

# SUMMER SLIM'S 7 DAY EATING PLAN

This is a guide to help you get to a healthier Life Style, it's not a HAVE TO, but it's a start to help you during your weight loss journey

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
BREAKFAST	Omelette - 2 egg whites and 1 whole egg with diced tomatoes and one slice Low GI Bread.	1 Wholegrain toast topped with tomatoes and low fat cottage cheese and one apple	½ Cup oats with half a glass of low fat milk and a banana.	Fruit salad with plain low fat yoghurt with raw honey.	2 Egg whites and one full egg scrambled with mushroom and tomatoes.	Unsugared granola with low fat yoghurt and an apple.	Oat bran with low fat milk and a protein shake low in carbs.
SNACK	Low fat plain yoghurt with 6 strawberries	Protein shake, low in sugar, carbs and calories less than 120.	Apple with a tablespoon of natural peanut butter.	Handful of Almonds, (about 10).	¼ Cup cottage cheese with ¼ cup mixed berries.	1 Cup celery or carrots	Protein shake, low in sugar, carbs and calories less than 120.
LUNCH	1 tin Tuna, with salad of your choice.	1 Chicken breast and ½ cup broccoli.	2 Small 2 - minute lean steak with side salad.	100g Lean beef mince with baby marrow or spinach.	1 tin Tuna with cucumber and tomato.	1 Grilled chicken breast thinly sliced in salad.	Small grilled potato and lean beef mince with green beans.
SNACK	Protein shake, low in sugar, carbs and calories less than 120.	Low fat plain yoghurt with 6 strawberries	Protein shake, low in sugar, carbs and calories less than 120.	Apple with a tablespoon of natural peanut butter.	Handful of Almonds, (about 10).	¼ Cup cottage cheese with ¼ cup mixed berries.	1 Cup celery or carrots
DINNER	100g Lean beef mince and spinach.	Chicken breast and green beans and small side salad.	1 Grilled chicken breast thinly sliced in salad.	120g Beef steak and broccoli.	Chickpeas salad on a bed of lettuce, diced tomatoes, parsley and lemon juice.	1 Chicken breast and ½ cup broccoli.	1 tin Tuna, with salad of your choice.