

BOOTEA

THE WAY TO SUCCEED

How do you eat in a healthy way to stop regaining weight you have lost?
Eating a balanced diet means:

- Eating plenty of fruit & vegetables
- Having rice/bread/pasta/potatoes at each meal
- Some milk & dairy foods
- Some meat/fish/eggs/beans or other sources of protein
- A small amount of foods high in fat and/or sugar

Don't worry if every meal is not perfectly balanced, but try to get it right over a week. Eating with the proportions of the Eatwell Plate in mind ensures you will get the right balance of fibre, vitamins & minerals as well as keeping fat and sugar down.

Losing weight means you need to eat fewer calories.
Try not to skip meals.

Get your portions right - a third of your plate should be vegetables/salad, a third with meat/fish/egg/beans and a third with starchy foods like potatoes/rice/pasta/bread.

To make it easier to succeed think about:

- Balancing the food you eat in a healthy way
- Look at the quantity of food you eat
- Eating regularly

Did you know?

One pound of fat contains 3500 calories, so to lose one pound a week you need to eat 500 fewer calories a day.

If you ate only 100 extra calories than you needed each day, after 1 year you could have gained up to 11lb in weight. (1 large chocolate biscuit can contain approximately 100 calories).

Planning is so important, it helps you to have the right foods when you're hungry, carry healthy snacks such as fresh fruit with you and a bottle of water to stop you becoming dehydrated.

PEOPLE WHO EAT BREAKFAST CONTROL THEIR WEIGHT MORE EASILY AND ARE SLIMMER THAN THOSE WHO SKIP IT.

Eat three meals a day. Try to have balanced meals at planned times during the day and only include snacks if you are physically hungry.

AIM TO EAT MORE FRUIT & VEGETABLES - INCLUDE AT LEAST FIVE PORTIONS OF FRUIT & VEGETABLES EACH DAY. 1 PORTION IS ABOUT A HANDFUL (80G).

If you like drinking alcohol, don't drink too much. Alcohol is high in calories and can be the downfall of a weight loss plan.

A lapse is not a collapse - we all make mistakes. Sometimes it is hard to stick to a weight loss plan, remember your goals, learn from your mistakes.

Write down what you eat, people who keep a food diary or use an app to monitor their food intake lose more weight as it makes you aware of what you are eating.

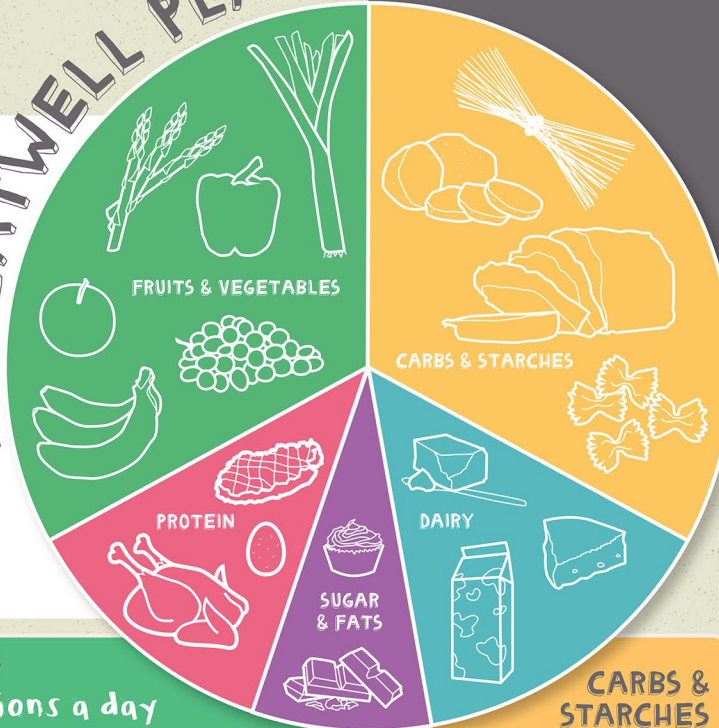
WEIGH YOURSELF ONCE A WEEK, THIS CAN HELP YOU GET BACK ON TRACK IF YOU HAVE GAINED A LITTLE WEIGHT OR, IF YOU HAVE LOST WEIGHT, YOU WILL FEEL GREAT AND IT WILL ENCOURAGE YOU TO STICK WITH THE CHANGES YOU HAVE ALREADY MADE.



Plan for events like a meal out. For example: 'I will only have soup to start and a main course, no pudding tonight!'

Decide on a non-food reward such as a magazine/new pair of trainers/new top every time you lose 2lbs, make sure you reward yourself.

THE EATWELL PLATE



VITAMIN & MINERAL SUPPLEMENTS

Some people don't manage to eat a balanced, healthy diet every day. For this reason, taking a vitamin & mineral supplement every day (like Bootea multivits) can be beneficial.

FOOD & DRINK HIGH IN FAT & SUGAR

This group includes sweets, chocolate, sugary fizzy drinks, cake, crisps & alcohol. These tend to be foods we need to cut down on. While they can be included in a balanced diet - watch how much you eat.

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FLEXIBLE EATING PLAN BELOW

FRUIT & VEGETABLES

Eat 5 or more portions a day

A third of the food we eat should be vegetables & fruit. We should aim to have at least 5 portions of fruit & vegetables a day. Fruit & vegetables contain vitamins & minerals which your body needs to keep healthy. They are low in fat and high in fibre which makes them filling and helps keep your digestive system healthy.

An easy way to remember how to get your 5 a day, there are 5 ways:

- Fresh
- Frozen
- Dried
- Juiced
- Tinned

Add leftover vegetables to soup

Add tinned beans such as kidney beans to soups, stews, curry & pasta sauces

If you have a ready meal, add extra vegetables or salad to it

Have fruit as a snack between meals

Add a banana or raisins to your breakfast cereal

TOP TIPS

Are starchy foods fattening?

No, they are no more fattening than any other food. It can, however, be easy to eat more of these foods than we need, so the calories do add up. The key here is to watch your portion sizes and don't add fat when cooking (e.g. have boiled potatoes not chips, spread butter thinly on bread, have a sandwich with two slices of bread and not a large baguette etc.)

This food group is our body's main source of energy, we should have starchy foods at each meal.

Choose higher fibre options (e.g. granary bread, brown rice) where possible.

MILK & DAIRY FOODS

Eat 3 portions a day

This food group includes milk & milk products such as cheese, yogurt & fromage frais - not butter, margarine or cream.

Go for the lower fat options wherever possible e.g. skimmed or semi skimmed milk or low fat natural yogurt.



MEAT, FISH, EGGS, BEANS & OTHER NON-DAIRY PROTEIN

Eat 2-3 portions a day



Protein is important for your body to work properly and these foods will give you vitamin B12 & minerals such as zinc. As well as meat & fish, choose 'alternatives' such as eggs, nuts, seeds, pulses such as peas, beans & lentils.

BREAKFAST

all approx 350 cals

1. Cereal & Toast
3 tbsp bran flakes with semi-skimmed milk. 2 slices toast with 2 tsp of low-fat spread & marmite.

2. Cream cheese & Salmon bagel with fruit juice

1 bagel with 2 tbsp low-fat soft cheese & 2 slices smoked salmon. 1 x 125ml glass orange juice.

3. Ham & Eggs
2 boiled eggs with 2 slices of ham & a slice of bread.

4. Grilled Kipper
100g grilled kipper & 1 slice of bread.

5. Peanut butter & banana on toast & fruit
2 x toast with 1 tbsp peanut butter & 1 small banana & 1 kiwi fruit.



6. Sultana Muesli & fruit
3 tbsp muesli, 2 tbsp sultanas & semi-skimmed milk. 1 orange.

7. Apricot, cereal & banana
6 tbsp bran flakes, 5 dried apricots & semi-skimmed milk. 1 small banana.

8. Boiled egg & toast with fruit
1 hard boiled egg, 2 x toast with 2 tsp low-fat spread. 1 small glass of orange juice & 6 grapes.



9. English Breakfast
1 x toast, 1 grilled lean rasher bacon, 1 grilled low-fat sausage, 3 tbsp baked beans, 1 grilled tomato & 50g mushrooms poached in water.

10. Muesli
Mix 60g oats & a grated apple, cover with skimmed milk (175ml).

11. Fruits, nuts & yogurt
1 small pot natural yogurt & 1 chopped banana, 1 chopped apple, 200g blueberries, 6 almonds; chopped.



12. Asparagus & eggs
2 boiled eggs, 5 spears of boiled asparagus, 1 slice of wholemeal bread/toast, 1 apple.

13. Strawberry Smoothie
Blend 200g of banana, 200g of natural yogurt & 100g of strawberries until smooth.

14. Bootea Little Oats Porridge
1 sachet of little oats porridge & 3 dried apricots, 1 apple & 1 orange.



SNACKS

200 cals a day

70g blueberries	18 calories
96g strawberries	26 calories
120g raspberries	30 calories
1 nectarine (75g)	30 calories
1 Satsuma (100g)	31 calories
100ml skimmed milk	35 calories
Half a grapefruit	35 calories
1 plain Ryvita	35 calories
100g plum	39 calories
100g pineapple	43 calories
Two slices of ham (46g)	50 calories
100ml semi-skimmed milk	50 calories
100ml whole milk	64 calories
5 dried prunes	70 calories
100g Low Fat Cottage cheese	72 calories
185g Pear	80 calories
100g Fruit yogurt	94 calories
150g Green grapes	100 calories
5 almonds	100 calories
1 Bootea shake	130 calories

15. Beans on toast
200g baked beans, 2 slices of granary toast. 1 banana & a satsuma for dessert.

16. Egg & Cress sandwich
1 egg, 1 tsp natural yogurt, 1 tsp mustard, 1 tsp mayonnaise, ½ punnet of cress, salt & pepper, 2 x bread.
Cook the egg in boiling water for 8 minutes. Mix the yogurt, mustard & mayonnaise together. Chop the cress & egg into the yogurt mixture & fill the bread. Serve.
1 banana, 1 chopped apple & 1 small pot of yogurt for dessert.

17. Beef & horseradish sandwich
2 small rolls, 2 slices of beef, scraping of horseradish sauce on each roll. Large bowl of cherries for dessert.



LUNCH

all approx 500 cals

1. Baked trout with peas & pesto
1 whole trout, 1 lemon, 150g frozen peas, 1 tbsp pesto, 150g potato.
Bake the potato in the microwave for 7 minutes. Put 3 lemon slices inside the trout and put on a baking sheet. Bake for 20 minutes at 200°C. Boil the peas, drain and stir in the pesto. Serve with the trout, 300g of melon for pudding.

2. Mushroom & vegetable stir fry
Serves 1
75g basmati rice, 1 teaspoon of rapeseed oil, ½ small onion, ½ red pepper, 60g mushrooms, 1 crushed clove of garlic, 1 teaspoon grated ginger, 1 teaspoon soy sauce.
Cook rice for 12 mins. Fry the onion & red pepper in the oil for 5 minutes. Add the mushrooms, garlic & ginger – fry for 3 minutes. Add soy sauce and serve with rice. 140g of banana for pudding.

3. Spaghetti with chilli prawns
Serves 1
75g spaghetti, 80g mangoutout, 1 tbsp rapeseed oil, chilli powder to taste, 125g cooked king prawns, zest of ½ lemon, 100ml lemon juice.
Boil the pasta – 12 mins, in the last few minutes add the mangoutout and cook for 2 minutes. Heat the oil and fry the prawns with the chilli powder, when cooked stir in the lemon juice and zest. Drain the pasta and combine with everything else. 100g of apple for pudding.

DINNER

all approx 550 cals

1. Potato, lentil & cauliflower curry
Serves 1
Spray a pan with spray oil, fry 2 tbsp split red lentils, 1/2 sliced onion, 1 tsp curry powder & 1 bay leaf for 3 mins. Add water to cover and 1 small can chopped tomatoes. Simmer for 20 mins. Remove the bay leaf, add 1 chopped potato & cauliflower florets. Cook until the sauce thickens, serve with 6 tbsp cooked rice.

2. Coronation chicken with sweetcorn
Serves 1
Chop 1 cooked chicken breast. Mix with 3 tbsp sweetcorn, 2 tbsp plain yogurt, 1 tbsp low-calorie mayonnaise and 1 tsp curry powder. Serve with 1 jacket potato & large salad.

3. Chicken fajitas
Serves 1
1 sliced chicken breast, 1 sliced small red onion, 1/2 red pepper & 1/2 green pepper. Spray a pan with spray oil, fry the chicken for 3 mins. Add the vegetables, 1 tsp Cajun seasoning & water to stop the mixture sticking. Cook for 15 mins. Serve with 2 flour tortillas, 3 tbsp salsa dip, 1 tbsp sour cream & 1 tbsp Cheddar cheese.

4. Cod bake
Serves 1
100g tomatoes, 100g white fish, 1 slice bread, 20g cheddar, 180g cooked pasta.
Preheat the oven to 200°C. Cover the base of an ovenproof dish with tomato slices, add the fish, mix the breadcrumbs with the cheese and spread over the fish, bake for 25 minutes. Cook the pasta for 12 mins.

5. Chilli con Carne
Serves 4
500g extra lean minced beef, 1 medium onion finely sliced, 2 cloves of crushed garlic, chilli powder to taste, 400g chopped tomatoes, 30g tomato paste, 400g can kidney beans. A 150g sweet potato – per person.
Bake the potato. Dry fry the minced beef, add the onion & garlic after 5 minutes, fry for 7 minutes. Add the peppers, tomatoes & tomato paste, boil for 10 minutes, add water if necessary. Add the kidney beans, cover and simmer for 25 minutes. Serve with the potato.

6. Bacon wrapped Pollock with baked cherry tomatoes
Serves 1
1 rasher of streaky bacon, 150g Pollock fillet, 90g cherry tomatoes.
Preheat oven to 190°C, bake the potato for 1 hour. Wrap the bacon around the fillet, place in a small oven proof dish, add the cherry tomatoes, cook for 25 minutes.

7. Pork & Mango kebabs
Serves 1
125g very lean cubed pork, rind & juice of 1/2 lime, 50g courgette, 75g mango cubes, 100g cooked long grain rice, 1 x 25g flapjack.
Grate & zest the lime, add the pork to the juice & zest and put aside for 20 minutes. Cut the courgette into chunks, thread the mango, pork & courgette onto skewers. Grill for 12 minutes, turning every 4 minutes. Serve with the rice. Flapjack for pudding.

8. Italian bread salad
Serves 1
¼ ciabatta loaf, chopped into chunks, ¼ cucumber, chopped, 2 tomatoes, chopped, ½ small red onion, sliced, 12 black olives, 20g pinenuts, toasted, 2 tablespoons of lemon juice & 1 tsp olive oil to dress.
Place the bread pieces under the grill and toast for 2-3 minutes. Place in a salad bowl and toss in the remaining ingredients. Serve.

9. Roast Pork
Serves 2
Spray 150g lean roast pork, with 50g cauliflower & 50g broccoli, 100g peas, 100g boiled potato, drizzle with 1 tbsp moist sauce. 100g melon.

10. Smoked mackerel pasta
Serves 2
125g dried pasta, 1 tsp rapeseed oil, ½ onion, 90g mushrooms, 1 peppered mackerel fillet, 2 tbsp half fat cream fraiche, salt & pepper.
Cook the pasta for 12 mins. Fry the onion & mushrooms for 5 mins. Drain the pasta. Combine all of the ingredients and serve. 1 banana for dessert.



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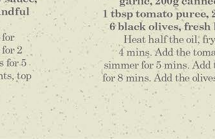
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Cook the pasta for 12 mins. Fry the onion & mushrooms for 5 mins. Drain the pasta. Combine all of the ingredients and serve. 1 banana for dessert.



9. Tuna & Chickpea pitta pocket
1 pitta bread, ½ can of tuna in water, drained, 6 cherry tomatoes, 1/8 cucumber, ¼ can of chickpeas drained and rinsed, lemon juice, salt & pepper.
Splash a little water onto the pitta & toast under the grill, for 1-2 minutes. Mix together all the other ingredients & season well, fill the pitta with the tuna mixture. A banana & apple for dessert.

11. Egg & Cress sandwich
1 egg, 1 tsp natural yogurt, 1 tsp mustard, 1 tsp mayonnaise, ½ punnet of cress, salt & pepper, 2 x bread.
Cook the egg in boiling water for 8 minutes. Mix the yogurt, mustard & mayonnaise together. Chop the cress & egg into the yogurt mixture & fill the bread. Serve.
1 banana, 1 chopped apple & 1 small pot of yogurt for dessert.

12. Beef & horseradish sandwich
2 small rolls, 2 slices of beef, scraping of horseradish sauce on each roll. Large bowl of cherries for dessert.

13. Courgette, tomato & mozzarella bake
Serves 2
Spray a pan with spray oil, fry 1 sliced courgette & 1 sliced green pepper. Layer 6 tbsp cooked pasta & the vegetables in a small ovenproof dish, pour over 150ml passata & top with 50g grated Mozzarella cheese. Place in a pre-heated oven & bake for 20 mins. Serve with salad mixed with 1 tbsp of lemon juice & 1 tsp olive oil. 1 banana & 1 scoop of ice cream for dessert.

14. Baked salmon with peppers
Slice ½ a green pepper & ½ a red pepper. Place on a piece of foil with 1 raw salmon steak. Add some lemon juice & black pepper, fold up the foil and bake for 20 mins. Serve with 4 boiled new potatoes & 8 tablespoons of broccoli. A large bowl of mixed berries & 1 scoop of ice cream for dessert.

15. Steak sandwich
125g very lean sirloin steak, ½ onion sliced, 45g mushrooms, ½ French stick, lots of salad leaves, salt & pepper.
Fry the steak for 2 minutes, add the onion & mushrooms, fry for 2 mins. Fill the bread with the ingredients, top with salad.

16. Tuna with tomato sauce
Serves 3
1 tsp olive oil, ½ large onion, 1 clove garlic, 100g canned chopped tomatoes, 1 tbsp tomato puree, 2 x 125g tuna steaks, 6 black olives, fresh basil, salt & pepper.
Heat half the oil, fry the onion & garlic for 4 mins. Add the tomatoes & tomato puree, simmer for 5 mins. Add the tuna steaks, cook for 8 mins. Add the olives & basil. Serve with 100g cooked rice.



Our products



I'll perform a much needed, intensive cleanse of your digestive system to help achieve the results you want. I'll leave you feeling energised and motivated to reach your goals.



I'll provide a protein fuelled and fibre rich breakfast option which is easy to make (30 seconds) and can be taken anywhere.



I'm the perfect shake to help you lose weight. I'll satisfy your hunger whilst offering a delicious, natural, vitamin fuelled drink. I'll leave you feeling fuller, keeping your mind off snacking and helping you eat less calories!



My Multi Vitamin Capsules are everything you need to ensure you get the RDA (recommended daily allowance) of essential vitamins and nutrients required for overall well-being, vitality and immunity.

Disclaimer – You are urged to consult a healthcare professional to check whether Bootea is a suitable weight loss plan for you, before embarking on it. While all reasonable care has been taken during the preparation of this nutrition advice, the author cannot accept responsibility for any consequences arising from the use of this information. The nutritional values are approximations and can be affected by size and other variations in foods, the unknown composition of some manufactured foods and uncertainty of the dietary database.