, we recommend adding extra fibre to your morning shake. Oats and rye are a particularly good source of fibre for aiding digestion and regular bowel movement. For extra fibre, try eating oatmeal [Ultra Fine Oats], add superfoods such as linseed or chia seed to your shakes, or eat more fruit and vegetables. And don't forget to drink plenty of fluids.

### **Do I need to do physical exercise during this weight-loss plan?**

You'll see results from our *A Slimmer You!* weight-loss plan, even without doing any physical exercise. But if you're looking for quicker results, try exercising for at least thirty minutes every day, or start weight training. It's also important to build this into your daily routine.







### **What should I be drinking during my weight-loss plan?**

Ideally, you should drink just water or unsweetened tea. You can also drink coffee and low-calorie, sugar-free diet drinks, but in moderation. Be wary of diet drinks, as these contain a lot of hidden calories and have a sweet taste which makes your body crave sweet things.

This can start to become habit-forming. Try to drink at least 1½ litres of water a day, and even 2 litres per day in the initial phase, if possible.

### **What supplements can I take to improve my results?**

#### **Smart Multi**

Smart Multi is a multivitamin supplement containing the most important vitamins. Taking the supplement every day will help reduce any vitamin or mineral deficiency and keep your body functioning properly.

# QUESTION & ANSWER

## **Green Tea – Ultra Pure**

You could also add our Green Tea – Ultra Pure to your weight-loss plan. Green Tea – Ultra Pure contains 8% polyphenols and 250 mg of EGCG per capsule. EGCG is the active ingredient in green tea extract.

## **24HR Fat Burn**

Our 24HR Fat Burn tablets give you extra support around the clock.

## **Marinol Omega3**

Omega3 is an essential fatty acid. Our omega3 capsules provide enough fatty acids to give you your recommended daily allowance.

## **What results can I expect?**

In the first few days, your body will initially lose fluids. Please take this into account. For the best results, it's important to complete whichever phase you're in. So, if you persevere, you, too, will start seeing great results soon enough, as our test subjects did.

## **Do I have to stick to the weekly menu to get the best results?**

The weekly menu is only intended as a guideline and illustrates how you can divide up your days. But feel free to alter the recipes yourself, although this may affect your results.





A SLIMMER  
YOU

Phase 1

**BODY&FIT**<sup>®</sup>





## Fast track to results!

You'll achieve great results in the first phase – in fact, you may be quite astonished at what you can achieve in just four weeks.

### Getting started

Welcome to *A Slimmer You!* This part of the plan includes protein shakes [Smart Protein], protein bars [Smart Bars] and protein pancakes [Smart Protein Pancake Mix] supplemented with vegetables. Your body will probably be getting fewer calories than it's used to, which is why you'll soon start seeing results.

### Cheat day\* – once a week!

The plan contains a fully detailed menu. Our recommendation is that you follow this menu, but sometimes you might prefer something different. For example, you can opt for a cheat day once a week – a day when you eat whatever you want for one or two meals. This works well if you're dining out or going to a party.

### Keeping it simple

The Phase 1 package consists of protein shakes, bars and

pancakes – everything you need each day for four whole weeks. And don't forget you can also add multivitamins, Ultra Fine Oats, 24HR Fat Burn, Marinol Omega3 and/or Green Tea – Ultra Pure. You can find more information about these products in this weight-loss plan or on our website.

### Shopping

We've even put together a weekly shopping list for you including everything you need for the entire menu. You'll find shopping lists for Weeks 1, 2, 3 and 4 from page 77 onwards. This will save you a lot of time and effort so you can get started as soon as you've done the shopping!

### Pancakes

While following the *A Slimmer You!* weight-loss plan, you're allowed two pancakes per meal. Fry these up using the batter made from 40 g of mix, half an egg and 100 ml of water. Given that you only need half an egg, it's probably a sensible idea to make a double portion for two days in one go. The pancakes keep well in the fridge.

\*This isn't mandatory but can help you stay motivated.

# What do I need in Phase 1?

Order before 10 p.m., delivered the next day!



## 1 × Smart Protein [71 shakes]

Smart Protein forms the basis of the *A Slimmer You!* weight-loss plan. In Phase 1, you'll be drinking a shake for breakfast, lunch and as an evening snack. They're nutritious and delicious!



## 1 × Smart Protein [variety box]

If you're not sure which flavour to choose, order our Smart Protein variety box and try all ten flavours. This is definitely the best way to find out which flavour is your favourite.



## 2 × Smart Protein Pancake Mix

Our Smart Protein Pancakes are rich in protein and form a great basis for a hot meal. Delicious with vegetables or other ingredients.



## 2 × Smart Bars

Smart Bars are packed with protein and are the tastiest snack for between meals. Proteins strengthen and maintain your muscles, as well as helping with their recovery.

You can order any of these products individually, but we've also put together discounted packages!







# Phase 1

**WEEK 1**









# MONDAY

## Body & Fit Tip

Today is the first day of *A Slimmer You!* We wish you all the best with your weight-loss plan. Start with good intentions and achieve great results!

Tonight, there's a delicious pancake on the menu. One portion of Smart Protein Pancake Mix makes two pancakes, which you can fry up quickly and easily following the instructions on this page. Tip! Mix up a double portion for two days, so you don't have to throw away half an egg. The pancakes keep well in the fridge.

## Week 1

### Breakfast

 1 Smart Protein Shake

### Snack

Try snacking on vegetables, for example, tomatoes, peppers, cucumber, and/or carrots.

### Lunch

 1 Smart Protein Shake

### Snack

 1 Smart Bar

### Dinner

 Spinach pancake

### Snack

 1 Smart Protein Shake

## Spinach pancake

### Ingredients

- ✓ 40 g Smart Protein Pancake Mix
- ✓ 100 ml water
- ✓ ½ egg
- ✓ 150 g spinach
- ✓ 1 onion
- ✓ 2 tablespoons low-fat crème fraiche
- ✓ 1 tablespoon olive oil

### Preparation

Beat the pancake mix in a bowl with the water and half an egg. Mix until smooth. Heat the olive oil in a frying pan and fry two pancakes using the batter.

Peel the onion and chop into small pieces. Sauté the onion in the frying pan with olive oil. Rinse the spinach and drain well. Put the spinach in a large saucepan with a shallow layer of water. Put a lid on the saucepan and boil the spinach on a low heat for about 5 minutes until soft.

Mix the crème fraiche and spinach. Mix everything together and spread on your pancakes.



WEEK 1



# TUESDAY

## Body & Fit Fact

The *A Slimmer You!* weight-loss plan uses Smart Protein.

Smart Protein is rich in protein and low in calories and carbohydrates.

Use it to make shakes containing high-grade proteins and added vitamins, minerals, fibre and L-carnitine. It's been specially developed for use in low-carb, protein-rich diets.

## Week 1

### Breakfast

 1 Smart Protein Shake

### Snack

Grilled pepper salad

### Lunch

 1 Smart Protein Shake

### Snack

 1 Smart Bar

### Dinner

 Vegetable pancake

### Snack

 1 Smart Protein Shake

## Grilled pepper salad

### Ingredients

- ✓ ½ red pepper
- ✓ 2 handfuls lettuce
- ✓ ½ yellow pepper
- ✓ 1 tablespoon balsamic vinegar

### Preparation

Rinse and drain the lettuce well, then chop into small pieces. Rinse the peppers, remove the seeds and chop into chunks. Grill the chunks of pepper until they're *al dente*. Spread the chunks on a plate. Garnish with the lettuce and balsamic vinegar.

## Vegetable pancake

### Ingredients

- ✓ 100 ml water
- ✓ 40 g Smart Protein Pancake Mix
- ✓ 1 pepper
- ✓ ½ egg
- ✓ ½ leek
- ✓ 1 onion
- ✓ 50 g Chinese cabbage

### Preparation

Beat the pancake mix in a bowl with the water and half an egg. Mix until smooth. Heat the olive oil in a frying pan and fry two pancakes using the batter. Peel the onion and chop into small pieces. Chop and rinse the rest of the vegetables. Stir-fry all the vegetables in a frying pan for about 5 minutes. Spread the vegetables on the pancake.

**WEEK 1**







# WEDNESDAY

## Body & Fit Fact

Smart Protein Shakes contain a variety of proteins, including whey proteins. These absorb quickly into the body to repair our muscles.

## Week 1

### Breakfast

 1 Smart Protein Shake

### Snack

Raw vegetable salad

### Lunch

 1 Smart Protein Shake

### Snack

 1 Smart Bar

### Dinner

 Mushroom pancake

### Snack

 1 Smart Protein Shake

## Raw vegetable salad

### Ingredients

- ✓ 1 large carrot
- ✓ 50 g red cabbage
- ✓ 1 teaspoon chives
- ✓ ½ courgette
- ✓ 2 tablespoons low-fat yoghurt
- ✓ salt & pepper

### Preparation

Rinse the vegetables and peel the courgette and carrot, then slice them into long strips and spread them on a plate. Chop the red cabbage into small pieces and spread these over the vegetables. Mix the yoghurt, chives, and salt and pepper and use this to garnish the vegetables.

## Mushroom pancake

### Ingredients

- ✓ 100 ml water
- ✓ 40 g Smart Protein Pancake Mix
- ✓ ½ egg
- ✓ 1 onion
- ✓ 150 g mushrooms

### Preparation

Beat the pancake mix in a bowl with the water and half an egg. Mix until smooth. Heat the olive oil in a frying pan and fry two pancakes using the batter. Peel the onion and chop into small pieces. Chop and rinse the rest of the vegetables. Stir-fry all the vegetables in a frying pan for about 5 minutes. Spread the vegetables on the pancake.

**WEEK 1**





# THURSDAY

## Body & Fit Fact

Keep track! Weigh yourself once a week, take your waist measurement and keep track of any physical exercise you do. Ideally, you should weigh yourself every week using the same weighing scale and at the same time of the day.

Keep a record of all your measurements and evaluate your progress and results each week.

What could you do differently? What could you improve?

## Week 1

### Breakfast

 1 Smart Protein Shake

### Snack

Raw vegetable salad

### Lunch

 1 Smart Protein Shake

### Snack

 1 Smart Bar

### Dinner

 Tomato pancake

### Snack

 1 Smart Protein Shake

## Raw vegetable salad

### Ingredients

- ✓ 2 heads of celery
- ✓ 1 handful walnuts
- ✓ 1 apple
- ✓ 1 tablespoon low-fat yoghurt
- ✓ 1 teaspoon chives

### Preparation

Peel the apple, remove the core and chop into small pieces. Rinse the celery and chop into small pieces. Mix everything together. Break the walnuts into small pieces and mix these together with the chives and low-fat yoghurt.

## Tomato pancake

### Ingredients

- ✓ 40 g Smart Protein Pancake Mix
- ✓ 100 ml water
- ✓ 100 g tomatoes
- ✓ 1 onion
- ✓ 1/4 bunch basil
- ✓ 1/2 egg

### Preparation

Beat the pancake mix in a bowl with the water and half an egg. Mix until smooth. Heat the olive oil and fry two pancakes using the batter. Peel the onion and chop into small pieces. Rinse the tomatoes and cut into small pieces. Sauté the tomato pieces with a splash of olive oil. Spread the sautéed tomato on the pancake and garnish with basil.



**WEEK 1**







# FRIDAY

## Body & Fit Tip

Our Smart Protein Pancake Mix contains 185 kcal and 22 g of protein per serving [two pancakes].

If you're having problems frying your pancakes, make sure you've got a good frying pan with a non-stick coating and grease the pan well using Smart Cooking Spray, olive oil or coconut oil. Fry the batter on a medium heat and only flip the pancake once the upper surface has solidified fully.

## Week 1

### Breakfast

 1 Smart Protein Shake

### Snack

100 g grapes  
20 g walnuts

### Lunch

 1 Smart Protein Shake

### Snack

 1 Smart Bar

### Dinner

Chicken Sensation

### Snack

 1 Smart Protein Shake

## Chicken sensation

### Ingredients

100 g chicken breast  
1 pepper  
½ courgette  
50 g rocket  
1 tablespoon low-fat crème fraiche  
1 tablespoon low-fat yoghurt  
½ stock cube

### Preparation

Boil the half stock cube in a pan of water. Add the chicken and boil for 5 to 7 minutes until tender. Allow the chicken to cool. Chop the courgette into small pieces and sauté briefly in a frying pan with a tablespoon of olive oil. Once the chicken has cooled, shred it by hand into small pieces. Chop the pepper into small pieces. Mix the pepper, courgette, chicken and rocket and garnish with crème fraiche and yoghurt.





# SATURDAY

WEEK 1

## Body & Fit Tip

Fish contains important fatty acids – the omega fatty acids. You need to eat fish at least twice a week to get enough of them for a healthy body.

If you don't like fish, or you don't manage to eat two portions a week, then you could opt for supplements, for example, Marinol Omega3.

## Week 1

### Breakfast

 1 Smart Protein Shake

### Snack

Fruit salad

### Lunch

 1 Smart Protein Shake

### Snack

 1 Smart Bar

### Dinner

Tuna salad

### Snack

 1 Smart Protein Shake

## Fruit salad

### Ingredients

50 g grapes

100 g raspberries

## Tuna salad

### Ingredients

1 tin tuna

100 g lettuce

2 tomatoes

½ onion

¼ cucumber

1 tablespoon vinegar

6 olives

pepper to taste

### Preparation

Peel the onion and chop into small pieces. Rinse the rest of the vegetables and chop into small pieces. Mix everything together. Add the olives and tuna. Add vinegar and pepper to taste.





# SUNDAY

## Body & Fit Fact

Raspberries are a pinkish-red to dark red fruit, which, like strawberries, belong to the rose family.

They're a typical summertime fruit and, like blackberries, are made up of a cluster of drupelets.

But best of all, they're deliciously juicy and sweet. If they're out of season, buy them frozen or choose another type of fruit.

## Week 1

### Breakfast

200 g low-fat fromage frais  
1 piece of fruit of your choice

### Snack

Try snacking on vegetables, for example, tomatoes, peppers, cucumber and/or carrots.

### Lunch

250 g low-fat yoghurt & fruit salad

### Snack

 1 Smart Protein Shake

### Dinner

Meatballs & ratatouille

### Snack

 1 Smart Protein Shake

## Fruit salad

### Ingredients

- ✓ 50 g grapes
- ✓ 100 g raspberries

## Meatballs & ratatouille

### Ingredients

- ✓ 1 pepper
- ✓ 1/2 tin tomato purée
- ✓ 2 carrots
- ✓ 2 onions
- ✓ pepper to taste
- ✓ 1 tablespoon olive oil
- ✓ 1/2 leek
- ✓ 200 ml water
- ✓ 100 g seasoned minced beef

### Preparation

Roll the minced beef into four small balls. Heat a little olive oil in a pan. Sauté the meatballs until brown all around. Add a cup of water, a tablespoon of ketchup and stir well. Cover with the lid and cook on a low heat. Allow the meatballs to simmer for about 15 minutes. Peel the onion and chop into small pieces. Chop and rinse the rest of the vegetables.

Stir-fry all the vegetables in a frying pan with a tablespoon of olive oil for about 8 minutes. Add tomato purée and pepper to taste.

WEEK 1







# Phase 1

**WEEK 2**











# MONDAY

## Body & Fit Fact

You finished your first week!  
How did it go?

Hopefully, it went really well,  
and you'll be starting Week 2  
highly motivated.

Try to adjust not only your  
diet, but also your level of  
physical activity during this  
weight-loss plan.

## Week 2

### Breakfast

 1 Smart Protein Shake

### Snack

Tomato salad

### Lunch

 1 Smart Protein Shake

### Snack

 1 Smart Bar

### Dinner

 Tuna & mushroom pancake

### Snack

 1 Smart Protein Shake

## Tomato salad

### Ingredients

4 tomatoes (different types for a little variety)  
pepper to taste

### Preparation

Rinse the tomatoes and cut into small pieces. Add pepper to taste. Add a dash of balsamic vinegar.

## Tuna & mushroom pancake

### Ingredients

100 ml water	40 g Smart Protein Pancake Mix
½ egg	½ tin tuna
150 g mushrooms	

### Preparation

Beat the pancake mix in a bowl with the water and half an egg. Mix until smooth. Heat the olive oil in a frying pan and fry two pancakes using the batter. Brush the mushrooms clean, and chop into small pieces. Sauté on a high heat for 3 to 4 minutes. Add the tuna and mix well. Spread the mix on the pancake.





# TUESDAY

WEEK 2

## Body & Fit Tip

If you're still hungry every now and then, eat extra vegetables.

They're jam-packed with fibre, vitamins and minerals, but contain very few calories.

You can snack on vegetables without feeling guilty!

## Week 2

### Breakfast

 1 Smart Protein Shake

### Snack

Fruit salad

### Lunch

 1 Smart Protein Shake

### Snack

 1 Smart Bar

### Dinner

 Stuffed vegetable pancake

### Snack

 1 Smart Protein Shake

## Fruit salad

### Ingredients

2 slices melon

## Stuffed vegetable pancake

### Ingredients

100 ml water

40 g Smart Protein Pancake Mix

½ egg

1 onion

150 g peas

30 g cottage cheese

### Preparation

Beat the pancake mix in a bowl with the water and half an egg. Mix until smooth. Heat the olive oil in a frying pan and fry two pancakes using the batter. Rinse the mangetouts and chop off the tips. Peel the onion and chop into small pieces. Sauté the onion and mangetouts on a high heat for 3 to 4 minutes until *al dente*. Add the peas and continue cooking until hot.

Remove from the heat. Add the cottage cheese and stir well. Spread the mix on the pancake.





# WEDNESDAY

## Body & Fit Tip

If you're missing your sauces or other flavourings on this weight-loss plan, try using fresh herbs. They add a tasty twist to every meal.

Alternatively, you could try some of the products in our Walden Farms product range. These include salad dressings, veggie/crisp dips, mayonnaise, jam and pasta sauces. All low-calorie!

## Week 2

### Breakfast

 1 Smart Protein Shake

### Snack

Carrots and radishes

### Lunch

 1 Smart Protein Shake

### Snack

 1 Smart Bar

### Dinner

 Broccoli pancake

### Snack

 1 Smart Protein Shake

## Carrots & radishes

### Ingredients

- ✓ 6 carrots
- ✓ 6 radishes

## Broccoli pancake

### Ingredients

- ✓ 100 ml water
- ✓ 150 g broccoli
- ✓ 40 g Smart Protein Pancake Mix
- ✓ ½ egg

### Preparation

Beat the pancake mix in a bowl with the water and half an egg. Mix until smooth. Heat the olive oil in a frying pan and fry two pancakes using the batter. Rinse the broccoli and chop into small florets. Boil the broccoli for 20 minutes until cooked. Serve the broccoli with the pancake.

WEEK 2





# THURSDAY

## Body & Fit Tip

Vegetables lose between 20 and 50% of their vitamins while being boiled. That's why it's important not to boil vegetables any longer than necessary.

Alternative methods include steaming, grilling or blanching. When these methods are used, vegetables retain a lot more of their vitamins.

## Week 2

### Breakfast

 1 Smart Protein Shake

### Snack

Try snacking on vegetables, for example, tomatoes, peppers, cucumber and/or carrots.

### Lunch

 1 Smart Protein Shake

### Snack

 1 Smart Bar

### Dinner

 Banana pancake

### Snack

 1 Smart Protein Shake

## Banana pancake

### Ingredients

- ✓ 40 g Smart Protein Pancake Mix
- ✓ 100 ml water
- ✓ ½ egg
- ✓ 1 banana
- ✓ 2 slices ham

### Preparation

Beat the pancake mix in a bowl with the water and half an egg. Mix until smooth. Heat the olive oil in a frying pan and fry two pancakes using the batter. Peel the banana and cut into thin slices. Fry the banana until brown on both sides. Chop the ham into small pieces and mix in with the banana in the pan. Once the ham is cooked, spread on the pancake.



**WEEK 2**



# FRIDAY

## Body & Fit Fact

If you like pasta and you've been missing it during this weight-loss plan, give Smart Pasta a try!

Smart Pasta is made from a vegetable fibre, called glucomannan, from the konjac plant. It's super low in calories, carbohydrates and fat.

## Week 2

### Breakfast

 1 Smart Protein Shake

### Snack

2 slices melon

### Lunch

 1 Smart Protein Shake

### Snack

 1 Smart Bar

### Dinner

Salmon & spinach

### Snack

 1 Smart Protein Shake

## Salmon & spinach

### Ingredients

- ✓ 1 salmon fillet
- ✓ 350 g raw spinach
- ✓ 1 tablespoon pine nuts
- ✓ pepper
- ✓ salt

### Preparation

Season the salmon with salt and pepper to taste. Sauté the salmon on a low heat for about 10 to 15 minutes until cooked. Rinse the spinach, but do not allow it to drain. Instead, put it straight into a saucepan without adding any water and boil until soft. Sauté the pine nuts in a frying pan without butter until light brown. Add these to the spinach. Serve the spinach with the salmon.



**WEEK 2**





# SATURDAY

## Body & Fit Fact

Celebrate your progress!

Treat yourself to a night out at the cinema, a magazine or a good book.

This helps make losing weight a little bit more fun and helps you stay motivated.

## Week 2

### Breakfast

 1 Smart Protein Shake

### Snack

2 kiwis  
20 g walnuts

### Lunch

 1 Smart Protein Shake

### Snack

 1 Smart Bar

### Dinner

Beef stew & vegetables

### Snack

 1 Smart Protein Shake

## Beef & vegetables

### Ingredients

- ✓ 125 g beef
- ✓ 2 tomatoes
- ✓ 2 onions
- ✓ 1 leek
- ✓ 1 tablespoon soy sauce
- ✓ 1 tablespoon tomato ketchup
- ✓ 1 clove garlic
- ✓ 1000 ml water

### Preparation

Peel the tomatoes and cut into small pieces. Chop and wash the leek. Peel the onion and chop into pieces. Chop the garlic clove into small pieces. Season the meat with salt and pepper and sauté in a tablespoon of butter until brown on both sides. Add all the ingredients and the water. Simmer for about 3 hours, adding water every so often, if necessary.



WEEK 2





# SUNDAY

## Body & Fit Tip

Blackberries contain a lot of fibre. Fibre is important for our bodies because it helps with our digestion and regular bowel movements.

If you're having any digestion problems, try adding some extra fibre to your shakes. Options include Ultra Fine Oats, oatmeal, linseed or chia seed. And of course, make sure you keep drinking enough water.

## Week 2

### Breakfast

 1 Smart Protein Shake

### Snack

250 g low-fat yoghurt  
150 g blackberries

### Lunch

 1 Smart Protein Shake

### Snack

Try snacking on vegetables, for example, tomatoes, peppers, cucumber and/or carrots.

### Dinner

Plaice & carrots

### Snack

 1 Smart Protein Shake

## Plaice & carrots

### Ingredients

- ✓ 1 large plaice fillet
- ✓ 200 g carrots
- ✓ ½ lemon

### Preparation

Rinse and peel the carrots. Boil the carrots for 15 minutes until *al dente*. Sauté the plaice in olive oil and finish with a drizzle of lemon juice.



WEEK 2





# Phase 1

**WEEK 3**







# MONDAY

## Body & Fit Fact

Mushrooms contain a lot of protein and fibre, as well as vitamins and minerals.

Keep mushrooms away from strongly flavoured vegetables, as they absorb their aroma. And keep them away from fruit, too, because this makes them age more quickly.

## Week 3

### Breakfast

 1 Smart Protein Shake

### Snack

Try snacking on vegetables, for example, tomatoes, peppers, cucumber and/or carrots.

### Lunch

 1 Smart Protein Shake

### Snack

 1 Smart Bar

### Dinner

 Mushroom pancake

### Snack

 1 Smart Protein Shake

## Mushroom pancake

### Ingredients

- ✓ 40 g Smart Protein Pancake Mix
- ✓ 100 ml water
- ✓ ½ egg
- ✓ 150 g mushrooms
- ✓ 1 onion
- ✓ 1 tablespoon low-fat crème fraiche
- ✓ 1 tablespoon olive oil

### Preparation

Beat the pancake mix in a bowl with the water and half an egg. Mix until smooth. Heat the olive oil in a frying pan and fry two pancakes using the batter. Peel the onion and chop into small pieces. Sauté the onion in the frying pan with olive oil. Brush the mushrooms clean, and sauté on medium heat for 4 minutes. Mix the crème fraiche in with the vegetables. Spread the veggie mix on the pancake.



**WEEK 3**



# TUESDAY

## Body & Fit Fact

Cinnamon is a wonderful flavouring that you can add to your menu without feeling at all guilty.

Delicious with sweet pancakes!

You can buy cinnamon in stick or powder form.

## Week 3

### Breakfast

 1 Smart Protein Shake

### Snack

Green salad

### Lunch

 1 Smart Protein Shake

### Snack

 1 Smart Bar

### Dinner

 Sweet pancake

### Snack

 1 Smart Protein Shake

## Green salad

### Ingredients

- ✓ 50 g lettuce
- ✓ 1/4 cucumber
- ✓ 2 teaspoons green pesto
- ✓ 1 green pepper
- ✓ 5 green olives.

### Preparation

Rinse the lettuce and chop or shred into small pieces. Remove the seeds from the pepper and chop into small pieces. Chop the cucumber into small pieces, too. Mix everything together and add olive oil and pesto.

## Sweet pancake

### Ingredients

- ✓ 40 g Smart Protein Pancake Mix
- ✓ 2 apples
- ✓ 100 ml water
- ✓ 2 tablespoons raisins
- ✓ 1/2 egg
- ✓ cinnamon to taste

### Preparation

Beat the pancake mix in a bowl with the water and half an egg. Mix until smooth. Heat the olive oil in a frying pan and fry two pancakes using the batter. Peel the apples and cut into thin slices. Heat the apple slices in a frying pan with a splash of olive oil. Add the raisins and continue cooking until hot. Spread the mix on the pancake. Add cinnamon to taste.





# WEDNESDAY

## Body & Fit Fact

Fruit and vegetables contain far fewer nutrients and minerals than they used to. This is the result of impoverished agricultural land, premature harvesting or intensive cultivation techniques.

Smart Multi vitamins are a great supplement to your diet, ensuring you get enough vitamins and minerals and all the help you need.

## Week 3

### Breakfast

 1 Smart Protein Shake

### Snack

Try snacking on vegetables, for example, tomatoes, peppers, cucumber and/or carrots.

### Lunch

 1 Smart Protein Shake

### Snack

 1 Smart Bar

### Dinner

 Ham & cheese pancake

### Snack

 1 Smart Protein Shake

## Ham & cheese pancake

### Ingredients

- ✓ 1 scoop Smart Protein Pancake Mix
- ✓ 100 ml water
- ✓ ½ egg
- ✓ 1 slice ham
- ✓ 1 slice 30% reduced-fat cheese
- ✓ 2 onions
- ✓ 1 red pepper
- ✓ 2 tomatoes

### Preparation

Beat the pancake mix in a bowl with the water and half an egg. Mix until smooth. Heat the olive oil in a frying pan and fry two pancakes using the batter. Peel the onion and chop into small pieces. Sauté the onion in the frying pan with olive oil. Rinse the rest of the vegetables and cut the tomatoes into small pieces. Remove the seeds from the pepper and chop into small pieces. Add the other vegetables to the onions and sauté on a high heat for a few minutes. Add the ham and cheese and continue frying until hot. Spread the mix on the pancake.



WEEK 3





# THURSDAY

## Body & Fit Tip

Use fresh herbs to add a delicious taste and aroma to every meal. You can buy them dried or even grow them yourself.

Using fresh herbs means you could cut back on or stop using salt altogether. The average person consumes far too much salt because it's added to many ready-made meals and processed foods.

Try to limit your salt intake!

## Week 3

### Breakfast

 1 Smart Protein Shake

### Snack

Try snacking on vegetables, for example, tomatoes, peppers, cucumber and/or carrots.

### Lunch

 1 Smart Protein Shake

### Snack

 1 Smart Bar

### Dinner

 Vegetable pancake

### Snack

 1 Smart Protein Shake

## Red salad

### Ingredients

- ✓ 2 tomatoes
- ✓ 1 teaspoon chives
- ✓ pepper to taste
- ✓ 1 pepper
- ✓ 1 teaspoon olive oil

### Preparation

Rinse the tomatoes and peppers. Remove the seeds from the pepper and chop into small pieces. Cut the tomato into small pieces, too. Add chives, olive oil and pepper to taste.

## Vegetable pancake

### Ingredients

- ✓ 40 g Smart Protein Pancake Mix
- ✓ 100 ml water
- ✓ 150 g leek
- ✓ ½ egg
- ✓ 1 onion
- ✓ 1 handful walnuts

### Preparation

Beat the pancake mix in a bowl with the water and half an egg. Mix until smooth. Heat the olive oil in a frying pan and fry two pancakes using the batter. Peel the onion and chop into small pieces. Chop the leek into small pieces and rinse well. Sauté everything in a frying pan with a splash of olive oil and add the walnuts at the end. Spread the mix on the pancake.



**WEEK 3**



# FRIDAY

## Body & Fit Tip

Be careful about what you drink. Soft drinks often contain a lot of hidden calories.

Ideally, you should drink only water, tea or occasionally coffee.

You can add a flavour to your water or tea using a little lemon juice, mint or Natural Flavouring.

## Week 3

### Breakfast

 1 Smart Protein Shake

### Snack

100 g strawberries  
20 g walnuts

### Lunch

 1 Smart Protein Shake

### Snack

 1 Smart Bar

### Dinner

Salmon salad

### Snack

 1 Smart Protein Shake

## Salmon salad

### Ingredients

- ✓ 1 salmon fillet
- ✓ 75 g lettuce
- ✓ 1 hard-boiled egg
- ✓ 2 tomatoes
- ✓ 1 red onion

### For the sauce

- ✓ 1 tablespoon low-fat yoghurt
- ✓ 1 tablespoon ketchup
- ✓ 1 teaspoon lemon juice
- ✓ salt & pepper

### Preparation

Sauté the salmon slowly with olive oil in a frying pan on a low heat until cooked. Add salt and pepper to taste. Peel the boiled egg and chop into small pieces. Rinse the lettuce and chop into small pieces. Put everything into a large bowl. Peel the onion and chop into small pieces. Rinse the tomato and cut into small pieces. Mix everything together. Mix all the ingredients for the sauce and pour over the vegetables. Make a bed of the vegetables and place the salmon on top.



WEEK 3







# SATURDAY

## Body & Fit Tip

Walnuts are a particularly healthy nut and packed with essential nutrients, such as proteins, vitamins and minerals.

## Week 3

### Breakfast

 1 Smart Protein Shake

### Snack

2 tangerines  
20 g walnuts

### Lunch

 1 Smart Protein Shake

### Snack

 1 Smart Bar

### Dinner

Stuffed chicken

### Snack

 1 Smart Protein Shake

## Stuffed chicken

### Ingredients

125 g chicken breast	
150 g raw spinach	
1/4 piece of mozzarella	2 1/2 tomatoes
1/2 tomato	1/2 cucumber
1 teaspoon honey	1 red onion
75 g lettuce	1 teaspoon olive oil

### Preparation

Preheat the oven to 200 °C. Cut the chicken breast down the middle so that you can stuff it. Rinse the spinach and boil briefly. Cut the mozzarella into thin slices and cut the half tomato into small pieces. Stuff the chicken breast with mozzarella and tomato and use a skewer to reseal. Coat the top side of the fillet in honey and add herbs to taste.

Bake in the oven for 15 to 20 minutes until done.

Rinse the lettuce. Rinse the vegetables and chop into small pieces. Mix everything together and add the olive oil.





# SUNDAY

WEEK 3

## Body & Fit Tip

A good night's sleep is always important, but especially when you're following a diet. If you don't get enough sleep, you'll not only be tired; you'll also have less willpower and be less able to say no to temptation. So, make sure you always get enough sleep!

## Week 3

### Breakfast

 1 Smart Protein Shake

### Snack

Try snacking on vegetables, for example, tomatoes, peppers, cucumber and/or carrots.

### Lunch

 1 Smart Protein Shake

### Snack

200 g low-fat fromage frais  
1 piece of fruit of your choice

### Dinner

Pork tenderloin & vegetables

### Snack

 1 Smart Protein Shake

## Pork tenderloin & vegetables

### Ingredients

125 g pork tenderloin  
200 g green beans

### Preparation

Remove the green beans' stalks and rinse them well. Boil the beans for about 15 minutes until *al dente*. Sauté the pork tenderloin slowly in olive oil until ready. Add herbs to taste.





# Phase 1

**WEEK 4**









# MONDAY

## Body & Fit Fact

Week 4 ... this is the last week of Phase 1!

All the best for your last week. Enjoy your meals and keep physically active!

## Week 4

### Breakfast

- 200 g low-fat fromage frais
- 1 piece of fruit of your choice

### Snack

Stir-fried vegetables

### Lunch

-  1 Smart Protein Shake

### Snack

-  1 Smart Bar

### Dinner

-  Vegetable pancake

### Snack

-  1 Smart Protein Shake

## Stir-fried vegetables

### Ingredients

- ✓ 1 pepper
- ✓ 3 tomatoes

### Preparation

Rinse all the tomatoes and cut into small chunks. Rinse the peppers, remove the seeds and chop into small chunks. Stir-fry everything on a high heat for about 3 to 5 minutes until *al dente*. Add herbs to taste.

## Fruit pancake

### Ingredients

- ✓ 40 g Smart Protein Pancake Mix
- ✓ 100 ml water
- ✓ 100 g strawberries
- ✓ 100 g raspberries
- ✓ 1/2 egg
- ✓ 100 g blackcurrants
- ✓ 1 teaspoon powdered sugar

### Preparation

Beat the pancake mix in a bowl with the water and half an egg. Mix until smooth. Heat the olive oil in a frying pan and fry two pancakes using the batter. Rinse the fruit and spread on the pancake. Add a little powdered sugar for a sweeter taste, if needed.





# TUESDAY

## Body & Fit Tip

Peppers are a great vegetable for eating raw. Red peppers are sweeter than green or yellow peppers and contain twice as much vitamin C. They're also packed with fibre and important nutrients and contain very few calories.

If you don't like raw peppers, try them in a yoghurt-based sauce or try one of our Walden Farms products.

## Week 4

### Breakfast

 1 Smart Protein Shake

### Snack

Try snacking on vegetables, for example, tomatoes, peppers, cucumber and/or carrots.

### Lunch

 1 Smart Protein Shake

### Snack

 1 Smart Bar

### Dinner

 French crêpe

### Snack

 1 Smart Protein Shake

## French crêpe

### Ingredients

- ✓ 40 g Smart Protein Pancake Mix
- ✓ 100 ml water
- ✓ ½ egg
- ✓ 4 onions
- ✓ 1 tomato
- ✓ salt & pepper to taste

### Preparation

Beat the pancake mix in a bowl with the water and half an egg. Mix until smooth. Heat the olive oil in a frying pan and fry two pancakes using the batter. Peel the onions and slice into rings. Rinse the tomato and cut into small pieces. Sauté everything slowly in a tablespoon of melted butter. Add salt and pepper to taste. Spread the vegetables on the pancake.







# WEDNESDAY

## Body & Fit Tip

You can prepare eggs in many ways and use them in all sorts of recipes.

Not just in salads, but also in hot meals, for example, with spinach, on bread, or as an omelette, scrambled or fried.

## Week 4

### Breakfast

-  1 Smart Protein Shake

### Snack

Egg & lettuce

### Lunch

-  1 Smart Protein Shake

### Snack

-  1 Smart Bar

### Dinner

-  Pancake Royale

### Snack

-  1 Smart Protein Shake

## Egg & lettuce

### Ingredients

- ✓ 1 hard-boiled egg
- ✓ 1 teaspoon salad dressing
- ✓ 75 g lettuce
- ✓ salt to taste
- ✓ 2 tomatoes
- ✓ 1 teaspoon chives

### Preparation

Rinse the lettuce and tomatoes. Cut the tomatoes into small pieces and shred the lettuce. Peel the egg and chop into small pieces. Mix everything together. Season with salt and chives and add salad dressing.

## Carrot pancake

### Ingredients

- ✓ 40 g Smart Protein Pancake Mix
- ✓ 100 ml water
- ✓ ½ egg
- ✓ 200 g carrots

### Preparation

Beat the pancake mix in a bowl with the water and half an egg. Mix until smooth. Heat the olive oil in a frying pan and fry two pancakes using the batter. Rinse the carrots and chop into small pieces. Boil the carrots for 20 minutes until *al dente*. Serve all together.



WEEK 4



# THURSDAY

## Body & Fit Fact

Tomatoes are available all year round, making them one of the most frequently eaten vegetables (even though, technically, they're a fruit!).

It's best to store them in a cool place, but not in the fridge, as this affects their ripening.

## Week 4

### Breakfast

 1 Smart Protein Shake

### Snack

Try snacking on vegetables, for example, tomatoes, peppers, cucumber and/or carrots.

### Lunch

 1 Smart Protein Shake

### Snack

 1 Smart Bar

### Dinner

 Tomato pancake

### Snack

 1 Smart Protein Shake

## Tomato pancake

### Ingredients

- ✓ 40 g Smart Protein Pancake Mix
- ✓ 100 ml water
- ✓ ½ egg
- ✓ 6 tomatoes
- ✓ 1 teaspoon parsley
- ✓ 1 spring onion
- ✓ pepper to taste

### Preparation

Beat the pancake mix in a bowl with the water and half an egg. Mix until smooth. Heat the olive oil in a frying pan and fry two pancakes using the batter. Rinse the tomatoes and cut into small pieces. Chop the spring onion into small pieces. Sauté the tomatoes and spring onions on a high heat for about 3 minutes. Season to taste with pepper and parsley. Spread the tomato mix on the pancake.



WEEK 4







# FRIDAY

## Body & Fit Tip

If you're going out, drink an extra shake or eat some veggies. This will help you eat and drink less while out.

A few tips:

- Order two starters instead of a starter and a main course.
- Ask for extra vegetables and avoid potatoes, pasta and sauces as far as possible.
- Request that sauces be served separately.
- Skip bread beforehand.
- Wine? Alternate this with a glass of water.

## Week 4

### Breakfast

 1 Smart Protein Shake

### Snack

1 peach  
30 g mixed nuts

### Lunch

 1 Smart Protein Shake

### Snack

 1 Smart Bar

### Dinner

Meatball & gravy

### Snack

 1 Smart Protein Shake

## Meatball & gravy

### Ingredients

125 g seasoned minced beef  
1 onion  
200 g cauliflower  
1 tablespoon tomato ketchup  
nutmeg

### Preparation

Roll the minced beef into a meatball. Sauté the meatball in melted butter in a casserole pot on a high heat until brown all around. Add water. Peel the onion and slice into rings. Mix this in with the meatball. Add ketchup to taste. Simmer on a low heat for another 20 minutes. Rinse the cauliflower and boil for 20 minutes until cooked. Add the nutmeg. Serve the meatball in its gravy.





# SATURDAY

WEEK 4

## Body & Fit Tip

Prawns are crustaceans and come in all shapes and sizes. Some are more often referred to as 'shrimp' and are even used to make Asian-style crackers. You can buy shrimps or prawns fresh or frozen. Make sure you eat fresh prawns within one day – before they go off.

If you don't like prawns, try a white fish, or even tuna.

## Week 4

### Breakfast

 1 Smart Protein Shake

### Snack

1 peach  
30 g mixed nuts

### Lunch

 1 Smart Protein Shake

### Snack

 1 Smart Bar

### Dinner

Garlic prawns

### Snack

250 g low-fat yoghurt

## Garlic prawns

### Ingredients

6 large raw unpeeled prawns  
3 cloves garlic  
1 lemon slice  
200 g carrots  
50 g mangetouts

### Preparation

Rinse the vegetables, cut off the tips of the mangetouts and chop the carrots into small pieces. Stir-fry these in olive oil for about 6 minutes. Clean the prawns. Crush the garlic and chop into small pieces so that it releases its flavour while cooking. Sauté the garlic in 3 tablespoons of olive oil. Raise the heat and then add the prawns. Sauté on both sides for about 4 minutes until they change colour. Serve with a slice of lemon and the vegetables.

# SUNDAY

## Body & Fit Tip

Congratulations! You've finished Phase 1! Are you happy with the results? If so, share your success with us on Facebook or Instagram.

Coming up next ... the *Keep it off!* phase.

## Week 4

### Breakfast

 1 Smart Protein Shake

### Snack

Try snacking on vegetables, for example, tomatoes, peppers, cucumber and/or carrots.

### Lunch

250 g low-fat yoghurt  
1 peach

### Snack

 1 Smart Protein Shake

### Dinner

 Farmhouse omelette

### Snack

 1 Smart Protein Shake

## Farmhouse omelette

### Ingredients

- ✓ 100 g seasoned minced beef
- ✓ 2 eggs
- ✓ 2 teaspoons chive
- ✓ 2 onions
- ✓ 2 tomatoes
- ✓ 100 g mushrooms
- ✓ 2 tablespoons olive oil
- ✓ salt & pepper to taste

### Preparation

Cut the tomatoes into small pieces. Clean the mushrooms and chop into small pieces. Peel the onion and chop into small pieces. Beat the eggs. Add the salt. Sauté the minced meat in olive oil. Add the vegetables and stir-fry for 2 minutes on a high heat. Add the egg mix and reduce the heat. Allow the eggs to solidify. Garnish with chives and pepper.



WEEK 4





# SHOPPING LIST FOR WEEK 1

---

## **Fruit**

1 apple  
200 g grapes  
200 g raspberries  
30 g olives  
1 piece of fruit of your choice

## **Vegetables**

2 heads of celery  
150 g mushrooms  
50 g Chinese cabbage  
1 courgette  
1/4 cucumber  
50 g red cabbage  
2 red peppers  
2 yellow peppers  
1 leek  
50 g rocket  
120 g lettuce  
400 g snack veggies  
150 g spinach  
4 tomatoes  
7 onions  
3 carrots

## **Dairy**

330 g low-fat yoghurt  
60 g low-fat crème fraîche  
200 g low-fat fromage frais

## **Nuts**

50 g walnuts

## **Meat**

100 g chicken breast  
100 g seasoned minced beef

## **Fish**

1 tin tuna

## **Eggs**

2 eggs

## **Basics**

vinegar  
balsamic vinegar  
fresh basil  
chives  
stock cubes  
olive oil  
pepper  
tomato purée  
salt



# SHOPPING LIST FOR WEEK 2

---

## **Fruit**

1 banana  
150 g blackberries  
½ lemon  
2 kiwis  
1 melon

## **Vegetables**

150 g broccoli  
150 g mushrooms  
150 g peas  
6 tomatoes [a variety of red,  
yellow and orange]  
1 leek  
6 radishes  
400 g snack veggies  
350 g spinach  
3 onions  
400 g carrots

## **Dairy**

30 g cottage cheese  
250 g low-fat yoghurt

## **Nuts**

20 g pine nuts  
20 g walnuts

## **Meat**

125 g beef  
40 g ham

## **Fish**

½ tin tuna  
1 plaice fillet  
1 salmon fillet

## **Eggs**

2 eggs

## **Basics**

soy sauce  
garlic  
olive oil  
pepper  
tomato ketchup  
salt



# SHOPPING LIST FOR WEEK 3

---

## **Fruit**

100 g strawberries  
2 apples  
2 tangerines  
20 g olives  
1 piece of fruit of your choice

## **Vegetables**

150 g mushrooms  
 $\frac{3}{4}$  cucumber  
9 tomatoes  
1 green pepper  
2 red peppers  
150 g leek  
200 g lettuce  
800 g snack veggies  
200 g green beans  
150 g spinach  
4 onions  
2 red onions

## **Dairy**

20 g low-fat crème fraîche  
20 g 30% reduced-fat cheese [1 slice]  
 $\frac{1}{4}$  piece of mozzarella  
20 g low-fat yoghurt  
200 g low-fat fromage frais

## **Nuts**

70 g walnuts

## **Meat**

20 g ham  
125 g chicken breast  
125 g pork tenderloin

## **Fish**

1 salmon fillet

## **Eggs**

3 eggs

## **Basics**

chives  
lemon juice  
honey  
olive oil  
pepper  
green pesto  
raisins  
tomato ketchup  
salt  
cinnamon



# SHOPPING LIST FOR WEEK 4

---

## **Fruit**

100 g strawberries  
1 lemon slice  
100 g raspberries  
3 peaches  
100 g blackcurrants  
1 piece of fruit of your choice

## **Vegetables**

200 g cauliflower  
1 spring onion  
100 g mushrooms  
1 pepper  
50 g mangetouts  
75 g lettuce  
600 g snack veggies  
14 tomatoes  
7 onions  
400 g carrots

## **Dairy**

500 g low-fat yoghurt  
200 g low-fat fromage frais

## **Nuts**

60 g mixed nuts

## **Meat**

225 g seasoned minced beef

## **Fish**

6 unpeeled prawns

## **Eggs**

5 eggs

## **Basics**

chives  
garlic  
nutmeg  
olive oil  
pepper  
parsley  
salad dressing  
tomato ketchup  
salt  
powdered sugar



# END OF PHASE 1

---

## Congratulations, you did it!

Happy with the results? If so, share your success on Facebook, Twitter or Instagram.

### **Phase 2 – Keep it off!**

After the *Lose it!* phase, it's time for the *Keep it off!* phase. During this phase, you'll continue building on your results and start preparing yourself for the final phase – *Find your balance!*

Your diet will consist of shakes, bars, snacks and light evening meals.

**Start Phase 2 now! Read all about it on the following pages. Don't forget ... you can order all the products you'll need for Phase 2 at [www.bodyandfit.com](http://www.bodyandfit.com).**

**Good luck!**











A SLIMMER  
YOU  
*Phase 2*

**BODY&FIT**<sup>®</sup>





## *Healthy & effective!*

Step by step, this phase will help keep you focused on your goal. You'll get through the next few weeks armed with useful facts and tips.

The light evening meals we'll be introducing in this phase will be on the menu each night of the week. We'll also be slipping in a fixed lunchtime meal at the weekends. Another change is a dairy product in the evenings instead of a shake. This means that your calorie intake in this phase will increase slightly when compared to Phase 1. A hot evening meal is generally the main meal of the day, which is why it's particularly important to make healthy choices.

### **Cheat day\* – once a week!**

This plan contains a fully detailed menu. The idea is that you follow this menu, but sometimes you might prefer something different. For example, you can opt for a

cheat day once a week – a day when you eat whatever you want for one or two meals. This works well if you're dining out or going to a party.

### **Keeping it simple**

This package includes protein shakes [Smart Protein], protein bars [Smart Bars] and protein pancakes [Smart Protein Pancake Mix] – everything you need each day for four whole weeks.

### **Shopping**

We've even put together a weekly shopping list for you including everything you need. You'll find shopping lists for Weeks 1, 2, 3 and 4 from page 150 onwards. This will save you a lot of time and effort so that you can get started as soon as you've done the shopping!

\*This isn't mandatory but can help you stay motivated.



## What do I need in Phase 2?

Order before 10 p.m., delivered the next day!



### 1 × Smart Protein [71 shakes]

Smart Protein forms the basis of the *A Slimmer You!* weight-loss plan. In Phase 2, you'll be drinking a shake for breakfast, lunch and as an evening snack. They're nutritious and delicious!



[You won't be using these products in Phase 3, but they're great for adding a little variety.]

### 1 × Smart Protein [variety box]

If you're not sure which flavour to choose, order our Smart Protein variety box and try all ten flavours. This is definitely the best way to find out which flavour is your favourite.



### 1 × Smart Protein Pancake Mix

Our Smart Protein Pancakes are rich in protein and form a great basis for a hot meal. Delicious with vegetables or other ingredients.



### 2 × Smart Bars

Smart Bars are packed with protein and are the tastiest snack for between meals. Proteins strengthen and repair your muscles, as well as helping with their recovery.

**You can order any of these products individually, but we've also put together discounted packages!**

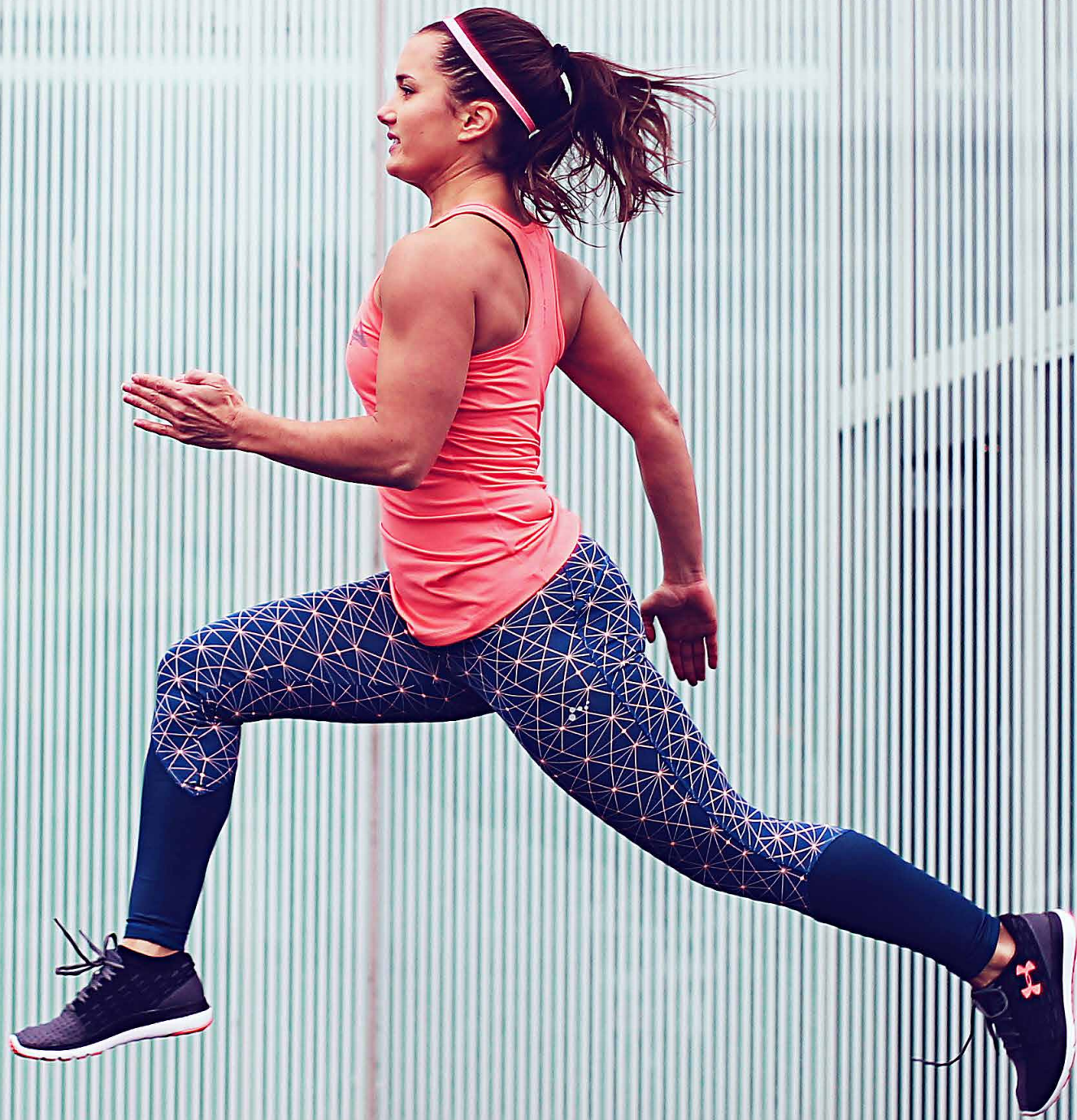




# Phase 2

**WEEK 1**





# MONDAY

## Body & Fit Tip

This is the start of Phase 2! We wish you all the best for the next four weeks.

It's hard work, but the reward at the end of the line will make it all more than worthwhile.

You'll find a shopping list at the back of this weight-loss plan to make doing your shopping a little bit easier.

## Week 1

### Breakfast

 1 Smart Protein Shake

### Snack

Peppers & dip

### Lunch

 1 Smart Protein Shake

### Snack

 1 Smart Bar

### Dinner

 Vegetable pancake

### Snack

 1 Smart Protein Shake

## Peppers & dip

### Ingredients

- ✓ ½ red pepper
- ✓ ½ yellow pepper
- ✓ ½ tbsp. salad dressing
- ✓ ½ tablespoon low-fat fromage frais
- ✓ 1 teaspoon soy sauce
- ✓ parsley to taste
- ✓ salt & pepper to taste

### Preparation

Rinse the peppers and cut into long strips. Mix the salad dressing, yoghurt and soy sauce. Season to taste with salt, pepper and parsley.

## Vegetable pancake

### Ingredients

- ✓ 1 tomato
- ✓ ½ red pepper
- ✓ ½ yellow pepper
- ✓ 40 g Smart Protein Pancake Mix
- ✓ 100 ml water
- ✓ 2 onions
- ✓ ½ egg

### Preparation

Beat the pancake mix in a bowl with the water and half an egg. Mix until smooth. Heat the olive oil in a frying pan and fry two pancakes using the batter. Peel the onion and chop into small pieces. Cut the tomato and pepper into small pieces, too. Sauté everything in a tablespoon of olive oil. Spread the vegetables on the pancake.



WEEK 1



# TUESDAY

## Body & Fit Tip

Today, your evening meal consists of a fruit pancake.

Don't forget about the rest of your nutrition and make sure you eat enough vegetables during the day, as they provide you with the fibre, vitamins and minerals you need. What's more, they contain very few calories.

## Week 1

### Breakfast

 1 Smart Protein Shake

### Snack

Try snacking on vegetables, for example, tomatoes, peppers, cucumber and/or carrots.

### Lunch

 1 Smart Protein Shake

### Snack

 1 Smart Bar

### Dinner

 Red fruit pancake

### Snack

 1 Smart Protein Shake

## Red fruit pancake

### Ingredients

- ✓ 40 g Smart Protein Pancake Mix
- ✓ 100 ml water
- ✓ ½ egg
- ✓ 100 g strawberries
- ✓ 50 g raspberries
- ✓ 1 teaspoon powdered sugar
- ✓ 1 tablespoon flaked almonds

### Preparation

Beat the pancake mix in a bowl with the water and half an egg. Mix until smooth. Heat the olive oil in a frying pan and fry two pancakes using the batter. Rinse the fruit and spread on the pancakes. Add the flaked almonds and powdered sugar to taste.



WEEK 1





# WEDNESDAY

## Body & Fit Tip

Be careful when buying spinach because frozen spinach is often 'spinach à la crème'. This contains a lot of extra calories.

Fresh spinach is available either washed or unwashed, so bear this in mind during preparation.

## Week 1

### Breakfast

 1 Smart Protein Shake

### Snack

Salad

### Lunch

 1 Smart Protein Shake

### Snack

 1 Smart Bar

### Dinner

 Spinach pancake

### Snack

 1 Smart Protein Shake

## Salad

### Ingredients

- ✓ 2 tomatoes
- ✓ 30 g mixed nuts
- ✓ 1 teaspoon vinegar
- ✓ 75 g lettuce
- ✓ 1 teaspoon olive oil

### Preparation

Rinse the lettuce and tomatoes. Cut the tomatoes into small pieces. Mix in with the lettuce. Add the olive oil and vinegar. Chop the nuts, if necessary, and sprinkle over the salad.

## Spinach pancake

### Ingredients

- ✓ 100 ml water
- ✓ 40 g Smart Protein Pancake Mix
- ✓ 300 g spinach
- ✓ 20 g cottage cheese
- ✓ 1 onion
- ✓ 1/2 egg

### Preparation

Beat the pancake mix in a bowl with the water and half an egg. Mix until smooth. Heat the olive oil in a frying pan and fry two pancakes using the batter. Rinse the spinach and drain well. Boil briefly in a shallow layer of water. Peel the onion and chop into small pieces. Sauté the onion in a little olive oil. Mix the spinach and cottage cheese in with the sautéed onion and spread over the pancakes.



WEEK 1





# THURSDAY

## Body & Fit Tip

Why not give our Natural Flavouring a try? Add it to water for a delicious taste to help you drink more fluids throughout the day. You can also add Natural Flavouring to coffee, tea, pastries, fromage frais and yoghurt.

One squeeze in a glass is all you need to make a refreshing drink with fewer than 2 kcal.

## Week 1

### Breakfast

 1 Smart Protein Shake

### Snack

1 apple  
30 g mixed nuts

### Lunch

 1 Smart Protein Shake

### Snack

 1 Smart Bar

### Dinner

 Mushroom pancake

### Snack

 1 Smart Protein Shake

## Mushroom pancake

### Ingredients

- ✓ 40 g Smart Protein Pancake Mix
- ✓ 100 ml water
- ✓ ½ egg
- ✓ 200 g mushrooms
- ✓ 1 onion
- ✓ 1 tablespoon low-fat crème fraiche

### Preparation

Beat the pancake mix in a bowl with the water and half an egg. Mix until smooth. Heat the olive oil in a frying pan and fry two pancakes using the batter. Brush the mushrooms clean, and chop into small pieces. Peel the onions and chop into small pieces. Sauté the onion and mushrooms in a tablespoon of olive oil. Mix the crème fraiche in with the vegetables. Spread the mix on the pancake.



WEEK 1







# FRIDAY


## Body & Fit Tip

If you're missing your sauces or other flavourings on this weight-loss plan, try using fresh herbs. They add a tasty twist to every meal.

Alternatively, you could try some of the products in our Walden Farms product range. These include zero-calorie salad dressings, veggie/crisp dips, mayonnaise, jam and pasta sauces.

## Week 1

### Breakfast

-  1 Smart Protein Shake
- 1 piece of fruit of your choice

### Snack

- 1 apple
- 30 g mixed nuts

### Lunch

- 1 slice of rye bread with butter, ham & 1 hard-boiled egg

### Snack

-  1 Smart Protein Shake

### Dinner

- Chicken & French beans

### Snack

- 150 g low-fat fromage frais

## Chicken & French beans

### Ingredients

- 150 g chicken breast
- 200 g French beans
- 1 teaspoon curry powder
- salt & pepper to taste

### Preparation

Chop the chicken breast into small pieces and season with salt, pepper and curry powder. Sauté these in butter or oil until cooked. Cut off the tips of the French beans. Chop the beans into small pieces and rinse well. Boil the beans in a shallow layer of water for 20 minutes until cooked.





# SATURDAY

WEEK 1

## Body & Fit Variation

Feel free to choose other fruit instead of strawberries or raspberries. Try blueberries for a tasty alternative. They're packed with fibre.

Alternatively, why not try blackberries? They're related to strawberries and are a summer fruit you'll often find on the roadside or in woods. Out of season, they're available frozen from most supermarkets.

## Week 1

### Breakfast

 1 Smart Protein Shake

### Snack

Fruit salad  
30 g mixed nuts

### Lunch

2 wholewheat rusks with butter & chicken breast

### Snack

 1 Smart Protein Shake

### Dinner

Grilled cod & mangetouts

### Snack

150 g low-fat fromage frais

## Fruit salad

### Ingredients

50 g strawberries  
100 g raspberries

### Preparation

Rinse the fruit and mix together. Add a little powdered sugar, if needed.

## Grilled cod & mangetouts

### Ingredients

1 cod fillet	1 tablespoon olive oil
150 g mangetouts	salt & pepper to taste
1 onion	

### Preparation

Sprinkle the cod with olive oil and salt and pepper to taste. Grill the fish for 10 to 15 minutes until cooked. Rinse the mangetouts and chop off the tips. Peel and slice the onion. Sauté everything for 5 to 8 minutes until *al dente*.

# SUNDAY

## Body & Fit Tip


You've almost reached the end of the first week. Be proud of yourself and what you've achieved!

Planning to do a little extra exercise today? Why not go for a walk?

Fact: walking for 30 minutes burns 130 kcal.

## Week 1

### Breakfast

-  1 Smart Protein Shake
- 1 piece of fruit of your choice

### Snack

- 2 tangerines
- 30 g mixed nuts

### Lunch

- 2 wholewheat rusks with butter, avocado & tomato

### Snack

-  1 Smart Bar

### Dinner

- Pork tenderloin & vegetables

### Snack

- 150 g low-fat fromage frais

## Pork tenderloin & vegetables

### Ingredients

- ✓ 1 onion
- ✓ 100 g pork tenderloin
- ✓ 1 yellow pepper
- ✓ 100 g mushrooms
- ✓ 100 ml tomato sauce
- ✓ 1 tablespoon tomato purée
- ✓ 30 g low-fat cream cheese
- ✓ chilli powder to taste
- ✓ salt & pepper to taste

### Preparation

Preheat the oven to 200 °C. Peel the onion and cut into strips. Rinse the peppers, remove the seeds and cut into small strips. Brush the mushrooms clean, and cut into slices. Season the pork tenderloin with salt and chilli powder.

Heat the oil in a frying pan, sauté the pork for about 1 minute on both sides on a high heat and then take them out of the pan. Sauté the onion, pepper and mushrooms in the juices from the tenderloin for about 3 minutes and then add the tomato sauce.

Add the cream cheese and tomato purée. Add salt and pepper to taste. Place half of the mix in a baking dish. Place the tenderloin on top and then add the rest of the mix. Bake in the oven for about 10 to 15 minutes.



WEEK 1





# Phase 2

**WEEK 2**









# MONDAY

## Body & Fit Tip

Cook steak the way you like it – rare, medium or well-done. Take this into account with your preparation time.

A variation on this theme is steak with peppers, onion, tomato and pieces of ham.

## Week 2

### Breakfast

 1 Smart Protein Shake

### Snack

2 tangerines

### Lunch

 1 Smart Protein Shake

### Snack

 1 Smart Bar

### Dinner

Spicy Cajun steak

### Snack

150 g low-fat fromage frais

## Spicy Cajun steak

### Ingredients

- ✓ 120 g steak
- ✓ 150 g green beans
- ✓ 1 yellow pepper
- ✓ 30 g sweetcorn
- ✓ 20 g cashew nuts
- ✓ 2 teaspoons Cajun spices

### Preparation

Cut the steak into strips and season with the spices. Shell the green beans and boil for 8 minutes until *al dente*. Heat 2 tablespoons of oil in a wok and sear the steak on both sides on a high heat. Add the pepper, sweetcorn and green beans and stir-fry for about 3 minutes on a high heat. To complete, add the cashew nuts.



WEEK 2



# TUESDAY

## Body & Fit Fact

Cloves are the closed buds of the clove tree. They have an aromatic taste that is both spicy and peppery and goes well with fruit, soups, curries or casseroles. Cloves release their flavour slowly, which means you have to boil or stew them for a long time. The longer you do, the more flavour they'll release. Use sparingly because it can be a quite overpowering taste.

## Week 2

### Breakfast

 1 Smart Protein Shake

### Snack

2 tangerines  
30 g mixed nuts

### Lunch

 1 Smart Protein Shake

### Snack

 1 Smart Bar

### Dinner

Beef sausage & red cabbage salad

### Snack

150 g low-fat fromage frais

## Beef sausage & red cabbage salad

### Ingredients

- ✓ 1 beef sausage
- ✓ 200 g red cabbage
- ✓ 1 apple
- ✓ 1 teaspoon cloves
- ✓ ½ tablespoon sugar

### Preparation

Fry the sausage in 1 tablespoon of melted butter. Sear the sausage all around and then add water. Simmer on a low heat for another 20 minutes.

Remove the white core from the red cabbage and chop the rest into thin strips. Rinse the cabbage. Put the cabbage in a large pan with plenty of water. Add the cloves. Boil for 20 minutes. Chop the apple into small pieces while waiting for the cabbage to boil. Strain the cabbage, add the apple and sugar and mix well.



WEEK 2





# WEDNESDAY

## Body & Fit Tip

Our Smart Protein Pancake Mix contains 185 kcal and 22 g of protein per serving [two pancakes].

Are you eating enough fruit and vegetables every day? Fruit and veg are packed with healthy vitamins, minerals and fibre. Try to mix things up with plenty of fruit and veggie snacks to consume as many different vitamins as you can!

## Week 2

### Breakfast

 1 Smart Protein Shake

### Snack

Try snacking on vegetables, for example, tomatoes, peppers, cucumber and/or carrots.

### Lunch

 1 Smart Protein Shake

### Snack

 1 Smart Bar

### Dinner

Chicken salad

### Snack

150 g low-fat fromage frais

## Chicken salad

### Ingredients

- ✓ 150 g chicken breast
- ✓ 100 g lettuce
- ✓ ½ mango
- ✓ 1 handful raisins
- ✓ 1 small handful cashew nuts
- ✓ 1 teaspoon curry powder
- ✓ 1 teaspoon lemon juice
- ✓ 1 tablespoon yoghurt dressing
- ✓ ½ stock cube

### Preparation

Boil the chicken in a large saucepan of water and half a stock cube for 15 minutes until cooked. Allow the chicken to cool and then shred it into small pieces. Cut the mango into small pieces. Put the chicken into a large bowl and add the raisins, cashew nuts and mango. Mix the curry powder, lemon juice and yoghurt dressing, and add salt and pepper to taste. Mix in with the other ingredients. To complete, add the salad.



WEEK 2





# THURSDAY

## Body & Fit Tip

Fish is an important part of a healthy diet. Most types of fish are lean, packed with proteins and totally delicious. Several types, such as salmon, also contain healthy fats, including EPA and DHA omega fatty acids.

If you don't like fish, consider supplementing your diet with omega capsules, such as our Marinol Omega3 product. This will ensure you get enough of these essential fatty acids.

## Week 2

### Breakfast

-  1 Smart Protein Shake
- 1 kiwi

### Snack

- ½ mango

### Lunch

-  1 Smart Protein Shake

### Snack

-  1 Smart Bar

### Dinner

Grilled tuna & stir-fried vegetables

### Snack

- 150 g low-fat fromage frais

## Grilled tuna & stir-fried vegetables

### Ingredients

- ✓ 1 tuna fillet
- ✓ 100 g broccoli
- ✓ 50 g carrots
- ✓ 1 yellow pepper
- ✓ 3 tablespoons oil
- ✓ salt & pepper to taste

### Preparation

Rinse the vegetables and chop into small pieces. Boil the carrots and broccoli for 4 minutes. Season the tuna with salt and pepper. Sear the tuna on both sides for about 4 minutes. Stir-fry the pepper in a wok for 2 minutes, add the carrots and broccoli and continue frying everything on a high heat for 3 to 4 minutes.



WEEK 2



# FRIDAY

## Body & Fit Tip

Never go shopping when you're hungry – this will help you avoid impulse buying.

Using a shopping list will also help prevent you from buying unnecessary items. What's more, it's a waste to have to throw away unused food.

## Week 2

### Breakfast

 1 Smart Protein Shake

### Snack

2 tangerines  
30 g mixed nuts

### Lunch

2 wholewheat rusks with butter,  
chicken breast & tomato

### Snack

 1 Smart Protein Shake

### Dinner

Stripped beef & rice

### Snack

200 ml low-fat yoghurt

## Stripped beef & rice

### Ingredients

- ✓ 125 g lean stripped beef
- ✓ 50 g carrots
- ✓ 50 g mushrooms
- ✓ 100 g green beans
- ✓ 1 tablespoon oil
- ✓ 1 tablespoon soy sauce
- ✓ 50 g brown rice

### Preparation

Cook the rice as instructed on the packaging. Rinse the vegetables. Shell the green beans and boil for 4 minutes. Chop the mushrooms and carrots into small pieces. Sauté the stripped beef in a wok on a high heat and add the soy sauce. Add all the vegetables and stir-fry for another 4 to 6 minutes.



WEEK 2





# SATURDAY

## Body & Fit Tip

You've almost finished your second week. How time flies. Keep up the good work and remember why you're doing this.

You'll be so proud of yourself at the end of it!

## Week 2

### Breakfast

- 1 Smart Protein Shake

### Snack

Chicory salad

### Lunch

2 wholewheat crackers with butter, ham & gherkins

### Snack

- 1 Smart Protein Shake

### Dinner

Macaroni

### Snack

200 g low-fat yoghurt

## Chicory salad

### Ingredients

- ✓ 100 g chicory
- ✓ 2 tablespoons lemon juice
- ✓ 1/2 green apple
- ✓ 1 handful walnuts
- ✓ 1 tbsp. yoghurt dressing
- ✓ 1 tablespoon basil

### Preparation

Tear off and rinse the chicory leaves. Remove the apple core and cut the apple into thin slices. Arrange the chicory and apple in a dish. Mix the lemon juice and dressing, and drizzle over the salad. Garnish with basil and walnuts.

## Macaroni

### Ingredients

- ✓ 125 g chicken breast
- ✓ 100 g mushrooms
- ✓ 50 g wholewheat macaroni
- ✓ 1 clove garlic
- ✓ 2 onions
- ✓ 2 pots tomato purée
- ✓ salt & pepper to taste
- ✓ 2 tbsp. grated 30% reduced-fat cheese

### Preparation

Crush the garlic, peel the onion and chop into small pieces. Cut the chicken breast into strips and season to taste with salt and pepper. Rinse the vegetables and cut into thin slices. >> **continued**



**continuation >>**

Cook the pasta until *al dente*, following the instructions on the packaging. Sauté the garlic and onion in oil. Add the chicken and continue for 5 minutes until cooked. Add the vegetables and stir-fry for 5 minutes on a high heat. Stir in the tomato purée and add the macaroni. Heat the mix well. Finish off with the grated cheese.



# SUNDAY

## Body & Fit Variation

You can buy many different types of rusk, but wholewheat rusks are the best choice. The same applies to crackers and bread.

Alternatively, you could try spelt products or rice crackers.

## Week 2

### Breakfast

- 1 Smart Protein Shake

### Snack

Antipasto

### Lunch

2 wholewheat rusks with butter & strawberries

### Snack

- 1 Smart Protein Shake

### Dinner

Pork tenderloin & cauliflower

### Snack

200 g low-fat yoghurt

## Antipasto

### Ingredients

- ✓ 1 courgette
- ✓ 1 red pepper
- ✓ 1 red onion
- ✓ 1 tomato
- ✓ fresh basil
- ✓ 1 tbsp. balsamic vinegar
- ✓ 1 tablespoon olive oil
- ✓ 6 olives

### Preparation

Cut the courgette into thin slices. Chop the peppers into large chunks. Grill the vegetables for 2 to 3 minutes until *al dente*. Place the vegetables in a dish and drizzle with oil. Peel the onion and chop into small pieces. Cut the tomato into small pieces. Mix together and add balsamic vinegar to taste. Add this to the other vegetables and garnish with the olives.

## Pork tenderloin & green beans

### Ingredients

- ✓ 125 g pork tenderloin
- ✓ 200 g green beans
- ✓ 1 clove garlic
- ✓ 50 g potato slices
- ✓ 1 tomato
- ✓ 20 g feta

### Preparation

Cut the meat into 2 equally sized pieces. Rinse the green beans and boil for about 10 minutes until *al dente*. >> **continued**



**continuation >>**

Sauté the potato slices, following the instructions on the packaging. Season the pork tenderloin with salt and pepper. Peel the garlic and chop into small pieces. Sauté the garlic and pork tenderloin in butter for about 6 minutes until cooked. Cut the tomatoes and feta into small pieces. Mix these in with the green beans.



# Phase 2

**WEEK 3**









# MONDAY

## Body & Fit Fact

Broccoli is an extremely healthy vegetable, packed with vitamins such as Vitamin A, B, C and K.

There also so many ways to prepare broccoli – stir-frying, grilling, roasting, as a soup, or simply raw.

## Week 3

### Breakfast

 1 Smart Protein Shake

### Snack

Try snacking on vegetables, for example, tomatoes, peppers, cucumber and/or carrots.

### Lunch

 1 Smart Protein Shake

### Snack

 1 Smart Bar

### Dinner

Turkey & broccoli

### Snack

 1 Smart Protein Shake

## Turkey & broccoli

### Ingredients

125 g turkey breast

200 g broccoli

1 onion

2 tablespoons pesto

salt & pepper to taste

### Preparation

Cut the turkey into small strips and add salt and pepper to taste.

Chop the broccoli into small florets and boil for 10 minutes until *al dente*. Peel the onion and chop into small pieces. Sauté the onion in olive oil for 3 minutes. Add the turkey and continue for another 5 minutes until the turkey is fully cooked. Add the broccoli to the meat and mix in the pesto.





# TUESDAY

WEEK 3

## Body & Fit Tip

Fancy a more refreshing version of a shake? Add a dash of buttermilk and put in the fridge or add ice cubes. The perfect way to make your shake deliciously cold and refreshing.

## Week 3

### Breakfast

 1 Smart Protein Shake

### Snack

100 g grapes  
30 g mixed nuts

### Lunch

 1 Smart Protein Shake

### Snack

 1 Smart Bar

### Dinner

Chicken satay & broad beans

### Snack

 1 Smart Protein Shake

## Chicken satay & broad beans

### Ingredients

150 g chicken breast  
2 tomatoes  
1 red onion  
1 tablespoon chives  
150 g broad beans  
curry powder, salt & pepper to taste  
1 clove garlic  
olive oil  
2 or 3 skewers

### Preparation

Wet the skewers. Cut the chicken into equally sized cubes and skewer. Add curry powder and pepper to taste. Grill or sauté the chicken breasts slowly until cooked.

Peel the onion and chop into small pieces, together with the tomatoes. Peel the garlic and chop into small pieces. Mix all together. Add salt, pepper, chives and olive oil to taste. Spread the tomato salsa over the chicken. Heat the broad beans and serve with the chicken.



# WEDNESDAY

## Body & Fit Variation

Our Smart Protein Mousse is a delicious alternative to our Smart Protein Shake. You can prepare a mousse in no time flat by shaking it in a beaker, and – *hey presto!* Available in three delicious flavours.

Eating a varied diet can help you stick to this weight-loss plan and get you great results!

## Week 3

### Breakfast

 1 Smart Protein Shake

### Snack

Try snacking on vegetables, for example, tomatoes, peppers, cucumber and/or carrots.  
30 g mixed nuts

### Lunch

 1 Smart Protein Shake

### Snack

 1 Smart Bar

### Dinner

Ham off the bone & lettuce

### Snack

 1 Smart Protein Shake

## Ham off the bone & lettuce

### Ingredients

- ✓ 150 g ham off the bone (sliced cold meat – served hot or cold)
- ✓ 2 hard-boiled eggs
- ✓ 2 tomatoes
- ✓ 100 g lettuce
- ✓ ½ cucumber
- ✓ 1 red pepper

### For the sauce

- ✓ 2 teaspoons honey
- ✓ 1 teaspoon mustard
- ✓ 1 tablespoon olive oil

### Preparation

Rinse the lettuce and tomatoes and cut into small pieces. Remove the seeds from the pepper. Chop the peppers and cucumber into small pieces. Peel the eggs and cut into small pieces. Mix everything together. Chop the ham into small pieces and spread over the salad. Mix all the ingredients for the sauce and pour over the salad.







# THURSDAY

## Body & Fit Tip

Minced beef & sautéed mushrooms is a tasty dish with many different flavours.

Try serving it on toast or a hot bun for some added carbohydrates.

But don't forget to use wholewheat varieties for extra fibre.

## Week 3

### Breakfast

 1 Smart Protein Shake

### Snack

100 g grapes  
30 g mixed nuts

### Lunch

 1 Smart Protein Shake

### Snack

 1 Smart Bar

### Dinner

Minced beef & sautéed mushrooms

### Snack

200 g low-fat fromage frais

## Minced beef & sautéed mushrooms

### Ingredients

- ✓ 1 onion
- ✓ 125 g seasoned minced beef
- ✓ 200 g mushrooms
- ✓ 1 clove garlic
- ✓ 2 tablespoons grated 30% reduced-fat cheese
- ✓ 2 tablespoons pesto
- ✓ pepper to taste

### Preparation

Peel the garlic and chop into small pieces or use a garlic press. Peel the onion and chop into small pieces. Brush the mushrooms clean, and cut into slices. Heat the olive oil in a frying pan and add the minced beef and garlic. Sauté the minced meat, stirring continuously. Once the beef is done, add the onion. Continue to sauté for another 2 minutes. Next, add the mushrooms and sauté for another 2 minutes. Remove from the heat. Mix the pesto and cheese into the meat. Add salt and pepper to taste.



WEEK 3





# FRIDAY

## Body & Fit Variation

There are so many ways to prepare meat and vegetables.

What's more, you can add a delicious twist to any meal by using different flavoured olive oils.

For example, olive oil with red chilli peppers, garlic, truffles or pesto.

## Week 3

### Breakfast

 1 Smart Protein Shake

### Snack

100 g grapes

### Lunch

2 slices of wholewheat bread with butter & strawberries

### Snack

 1 Smart Protein Shake

### Dinner

Stuffed peppers

### Snack

200 g low-fat fromage frais  
30 g mixed nuts

## Stuffed peppers

### Ingredients

- ✓ 1 onion
- ✓ 2 red peppers
- ✓ 150 g seasoned minced beef
- ✓ 100 g mushrooms
- ✓ 1 tablespoon soy sauce
- ✓ ½ tin tomato purée
- ✓ 2 tbsp. grated 30% reduced-fat cheese
- ✓ 50 g brown rice

### Preparation

Preheat the oven to 170 °C. Cook the rice, following the instructions on the packaging. Bring a pan of water to the boil. Cut the tops off the peppers (but don't throw them away) and remove the seeds. Soften the peppers in boiling water for about 3 minutes. Sauté the minced beef in olive oil and 1 tablespoon of soy sauce. Peel the onion and chop into small pieces.

Clean the mushrooms and chop into small pieces. Add the onion to the minced meat and continue to sauté. Chop the celery and add to the minced meat along with the mushrooms and continue to sauté for another 3 minutes. Next, add the tomato purée and add pepper to taste. Remove the peppers from the water and stand them in a greased baking dish. Stuff the peppers with the minced beef mix, sprinkle with cheese and replace the tops of the peppers. Bake in the oven for another 10 minutes. Serve with the rice.



WEEK 3



# SATURDAY

## Body & Fit Fact

You've almost reached the end of the third week of this phase.

Just one more week to go and you'll be starting the final phase!

Still on track? Keep a record of your progress and be proud of yourself!

## Week 3

### Breakfast

 1 Smart Protein Shake

### Snack

100 g strawberries

### Lunch

Tuna salad on bread

### Snack

 1 Smart Protein Shake

### Dinner

Satay & rice

### Snack

200 g low-fat fromage frais  
30 g mixed nuts

## Tuna salad on bread

### Ingredients

- ✓ 1 tin tuna
- ✓ 4 black olives
- ✓ 1 slice wholewheat bread
- ✓ 1 tomato
- ✓ 2 lettuce leaves
- ✓ butter

### Preparation

Rinse the tomato and cut into small pieces. Toast and butter the bread.

Add the lettuce, chopped tomatoes, tuna and olives. Add olive oil to taste, if necessary.

## Satay & rice

### Ingredients

- ✓ 125 g chicken breast
- ✓ 2 tablespoons satay sauce
- ✓ 200 g stir-fry vegetables
- ✓ 1 fried egg
- ✓ 50 g brown rice
- ✓ salt & pepper to taste

### Preparation

Cook the rice, following the instructions on the packaging. Season the chicken breast with salt and pepper. Chop the chicken into small chunks and slowly stir-fry in a wok, using a little olive oil. Add the vegetables and stir-fry on a high heat until *al dente*. Serve with the rice, a fried egg and satay sauce.





# SUNDAY

## Body & Fit Tip

Pineapple is a popular fruit and can be used in many different ways, such as in this casserole. It's also delicious in yoghurt, salads, toasties or even with sauerkraut.

## Week 3

### Breakfast

 1 Smart Protein Shake

### Snack

2 pineapple slices  
30 g mixed nuts

### Lunch

Vegetable omelette

### Snack

 1 Smart Bar

### Dinner

Casserole

### Snack

200 g low-fat fromage frais

## Vegetable omelette

### Ingredients

- ✓ 1 onion
- ✓ 2 tomatoes
- ✓ 2 eggs
- ✓ salt & pepper to taste

### Preparation

Rinse the vegetables and chop into small pieces. Sauté the vegetables in olive oil on a high heat until *al dente*. Add the egg mix, salt and pepper and reduce the heat. Wait until the egg is cooked.

## Casserole

### Ingredients

- ✓ 100 g pineapple
- ✓ 50 g potatoes
- ✓ 2 tbsp. grated 30% reduced-fat cheese
- ✓ 100 g ham
- ✓ 1 onion
- ✓ 1 tomato
- ✓ 1 leek

### Preparation

Preheat the oven to 200 °C. Peel the potatoes and boil them in a pan of water for about 10 minutes until *al dente*. Allow them to cool and then cut into slices. Rinse the vegetables and chop into small pieces. >> **continued**



**continuation >>**

Peel the pineapple and cut into cubes. Stir-fry the vegetables briefly in a little olive oil. Remove from the heat and mix in the chunks of ham and pineapple. Grease a baking dish. Fill the bottom of the dish with the vegetables and ham. Cover with the potato slices and grated cheese. Bake in the oven for 15 minutes.





# Phase 2

**WEEK 4**







# MONDAY

## Body & Fit Fact

Challenge yourself! Why not train for a half-marathon, a mud run or a cycling tour? You'll soon discover that you can do far more than you thought possible.

## Week 4

### Breakfast

 1 Smart Protein Shake

### Snack

1 apple  
30 g mixed nuts

### Lunch

 1 Smart Protein Shake

### Snack

 1 Smart Bar

### Dinner

Baked salmon & pepper

### Snack

200 g low-fat fromage frais

## Baked salmon & pepper

### Ingredients

- ✓ 1 salmon fillet
- ✓ 2 lemon slices
- ✓ 2 red peppers
- ✓ 1 onion
- ✓ 1 tablespoon dill
- ✓ 1 tablespoon cream cheese
- ✓ salt & pepper to taste

### Preparation

Preheat the oven to 175 °C. Clean the peppers and chop into small pieces. Peel the onions and chop into small pieces. Stir-fry the vegetables for 3 minutes on a high heat. Grease a baking dish with butter. Coat the salmon with the cream cheese, sprinkle with dill and place the lemon slices on top. Place the salmon and vegetables in a baking dish and bake in the oven for about 10 minutes.



WEEK 4







# TUESDAY

## Body & Fit Tip

Is it a challenge staying off the chocolate or is a bag of crisps more of a temptation?

The answer is easy – don't have them lying around at home. That's half the battle.

Nuts are a healthy alternative, but beware! Nuts contain a lot of fat. Admittedly, they're good fats that our body needs, but don't eat more than recommended.

## Week 4

### Breakfast

 1 Smart Protein Shake

### Snack

2 tangerines  
30 g mixed nuts

### Lunch

 1 Smart Protein Shake

### Snack

 1 Smart Bar

### Dinner

Peri-peri chicken

### Snack

200 g low-fat fromage frais

## Peri-peri chicken

### Ingredients

125 g chicken breast  
250 g Chinese cabbage  
50 g beansprouts  
1 teaspoon curry powder  
salt & pepper to taste  
2 tablespoons peri-peri sauce

### Preparation

Chop the vegetables into thin slices and rinse well. Chop the chicken breast into small cubes. Season with curry powder, salt and pepper. Stir-fry the chicken in a wok for 4 minutes using a little olive oil. Add the vegetables and stir-fry on a high heat for 3 to 5 minutes. To complete, add the peri-peri sauce.





# WEDNESDAY

WEEK 4

## Body & Fit Tip

For a little variety, try adding Ultra Fine Oats or seeds to your shakes. Both are packed with fibre.

Take a look at our selection of super foods and start mixing things up a little! Our product range includes linseed, chia seed and hemp seed.

## Week 4

### Breakfast

 1 Smart Protein Shake

### Snack

1 apple  
30 g mixed nuts

### Lunch

 1 Smart Protein Shake

### Snack

 1 Smart Bar

### Dinner

Stripped beef

### Snack

200 g low-fat fromage frais

## Stripped beef

### Ingredients

150 g braising steak  
100 g beansprouts  
2 onions  
2 tablespoons teriyaki sauce  
salt & pepper to taste

### Preparation

Cut the braising steak into small strips and marinate in the teriyaki sauce. Stir-fry the meat on a high heat for about 3 minutes.

Peel the onion and slice into rings. Mix the beansprouts and onions in with the meat. Stir-fry on a high heat for about 4 minutes until the vegetables are *al dente*.



# THURSDAY

## Body & Fit Tip

Chicory is a member of the endive family and is grown in the dark. You can eat it either raw or cooked.

Chicory used to be a lot more bitter than it is nowadays.

Nonetheless, before preparing and eating chicory you still need to remove its cone-shaped heart.

## Week 4

### Breakfast

 1 Smart Protein Shake

### Snack

2 tangerines

### Lunch

 1 Smart Protein Shake

### Snack

 1 Smart Bar

### Dinner

Ham, cheese & egg with chicory

### Snack

200 g low-fat fromage frais

## Ham, cheese, egg & chicory

### Ingredients

- ✓ 250 g chicory
- ✓ 5 slices ham
- ✓ 3 slices 30% reduced-fat cheese
- ✓ 1 hard-boiled egg

### Preparation

Preheat the oven to 200 °C. Rinse the chicory. Cut the chicory in half and remove the heart.

Boil the chicory for 15 minutes until cooked. Allow to cool. Grease a baking dish. Wrap the chicory in the ham and cheese. Depending on how many heads of chicory you have, you can also halve the ham and cheese and simply cover the chicory. Bake in the oven for about 5 minutes. Serve with pieces of crumbled hard-boiled egg.



WEEK 4



# FRIDAY

## Body & Fit Tip

Sauerkraut is made from white cabbage. Its outer leaves and hard centre are first removed and the rest is chopped into thin pieces and sprinkled with salt. The cabbage is then sealed in an airtight container, which causes the cabbage to ferment.

Fermentation is a process whereby the starches and sugars are converted into lactic acid.

Sauerkraut is packed with vitamin C, vitamin D and iron.

## Week 4

### Breakfast

 1 Smart Protein Shake

### Snack

1 orange  
30 g mixed nuts

### Lunch

1 slice of rye bread with butter & 30% reduced-fat cheese  
1 wholewheat cracker with butter, ham & cucumber

### Snack

 1 Smart Protein Shake

### Dinner

Wurst & sauerkraut

### Snack

200 g low-fat yoghurt

## Wurst & sauerkraut

### Ingredients

- ✓ 1 beef sausage
- ✓ 100 g sauerkraut
- ✓ 75 g boiled potatoes
- ✓ nutmeg to taste
- ✓ 20 g raisins
- ✓ pepper to taste
- ✓ 20-50 ml milk [optional – for taste & consistency]

### Preparation

Peel the potatoes and chop into small pieces. Boil the potatoes for 20 minutes until cooked. Strain the potatoes, but keep the cooking water. Boil the sauerkraut in its own liquid [topped up with extra water] for 20 minutes. Sauté the sausage in a little melted butter until brown all round. Add water and simmer for another 20 minutes. Add ketchup, soy sauce or sambal to kick it up a notch.

Purée or mash the potatoes. Add the sauerkraut and milk, and dilute with the cooking water. Add salt, pepper and nutmeg to taste. To complete, add the raisins.





# SATURDAY

## Body & Fit Tip

If you're finding it difficult to resist unhealthy snacks, make sure you always have enough healthy snacks with you, such as veggies or nuts, for example.

Alternatively, you could grab an extra shake or nutrition bar.

## Week 4

### Breakfast

 1 Smart Protein Shake

### Snack

1 orange

### Lunch

Salad

### Snack

 1 Smart Protein Shake

### Dinner

Main-course soup

### Snack

200 g low-fat yoghurt

## Salad

### Ingredients

- ✓ 100 g raspberries
- ✓ 30 g walnuts
- ✓ 30 g cottage cheese
- ✓ 75 g lettuce
- ✓ ½ ripe avocado
- ✓ 1 tbsp. fig-flavoured balsamic vinegar

### Preparation

Rinse the lettuce and place in a bowl. Peel the avocado and cut into small cubes. Mix the avocado, cheese, walnuts and raspberries in with the lettuce. To complete, add a little balsamic vinegar.

## Main-course soup

### Ingredients

- ✓ 250 ml tomato sauce
- ✓ parsley
- ✓ 2 tomatoes
- ✓ 150 g chicken breast
- ✓ 1 leek
- ✓ 1 spring onion
- ✓ salt & pepper to taste

### Preparation

Boil the chicken breast in a saucepan of water for about 10 minutes. Allow the chicken to cool and then shred it into small pieces. Rinse the vegetables and chop into small pieces. Heat the tomato sauce in a saucepan and add the vegetables. Bring to the boil and allow to simmer for 10 to 15 minutes until soft. Add the chicken. Season to taste with salt, pepper and parsley.



WEEK 4







# SUNDAY

## Body & Fit Tip

Congratulations! You've reached the end of Phase 2.

How did it go?

Now you're ready to start Phase 3.

## Week 4

### Breakfast

 1 Smart Protein Shake

### Snack

1 apple

### Lunch

2 wholewheat crackers with  
butter, roast beef & egg

2 tomatoes

### Snack

 1 Smart Bar

### Dinner

Cod, beans & potatoes

### Snack

200 g low-fat yoghurt

## Cod & beans

### Ingredients

- ✓ 1 cod fillet
- ✓ 200 g green beans
- ✓ 75 g potatoes
- ✓ 2 lemon slices
- ✓ salt & pepper to taste

### Preparation

Peel the potatoes and boil them for 20 minutes. Chop of the tips of the beans and boil the beans for 15 to 20 minutes until *al dente*.

Sauté the cod in a frying pan with a little butter or olive oil. Add salt and pepper to taste. Remove the pan from the heat once the fish is cooked. Drizzle a little lemon juice over the cod.



WEEK 4

BODY&FIT  
SMART  
PROTEIN





# SHOPPING LIST FOR WEEK 1

---

## **Fruit**

150 g strawberries  
2 apples  
150 g raspberries  
2 grapefruits  
2 tangerines  
2 pieces of fruit of your choice

## **Bread**

4 wholewheat rusks  
1 slice rye bread

## **Vegetables**

1 avocado  
300 g mushrooms  
1 red pepper  
2 yellow peppers  
150 g mangetouts  
75 g lettuce  
200 g snack veggies  
200 g French beans  
300 g spinach  
4 tomatoes  
6 onions

## **Dairy**

1 egg  
20 g low-fat crème fraiche  
20 g cottage cheese  
500 g low-fat fromage frais  
30 g low-fat cream cheese

## **Nuts**

20 g flaked almonds  
150 g mixed nuts

## **Meat**

20 g ham  
150 g chicken breast  
40 g chicken breast [cold meats]  
100 g pork tenderloin

## **Fish**

1 cod fillet

## **Eggs**

3 eggs

## **Basics**

vinegar  
butter  
chilli powder  
curry powder  
soy sauce  
olive oil  
pepper  
parsley  
powdered sugar  
salad dressing  
tomato sauce  
tomato purée  
salt



# SHOPPING LIST FOR WEEK 2

---

## **Potatoes**

50 g potato slices

## **Breads/Starches**

50 g wholewheat macaroni

50 g brown rice

4 wholewheat rusks

2 wholewheat crackers

## **Fruit**

100 g strawberries

2 apples

1 kiwi

6 tangerines

1 mango

20 g olives

## **Vegetables**

100 g broccoli

150 g mushrooms

30 g sweetcorn

1 red pepper

2 yellow peppers

1 courgette

200 g red cabbage

200 g snack veggies

100 g lettuce

450 g green beans

3 tomatoes

1 red onion

2 onions

100 g chicory

100 g carrots

## **Dairy**

20 g feta

50 g 30% reduced-fat cheese

600 g low-fat fromage frais

600 g low-fat yoghurt

## **Nuts**

40 g cashew nuts

60 g mixed nuts

20 g walnuts

## **Meat**

40 g ham [cold meats]

120 g steak

275 g chicken breast

40 g chicken breast [cold meats]

125 g braising steak

1 beef sausage

125 g pork tenderloin

## **Fish**

1 tuna fillet

## **Basics**

gherkins

balsamic vinegar

basil

butter

stock cubes

Cajun spices

lemon juice

curry powder

garlic

cloves

olive oil

pepper

raisins

soy sauce

sugar

tomato purée

yoghurt dressing

salt



# SHOPPING LIST FOR WEEK 3

---

## **Potatoes**

50 g potatoes

## **Breads/Starches**

3 slices wholewheat bread

100 g brown rice

## **Fruit**

200 g strawberries

½ pineapple

300 g grapes

20 g olives

## **Vegetables**

200 g broccoli

300 g mushrooms

½ cucumber

200 g stir-fry vegetables

1 leek

3 red peppers

400 g snack veggies

120 g lettuce

8 tomatoes

150 g broad beans

5 onions

1 red onion

## **Dairy**

5 eggs

150 g 30% reduced-fat cheese [grated]

800 g low-fat fromage frais

## **Nuts**

150 g mixed nuts

## **Meat**

150 g ham off the bone

275 g seasoned minced beef

100 g ham [sliced – ask your butcher]

125 g turkey breast

275 g chicken breast

## **Fish**

1 tin tuna

## **Basics**

chives

butter

honey

curry powder

soy sauce

garlic

mustard

olive oil

pepper

pesto

satay sauce

skewers

tomato purée

salt



# SHOPPING LIST FOR WEEK 4

---

## **Potatoes**

150 g potatoes

## **Breads/Starches**

3 wholewheat crackers

1 slice rye bread

## **Fruit**

3 apples

1 lemon

100 g raspberries

4 tangerines

2 oranges

## **Vegetables**

½ avocado

1 spring onion

250 g Chinese cabbage

1 cucumber

2 peppers

1 leek

75 g lettuce

200 g green beans

150 g beansprouts

4 tomatoes

3 onions

250 g chicory

100 g sauerkraut

## **Dairy**

2 eggs

30 g cottage cheese

4 slices 30% reduced-fat cheese (100 g)

800 g low-fat fromage frais

20-50 ml skimmed milk

20 g low-fat cream cheese

600 g low-fat yoghurt

## **Nuts**

30 g walnuts

120 g mixed nuts

## **Meat**

120 g ham

275 g chicken breast

40 g roast beef (cold meats)

150 g braising steak

1 beef sausage

## **Fish**

1 cod fillet

1 salmon fillet

## **Basics**

balsamic vinegar (fig-flavoured)

butter

dill

curry powder

nutmeg

olive oil

pepper

parsley

peri-peri sauce

raisins

teriyaki sauce

tomato sauce

salt



# END OF PHASE 2

---

**Congratulations, you did it!**

Happy with the results? If so, share your success on Facebook, Twitter or Instagram.

## **Phase 3 – Find Your Balance!**

Now you've finished the *Keep it off!* phase, it's time for the *Find your balance!* phase. In this last phase, you'll be learning how to maintain the results you've achieved.

You can even continue this phase for longer if you so choose.

This phase's menu consists of regular meals supplemented with protein-rich shakes. You're now ready to start Phase 3.

Order any of the products you'll need for Phase 3 at [www.bodyandfit.com](http://www.bodyandfit.com).

**Good luck!**









A SLIMMER  
YOU  
*Phase 3*

**BODY&FIT**<sup>®</sup>





## *Maintaining your results!*

In this last phase, you'll be making the transition to regular meals supplemented by Smart Protein Shakes. You can continue this phase for long as you want in order to maintain results. For the next few weeks, you'll be enjoying a varied diet. There'll be plenty of choice for breakfast, lunch and dinner. You'll also be increasing your calorie intake slightly, as you did at the beginning of the previous phase.

### **Cheat day\* – once a week!**

This plan contains a fully detailed menu. We recommend that you follow this menu, but sometimes you might prefer something different. For example, you can opt for a cheat day once a week – a day when you eat whatever you want for one or two meals. This works well if you're dining out or going to a party.

### **Keeping it simple**

The Phase 3 package consists of protein shakes and a variety of healthy meals. We put together a full four-week plan that details what to eat each and every day. And don't forget you can also supplement this with multivitamins, Ultra Fine Oats, 24HR Fat Burn, Marinol Omega3 and/or Green Tea – Ultra Pure. You can find more information about these products in this weight-loss plan or on our website.

### **Shopping**

We've even put together a weekly shopping list for you including everything you need. You'll find shopping lists for Weeks 1, 2, 3 and 4 from page 214 onwards. This will save you a lot of time and effort so that you can get started as soon as you've done the shopping!

\*This isn't mandatory, but can help you stay motivated.



## What do I need in Phase 3?

Order before 10 p.m., delivered the next day!



### 1 × Smart Protein (71 shakes)

Smart Protein forms the basis of the *A Slimmer You!* weight-loss plan. In Phase 3, you'll be drinking a shake for breakfast, lunch and as an evening snack. They're nutritious and delicious!



[You won't be using these products in Phase 3, but they're great for adding a little variety.]

### 1 × Smart Protein (variety box)

If you're not sure which flavour to choose, order our Smart Protein variety box and try all ten flavours. This is definitely the best way to find out which flavour is your favourite.



[You won't be using these products in Phase 3, but they're great for adding a little variety.]

### Smart Protein Pancake Mix

Our Smart Protein Pancakes are rich in protein and form a great basis for a hot meal. Delicious with vegetables or other ingredients.



[You won't be using these products in Phase 3, but they're great for adding a little variety.]

### 2 × Smart Bars

Smart Bars are packed with protein and are the tastiest snack for between meals.

Proteins strengthen and maintain your muscles, as well as helping with their recovery.

**You can order any of these products individually, but we've also put together discounted packages!**





# Phase 3

**WEEK 1**









# MONDAY

## Body & Fit Variation

We wish you all the best with this third and final phase of your weight-loss plan! In this *Find your balance!* phase you'll be supplementing your diet with Smart Protein Shakes.

Just four more weeks to go! Go for it! We look forward to seeing your results.

## Week 1

### Breakfast

 1 Smart Protein Shake

### Snack

1 apple  
30 g mixed nuts

### Lunch

2 slices of wholewheat toast with butter, chicken breast & tomato salad

### Snack

 1 Smart Protein Shake

### Dinner

Salmon & tomatoes

### Snack

150 g low-fat fromage frais

## Tomato salad

### Ingredients

- ✓ 2 yellow tomatoes
- ✓ 25 g rocket
- ✓ 2 teaspoons olive oil
- ✓ 1 teaspoon parsley

### Preparation

Rinse and chop the lettuce. Rinse the tomatoes and cut into small pieces. Put everything in a bowl. Garnish with oil and parsley.

## Salmon & tomatoes

### Ingredients

- ✓ 1 salmon fillet
- ✓ 1 tablespoon salad dressing
- ✓ 200 g cherry tomatoes
- ✓ 1 teaspoon lemon juice
- ✓ salt & pepper to taste

### Preparation

Preheat the oven to 170 °C. Season the salmon with salt and pepper. Grease a baking dish. Place the salmon and tomatoes in the baking dish. Mix the lemon juice and dressing and drizzle over the salmon and tomatoes. Bake the salmon and tomatoes in the oven at 170 °C for 15 minutes.



WEEK 1



# TUESDAY

## Body & Fit Tip

Body & Fit has a large range of super foods. For example, we have a wide variety of nuts in handy, resealable packs – walnuts, Brazil nuts, hazelnuts, almonds, cashew nuts, pistachio nuts, and mixed nuts or seeds.

## Week 1

### Breakfast

 1 Smart Protein Shake

### Snack

1 orange  
30 g mixed nuts

### Lunch

Salade Niçoise

### Snack

 1 Smart Protein Shake

### Dinner

Chicken & green beans

### Snack

150 g low-fat fromage frais

## Salade Niçoise

### Ingredients

- ✓ 50 g green beans
- ✓ 5 cherry tomatoes
- ✓ 1 tbsp. honey-mustard dressing
- ✓ ½ tin tuna
- ✓ 6 black olives
- ✓ 1 egg
- ✓ ½ red onion

### Preparation

Boil the green beans for about 8 minutes until *al dente*. Rinse the beans in cold water. Boil the egg and cut into small pieces. Halve the tomatoes. Drain the tuna and divide into small pieces. Peel the onion and slice into rings. Put everything in a bowl and mix well. Garnish with olives and honey-mustard dressing.

## Chicken & green beans

### Ingredients

- ✓ 125 g chicken breast
- ✓ 150 g green beans
- ✓ 1 tablespoon soy sauce
- ✓ 1 handful cashew nuts

### Preparation

Cut the chicken into small pieces and mix in with the soy sauce. Add salt and pepper to taste. Sauté the chicken on a low heat. Rinse the green beans and cut off the tops. Boil the green beans for about 8 minutes until *al dente*. Drain the beans and mix in with the chicken. Garnish with cashew nuts.



**WEEK 1**





# WEDNESDAY

## Body & Fit Tip

Choose wholewheat grain products, if possible, as these are packed with fibre.

There are many options to choose from – bread, crackers, rusks, rye bread, crispbreads, rice crackers, etc.

## Week 1

### Breakfast

 1 Smart Protein Shake

### Snack

1 apple  
30 g mixed nuts

### Lunch

2 wholewheat crackers with butter, ham & gherkins

### Snack

 1 Smart Protein Shake

### Dinner

Stir-fried turkey

### Snack

150 g low-fat fromage frais  
100 g grapes

## Stir-fried turkey

### Ingredients

- ✓ 125 g turkey breast
- ✓ 200 g mixed vegetables
- ✓ 2 tablespoons teriyaki marinade

### Preparation

Cut the turkey into small pieces and marinate in the teriyaki sauce for 30 minutes. Stir-fry the turkey on a high heat for 4 minutes. Add the vegetables and stir-fry for another 5 minutes.



WEEK 1





# THURSDAY

## Body & Fit Variation

Try goji berries as an alternative to mixed nuts. Goji berries are extremely nutritious and make for a great snack or a tasty addition to any salad, shake or fromage frais.

They're even available with chocolate!

## Week 1

### Breakfast

 1 Smart Protein Shake

### Snack

1 apple  
30 g mixed nuts

### Lunch

Egg salad

### Snack

 1 Smart Protein Shake

### Dinner

Tuna salad

### Snack

150 g low-fat fromage frais  
100 g raspberries

## Egg salad

### Ingredients

- ✓ 2 eggs
- ✓ 1/2 red onion
- ✓ 50 g lettuce
- ✓ 2 tomatoes

### Preparation

Cut the tomatoes into quarters. Peel the onion and slice into rings. Hard-boil the eggs, then peel them and cut into quarters. Place the lettuce on a plate, then add the tomatoes, onion and eggs. Garnish with olive oil.

## Tuna salad

### Ingredients

- ✓ 50 g wholewheat pasta
- ✓ 5 tomatoes
- ✓ 1 tin tuna
- ✓ 1 tablespoon pine nuts
- ✓ 1 red onion
- ✓ 100 g lettuce
- ✓ olive oil to taste
- ✓ 1 tablespoon basil

### Preparation

Cook the pasta, following the instructions on the packaging. Cut the tomatoes and red onion into small pieces. Toast the pine nuts in a frying pan without using oil or butter. Allow the pine nuts and pasta to cool. Mix the olive oil and basil in with the pasta. >> **continued**



**continuation >>**

Season to taste with salt and pepper. Serve the tuna, pasta and lettuce in a dish. Sprinkle with pine nuts and basil. Add olive oil to taste, if necessary.



# FRIDAY

## Body & Fit Tip

Feel free to choose other nuts instead of walnuts. Try Brazil nuts or pecan nuts for a tasty alternative. Always buy unsalted, unroasted nuts, whenever possible.

Try keeping a handful of nuts with you as a healthy snack!

## Week 1

### Breakfast

150 g low-fat fromage frais &  
20 g walnuts,  
30 g oatmeal &  
100 g raspberries

### Snack

100 g grapes

### Lunch

2 wholewheat rusks with butter,  
smoke-dried meat & mustard

### Snack

 1 Smart Protein Shake

### Dinner

Asian-style rice

### Snack

 1 Smart Protein Shake

## Asian-style rice

### Ingredients

- ✓ 50 g brown rice
- ✓ 100 g steak
- ✓ 50 g beansprouts
- ✓ 150 g mangetouts
- ✓ ¼ red chilli pepper
- ✓ 3 tablespoons olive oil
- ✓ ½ lime
- ✓ salt & pepper to taste

### Preparation

Cook the rice, following the instructions on the packaging. Remove the seeds from the red chilli pepper and chop into small pieces. Grate the lime rind and add to the chilli pepper. Squeeze out the lime juice and keep for later. Cut the steak into small pieces. Mix the meat in with the lime rind, red chilli pepper, salt, pepper and olive oil. Boil the mangetouts for about 4 minutes. Drain them and rinse with cold water. Heat the oil in a wok and stir-fry the meat on a high heat for 3 minutes. Take out the meat and put the mangetouts and beansprouts in the wok. Stir-fry for 4 minutes, then mix the meat back in. Add the lime juice to taste.



**WEEK 1**



# SATURDAY

## Body & Fit Tip

Fancy making your own pesto? It's not all that difficult and it's far tastier and healthier than ready-made pesto!

All you need is pine nuts, basil, Parmesan cheese, garlic, salt and pepper. Why not make a whole bowl of pesto and keep it in the fridge?

## Week 1

### Breakfast

150 g low-fat fromage frais & 20 g walnuts, 30 g oatmeal & 100 g grapes

### Snack

1 orange

### Lunch

1 slice rye bread with butter & egg  
1 wholewheat cracker with butter, chicken breast & tomato

### Snack

 1 Smart Protein Shake

### Dinner

Chicken pasta

### Snack

 1 Smart Protein Shake

## Chicken pasta

### Ingredients

- ✓ 1 onion
- ✓ 125 g chicken breast
- ✓ 125 g broccoli
- ✓ 50 g mushrooms
- ✓ 1 tablespoon pesto
- ✓ 1 tablespoon low-fat cream cheese
- ✓ 50 g wholewheat pasta

### Preparation

Cook the pasta, following the instructions on the packaging. Cut the chicken breast into small pieces and season to taste with salt and pepper. Stir-fry the chicken in a wok for 5 minutes.

Rinse the broccoli and chop into small florets. Boil for about 5 minutes. Peel the onion, brush the mushrooms clean, and chop both into small pieces.

Mix all the vegetables in with the chicken and stir-fry for another 5 minutes. Remove from the heat and add the pesto and cream cheese. Serve with the pasta.



**WEEK 1**





# SUNDAY

## Body & Fit Tip

Zero-calorie sauces! Have you tried the pasta sauce from our Walden Farms product range yet? You should try it with spaghetti!

And try our ketchup or barbecue sauce for your toasties while you're at it.

## Week 1

150 g low-fat fromage frais &  
20 g walnuts, 30 g oatmeal &  
1 apple

### Snack

2 pineapple slices

### Lunch

1 toastie

### Smart Protein

 1 Smart Protein Shake

### Dinner

Spaghetti

### Snack

 1 Smart Protein Shake

## Toastie

### Ingredients

- ✓ 2 slices wholewheat bread
- ✓ 2 slices ham
- ✓ 1 pineapple slice

### Preparation

Preheat the oven to 175 °C [or use a sandwich toaster]. Butter both slices of bread. Make a ham and pineapple sandwich. Heat in the oven for about 7 minutes.

## Spaghetti

### Ingredients

- ✓ 1 onion
- ✓ 50 g wholewheat pasta
- ✓ 50 g mushrooms
- ✓ ½ leek
- ✓ 1 pepper
- ✓ 100 g lean seasoned minced beef
- ✓ ½ tin peeled tomatoes
- ✓ ½ tin tomato purée
- ✓ 1 tablespoon soy sauce

### Preparation

Cook the spaghetti, following the instructions on the packaging. Separate the minced beef and sauté in a frying pan, stirring >> **continued**



**continuation >>**

continuously. Add the soy sauce. Clean and chop the vegetables. Add them to the minced meat. Fry the vegetables for another 7 minutes on a high heat, stirring continuously. Reduce the heat and add the peeled tomatoes and tomato purée. Mix and heat. Serve with the pasta. Add herbs to taste.



# Phase 3

**WEEK 2**







# MONDAY

## Body & Fit Tip

Week 2 of Phase 3. We wish you all the best for the next three weeks.

Fancy making your own guacamole? It's not all that difficult and it's far tastier and healthier than ready-made guacamole! All you need is a ripe avocado, garlic, tomato, onion, red chilli pepper, salt & pepper and a lime.

## Week 2

### Breakfast

 1 Smart Protein Shake

### Snack

1 wholewheat cracker with butter, chicken breast & tomato

200 g low-fat fromage frais & 100 g strawberries & 30 g mixed nuts

### Snack

Try snacking on vegetables, for example, tomatoes, peppers, cucumber, radishes and/or carrots.

### Dinner

Chicken wrap

### Snack

 1 Smart Protein Shake

## Chicken wrap

### Ingredients

- ✓ 1 onion
- ✓ 125 g chicken breast
- ✓ 50 g lettuce
- ✓ 30 g sweetcorn
- ✓ 2 peppers
- ✓ 2 tablespoons sour cream
- ✓ 2 tablespoons guacamole
- ✓ 2 small wholewheat wraps or 1 large wholewheat wrap

### Preparation

Cut the chicken breast into small pieces and season to taste with salt and pepper. Sauté for about 6 minutes until cooked. Drain the sweetcorn. Chop the peppers and onion into small pieces, then mix in with the chicken and sauté for another 3 minutes on a high heat. Add the sweetcorn and continue frying until hot. Rinse and drain the lettuce well, then cut into thin strips.

Heat the wraps in the oven or microwave. Spread the wraps with the sauce, cover with the cut lettuce and add the filling.



WEEK 2





# TUESDAY

## Body & Fit Tip

Pasta comes in all sorts of shapes, sizes and colours. An extra ingredient is added to give pasta a colour.

For example, spinach, beetroot juice and squid ink are added to make green, red and black pasta, respectively.

Besides coloured pastas, you'll find wholewheat, spelt, and even Smart Pasta! Smart Pasta is packed with fibre, but low in calories, fats and carbohydrates.

## Week 2

### Breakfast

 1 Smart Protein Shake

### Snack

1 wholewheat cracker with butter, ham & cucumber

200 g low-fat fromage frais & 100 g strawberries & 30 g mixed nuts

### Snack

Try snacking on vegetables, for example, tomatoes, peppers, cucumber, radishes and/or carrots.

### Dinner

Spinach tagliatelle

### Snack

 1 Smart Protein Shake

## Spinach tagliatelle

### Ingredients

- ✓ 50 g wholewheat tagliatelle
- ✓ 300 g spinach
- ✓ 50 g mushrooms
- ✓ 125 g turkey breast
- ✓ 1 tablespoon pine nuts
- ✓ 2 tablespoons pesto

### Preparation

Cook the tagliatelle, following the instructions on the packaging. Rinse the spinach and drain well. Brush the mushrooms clean, and chop into small pieces. Toast the pine nuts in a frying pan without using oil or butter.

Cut the turkey into small pieces and season to taste with salt and pepper. Sauté for about 8 minutes in olive oil until brown. Stir-fry the spinach and mushrooms for about 10 minutes until cooked. Add the turkey, pine nuts and pesto. Serve with the tagliatelle.



WEEK 2





# WEDNESDAY

## Body & Fit Fact

Cabbage lettuce has always been very popular, but in recent years many other varieties have become available, for example, iceberg lettuce, rocket and romaine. In theory, you can eat as much lettuce as you like. It contains very few calories and is packed with fibre. Did you know that the darker the lettuce, the more nutrients it contains?

You can keep lettuce in the fridge for about one week, but you should always keep it separate from fruit.

## Week 2

### Breakfast

 1 Smart Protein Shake

### Snack

1 wholewheat rusk with butter,  
smoke-dried meat & gherkins

### Lunch

200 g low-fat fromage frais  
1 apple &  
30 g mixed nuts

### Snack

Salad

### Dinner

Meatball & carrots

### Snack

 1 Smart Protein Shake

## Salad

### Ingredients

- ✓ 2 tomatoes
- ✓ 5 half walnuts
- ✓ ½ cucumber
- ✓ 1 tablespoon olive oil
- ✓ 50 g lettuce

### Preparation

Rinse and chop the vegetables into small pieces and mix well. Garnish with olive oil and walnuts.

## Meatball & carrots

### Ingredients

- ✓ 100 g seasoned minced beef
- ✓ 200 g carrots
- ✓ 50 g boiled potatoes

### Preparation

Roll the meat into a ball. Sauté the meatball in a little butter until brown all round. Add water and simmer for another 20 minutes. Add soy sauce or curry powder to taste. Rinse the carrots and chop into small pieces. Boil for about 15 minutes until cooked. >> **continued**





**continuation >>**

Peel the potatoes and chop into pieces. Rinse the potatoes and boil them for 20 minutes until cooked.



# THURSDAY

## Body & Fit Fact

When you started this weight-loss plan, you had a certain goal in mind.

To achieve this goal, it's important to set milestones.

This helps make the end goal more tangible.

And don't forget to reward yourself along the way to stay motivated.

## Week 2

### Breakfast

 1 Smart Protein Shake

### Snack

1 wholewheat rusk with butter, 30%  
reduced-fat cheese & tomato  
1 glass skimmed milk

### Lunch

200 g low-fat fromage frais  
100 g strawberries

### Snack

1 apple  
30 g mixed nuts

### Dinner

Cod & Chinese cabbage

### Snack

 1 Smart Protein Shake

## Cod & Chinese cabbage

### Ingredients

- ✓ 50 g brown rice
- ✓ 200 g Chinese cabbage
- ✓ 1 cod fillet
- ✓ ½ lemon
- ✓ 1 tablespoon chives
- ✓ 1 teaspoon curry powder

### Preparation

Cook the rice, following the instructions on the packaging. Cut the Chinese cabbage into small strips and rinse well. Stir-fry the cabbage on a high heat for 6 minutes until *al dente* and then add the curry powder. Sauté the cod on a low heat until cooked. To complete, drizzle with a little lemon juice.



WEEK 2



# FRIDAY

## Body & Fit Tip

Yesterday, you should've had half a lemon left over.

Squeeze out the lemon and add the juice to a glass of water or a cup of tea.

Alternatively, cut the lemon into slices and add to your tea or water. This gives your drink a deliciously refreshing taste.

## Week 2

### Breakfast

200 g low-fat fromage frais & 30 g oatmeal & 100 g redcurrants

### Snack

1 orange

### Lunch

1 wholewheat rusk with butter, 30% reduced-fat cheese & tomato, 1 slice of rye bread & a hard-boiled egg

### Snack

 1 Smart Protein Shake

### Dinner

Minced beef & potatoes

### Snack

 1 Smart Protein Shake

## Minced beef & potatoes

### Ingredients

- ✓ 100 g minced beef
- ✓ 150 g French beans
- ✓ 50 g cherry tomatoes
- ✓ 100 g potatoes
- ✓ salt & pepper to taste

### Preparation

Peel the potatoes and chop into small pieces. Boil the potatoes for 20 minutes until cooked. Cut off the tips of the French beans, chop the beans into small pieces and boil for 15 minutes until *al dente*.

Season the meat with salt and pepper. Sauté the minced beef for 6 minutes until medium. Strain the potatoes and French beans. Sauté the cherry tomatoes briefly, add salt and pepper to taste and add to the meat.



WEEK 2





# SATURDAY

## Body & Fit Tip

Fancy something a little bit different?

Why not make yourself a Smart Protein Pancake with banana, walnut and honey?

Or how about a savoury version with low-fat cream cheese, avocado and pepper?

Don't forget to take your other meals into account!

## Week 2

### Breakfast

200 g low-fat fromage frais &  
30 g oatmeal &  
100 g redcurrants

### Snack

1 apple

### Lunch

2 wholewheat rusks with butter,  
chicken breast & tomato

### Snack

 1 Smart Protein Shake

### Dinner

Tuna salad

### Snack

 1 Smart Protein Shake

## Tuna salad

### Ingredients

- ✓ 50 g wholewheat pasta
- ✓ 1 tin tuna
- ✓ 3 tomatoes
- ✓ ¼ cucumber
- ✓ 6 olives
- ✓ 100 g lettuce
- ✓ 2 tablespoons olive oil
- ✓ 1 tablespoon vinegar

### Preparation

Cook the pasta, following the instructions on the packaging. Peel the vegetables and chop into small pieces. Mix everything together. Add the olives and tuna. To complete, mix in the olive oil and vinegar.



WEEK 2





# SUNDAY

## Body & Fit Tip

Often, we're not aware of our eating habits. To get the results you're looking for, you'll have to break these old habits. A lot of people eat sweets when they're feeling lazy, tired or sad. One way to overcome this is to exercise, sleep or go and talk to somebody.

Change just one thing at a time. So, be realistic – it's not always going to go right first time! Keep working on it!

## Week 2

### Breakfast

200 g low-fat fromage frais & 30 g oatmeal & 1 apple

### Snack

1 orange & 30 g mixed nuts

### Lunch

1 wholewheat cracker with butter & smoke-dried meat, 1 slice rye bread with butter & 30% reduced-fat cheese

### Snack

 1 Smart Protein Shake

### Dinner

Stuffed peppers

### Snack

 1 Smart Protein Shake

## Stuffed peppers

### Ingredients

- ✓ 2 red peppers
- ✓ 125 g minced beef
- ✓ 1 onion
- ✓ 50 g sweetcorn
- ✓ 1 clove garlic
- ✓ 70 g brown rice
- ✓ 1 tomato
- ✓ salt & pepper to taste
- ✓ 2 tablespoons olive oil

### Preparation

Cook the rice, following the instructions on the packaging. Preheat the oven to 160 °C. Rinse the peppers, cut off the tops (but don't throw them away) and remove the seeds. Peel and chop the onion and garlic into small pieces. Rinse the tomatoes and cut into small pieces. Heat half the oil in a frying pan and stir-fry the minced beef. Add the onion and garlic and sauté.

Add the tomato and sweetcorn and add salt and pepper to taste. Stuff the peppers, replace their tops and stand in a baking dish. Pour the rest of the oil into the baking dish, drizzling a little over the peppers. Bake the peppers for about 20 minutes until soft.



WEEK 2







# Phase 3

**WEEK 3**





# MONDAY

## Body & Fit Variation

Week 3 of Phase 3 is about to begin. Good luck!

Just two more weeks to go until you finish *A Slimmer You!*

You'll be so proud of yourself at the end of it!

## Week 3

### Breakfast

 1 Smart Protein Shake

### Snack

1 pear  
30 g mixed nuts

### Lunch

2 wholewheat crackers with butter, chicken breast, pesto & tomato

### Snack

 1 Smart Protein Shake

### Dinner

Salmon omelette

### Snack

150 g low-fat fromage frais  
100 g grapes

## Salmon omelette

### Ingredients

- ✓ 125 g salmon pieces
- ✓ 2 eggs
- ✓ 2 onions
- ✓ 2 tomatoes
- ✓ 1 clove garlic
- ✓ salt & pepper to taste

### Preparation

Cut the tomatoes into small pieces. Peel the onions and chop into small pieces. Crush the garlic and chop into small pieces. Sauté the garlic, onions and tomatoes in a dash of olive oil. Add pepper to taste. Beat the two eggs in a bowl and season with salt and pepper. Add the egg to the vegetables and sprinkle the salmon pieces over the egg. Cook slowly and, if necessary, cover with a saucepan lid to speed things up.







# TUESDAY

## Body & Fit Tip

Vary your sandwich spreads.

Ham, pineapple and mango chutney are a great combination on your crackers. Or ham with mustard and dill sauce!

And have you tried fruit yet as a spread? There's nothing tastier than strawberries or banana, or apple with honey and nuts on a rusk or cracker!

## Week 3

### Breakfast

 1 Smart Protein Shake

### Snack

1 apple  
30 g mixed nuts

### Lunch

Snack veggies, for example, tomatoes, peppers, cucumber and/or carrots, 1 wholewheat cracker with butter & strawberries

### Snack

 1 Smart Protein Shake

### Dinner

Stuffed turkey & cauliflower

### Snack

150 g low-fat fromage frais

## Stuffed turkey & cauliflower

### Ingredients

- ✓ 100 g turkey breast
- ✓ 200 g cauliflower
- ✓ 2 dried tomatoes
- ✓ 2 slices prosciutto ham
- ✓ 20 g feta
- ✓ nutmeg to taste

### Preparation

Preheat the oven to 170 °C. Slice the turkey breast so that it can be stuffed. Stuff the turkey breast with two dried tomatoes and 20 g of feta. Close the breast and wrap in the prosciutto ham. Place the turkey breast in a greased baking dish and bake in the oven for about 15 to 20 minutes until cooked.

Rinse the cauliflower and boil for 20 minutes until cooked. Add nutmeg to taste.



WEEK 3





# WEDNESDAY

## Body & Fit Tip

Goat's cheese is extremely popular. If you don't like goat's cheese, then you could also try feta or mozzarella in your salads.

And if cheese just isn't your thing, try avocado, quinoa, chunks of ham, or eggs instead.

## Week 3

### Breakfast

 1 Smart Protein Shake

### Snack

1 pear

### Lunch

2 slices of wholewheat bread with pesto, chicken breast & 2 tomatoes

### Snack

 1 Smart Protein Shake

### Dinner

Goat's cheese salad

### Snack

150 g low-fat fromage frais  
100 g raspberries

## Goat's cheese salad

### Ingredients

- ✓ 100 g fresh goat's cheese
- ✓ 1 handful walnuts
- ✓ 1 green pepper
- ✓ 2 tablespoons honey
- ✓ 100 g lettuce
- ✓ 1 pear
- ✓ 1 tomato

### Preparation

Preheat the oven to 175 °C. Lightly grease a baking dish with a dash of olive oil. Place the goat's cheese in the dish with a few walnuts and a tablespoon of honey on top. Bake the goat's cheese for about 5 minutes until soft. Make sure the goat's cheese doesn't melt altogether.

Rinse the lettuce and chop into small pieces. Peel the pear and chop into small pieces. Remove the seeds from the pepper and chop into small pieces, together with the tomatoes. Mix everything together in a bowl. Add the honey and stir again. Serve on a plate and sprinkle the remaining walnuts over the salad. To complete, place the hot piece of goat's cheese on top of the salad.



WEEK 3





# THURSDAY

## Body & Fit Tip

What are your milestones? A milestone could, for example, be to cut down on soft drinks. A worthy goal because soft drinks contain a lot of sugar. Worse still, they don't fill you up and they're bad for your teeth.

Drinking enough water is important. Ideally, you should drink water or tea. If you're still craving sweet drinks, try mixing a little Natural Flavouring in a glass of water or have a Smart Protein Drink.

## Week 3

### Breakfast

 1 Smart Protein Shake

### Snack

2 tangerines  
30 g mixed nuts

**Lunch** 2 wholewheat rusks with butter, smoke-dried meat & gherkins

### Snack

 1 Smart Protein Shake

### Dinner

Home-made guacamole wrap

### Snack

150 g low-fat fromage frais

## Guacamole wrap

### For the guacamole

- ✓ ½ avocado
- ✓ ¼ lime [juice]
- ✓ ½ tomato
- ✓ ½ red onion
- ✓ 1 clove garlic
- ✓ fresh coriander to taste
- ✓ salt & pepper to taste

### Other ingredients

- ✓ 2 wholewheat wraps
- ✓ 150 g chicken breast
- ✓ 1 onion
- ✓ 2 red peppers
- ✓ ½ courgette
- ✓ 2 tbsp. grated 30% reduced-fat cheese

### Preparation

Cut the chicken into small pieces and season to taste with salt and pepper. Sauté the chicken in olive oil. Rinse the vegetables and chop into small pieces. Heat the wraps, following the instructions on the packaging. Spread the vegetables on the wrap and sprinkle with cheese.

For the sauce, peel the avocado and remove the pit. Clean and chop the vegetables into small pieces. Mix all the ingredients together and blend into a thick sauce. Serve with the wraps.



**WEEK 3**



# FRIDAY

## Body & Fit Tip

If you don't like oatmeal, simply leave it out or replace it with chia seed, hemp seed or linseed. These will give you the extra fibre you need and add a delicious bite to your bowl of fromage frais.

## Week 3

### Breakfast

200 g low-fat fromage frais & 20 g walnuts, 30 g oatmeal & 100 g raspberries

### Snack

2 tangerines

### Lunch

2 slices of wholewheat bread with butter, avocado & cucumber

### Snack

 1 Smart Protein Shake

### Dinner

Mashed potatoes & vegetables

### Snack

 1 Smart Protein Shake

## Mashed potatoes & vegetables

### Ingredients

- ✓ 100 g seasoned minced beef
- ✓ 100 g potatoes
- ✓ 150 g carrots
- ✓ 2 onions
- ✓ 2 tablespoons soy sauce
- ✓ 20-50 ml skimmed milk
- ✓ nutmeg to taste
- ✓ salt & pepper to taste

### Preparation

Boil the potatoes for 20 minutes until cooked. Strain the potatoes, but keep the cooking water. Mash the potatoes and add the milk. Dilute with the cooking water until the potatoes have a smooth consistency. Add nutmeg, salt and pepper to taste.

Rinse the vegetables and stir-fry them for about 6 to 7 minutes until cooked. Sauté for about 5 minutes, stirring continuously. Add soy sauce to taste.



WEEK 3





# SATURDAY

## Body & Fit Fact

Tuna is very lean, as are cod, haddock and pollock. Mackerel, salmon, eel, sardines and herring are fattier fishes.

Fish contains important fats, so try to eat it at least twice a week. If you don't like fish, try supplementing your diet with Marinol Omega3 to make sure you get the essential fatty acids your body needs.

## Week 3

### Breakfast

200 g low-fat fromage frais &  
20 g walnuts, 30 g oatmeal &  
100 g redcurrants

### Snack

2 wholewheat crackers &  
2 hard-boiled eggs & 2 tomatoes

### Lunch

200 ml vegetable broth  
100 g soup vegetables

### Snack

 1 Smart Protein Shake

### Dinner

Stuffed courgette & rice

### Snack

 1 Smart Protein Shake

## Stuffed courgette & rice

### Ingredients

- ✓ ½ courgette
- ✓ 50 g brown rice
- ✓ 125 g seasoned minced beef
- ✓ 2 tomatoes
- ✓ 2 onions
- ✓ 20 g raisins
- ✓ 30 g mozzarella

### Preparation

Cook the rice, following the instructions on the packaging. Preheat the oven to 200 °C. Cut the courgette lengthwise down the middle. Scoop out the soft centre from the two halves of the courgette for stuffing. Chop this into small pieces. Peel the onion and chop into small pieces. Chop the leek into small pieces and wash well. Rinse the tomatoes and cut into small pieces. Sauté the minced meat, stirring continuously. Add the vegetables and stir-fry for another 5 minutes. Remove from the heat and mix in the raisins. Cut the mozzarella into thin slices. Place the courgette in a greased baking dish. Fill the courgettes with the beef and vegetable mix and place the slices of mozzarella on top. Bake in the oven for about 20 minutes. Serve with the rice.



**WEEK 3**





# SUNDAY

## Body & Fit Tip

Most people eat too much salt. This is because there is so much salt used in processed, ready-made meals. Try to avoid these products.

When cooking vegetables or potatoes, there's really no need to add any salt.

If you've already bought ready-cooked potatoes, check how they've been prepared and what's been added.

## Week 3

### Breakfast

200 g low-fat fromage frais &  
20 g walnuts, 30 g oatmeal &  
100 g redcurrants

### Snack

1 pear

### Lunch

1 toastie  
1 glass skimmed milk

### Snack

 1 Smart Protein Shake

### Dinner

White fish & carrots

### Snack

 1 Smart Protein Shake

## Toastie

### Ingredients

- ✓ 2 slices wholewheat bread
- ✓ 1 tomato
- ✓ 2 slices chicken breast
- ✓ 1 tablespoon pesto

### Preparation

Preheat the oven to 175 °C [or use a sandwich toaster]. Butter both slices of bread. Make a chicken, tomato and pesto sandwich. Heat in the oven for about 7 minutes.

## White fish & carrots

### Ingredients

- ✓ 1 tilapia fillet [or other white fish]
- ✓ 1 lemon slice
- ✓ 200 g carrots
- ✓ 75 g potato slices

### Preparation

Prepare the potatoes, following the instructions on the packaging, or make them yourself by boiling potatoes, allowing them to cool, and then slicing and sautéing them in a frying pan. Season to taste with salt and pepper. Rinse the carrots and boil for 20 minutes until cooked. >> **continued**



**continuation >>**

Sauté the fish in melted butter on a low heat. Season to taste with salt, pepper and curry powder. Serve the fish with a slice of lemon.



# Phase 3

**WEEK 4**







# MONDAY

## Body & Fit Fact

This is the last week of the third and final phase. Just one more week to go and you'll be at the end of your twelve-week weight-loss plan.

Tell us about your experiences ... we are here to help and maybe you've got some great tips we can share on our website. This will help motivate and inspire others.

Share your success story on Facebook!

## Week 4

### Breakfast

 1 Smart Protein Shake

### Snack

1 slice rye bread & a hard-boiled egg, 1 glass skimmed milk

### Lunch

200 g low-fat fromage frais  
20 g walnuts

### Snack

100 g grapes

### Dinner

Pasta salad

### Snack

 1 Smart Protein Shake

## Pasta salad

### Ingredients

- ✓ 100 g grapes
- ✓ 150 g chicken breast
- ✓ 50 g wholewheat pasta
- ✓ ¼ cucumber
- ✓ 2 tomatoes
- ✓ 1 red pepper
- ✓ 50 g lettuce
- ✓ 25 g rocket
- ✓ 20 g pine nuts
- ✓ 1 tablespoon hot chicken spices
- ✓ 1 tablespoon olive oil

### Preparation

Cook the pasta, following the instructions on the packaging, and rinse in cold water. Cut the chicken breast into small pieces and marinate in the spices. Sauté the chicken until cooked. Rinse the lettuce, pepper, tomatoes and cucumber and chop everything into small pieces. Rinse the grapes and cut in half. Mix everything in a bowl. Toast the pine nuts in a frying pan without using oil or butter until they change colour slightly. Add to the salad. Garnish with the olive oil.



WEEK 4







# TUESDAY

## Body & Fit Tip

Do you lead a busy life?

Why not buy pre-cut vegetables and stir-fry them instead of boiling them?

You could also buy frozen vegetables. They're packed with vitamins and they're easy to prepare.

## Week 4

### Breakfast

- 1 Smart Protein Shake
- 1 orange

### Snack

1 wholewheat cracker with butter, low-fat cream cheese & cucumber

### Lunch

200 g low-fat fromage frais & 100 g raspberries & 30 g mixed nuts

### Snack

Snack veggie, for example, tomatoes, peppers, cucumber and/or carrots.

### Dinner

Turkey & beans in red sauce

### Snack

- 1 Smart Protein Shake

## Turkey & beans in red sauce

### Ingredients

- ½ tin puréed tomato
- 200 g green beans
- 125 g turkey breast
- 50 g potatoes

### Preparation

Boil the potatoes and allow them to cool. Cut off the tips of the green beans and boil the beans for 15 minutes until *al dente*. Cut the turkey into small pieces and season to taste with salt and pepper. Sauté the turkey in olive oil for 5 minutes until cooked.

Cut the potatoes into thin slices, mix in with the turkey and sauté for another 5 minutes on a high heat. To complete, add the beans and mix in the tomato purée.





# WEDNESDAY

WEEK 4

## Body & Fit Tip

Try to eat slowly and calmly ... and don't allow yourself to be distracted. Eat at the table and chew properly.

You'll not only enjoy your food more, but chewing properly helps you digest your food better because your saliva gets this process off to a proper start.

## Week 4

### Breakfast

 1 Smart Protein Shake

### Snack

1 slice of wholewheat bread with butter, ham & gherkins

### Lunch

200 g low-fat fromage frais, 1 apple & 30 g mixed nuts

### Snack

100 g grapes

### Dinner

Salmon & carrots

### Snack

 1 Smart Protein Shake

## Salmon & carrots

### Ingredients

1 salmon fillet  
2 lemon slices  
200 g carrots  
50 g brown rice  
salt & pepper to taste

### Preparation

Cook the rice as instructed on the packaging. Season the salmon with salt and pepper. Sauté the salmon on a low heat for about 8 minutes until cooked.

Rinse the carrots and chop into small pieces. Boil the carrots for about 10 minutes until *al dente*. Serve everything together with the lemon slices.

# THURSDAY

## Body & Fit Tip

It's Thursday and you've almost reached the end of the third and final phase of this *A Slimmer You!* weight-loss plan.

Keep going for just a few days longer and you'll have every reason to be so proud of yourself!

## Week 4

### Breakfast

 1 Smart Protein Shake

### Snack

1 wholewheat rusk with butter,  
smoke-dried meat & mustard  
1 glass skimmed milk

### Lunch

200 g low-fat fromage frais  
100 g grapes

### Snack

1 apple  
30 g mixed nuts

### Dinner

Vegetable lasagne

### Snack

 1 Smart Protein Shake

## Vegetable lasagne

### Ingredients

- ✓ 1 tomato
- ✓ 100 g chicken breast
- ✓ 4 wholewheat lasagne
- ✓ 2 onions
- ✓ 1 clove garlic
- ✓ 100 g tomato purée
- ✓ 30 g grated 30% reduced-fat cheese
- ✓ 30 g mozzarella
- ✓ salt & pepper to taste
- ✓ 2 heads of celery

### Preparation

Preheat the oven to 200 °C. Grease a baking dish with olive oil. Chop the chicken breast into small pieces and stir-fry in olive oil. Crush the garlic and chop into small pieces, then add to the chicken breast. Meanwhile, clean the tomatoes, celery and onion and chop into small pieces. Add the vegetables to the chicken breast and sauté for another 5 minutes. Next, add the tomato purée and add salt and pepper to taste. Cut the mozzarella into pieces.

First, spread a layer of sauce and vegetables in the baking dish, then half of the lasagne, followed by the mozzarella. Next, add the rest of the lasagne, followed by the rest of the tomato sauce. To complete, sprinkle the grated cheese on top. Bake the lasagne in the oven for 15 to 20 minutes.



WEEK 4



# FRIDAY

## Body & Fit Tip

Did you know that mushrooms are packed with vitamins and minerals? That's why they're often used in vegetarian cuisine. They also come in all shapes, sizes and colours, and can be used in many different ways. Add them to any meal, stuff them, grill them or blend them into a sauce.

## Week 4

### Breakfast

200 g low-fat fromage frais & 30 g oatmeal & 100 g raspberries

### Snack

1 apple 30 g mixed nuts

### Lunch

1 wholewheat rusk with butter & hard-boiled egg, 1 slice of rye bread with 30% reduced-fat cheese & tomato

### Snack

 1 Smart Protein Shake

### Dinner

Stuffed mushrooms

### Snack

 1 Smart Protein Shake

## Stuffed mushrooms

### Ingredients

- ✓ 100 g seasoned minced beef
- ✓ 3 portobello mushrooms
- ✓ 1 pepper
- ✓ 1 clove garlic
- ✓ 2 tomatoes
- ✓ 1 onion
- ✓ 3 tbsp. grated 30% reduced-fat cheese
- ✓ 50 g brown rice
- ✓ parsley to taste

### Preparation

Cook the rice, following the instructions on the packaging. Preheat the oven to 200 °C. Boil the mushrooms in a pan of water for 2 minutes. Drain the mushrooms. Chop the garlic into small pieces. Peel the onions and chop into small pieces. Sauté the onion and garlic in olive oil for about 4 minutes on a high heat. Add the minced meat and cook until done.

Rinse the pepper and tomato. Remove the seeds from the pepper and chop into small pieces. Add the pepper and tomato and stir-fry for another 4 minutes. Remove from the heat and sprinkle the parsley over the vegetable mix. Grease a baking dish with olive oil. Put the mushrooms in the baking dish. Stuff the mushrooms with the meat and vegetable mix and sprinkle the cheese on top. Bake in the oven for about 10 minutes.



WEEK 4



# SATURDAY

## Body & Fit Tip

Today's recipe takes quite a while to prepare. Choose the most convenient time to make it, for example, in the morning or the evening before. Take this into account when planning your day. If you can't fit it in today, swap today's recipe for tomorrow's.

## Week 4

### Breakfast

200 g low-fat fromage frais &  
30 g oatmeal &  
100 g grapes

### Snack

1 orange

### Lunch

Parma ham salad

### Snack

 1 Smart Protein Shake

### Dinner

Beef stew & rice

### Snack

 1 Smart Protein Shake

## Parma ham salad

### Ingredients

- ✓ 1 fresh fig
- ✓ 40 g mozzarella
- ✓ 4 slices Parma ham
- ✓ 1 handful walnuts
- ✓ 100 g lettuce
- ✓ 1 tablespoon honey
- ✓ 1 tablespoon pumpkin seeds
- ✓ 1 teaspoon balsamic vinegar
- ✓ 1 tablespoon olive oil
- ✓ salt & pepper to taste

### Preparation

Rinse the lettuce, drain well and chop into small pieces. Cut the fig into segments and the cheese into small pieces. Mix the lettuce with the walnuts, cheese and figs. For the dressing, mix the olive oil, balsamic vinegar and honey, and add salt and pepper to taste. Mix in with the lettuce. Shred the Parma ham and mix with the lettuce. Sprinkle pumpkin seeds over the salad.

## Beef stew & rice

### Ingredients

- ✓ 150 g braising steak
- ✓ 100 g carrots
- ✓ 2 onions
- ✓ 1 bay leaf
- ✓ 1 clove
- ✓ 50 g brown rice

### Preparation >>





### Preparation

Season the meat with salt and pepper. Sear the meat in butter on both sides. Add enough water to cover the meat. Add the bay leaf and clove. Simmer for at least 2½ hours. Cook the rice, following the instructions on the packaging. Clean the carrots and chop into small pieces, together with the onions. Add the finely chopped vegetables to the meat for the last half hour.



# SUNDAY

## Body & Fit Tip

You've finished this third and final phase, bringing you to the end of *A Slimmer You!*

But there's nothing stopping you continuing with our weekly menus.

We also have plenty of other plans on our website.

## Week 4

### Breakfast

- 200 g low-fat fromage frais
- 30 g oatmeal
- 100 g raspberries

### Snack

- 1 orange

### Lunch

- Omelette & bouillon

### Snack

-  1 Smart Protein Shake

### Dinner

- Chicken, broccoli & potatoes

### Snack

-  1 Smart Protein Shake

## Omelette & bouillon

### Ingredients

- ✓ 2 eggs
- ✓ 20 ml skimmed milk
- ✓ 1 teaspoon soy sauce
- ✓ parsley
- ✓ salt & pepper to taste

### For the soup

- ✓ 100 g soup vegetables
- ✓ 250 ml water
- ✓ ¼ stock cube

### Preparation

Boil the water and add the stock cube. Boil the vegetables for about 10 minutes. Crack the egg into a bowl with the salt, pepper, milk and soy sauce. Beat these together. Melt a little butter or olive oil in a frying pan, add the egg mix and cook the omelette slowly until it solidifies. Serve the omelette with some fresh parsley and a bowl of bouillon.

## Chicken, broccoli & potatoes

### Ingredients

- ✓ 75 g potatoes
- ✓ 200 g broccoli
- ✓ salt & pepper to taste
- ✓ 125 g chicken breast
- ✓ paprika powder

### Preparation >>



**Preparation**

Peel the potatoes and boil them for 15 minutes. Wash the broccoli and boil for 15 minutes until *al dente*. Season the chicken breast with salt and pepper and sauté on a low heat until cooked. Strain the potatoes, but keep the cooking water. Chop the potatoes into small pieces and sauté in a frying pan. Season to taste with the paprika powder.



# SHOPPING LIST FOR WEEK 1

---

## **Breads/Starches**

2 wholewheat rusks  
4 slices wholewheat bread  
3 wholewheat crackers  
1 slice rye bread  
150 g wholewheat pasta  
50 g brown rice

## **Fruit**

½ pineapple  
4 apples  
300 g grapes  
200 g raspberries  
½ lime  
20 g olives  
2 oranges

## **Vegetables**

125 g broccoli  
225 g cherry tomatoes  
100 g mushrooms  
200 g mixed vegetables  
1 pepper  
¼ red chilli peper

½ leek  
150 g mangetouts  
25 g rocket  
150 g lettuce  
200 g green beans  
50 g beansprouts  
8 red tomatoes  
2 yellow tomatoes  
2 onions  
2 red onions

## **Dairy**

4 eggs  
1050 g low-fat fromage frais  
20 g low-fat cream cheese

## **Nuts**

20 g cashew nuts  
20 g pine nuts  
60 g walnuts  
120 g mixed nuts

## **Meat**

80 g ham  
100 g steak  
125 g turkey breast  
60 g chicken breast [cold meats]  
250 g chicken breast  
30 g smoke-dried meat  
100 g seasoned minced beef

## **Fish**

2 tins tuna  
1 salmon fillet

## **Basics**

gherkins  
basil  
1 tin peeled tomatoes  
butter  
lemon  
oatmeal  
honey-mustard dressing  
soy sauce  
garlic  
mustard

olive oil  
pepper  
pesto  
parsley  
salad dressing  
teriyaki marinade  
tomato purée  
salt



# SHOPPING LIST FOR WEEK 2

---

## **Potatoes**

150 g potatoes

## **Breads/Starches**

5 wholewheat rusks

3 wholewheat crackers

2 slices rye bread

120 g brown rice

50 g wholewheat tagliatelle

2 wholewheat wraps

50 g wholewheat pasta

## **Fruit**

300 g strawberries

4 apples

½ lemon

25 g olives

200 g redcurrants

2 oranges

## **Vegetables**

50 g mushrooms

50 g cherry tomatoe

200 g Chinese cabbage

1 cucumber

80 g sweetcorn

4 peppers

200 g lettuce

400 g snack veggies

150 g French beans

300 g spinach

10 tomatoes

2 onions

200 g carrots

## **Dairy**

1 egg

60 g 30% reduced-fat cheese

1400 g low-fat fromage frais

200 ml skimmed milk

40 g sour cream

## **Nuts**

20 g pine nuts

20 g walnuts

150 g mixed nuts

## **Meat**

20 g ham [cold meats]

125 g turkey breast

125 g chicken breast

60 g chicken breast [cold meats]

40 g smoke-dried meat

325g lean minced beef

## **Fish**

1 cod fillet

1 tin tuna

## **Basics**

gherkins

vinegar

butter

chives

guacamole

oatmeal

curry powder

garlicolive oil

pepper

pesto

salt



# SHOPPING LIST FOR WEEK 3

---

## Potatoes

100 g potatoes  
75 g potato slices

## Breads/Starches

6 slices wholewheat bread  
2 wholewheat rusks  
5 wholewheat crackers  
50 g brown rice  
2 wholewheat wraps

## Fruit

100 g strawberries  
1 apple  
2 lemon slices  
200 g raspberries  
100 g grapes  
¼ lime  
4 tangerines  
4 pears  
200 g redcurrants

## Vegetables

1½ avocados  
200 g cauliflower  
1 courgette  
2 dried tomatoes  
¼ cucumber  
1 green pepper  
2 red peppers  
100 g lettuce  
200 g snack veggies  
100 g soup vegetables  
11½ tomatoes  
7 onions  
½ red onion  
350 g carrots

## Dairy

4 eggs  
20 g feta  
100 g fresh goat's cheese  
40 g grated 30% reduced-fat cheese  
1200 g low-fat fromage frais  
220-250 ml skimmed milk  
30 g mozzarella

## Nuts

90 g walnuts  
90 g mixed nuts

## Meat

100 g turkey breast  
120 g chicken breast [cold meats]  
150 g chicken breast  
40 g prosciutto  
225 g seasoned minced beef  
40 g smoke-dried meat

## Fish

125 g salmon pieces  
1 tilapia/white fish fillet

## Basics

gherkins  
butter  
stock cube  
oatmeal  
honey  
soy sauce

coriander  
garlic  
nutmeg  
olive oil  
pepper  
pesto  
raisins  
salt



# SHOPPING LIST FOR WEEK 4

---

## **Potatoes**

125 g potatoes

## **Breads/Starches**

2 wholewheat rusks  
1 slice wholewheat bread  
2 wholewheat crackers  
1 slice rye bread  
50 g wholewheat pasta  
4 wholewheat lasagne  
150 g brown rice

## **Fruit**

3 apples  
2 lemon slices  
500 g grapes  
300 g raspberries  
3 oranges  
1 fig

## **Vegetables**

2 heads of celery  
200 g broccoli  
½ cucumber

3 portobello mushrooms

2 red peppers

25 g rocket

150 g lettuce

200 g snack veggies

100 g soup vegetables

200 g green beans

6 tomatoes

5 onions

300 g carrots

## **Dairy**

4 eggs

420 ml skimmed milk

1400 ml low-fat fromage frais

70 g mozzarella

90 g 30% reduced-fat cheese

20 g low-fat cream cheese

## **Nuts**

20 g pumpkin seeds

20 g pine nuts

40 g walnuts

120 g mixed nuts

## **Meat**

20 g ham

125 g turkey breast

375 g chicken breast

80 g Parma ham

100 g seasoned minced beef

150 g braising steak

20 g smoke-dried meat

## **Fish**

1 salmon fillet

## **Basics**

gherkins

balsamic vinegar

butter

stock cubes

oatmeal

honey

1 tin puréed tomato

soy sauce

chicken spices

garlic

cloves

bay leaf

mustard

olive oil

paprika powder

pepper

parsley

tomato purée

salt



# END OF PHASE 3

---

## Congratulations, you did it!

You've successfully reached the end of Phase 3 and with it the end of our *A Slimmer You!* weight-loss plan. We hope that you can look back on the past twelve weeks with satisfaction.

We'd love to see your results and maybe you'll be our photo winner! Share your results with us on Facebook, Twitter or Instagram.

The Body & Fit Team







# RECIPES FOR A SLIMMER YOU!

---

Antipasto	112	Chicory salad	110	Macaroni	110
Asian-style rice	162	Cod & beans	140	Main-course soup	138
Baked salmon & pepper	130	Cod & Chinese cabbage	176	Mashed potatoes & vegetables	194
Banana pancake	38	Egg & lettuce	66	Meatball & carrots	174
Beef & vegetables	42	Egg salad	160	Meatball & gravy	70
Beef sausage & red cabbage salad	102	Farmhouse omelette	72	Meatballs & ratatouille	31
Beef stew & rice	210	French crêpe	64	Minced beef & potatoes	178
Broccoli pancake	36	Fruit pancake	62	Minced beef & sautéed mushrooms	120
Carrot pancake	59	Fruit salad	29, 30, 35, 95	Mushroom pancake	24, 48, 92
Carrots & radishes	36	Garlic prawns	71	Omelette & bouillon	212
Casserole	126	Goat's cheese salad	190	Parma ham salad	210
Chicken & French beans	94	Green salad	50	Pasta salad	202
Chicken & green beans	156	Grilled cod & mangetouts	95	Peppers & dip	86
Chicken pasta	164	Grilled pepper salad	22	Peri-peri chicken	132
Chicken salad	104	Grilled tuna & stir-fried vegetables	106	Plaice & carrots	44
Chicken satay & broad beans	117	Guacamole wrap	192	Pork tenderloin & cauliflower	112
Chicken sensation	28	Ham & cheese pancake	52	Pork tenderloin & vegetables	96
Chicken wrap	170	Ham off the bone & lettuce	119	Raw vegetable salad	24, 26
Chicken, broccoli & potatoes	212	Ham, cheese, egg & chicory	134	Red fruit pancake	88



# RECIPES FOR A SLIMMER YOU!

---

Red salad	54	Stuffed mushrooms	208
Salad	90, 138, 174	Stuffed peppers	122, 182
Salade Niçoise	156	Stuffed turkey & cauliflower	188
Salmon & carrots	205	Stuffed vegetable pancake	35
Salmon & spinach	40	Sweet pancake	50
Salmon & tomatoes	154	Toastie	166, 198
Salmon omelette	186	Tomato pancake	26, 68
Salmon salad	56	Tomato salad	34, 154
Satay & rice	124	Tuna & mushroom pancake	34
Spaghetti	166	Tuna salad	29, 160, 18
Spicy Cajun steak	101	Tuna salad on bread	124
Spinach pancake	20, 91	Turkey & beans in red sauce	204
Spinach tagliatelle	172	Turkey & broccoli	116
Stir-fried turkey	158	Vegetable lasagne	206
Stir-fried vegetables	62	Vegetable omelette	126
Stripped beef	133	Vegetable pancake	22, 54, 86
Stripped beef & rice	108	White fish & carrots	298
Stuffed chicken	58	Wurst & sauerkraut	136
Stuffed courgette & rice	196		





GOT QUESTIONS? DROP US A LINE ...



EMAIL

[CUSTOMERSERVICE@BODYANDFIT.COM](mailto:CUSTOMERSERVICE@BODYANDFIT.COM)



TEL.

+44 (0)800 0294555



LIVE CHAT

[WWW.BODYANDFIT.COM](http://WWW.BODYANDFIT.COM)

[WWW.BODYANDFIT.COM](http://WWW.BODYANDFIT.COM)

© 2019 Body & Fit | All rights reserved.

No part of this *A Slimmer You!* weight-loss plan may be copied, made available on other websites, replicated in any way whatsoever and/or used commercially without the express written permission of Body & Fit.

Body & Fit's *A Slimmer You!* has been compiled with the utmost care. Body & Fit is not liable for any inaccuracies or omissions, nor is it liable for any action taken resulting from reading the information contained in this publication.

**BODY&FIT<sup>®</sup>**