Banting Plan

Appropriate for a person weighing 81-100kg

Developed by Kelly Schreuder, Registered Dietician

© 2013 Sleekgeek All rights reserved
Dear Challenger,

Please note that these are general plans that are intended for use merely as guidance for a Banting-style diet. They were designed because we have had many requests for a Banting menu and portion guide for those trying to follow this type of diet. The recommendations in the food lists are taken directly from the Real Meal Food Lists and we suggest that if you are interested in this way of eating as a lifestyle, you take a look at www.realmearelvolution.com. These plans are designed to be appropriate in terms of quantity for weight loss or maintenance, whilst following the basic carbohydrate restriction of under 50g per day, as recommended in the Real Meal guidelines. If you are in any doubt about whether or not these plans are suitable for you (including, for example, if you have an existing illness or medical condition, if you are pregnant or breastfeeding, if you are severely overweight or underweight, or if you are allergic to something) please consult with a doctor or dietician before you begin. Such general plans do not compare with the individualised attention of a health professional. Sleek Geek and the consulting dietician cannot be held responsible for the misinterpretation or misuse of this content in any respect.

The plans provide a week of meals and some recipes to use as an example of how to apply the diet. Shopping guides are also provided. The quality of your diet beyond a week is up to you. If you eat exactly the same foods every week, even if they are extremely nutritious, you are likely to miss out on other essential nutrients. Variety is very important for optimum nutrition.
Your eating plan at a glance:

<table>
<thead>
<tr>
<th>Food Group</th>
<th>Number of Portions Per Day</th>
</tr>
</thead>
<tbody>
<tr>
<td>MILK</td>
<td>1</td>
</tr>
<tr>
<td>FRUIT, STARCH or STARCHY VEG</td>
<td>1</td>
</tr>
<tr>
<td>VEGETABLES*</td>
<td>4 +</td>
</tr>
<tr>
<td>PROTEIN</td>
<td>11 (1 high fat plus 10 lean)</td>
</tr>
<tr>
<td>FAT</td>
<td>12</td>
</tr>
<tr>
<td>SUGAR</td>
<td>Use alternatives and try to reduce need for sweetness by reducing the amount you use each week until it is very occasional.</td>
</tr>
</tbody>
</table>
| DRINKS                                  | • 6-8 cups of water – more if you are thirsty or on a hot day, plus 500ml after an exercise session (up to 1 litre)  
• Avoid too much caffeine – max 2 cups coffee per day. |
| ALCOHOL                                 | Avoid                      |
| TREATS                                  | A low carb lifestyle does not allow for eating sugar or refined starches. We suggest using products like “Banting” cakes and breads as treats initially, rather than as staples, since many of these products are not well formulated. Please also read ingredients. During the first 8 weeks, stick to the simple foods that are suggested in this plan and count your portions. It is as much about learning as it is about cleaning up your diet. After that, you can decide on 2 treats that you will plan into your week ahead of time that will make this feel sustainable for you. |

**The portion allocation of vegetables is a MINIMUM – feel free to eat more than 4 portions if you would like to.**
Notes on all the food groups

MILK

• You can have full cream milk and yoghurt.
• If you consistently eat less than the servings recommended and you don’t eat cheese, then you might need a calcium supplement. Another good source of calcium is canned fish e.g. sardines or salmon, with the bones mashed up.
• If you use a milk alternative such as soy/rice/almond milk, read the labels – check for sugar and calcium content. Milk as a food group is included mainly for its calcium content, so it would be good to use a substitute that provides calcium as well. Unfortunately, many milk substitutes are full of sugar, so try to avoid those brands.

FRUIT

Fruit is high in sugar, so although a small amount of fruit is recommended, because it is full of vitamins and fibre, the reason why it helps to restrict fruit consumption is to reduce your overall carbohydrate intake. Try to eat more non-starchy vegetables to ensure you are getting enough fresh, nutritious, high-fibre foods.

VEGETABLES

The number of servings of vegetables is just a guide – by all means eat more if you would like to, just remember to count things like butternut and sweet potato as starchy vegetables. Get into a habit of trying to add a vegetable to every meal or snack that you eat. Although all vegetables contain vitamins, minerals, fibre and phytochemicals that should be eaten in abundance, the cruciferous vegetables – cabbage, bok choi, kale, broccoli, cauliflower and kale – are particularly beneficial, with powerful anti-cancer properties, so try to eat these several times a week. Eat your vegetables raw or lightly steamed.

STARCH

Your plan has a relatively high protein and fat content, which is fine, but it does restrict your carbohydrate intake a bit, so the quality of your choices is important. A portion of starchy vegetables has the same amount of carbohydrate as a portion of fruit, so these are your major carbohydrate sources and it is important to understand your portions sizes and to read labels of mixed foods to see where your carbohydrates are coming from.
PROTEIN

Protein plays an important role in helping you to feel satisfied when you eat. It is critical to remember that a low carbohydrate diet does not mean that you can eat an abundance of protein. You should be eating a moderate amount of protein, which means approximately a palm-sized piece of meat at each meal. As with all foods, try to eat a variety of different meats and aim to eat organic, free-range, grass-fed meat and eggs, and wild SASSI-approved fish.

- Avoid eating very processed meats (e.g. ham, viennas, bacon) that contain lots of nitrates, colours and flavours – rather eat cold meat you have cooked yourself.

- If you eat meat with lots of fat, like streaky bacon, a chop or piece of steak with its fat, chicken with skin, ribs, salami, parma ham/prosciutto with fat, or any other obviously fatty meat, count it as high fat protein, or count fat portions along with the protein portions. It does not mean that meat fat is not allowed, it is simply because the protein portions in this plan are calculated around lean meats and protein sources like eggs, so additional fat must be considered separately.

FAT

Be aware of the quality of fat that you eat and how you treat it. If you buy good oil, like extra virgin olive oil, flax oil, walnut oil, or another delicate cold pressed oil, try to protect it from heat and light and don’t use it for cooking.

- If you are going to fry something in a little oil, rather use an olive oil or coconut oil that has a higher smoke point. Ghee (clarified butter) also handles heat well.

- Some particularly delicate oils (like flax) should be stored in the fridge. If you grind up flax seeds, these should also be kept in the fridge.

- Try to eat raw nuts and seeds more often than roasted ones.

There is very good fat in oily fish such as salmon and sardines. If you don’t eat a meal with oily fish at least twice a week, you can get the same omega 3 fatty acids from linseeds (flax seeds) and chia seeds or in supplement form e.g. 1000 – 2000mg fish or flax oil capsules daily.
## Portions Guide

<table>
<thead>
<tr>
<th>Daily Allowance – Number of Portions</th>
<th>Examples of One Portion</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Milk</strong></td>
<td><strong>Note:</strong> These milk portions are here to provide calcium in your diet. If you do not use milk or milk products, it would be a good idea to take a calcium supplement.</td>
</tr>
<tr>
<td>1 cup milk</td>
<td>3/4 cup plain yoghurt or cottage cheese</td>
</tr>
<tr>
<td>1 cup buttermilk/maas</td>
<td></td>
</tr>
<tr>
<td><strong>Fruit</strong></td>
<td><strong>Note:</strong> Each fruit portion contains the same amount of carbohydrate as a starch portion, so you can eat more fruit and less starch sometimes.</td>
</tr>
<tr>
<td>1 medium (tennis ball size) or 2 small (golf ball size) fresh fruit or:</td>
<td>½ cup chopped fresh fruit or berries</td>
</tr>
<tr>
<td>½ cup unsweetened fruit juice</td>
<td></td>
</tr>
<tr>
<td>*Remember that dried fruit is concentrated – e.g. one tablespoon raisins = 1 bunch grapes</td>
<td></td>
</tr>
<tr>
<td><strong>Vegetables</strong></td>
<td><strong>Note:</strong> Remember to count starchy veg as a starch.</td>
</tr>
<tr>
<td>½ cup cooked vegetables (not including starchy vegetables)</td>
<td></td>
</tr>
<tr>
<td>1 cup raw vegetables e.g. salad</td>
<td></td>
</tr>
<tr>
<td>½ cup vegetable juice e.g. cucumber/tomato/celery/leafy greens</td>
<td></td>
</tr>
<tr>
<td><strong>Starch</strong></td>
<td><strong>Reading labels:</strong> 1 portion = 15g total carbohydrate (1-3g protein as well)</td>
</tr>
<tr>
<td>½ cup cooked starchy veg e.g. sweet potato, butternut or peas</td>
<td></td>
</tr>
<tr>
<td>*If you do include these, your portion sizes must be carefully controlled because they are high-carbohydrate foods. If you struggle to control your portion size, rather avoid them.</td>
<td></td>
</tr>
<tr>
<td><strong>Protein</strong></td>
<td><strong>Reading labels:</strong> 1 portion – 7g protein</td>
</tr>
<tr>
<td>30g (matchbox size) meat or chicken</td>
<td></td>
</tr>
<tr>
<td>45g fish/sardines</td>
<td></td>
</tr>
<tr>
<td>3 tablespoons canned tuna/salmon (approx. ½ small tin tuna)</td>
<td></td>
</tr>
<tr>
<td>1 large egg</td>
<td></td>
</tr>
<tr>
<td>¼ cup cooked mince</td>
<td></td>
</tr>
<tr>
<td>¼ cup nuts, seeds, or 2 tablespoons nut butter*</td>
<td></td>
</tr>
<tr>
<td>30g cheese*</td>
<td></td>
</tr>
<tr>
<td><strong>Fat</strong></td>
<td><strong>Reading labels:</strong> 1 portion = 5g fat</td>
</tr>
<tr>
<td>1 tsp butter, ghee or oil</td>
<td></td>
</tr>
<tr>
<td>2 teaspoons mayonnaise</td>
<td></td>
</tr>
<tr>
<td>2 tsp almond butter</td>
<td></td>
</tr>
<tr>
<td>¼ medium avocado</td>
<td></td>
</tr>
<tr>
<td>1 tablespoon nuts or seeds</td>
<td></td>
</tr>
<tr>
<td>5 big/10 small olives</td>
<td></td>
</tr>
<tr>
<td>1 tbsp cream, coconut cream or cream cheese</td>
<td></td>
</tr>
<tr>
<td>2 tbsp coconut milk (1/4 cup = 2 fat servings)</td>
<td></td>
</tr>
<tr>
<td>*These are high fat options.</td>
<td></td>
</tr>
</tbody>
</table>
This portions guide has been created to take the counting and weighing out of your daily eating habits. It is based on realistic portions of cooked or ready-to-eat foods so that you can serve yourself from a buffet or eat at a restaurant and still be able to estimate if you are following your plan. It is not perfect, but it is more practical and sustainable than carrying scales and calculators around.

Remember that foods are not always consistent and they do not always contain exactly what the portions guide says they should. It still helps to read labels and understand foods that you enjoy regularly. Otherwise just make sure that you eat a good variety of foods, so that slight variations in nutritional content average out over time. The green and orange lists that go along with the Real Meal Revolution guides are carefully calculated for specific foods, so if you are being very strict, go with those lists to begin with. The risk of sticking too closely to lists long-term is that you restrict your options, and the variety of your diet, which is why these more general portion guides have been provided.

The table below might help when you are trying to apply the portions guide:

<table>
<thead>
<tr>
<th>Portion size</th>
<th>Used commonly for these foods</th>
<th>Equivalent</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 teaspoon (tsp) = 5ml</td>
<td>Butter or oil</td>
<td>½ of the top joint of your thumb</td>
</tr>
<tr>
<td>1 tablespoon (tbsp) = 15ml</td>
<td>Fats, including nuts and seeds</td>
<td>Acorn or ½ golf ball</td>
</tr>
<tr>
<td>2 tablespoons = 30ml</td>
<td>Almond butter</td>
<td>Golf ball</td>
</tr>
<tr>
<td>30g</td>
<td>Nuts, cheese, meat, dried fruit</td>
<td>Matchbox, egg, meat from a chicken drumstick, container of dental floss, closed handful (all fingers closed and food not visible)</td>
</tr>
<tr>
<td>2 protein portions</td>
<td>Meat</td>
<td>Meat from an average chicken thigh</td>
</tr>
<tr>
<td>3 protein portions</td>
<td>Meat</td>
<td>Pack of cards, or the palm of a lady’s hand e.g. chicken breast</td>
</tr>
<tr>
<td>4 protein portions</td>
<td>Meat</td>
<td>Large chicken breast or the palm of a man’s hand</td>
</tr>
<tr>
<td>½ cup = 125ml</td>
<td>Fruit, vegetables, starchy vegetables</td>
<td>Tennis ball, computer mouse or light bulb</td>
</tr>
<tr>
<td>1 cup = 250ml</td>
<td>2 portions fruit or cooked vegetables, 1 portion salad</td>
<td>Grapefruit, baseball</td>
</tr>
</tbody>
</table>
Planning and Keeping Records

It is very important that you keep good records of what you are eating every day. It has been shown over and over again that people who successfully lose weight are those who are disciplined about keeping records. Those who do not keep records do not see the same results. Do not give yourself the option here. If you are committed to losing weight, there is no other way to do it well. Ideally, you should plan your meals and snacks for the next day and then record what you eat throughout the day, immediately after your meal or snack. This awareness of what you are eating will be extremely helpful long term, because it will show you how much or how little you have to eat to maintain your weight loss. It will also highlight unhelpful patterns of unplanned eating and show you where you need to make adjustments.

Example of good food records:

<table>
<thead>
<tr>
<th>Planned Meals</th>
<th>Actual Consumption</th>
<th>Unplanned eating and reason</th>
</tr>
</thead>
<tbody>
<tr>
<td>Breakfast:</td>
<td></td>
<td></td>
</tr>
<tr>
<td>1/2 cup berries</td>
<td>1/2 cup berries</td>
<td>Coffee with milk and sugar is such a habit I forgot</td>
</tr>
<tr>
<td>2 boiled eggs</td>
<td>2 boiled eggs</td>
<td></td>
</tr>
<tr>
<td>¼ avocado</td>
<td>¼ avocado</td>
<td></td>
</tr>
<tr>
<td>1 cup coffee, no sugar</td>
<td>Coffee with milk and 1 sugar</td>
<td></td>
</tr>
<tr>
<td>Snack:</td>
<td></td>
<td></td>
</tr>
<tr>
<td>1 handful raw almonds</td>
<td>Biscuit at work</td>
<td>Forgot to pack properly before I left the house and was STARVING by 10am</td>
</tr>
<tr>
<td>Lunch:</td>
<td></td>
<td></td>
</tr>
<tr>
<td>1 sachet tuna</td>
<td>1 sachet tuna</td>
<td>None – good planning 😊</td>
</tr>
<tr>
<td>½ avocado</td>
<td>½ avocado</td>
<td></td>
</tr>
<tr>
<td>lots of salad</td>
<td>lots of salad</td>
<td></td>
</tr>
<tr>
<td>1 tbsp toasted sunflower seeds</td>
<td>1 tbsp toasted sunflower seeds</td>
<td></td>
</tr>
<tr>
<td>Snack:</td>
<td></td>
<td></td>
</tr>
<tr>
<td>30g biltong</td>
<td>4 pieces dark choc with coffee</td>
<td>The bar of chocolate was in my desk drawer and couldn’t stop myself, then decided not to eat the biltong, but felt very hungry – should have just eaten biltong</td>
</tr>
<tr>
<td>Supper:</td>
<td></td>
<td></td>
</tr>
<tr>
<td>1 chicken breast</td>
<td>1 chicken breast</td>
<td>Forgot to measure oil properly, so don’t know how much I added</td>
</tr>
<tr>
<td>1 cup broccoli</td>
<td>1 cup broccoli</td>
<td></td>
</tr>
<tr>
<td>2 tsp oil for cooking</td>
<td>?? oil for cooking</td>
<td></td>
</tr>
<tr>
<td>Other:</td>
<td></td>
<td></td>
</tr>
<tr>
<td>1 glass of wine</td>
<td>1 glass of wine</td>
<td>Friend visited and felt I had to drink to be sociable</td>
</tr>
</tbody>
</table>

There is a blank version of this table on the last page that you can print and use for your own records.
<table>
<thead>
<tr>
<th>Barnting 3</th>
<th>Portion Distribution</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
<th>Sunday</th>
</tr>
</thead>
<tbody>
<tr>
<td>First thing</td>
<td>Start the day with one of the following: A glass of water or a cup of plain rooibos tea.</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Breakfast</td>
<td>1 milk (optional here)*&lt;br&gt;2 protein&lt;br&gt;3 fat&lt;br&gt;Veg = (with eggs)</td>
<td>Coconut milk &amp; papaya smoothie: 1 cup or ½ small papaya, 100ml coconut milk (=66bsp or 3 fats), water if necessary.</td>
<td>¾ cup yoghurt (reduce this if you want milk in tea or coffee later)</td>
<td>3 tbsp Brazil nut crumble&lt;br&gt;1 fruit e.g. berries</td>
<td>Avocado smoothie:&lt;br&gt;½ avocado&lt;br&gt;¾ cup yoghurt (reduce this if you want milk in tea or coffee later)</td>
<td>2 boiled eggs, eaten alone</td>
<td>2 egg muffins (see recipe)&lt;br&gt;½ cup yoghurt with 20 almonds</td>
<td>2 scrambled eggs with ½ avocado and 1 tsp butter for cooking&lt;br&gt;¾ cup yoghurt&lt;br&gt;1 fruit e.g. mango</td>
</tr>
<tr>
<td>Snack</td>
<td>Decide if you prefer a morning or afternoon snack—snack options are listed below.</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Lunch</td>
<td>4 protein&lt;br&gt;3 fat&lt;br&gt;Veg (at least 1 cup and 2 different colours)</td>
<td>Chicken with ¾ cup yoghurt (as mayonnaise replacement) and finely chopped cucumber, grated carrot &amp; spring onion wrapped in lettuce or Swiss chard leaves</td>
<td>Fish e.g. leftovers from last night, or smoked salmon or trout with salad and avocado and olive oil dressing as fat servings</td>
<td>Chicken salad (or leftovers from last night)</td>
<td>Mushroom &amp; spinach frittata (see recipe) topped with rocket and served with salad</td>
<td>Lunch on the run: 50g biltong (please check ingredients and avoid chemicals e.g. nitrates/MSG/flavours)</td>
<td>Tuna Nicoise: 1 tin tuna, steamed green beans, olives and olive oil in dressing for fat, lettuce, baby tomatoes, 4 leftover roasted sweet potato wedges (optional extra: boiled eggs, to make 4 proteins)</td>
<td>Tomato soup (see recipe) with roast chicken and salad on the side</td>
</tr>
<tr>
<td>Snack</td>
<td>1 High fat protein + 3 fats (this can be a “fat bomb” added to a meal instead—see recipe ideas)</td>
<td>Handful of raw nuts e.g. almonds or 30g cheese</td>
<td>Vegetables of your choice e.g. carrots, cucumber, baby tomatoes, celery, mange tout peas. Pickled vegetables e.g. gherkins, sauerkraut, pickled onions and other naturally fermented pickles are also great to snack on if you want something salty.</td>
<td>On days when you do not have eggs with breakfast, you can also add 25-30g biltong or brie (please check ingredients and avoid chemicals e.g. nitrates/MSG/flavours—you must choose your meat free-range and grass-fed and not given routine hormones or antibiotics)</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Supper</td>
<td>4 protein&lt;br&gt;3 fat (used for cooking if not mentioned, or to dress salad or vegetables)&lt;br&gt;Veg (at least 1 cup and 2 different colours)</td>
<td>Fish in spice rub (see recipe)&lt;br&gt;Steamed broccoli and gem squash</td>
<td>Chicken with stir fried veg (see recipe)</td>
<td>Meatballs in Italian tomato sauce with cauliflower mash&lt;br&gt;Salad</td>
<td>Chicken in spice rub or curry (see recipe ideas)&lt;br&gt;Steamed veg e.g. pak choi or Swiss chard and cauliflower</td>
<td>Steak&lt;br&gt;Avocado or salsa verde with olive oil for fat (see “fat bomb” recipes)&lt;br&gt;Steamed asparagus &amp; fresh rocket</td>
<td>Hamburger patties (see recipe)&lt;br&gt;Salad</td>
<td>Venison kebabs with sautéed spinach, spring onions and baby marrows</td>
</tr>
</tbody>
</table>
| Other | *¼ full cream milk portion as milk or full cream yoghurt, if not eaten at breakfast. Yoghurt makes a great substitute for mayonnaise as well. 6-8 cups water (including herbal tea e.g. rooibos) | Every day there is one fruit/starch/starchy vegetable placed in a meal, but it is not listed in the portion distribution column because it can be used in different meals.
Stock Cupboard & Grocery Lists

These lists and guidelines are taken from The Real Meal Revolution. These foods are not a prescription and you do not have to buy them all. They are ideas for items that are great to have in the house. Obviously, follow your plan first, but there are plenty of options, so if something is not available, you can always find an alternative.

Try to clean out your fridge and cupboards so that they contain only real food. Whenever you shop, read labels and select those foods that have only a few ingredients listed – stick to things that you recognize and understand! Avoid products with added sugar, refined fats, preservatives, colours and flavours.

Green List

Milk Products

Always buy milk, yoghurt or cottage cheese that is as natural as possible. Avoid brands that include additional thickeners, preservatives, sweeteners or flavours.

Cottage cheese
Cream*
Cream cheese*
Full-cream Greek yoghurt
Full-cream milk
Cheeses
*These are considered fat portions according to this plan

Fats

Any rendered animal fat
Avocado oil
Butter
Cheese - firm, natural, full-fat, aged cheeses (not processed)
Coconut oil
Duck fat
Ghee
Lard
Macadamia oil
Mayonnaise, full fat only (not from seeds oils)
Olive oil

Nuts and Seeds

Almonds
Flaxseeds
Macadamia nuts
Pecan nuts
Pine nuts
Pumpkin seeds
Sunflower seeds
Walnuts

**Sweeteners**
Erythritol granules
Stevia powder
Xylitol granules

**Vegetables**
All green leafy vegetables (spinach, cabbage, lettuces etc)
Any other vegetables grown above the ground (except butternut)
Artichoke hearts
Asparagus
Aubergines
Avocados
Broccoli
Brussel sprouts
Cabbage
Cauliflower
Celery
Courgettes
Leek
Mushrooms
Onions
Peppers
Pumpkin
Radishes
Sauerkraut
Spring onions
Tomatoes

**Orange List** (the amounts listed here provide approximately 1 fruit or starch “portion” according to this plan, or approximately 15g carbohydrate)

**Fruits**
Apples 1
Bananas ½ small-medium size
Blackberries 1 ¾ C
Blueberries ¾ C
Cherries (sweet) ½ C
Clementines 1 ½ small
Figs 1 ½ small
Gooseberries ¾ C
Grapes (green) 1/3 C
Guavas 1
Kiwi fruits 1 ½
Litchis 9
Mangos, sliced 1/3 C
Nectarines 1
Oranges 1
Pawpaw ½ small
Peaches 1
Pears (Bartlett) ½
Pineapple, sliced, ½ C
Plums 2
Pomegranate ¼
Prickly pears 2
Quinces 1
Raspberries 1 C
Strawberries 12
Watermelon 1 C

Nuts – remember these are also high in fat
Cashews, raw, 3 T
Chestnuts, raw, ½ C

Sweeteners

Honey 1 t

Vegetables
Butternut ¾ C
Carrots 2 ½ medium
Sweet potato 1/3 C
Recipes

Basic Italian Tomato Sauce

Ingredients

1 onion, finely chopped
2 tablespoons olive oil
1 clove garlic, finely chopped
1 tablespoon vinegar
1 tin chopped tomatoes
1 bottle tomato passata (or a tin of tomato puree)
1 heaped teaspoon dried oreganum
Handful of chopped basil
Salt to taste (start with about ½ tsp)

Method:

1) Fry the onion in the olive oil for 5 minutes on a medium heat.
2) Add the garlic and cook for 30 seconds, stirring constantly so it doesn’t burn.
3) Add the vinegar and stir.
4) Add the tomatoes and the herbs and cook gently for 5 minutes.
5) Season with the salt. If the sauce still tastes very sharp, add a small amount of xylitol, but remember that it will also “mellow” when it is mixed with other ingredients e.g. meatballs.
Cauliflower Mash

Use a hand blender or food processor to combine the following:

1 head of cauliflower, cut into florets and steamed until tender
1 tsp mustard (optional)
1 clove garlic, finely chopped
Salt to taste
Butter or oil to add fat (optional)
A bit of water to help with blending, if necessary

The texture is nice on its own, but sometimes even better if you add one cooked potato or sweet potato as well, just remember to count the starch servings.
Confetti salad

*Makes one large bowl that keeps well for a few days*

**Ingredients**

½ large green cabbage (or a mix of green and red if you like), finely shredded

Spring onions (about 4 for a large bowl), or ¼ red onion, finely sliced

*You could also add about a cup of julienne carrot, red onion, sprouts or mangetout peas – whatever you have in the fridge that might go well, even julienne apple is nice if you’re going to eat it immediately, otherwise it will go brown.*

½ tsp chilli flakes or chopped fresh chilli

a few thin slices of fresh ginger finely chopped or grated

½ tsp salt, or to taste

2 tablespoons white wine or apple cider vinegar (lime juice is a good alternative)

1 tsp sesame oil

2 tablespoons toasted sunflower seeds or flaked almonds, or both

**Directions:**

1) Chop or julienne all the vegetables and the ginger and combine in a large mixing bowl.

2) Add the remaining ingredients.

3) Use your hand to mix and squeeze the ingredients for about one minute – this helps to release some of the juices from the cabbage and allows the salad to marinate nicely.

4) Cover and store in the fridge and eat within 5 days. You can stir fry the remaining salad towards the end of the week – just put it into a hot wok or frying pan with a drizzle of oil and a clove of garlic (chopped) and cook for 2 min.
Frittata

Eggs (As many as your plan allows. Select pan accordingly – you want the frittata to be about 2cm thick)

Vegetables – all optional:
1 tbsp chopped onion or spring onion
1 tbsp chopped red or green pepper
Steamed and chopped spinach or Swiss chard
Optional starchy veg e.g. cooked sweet potato, cut into small cubes
Mushrooms

Herbs e.g. thyme or oreganum or both
Salt and pepper to taste

Method:
1) Cook all vegetables before you begin – either sauté or steam.
2) Beat eggs and add to pan with all the vegetables, stirring over medium heat until it the eggs begin to set.
3) Allow them to settle and then either cover with a lid or place the whole (oven proof) pan into a 180°C oven to set the top.
Italian Meatballs

Prepare the Basic Italian Tomato Sauce

Ingredients:
1kg lean mince
1 tsp salt
¼ cup tomato puree
1 onion, finely chopped and fried
1 carrot, finely grated and cooked with the onion for 2 minutes
1 clove garlic, finely chopped/minced
½ tsp coriander
1 tsp mixed herbs
Black pepper to taste

Method:
1) Preheat oven to 200°C and grease a baking sheet with about 2 tablespoons cooking oil, using a piece of paper towel to spread it.
2) Cook onion and carrot.
3) Mix all ingredients together in a large bowl with your hand.
4) Shape into bite-sized balls, remembering that they shrink slightly during cooking.
5) Arrange on baking sheet with enough space between them – about 2-3cm.
6) Bake until cooked through and slightly brown.
7) Add to Basic Italian Tomato Sauce.
Lamb or Chicken Curry

Ingredients:

1 kg boneless lamb shoulder or stewing lamb, or chicken breast
cut into 1 and a 1/2" chunks
4 tbsps oil for cooking
2 large onions, finely chopped
2 large tomatoes diced
2 tbsp finely chopped garlic
1 tbsp finely chopped ginger
2 tsp coriander powder
1 tsp cumin powder
1/2 tsp turmeric powder
1/2 tsp red chilli or cayenne pepper powder
2 tsp garam masala powder (check ingredients for any additives other than
spice – rather double up the other spices if you can’t find a “pure” spice mix)
Salt to taste
Chopped fresh coriander to garnish
Optional addition: Full cream yoghurt or coconut milk to finish

Method:

1) Heat the oil in a heavy bottomed pan, on medium heat.
2) Sauté onions until begin to turn a pale golden brown in color.
3) Add spices, ginger and garlic and sauté for 1 min.
4) Add tomatoes.
5) Add meat and 1/2 a cup of hot water to the pan, stir to mix well, simmer
the heat and cover the pan. Cook until the meat is done and tender
(chicken breasts cook in 15min, lamb might take 2 hours or more to
tenderise, depending on cut). You will need to keep checking on the
lamb as it cooks and adding more water if all the water dries up. Stir
often to prevent burning. The dish should have a fairly thick gravy when
done.
6) Garnish with chopped coriander.
Roasted Tomato & Basil Soup

**Ingredients**

1 1/5 kg ripe plum tomatoes, cut in half lengthwise  
2 tbsp olive oil  
1 tablespoon salt (if you use a stock that has salt in it, do not add this here – rather add about 1 tsp and check seasoning later)  
1 teaspoon freshly ground black pepper  
2 onions, chopped  
2 tbsp olive oil  
6 garlic cloves, peeled (if you don’t love garlic, use a bit less)  
1/4 teaspoon chilli flakes  
1 can cherry tomatoes, or whole plum tomatoes, with their juice  
2 cups fresh basil leaves, packed  
1 teaspoon fresh thyme leaves  
1 litre water or chicken stock (best to make your own with chicken bones, carrot, celery, onion and parsley)

**Method**

Preheat the oven to 200 degrees. Toss together the tomatoes, olive oil, salt, and pepper and whole garlic cloves. Spread this in 1 layer on a baking sheet and roast for 25-35 minutes, until nicely browned on the edges.

In a soup pot over medium heat, saute the onions with 2 tablespoons of olive oil and chilli flakes for 8-10 minutes, until the onions are translucent and start to brown. Add the canned tomatoes, basil, thyme, and chicken stock. Add the oven-roasted tomatoes and garlic, including the liquid on the baking sheet. Blend roughly so there are still some small pieces of tomato if you like that - otherwise blend until smooth. Bring to a boil and simmer uncovered for 10 minutes. Taste for seasonings.
All salad dressings should contain approximately 1 part acid (vinegar or lemon juice) to 3 parts oil.

It helps to start with your allocated portion of fat for that meal and add the acid part to that. If it seems like a very small quantity you can add a splash of water as well.

Make dressings in a jar with a lid, so you can shake the ingredients together and store the leftovers easily.

**Classic Dijon Vinaigrette**

- 1 tablespoon white wine vinegar or lemon juice
- 3 tablespoons olive oil
- ¼ tsp Dijon mustard
- salt & pepper to taste

**Lemon, Thyme & Garlic**

As for Classic Dijon, plus ½ tsp fresh thyme and 1 clove garlic, peeled and bruised and allowed to sit in the dressing for an hour or more.

**Asian** – See Confetti Salad ingredients and add orange segments (optional) and sesame seeds to the salad.
Marinades & Spice Rubs
These recipes make enough for the equivalent of 4 chicken breasts

Lemon Oreganum Marinade for Chicken or Fish

Juice of 1 lemon
¼ onion, sliced
1 tsp oreganum
Black pepper
½ tsp salt

1) Mix all ingredients together and marinade chicken or fish for a few minutes (up to half an hour) before cooking.
2) Serve with fresh lemon wedges and chopped fresh herbs e.g. parsley.

Cajun Spice Rub for Chicken or Fish

1 tsp ground cumin
½ tsp ground coriander
1 tsp oreganum
1 garlic clove, crushed (optional)
½ tsp salt
¼ tsp cayenne (optional)

Mix together and use hands to massage evenly over chicken or fish before grilling or pan-frying.
Stir Fry

Ingredients:

2 carrots, julienne
1 cup green veg e.g courgettes, sugar snap peas or broccoli
1 cup cabbage or other Asian greens
3-4 spring onions, finely sliced (keep tops for garnish – make long thin strips and soak in iced water – they curl up into a pretty edible garnish)
1 clove garlic, chopped
3-4 thin slices of fresh ginger, chopped
2 tablespoons lemon or lime juice
Salt to taste
1 tsp sesame oil
Oil for frying – approximately 1 tablespoon, but stick to allocated portions per serving – this makes enough for about 4 people.

For meat:
(This is a method rather than a recipe, so the quantities are up to you – if you love chilli, add some too)
1 clove garlic, chopped or minced
Either 1/2 tsp ground ginger or 3-4 slices fresh, finely chopped
1 tsp oil (or as much as needed according to your eating plan)
1 tsp Chinese 5 spice (optional)
Salt to taste

Method:
1) Fry onions and carrot for 1 min
2) Add other veg and fry for 1 min
3) Add garlic and ginger and fry for 15 seconds until just fragrant – do not burn
4) Add lemon or lime juice and salt
5) Cook until veg just starts to wilt then remove from heat
6) Add sesame oil and season to taste

Method for meat:
1) Combine oil, spices, garlic and ginger and rub into meat.
2) Cook in a pan on high heat.
Hamburgers

**Ingredients:**

500g extra lean mince

½ onion – finely chopped and sautéed in butter or olive oil

1 tablespoon mixed herbs

¾ tsp ground coriander

1 tablespoon Dijon mustard

½ tsp salt and pepper to taste (always cook a small piece to check seasoning before you shape the burgers)

**Method:**

1) Mix all the ingredients together with your hands and shape into burgers.

2) Cook for about 12 minutes (for well done) in a dry pan over high heat, turning 2 or 3 times during cooking.
Simple Egg Muffins

Ingredients:
8-9 eggs (Eat 2-3, depending how much protein you need for breakfast)
1 cup milk
1 cup any mixed veg of your choice e.g. sautéed onions, mushrooms, peppers and chopped, steamed spinach OR leftover steamed asparagus with sliced spring onions – anything will do.
Salt and black pepper

Optional extras for adding flavour:
Crumbled feta or goats cheese
Fresh herbs – chopped
Smoked meat or sausage e.g. bacon or chorizo. These add wonderful flavour, but please be sure to check ingredients to avoid things like nitrates and MSG in your regular breakfasts.

Method:

1) Preheat the oven to 180°C.
2) Use butter or olive oil to grease a muffin pan.
3) Distribute the vegetables in the 12 sections of the pan.
4) Whisk together eggs and milk and pour approximately 1/3 cup into each section.
5) Season individually with a quick grind of salt and pepper.
6) If adding any of the additional flavours, just place them into the individual sections on top of the other ingredients.
7) Bake for 12-15 minutes until puffed and golden. They will sink slightly when cooling.
Venison Kebabs

Serves 4

Ingredients:

- 500g venison (e.g. eland or springbok) or ostrich fillet, cut into 3x3cm cubes
- 1 onion, peeled and cut into large chunks, separating the layers
- 1 green or yellow pepper
- 1 red pepper
- 1 ½ cups tomato puree or crushed tomatoes
- 1 tbsp garam masala (mixed curry spice powder) OR any bought curry paste of your choice – check ingredients so that the mix contains only things like garlic, ginger and real spices, and not any artificial flavours, starch thickeners, sugar or chemical preservatives. If you do not have a mix at home, combine 1 tsp coriander, 1 tsp cumin and 1 tsp turmeric instead.
- 1 clove garlic, chopped
- ½ tsp salt
- 1 tbsp apple cider vinegar

Method:

1) Combine all ingredients in a bowl and allow to marinate for 30 minutes or more.
2) Thread meat and vegetables onto 4 large or 8 small wooden skewers. Tip: soak skewers in water for 30 min before using – this helps them not to burn during cooking.
3) These can be cooked on a grill outside, or placed on a baking tray under the grill in the oven. Cook for approximately 10 minutes, turning to brown all sides, but leaving meat slightly pink in the middle.
Brazil Nut Crumble

Ingredients:
100g brazil nuts, chopped
100g pumpkin seeds
100g walnuts, chopped
50g flaked almonds
50g sunflower seeds
2 tsp cinnamon
3 tbsp coconut oil, melted

Method:
1) Preheat oven to 160°C.
2) Toss all nuts and seeds with cinnamon and coconut oil, spread onto a baking sheet and cook for 10-15 minutes until toasted and fragrant.
3) Serve with plain yogurt and fruit of your choice.
Fat Bombs

This low-carbohydrate way of eating might require more fat consumption than you are used to. These are all ways to add additional fat if your meals do not provide enough to suit your plan. Always count the portions of fat you use. Here are some ideas:

- “Bullet proof” coffee, which is the name for adding a desired amount of coconut oil, butter, or MCT oil, or a combination, to your coffee and blending it together. It is sometimes mentioned as a substitute for breakfast, but we do not recommended this as a regular meal replacement because it is low in essential nutrients. It can be used simply to add fat if you really need it.
- Avocado mousse or smoothies – use 1 avocado and add cocoa powder, vanilla and xylitol to taste, blending into a mousse, or adding some water, milk or coconut milk to make a smoothie.
- Adding spoons of coconut oil or flax seed oil to smoothies.
- Guacamole or avocado salsa makes a great addition to a piece of fish or burger.
- A simple “salsa verde” – in a food processor, finely chop fresh herbs like basil, flat-leaf parsley, chives and coriander. Add some grated lemon zest and a squeeze of fresh lemon juice. Drizzle in enough olive oil to make a sauce and season with salt and black pepper. This is delicious with steak, lamb, chicken and fish, or used as a salad dressing.
- Adding olives, seeds and avocado to salads.
- The occasional cream sauce or coconut milk curry.

Remember that it might not be necessary to add these foods in the plans for lower weight categories, so follow the portion allowances and the notes in the menu to guide you at first.
## Food Records

<table>
<thead>
<tr>
<th>Planned Meals</th>
<th>Actual Consumption</th>
<th>Unplanned eating and reason</th>
</tr>
</thead>
<tbody>
<tr>
<td>Breakfast:</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Snack:</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Lunch:</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Snack:</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Supper:</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Other:</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>