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DAY DIET PLAN

Let's Get Started

**3 easy steps to healthy,
sustainable weight loss.**

Your free 7 day diet plan suggesting healthy meals and snacks. Ideal for use in conjunction with our weight loss products.

- 1 Easy to Follow 7 Day Meal Plan
- 2 Use A Weight Management Supplement
- 3 Combine With A Light Exercise Regime



Share your results with us on social!

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
BREAKFAST	2 scrambled eggs 1 slice wholemeal toast 1 tablespoon low sugar tomato sauce	40g high fibre cereal with organic whole milk 1 medium banana	1 slice wholemeal bread 2 tablespoons reduced sugar peanut butter topped with 1 medium sliced banana	2 poached eggs 1 slice wholemeal toast 250ml fresh orange juice	40g high fibre cereal with skimmed milk 1 medium banana	1 wholewheat bagel 1 tablespoon of soft cheese 1 portion of fruit	Organic yogurt portion 1 slice wholemeal toast
LUNCH	200g chicken breast V Tuna in brine 2 handfuls rocket 2 medium tomatoes, sliced	1 tin reduced sugar baked beans & 2 slices wholemeal toast	1 medium jacket potato 1 small tin of tuna with 1 tblsp. mayonnaise, black pepper and watercress	200g chicken breast V 200g Tofu fresh egg noodles stir fry vegetable portion	200g ham/turkey V Brie & grape combined with 2 handfuls rocket, in 1 medium wholemeal pitta	200g refried beans 1 wholemeal wrap salsa, guacamole & 1 cup of romaine lettuce	1 slice cheddar cheese grilled on 1 slice wholemeal toast with sliced turkey breast V (no turkey breast) and tomato slices
DINNER	Medium steak portion V Quorn Sliced onion & red peppers oven baked in olive oil	300g bake in the bag chicken of your choice V Fish of your choice Handful of raw spinach leaves with olive oil	1 wholemeal wrap 400g chicken or turkey V 2 scrambled eggs breast with sliced peppers & cucumber	250g grilled salmon Broccoli and carrots 3 tablespoons of brown rice	200g lean minced beef V 200g Quorn bolognese with tomato & basil sauce Small portion of wholewheat spaghetti	200g chicken breast V 2 Vegetarian Sausages Stir fried with beansprouts & mange-tout in a soy sauce	Bunless beef V vegetarian burger wrapped in iceberg lettuce leaves, with 1 slice cheddar & thinly sliced tomato
TIAM SNACK	2 tablespoons of low-sugar peanut butter on a wholewheat cracker	Medium piece of fruit, such as an apple, banana or orange	Fruit snack pot or 1 banana	2 tablespoons of low-sugar peanut butter on a wholewheat cracker	Medium piece of fruit, such as an apple, banana or orange	1 Greek yogurt portion (170g pot)	Fruit snack pot or 1 banana
3PM SNACK	3 bite-sized soft cheese portions (50g x 3)	High protein cereal meal replacement bar	Carrot batons with individual houmous snack pot	3 bite-sized soft cheese portions (50g x 3)	Handful of hazelnuts or Brazil nuts	High protein cereal meal replacement bar	Carrot batons with individual houmous snack pot

DIET TIP: Protein is important to keep you satisfied. Also, it is better to reduce carbohydrates & sugar than to reduce fat. Avoid 'Low Fat' versions of foods (or check the label before purchasing) to make sure they're not high in sugar. This is a common diet misconception.

◆ This diet plan is provided as a guide and may be adapted to suit an individual's dietary, religious or medical needs. Always consult your doctor before embarking on a dramatic lifestyle, diet or excise change.



VEGETARIAN SUBSTITUTES SHOWN IN GREEN

Weight Management Supplement

A weight management supplement could help you reach your goals quicker than dieting alone. Different supplements have different properties, so use the information below to see which one suits you best.



I'm Hungry Between Meals



Glucosmannan Plus

Glucosmannan, also known as Konjac root, creates a sense of fullness by absorbing water and expanding to form a bulky fiber in your stomach.



I Lose Weight Slowly



Raspberry Ketone Plus

A fat burning raspberry powered supplement. As seen on FOX NEWS, this fat burner can help you lose weight quicker than dieting alone.



I Don't Have Much Energy



Green Coffee Bean Extract

Made from the unroasted coffee beans, green coffee contains chlorogenic acid which acts as a fat burner. Green coffee is a great energy booster, too.



I Eat Carbohydrates Often



Carb Blocker Capsules

Carb Blocker contains white kidney bean extract, which studies show helps to inhibit the amylase enzyme in your stomach. Some studies suggest that white kidney bean can inhibit the enzyme up to 33%.



I Get Hungry After Dinner



SlimKick Night

Works overnight whilst you sleep, but also helps to reduce evening cravings. Many people get hungry about an hour after their evening meal.



My Hair & Skin Suffers When I Diet



AcaiPlus Extreme Formula

Made from the South American acai berry, this supplement contains powerful antioxidants, vitamins and minerals and is an effective weight loss supplement.



I'm Bloated & Constipated Often



DetoxPlus Colon Cleanse

If you suffer from bloating or constipation, you may not get the best results from your diet. Clear away stored toxins and waste gently over a 30 day course.



I Need Fast Results For A Wedding



LDD Liquid Diet Drops

If you're stuck for time and have a function to attend, for fast results try LDD. Based on a trusted weight loss regime, LDD drops are combined with a diet to achieve dramatic results, fast.



I Can't Swallow Tablets



SlimKick Diet Patches

If you can't swallow tablets and prefer something discreet, try the SlimKick patch. It works 24 hours a day and is worn on the skin just like a plaster.

Exercising lightly will help burn calories and tone up your muscles for a leaner appearance. Exercise doesn't have to be too strenuous. Take it easy and stop if you feel light headed or dizzy, and gradually build up your stamina.

Try and do two exercises, three times a week with a rest day between each day.

For example, on Monday do a brisk walk followed by 50 star jumps. On Wednesday, do 30 squat thrusts followed by some jackknife situps. On Friday, skip for 1 minute finished off with running on the spot.

BRISK WALK FOR 30 MINUTES



You could walk a mile or more.

Walking is an easy exercise and can be done by most people. It has the same health benefits as running but puts less strain on your joints. You can easily walk a mile in 30 minutes!

50 STAR JUMPS



Start with your arms and legs outstretched and jump so your hands and ankles touch slightly. Repeat 50 times without a rest if possible. It is recommended to wear a sturdy trainer shoe.

30 SQUAT THRUSTS



An intense full body workout.

Crouch to a leapfrog position with your arms shoulder width apart. Jump and kick your legs back into a push up position, and then back again. Try and do three lots of ten.

10 SIT UPS, 3 TIMES



Lay down and hook your feet under your sofa for support. Lay back two thirds of the way, using your tummy muscles to bring you back slowly. Then, reach forward and touch your toes. Repeat three sets of ten.

5 PUSH UPS, 3 TIMES



Lie on the floor with your hands shoulder width apart. Push and extend your arms out straight, whilst keeping your back and body straight. Lower to the floor slowly.

JACKKNIFE SIT UPS



Tone your lower tummy muscles.

Lie flat on your back with your arms outstretched by your ears. Keeping your back flat and legs straight, use your waist to raise your legs and arms so your feet and hands touch.

SKIPPING FOR 1 MINUTE



Simple but effective cardio.

A low cost skipping rope will do the trick. Ideally outside in an open space, skip with an even pace for one minute. As you build up stamina, try for 2-3 minutes.

STRAIGHT ARM SQUATS



Firmer buttocks and thighs.

Outstretch your arms in front of you with your feet spread shoulder width apart. Bend your knees to perform a squat into a seated position slowly, and then back up again. Repeat 10 times.

RUNNING ON THE SPOT



Get your heart pumping indoors.

As it sounds, running on the spot can be as effective as running outside. With plenty of space around you, jog to a run on the spot for 5-10 minutes.

Nutritionist Tips

TRY AND DRINK 2-3 LITRES OF WATER DAILY

Purchase a 2 litre bottle of water and re-fill it with cold water. Sip it throughout the day to keep yourself hydrated and to flush out toxins. This will also help keep your hunger suppressed slightly to prevent you from snacking between meals.

AVOID LOW FAT 'DIET CEREALS' AND YOGURTS

'Low fat' foods are one of the biggest diet food industry scams - because they're loaded with sugar. Don't be conned into thinking you'll be thin and beautiful by eating a low fat food as it's excess sugar that causes weight gain in these types of foods.

MAKE SURE YOU USE THE SUPPLEMENTS EVERY DAY

To get the best results from your supplements, make sure that you take them every day, or as directed on the label or by your health professional. Forgetting to take them might slow your progress, so set reminders on your phone to take them regularly.

Eat regularly, don't forget those snacks

It may not be what your used to, but our diet plan suggests 5 small meals a day, including an 11am & 3pm snack. These are essential - they prevent your body from going into starvation mode between meals, keeping your metabolism at its best.

Reduce your carbohydrate intake in the afternoons and evenings

Unless you are active in the evenings or doing intense exercise, reducing your carbohydrates and sugar in the evening will help. Carbohydrates and sugar are used as energy by your body, and is stored as fat if not burned off quickly.

Combine weight loss supplements with a colon cleanser

If you find that your belly is your worst area due to bloating or constipation, then you may benefit from a colon cleanse. A gentle yet effective digestive cleanse method, a colon cleanse supplement can reduce bloating and result in a flatter looking stomach.



**If you're looking to lose
weight safely and naturally,
you're in good hands.**

We're committed to bringing you the best in weight loss supplements. We're the most trusted supplier of weight loss tablets online, with over 1 million satisfied customers and consistent excellent feedback.

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2007*

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