

BACK FROM HOLIDAY DIETARY EATING PLAN

AFTER A WELL-DESERVED BREAK, IT'S IMPORTANT TO GET BACK ONTO A HEALTHY TRACK. TRY THIS **BACK FROM HOLIDAY EATING PLAN** TO KICK START YOUR YEAR.

FRESH START



TIPS:

- Drink 2-3 litres of water per day (add in some Fat Burn Concentrate for extra taste and fat burning effects).
- Stick to eating 3 meals & 2 snacks per day.
- Avoid processed food, refined carbohydrates, sugary foods & take-aways.
- Pair your plan with regular exercise for maximum results.
- Stay consistent in your efforts and keep your portion size small (handful), don't over eat!

CHOOSE ONE OPTION FROM THE LIST BELOW

Create your very own nutritional plan using the healthy options below. Substitute with any of the below options to keep your diet fresh, exciting and wholesome. Be sure to substitute the same food groups to keep your plan balanced and correctly proportioned.

PROTEINS

* male portion 150 g, female portion 100 g

- Steak
- Lamb
- Chicken
- Fish (Salmon, hake, kingklip, snapper, tuna)
- Calamari
- Ostrich
- Cottage Cheese
- Eggs
- Greek yoghurt
- Ham
- Turkey

CARBOHYDRATES

* male portion 100 g, female portion 70 g

- Sweet potato
- Basmati / wild / brown rice
- Butternut
- Oats
- Lentils - beans
- Corn
- Rice pasta
- Rice cake
- Rye bread
- Tortillas

VEGETABLES

- Broccoli
- Cauliflower
- Green beans
- Asparagus
- Squash
- Carrot
- Brussels sprouts
- Cucumber
- Kale
- Spinach
- Leek
- Mushroom
- Onion
- Pepper
- Tomato
- Zucchini

FRUIT

- Apple
- Banana
- Berries
- Grapefruit
- Orange
- Mango
- Pineapple
- Peach
- Nectarine
- Melon
- Cherries
- Watermelon

SAMPLE MENU OF DIETARY EATING PLAN

BREAKFAST

Half a grapefruit
1 boiled egg
1 slice rye toast
A cup of Herbex Slimmers Tea

SNACK

Herbex Slimmers Shake & an apple
OR Handful of biltong & 8 almonds

LUNCH

3 Provita's, cottage cheese / tuna & salad
OR 2 Rice cakes, peanut butter / cream cheese and vegetable sticks

SNACK

Small yogurt and mixed berries
OR Herbex Slimmers Shake & 1 boiled egg

DINNER

Chicken breast, roast butternut and a leafy green salad
OR Fish fillet, steamed green vegetables & half an avocado

This delicious meal plan is specially designed to nourish your body and to keep calories low while still satisfying your taste buds. Mix and match your favourite meal options to achieve your goal of having a healthy and happy body.



herbex1



herbexhealth



+27 83 425 1868

herbex

www.herbexhealth.com

enquiries@herbexhealth.com

To achieve and maintain your goal weight you must adjust your lifestyle. Kilojoule-controlled diet and healthy exercise programme are essential.