

Sample Orange Day from the Eating Plan

1 1/2 oz (42 g) Breakfast cereal of your choice
1 yoghurt and 1 cup berries

Baked potato with macaroni cheese and a mixed salad
Toffee-flavoured yoghurt and pear

Lentil Soup served with 2 oz (57 g) bread
2 oz (57 g) Chicken with stir fry vegetables and noodles
Sugar-free jelly served with a banana and a
banana and custard-flavoured yoghurt

Unlimited tea, coffee, water and diet drinks.
200 calories to use on anything you desire.



Sample Lilac Day from the Eating Plan

Bacon, scrambled egg, tomatoes and mushrooms
2 oz (57 g) toast
2 mandarins and yoghurt

2 oz (57 g) bread open sandwich made with salad vegetables
Sliced chicken, ham and tuna fish
1 cup berries served with sugar-free jelly and yoghurt

Mushroom soup
Roast beef, 7 oz (198 g) roast potatoes, carrots, turnip
Baked banana served with vanilla yoghurt

Unlimited tea, coffee, water and diet drinks.
200 calories to use on anything you desire.

