



## NUDEYTEA EATING PLAN

At Nudeytea we want you to get the most out of our teas. We want you to succeed in achieving your goal of losing weight whilst staying healthy. Crash dieting and pushing yourself to the limits is dangerous and will dishearten you. We promote balanced healthy foods and drinks to compliment an active lifestyle. Starving yourself on diets that restrict certain food or severely cut the calories can cause you to be deficient in vitamins and much needed nutrients.

Our simple and flexible eating plan gives you an easy solution to follow whilst using our teas. Here are a few simple diet rules to use as part of your daily routine:

- ♥ Drink 2-3 litres of water every day.
- ♥ Whilst detoxing we recommend abstaining from alcohol, coffee and standard tea as these will counteract the process.
- ♥ Skipping meals is no good; ensure you eat breakfast, lunch and dinner every day.
- ♥ Your body needs fuel to exercise and the source of that fuel is food!

To get the optimum results out of our teas we have some healthy eating options. Pick and mix one option for each meal. If you don't like an ingredient, simply change it to something you do enjoy as long as it's healthy!

There are a number of different meal ideas for breakfast, lunch and dinner, so you can choose different meals to enjoy throughout the week and you can also pick and choose what you eat to suit your personal taste and requirements.

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NUDEYTEA EATING PLAN

# BREAKFAST

ONE A DAY



## CEREAL SUNDAE

A generous serving of high fibre cereal with skimmed milk (you could replace the milk with low-fat yogurt if preferred), add a handful of nuts (pecan or your favourite) and a handful of blueberries, strawberries or sliced banana.

## BLUEBERRY YOGURT & TOAST

Just 110g of non-fat yogurt with fresh blueberries mixed in and a slice of wholemeal toast with low-fat spread.

## CHEESY BAGEL & LOW FAT YOGURT

Wholemeal Bagel, low-fat cheese spread, a Peach (or fruit of your choice) and a low-fat yogurt.

## POACHED EGGS ON TOAST

Wholemeal toast with low-fat spread and 2 poached eggs.

## BANANA AND CINNAMON PORRIDGE

21g of rolled oats, 120ml of water, 3/4tbsp or 3g honey, 1/2 banana sliced, pinch of ground cinnamon, 2tbsp of skimmed milk. You can add sultanas too.

## GRAPEFRUIT BREAKFAST

Half grapefruit (Florida, red or pink) with a handful of granola.

## GUILT FREE MORNING SNACK

ONE A DAY

- ♡ Light yogurt
- ♡ Small banana
- ♡ Handful of dried apricots
- ♡ 5 olives
- ♡ 85g of hummus, 3 carrot sticks
- ♡ 2tsp low fat peanut butter, 4 celery sticks





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# LUNCHTIME

ONE A DAY



## PRAWN AND NOODLE SALAD

120g peeled cooked prawns, 150g cooked egg noodles, 50g beansprouts, 1 handful of washed baby spinach, 1tbsp soy sauce, 1tsp olive oil, a squeeze of lime.

## TUNA AND FRESH CUCUMBER SANDWICH

2 slices of wholemeal bread, small tin of tuna in water, lemon juice, fennel and freshly sliced cucumber.

## TURKEY WRAP

1 wholemeal wrap, 3 slices of lean turkey, 2tbsp hummus, 1 handful of baby spinach.

## CHICKPEA AND YOGHURT SALAD

4tbsp drained chickpeas, 150g low-fat Greek style yoghurt, 1/4 cucumber finely chopped, a handful of roughly chopped mint leaves, juice from 1/2 lemon, 1/2tsp ground cumin.

## JACKET POTATO WITH MUSHROOM FILLING

1 small baking potato, 150g cooked and sliced mushrooms, 25g low-fat soft cheese, 1/2tsp Worcestershire sauce, sprinkle black pepper.

## EGG WHITE AND SPINACH OMELETTE

3 egg whites, 1tbsp skimmed milk, 1/2tsp dried mixed herbs, freshly ground black pepper, 170g chopped fresh baby spinach, 1tbsp reduced fat cheddar or grated parmesan.

## GRILLED SALMON AND HERBS

Grill over a bed of lemon and herbs to infuse. You can use any herbs that you like but try thyme, tarragon and oregano. 1 lemon thinly sliced to lay the fillet on plus 1 lemon cut into wedges for garnish, mixed fresh herbs (5 sprigs to infuse when grilling), plus 2tsp chopped, 1tsp Dijon mustard, 1 salmon fillet skinned. Serve with grilled new potatoes and salad.



## GUILT FREE AFTERNOON SNACK

ONE A DAY

- ♥ Small Pack Blueberries.
- ♥ 250ml of Raw Veggies, Carrots, Peppers and cherry tomatoes.
- ♥ One handful of Pumpkin Seeds.
- ♥ Celery Stick with 1tbsp low fat peanut butter or almond butter for variety.
- ♥ 1 cup of Tomato Juice.
- ♥ Plain low-fat yogurt, add 1/2 cup of strawberries to make it more exciting.
- ♥ 1 hard boiled egg.



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# DINNERTIME

ONE A DAY



## CHICKEN, CORN & SUNDRIED TOMATO WRAP

1 wholemeal Tortilla Wrap, 115g chopped lettuce, 2 thin slices chicken/turkey breast, 1tsp red wine vinegar or cider vinegar, 1 chopped fresh tomato, small handful corn kernels, 1tbsp chopped soft sun dried tomatoes. Serve with carrot sticks, sliced peppers and crunchy veg.

## TUNA AND BROCCOLI STIR FRY

Small tuna steak cut into large pieces, 150g broccoli cut into florets, 1/8 cup water, 1/4 onion sliced, 1tbsp low fat oil/olive oil, sprinkle sesame seeds, 1tbsp soy sauce, 1/2tsp garlic crushed, 1/2tsp ginger crushed.

## GRILLED CHICKEN WITH MUSHROOM SAUCE

Great on Pasta or brown rice (you decide). Serve with steamed vegetables. 100g Fettuccine, 4 button mushrooms sliced, 1 chicken breast skinned, 1/4 diced onion, 1 clove garlic, splash Worcestershire sauce or 1/2 anchovy, 1/2tsp dijon mustard, parsley chopped, season with pepper.

## GRILLED VEGETABLE STACK

Feel free to use any other vegetables; zucchini tends to grill very well. 50g pumpkin peeled and sliced, 1 tomato sliced thickly, 20g baby spinach leaves, balsamic vinegar to drizzle, wholemeal crusty roll.



## NUDEYYIPS

Don't forget you can add extra vegetables or salad to fill you up with your lunch and dinner.

## SWEET BAKED POTATO

1 large sweet or jacket potato, can of tuna in water, 1/4 small red onion finely chopped, 1/4 small red chilli deseeded and chopped (optional), a squeeze of lime juice, 1 1/2tbsp low fat Greek yogurt, small handful of coriander leaves.



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Methods such as juicing can really help boost your detox, but please make sure you do your research with this as juicing too much can have some side effects! Other things that are trending in the detox food world are superfoods such as Kale, Broccoli and Asparagus.

You can make your own detox water by adding citrus fruits and herbs such as mint to the fabulous cocktail.

Here at Nudey Tea, we really want to make sure your detox is as successful as possible, and you have all the ingredients and extra support you need. It's a rockyroad and takes a lot of commitment if your body isn't used to it, we want to make sure we hold your hand every step of the way.

We have an instagram account set up where you can find all of the latest crazes in detox, how to eat clean, and detoxify your body. On top of that, some fabulous food recipes if you're struggling for variety in your diet, with a hint of creativity! It's food for the eyes as well as the stomach!

Feel free to follow us and let us help you along your detox journey!

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