

# ON A BUDGET DIETARY EATING PLAN

DON'T ALLOW FINANCES TO CURB YOUR WEIGHT LOSS,  
FOLLOW THIS EASY TO USE **BUDGET DIETARY EATING PLAN** TO KEEP ON TRACK.

FOR MORE TIPS ON HEALTHY EATING AND OTHER SPECIFIC EATING PLANS, VISIT OUR WEBSITE AT [WWW.HERBEXHEALTH.COM](http://WWW.HERBEXHEALTH.COM)

## BUDGET



### FOUR EASY RULES TO REMEMBER WHEN YOU ARE ON A BUDGET:

- 1 serving of protein & 1 serving of carbohydrates with every meal 3x day
- Snacks 2x day between meals
- Serving size – the palm of your hand
- NO sugar, wheat, white flour, deep fried food, full cream dairy products

*By Carla Smith - The Fitness Expert*

### CHOOSE ONE OPTION FROM THE LIST BELOW

#### PROTEINS

- Grilled/ boiled skinless chicken pieces
- Can of tuna in water
- Extra lean mince
- Grilled fish
- 2 Boiled eggs
- Pilchards
- Beans

#### CARBOHYDRATES

- Sweet potato
- Pap
- Wild / Brown rice
- Lentils / Chickpeas
- Green salad
- All bran porridge
- Low GI brown bread 2 slices
- Vegetables

#### SNACKS

- Small tub of low fat yoghurt
- Handful of unsalted nuts
- Fruit of choice

#### OTHER

- Low fat / fat free dairy products
- Avocado
- Canola oil or 1 tablespoon of sunflower oil
- Raisins / cinnamon in porridge
- Drizzle honey instead of sugar or not more than 2 teaspoons of sugar with porridge
- Brown sugar in tea / coffee 1 tsp only
- Water 8 – 10 glasses per day (purchase a 1l bottle and keep filling it)

### SEE SAMPLE MENU BELOW

#### BREAKFAST

2 slices of Low GI brown bread  
+ avo / peanut butter/ 1 boiled egg  
OR  
All bran porridge with low fat milk

#### SNACK

Apple / orange  
+ handful of raisins

#### LUNCH

2 slices of Low GI brown bread  
+ avo / boiled egg/ peanut butter/ pilchards

#### SNACK

Low fat yoghurt cup  
+ orange/ apple

#### DINNER

Fish/skinless chicken pieces/lean red meat boiled, grilled or fried  
+ 2 tablespoons of sunflower oil  
+ pap  
+ low fat milk or maas  
+ vegetables



[www.herbexhealth.com](http://www.herbexhealth.com) • [enquiries@herbexhealth.com](mailto:enquiries@herbexhealth.com)



herbex1



herbexhealth



+27 83 425 1868

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

**herbex**

**Get slim. Start today!**