

10-DAY MEN'S EATING PLAN

By Carla Smith - The Fitness Expert

STEP 1

HEALTHY EATING

ONCE YOU HAVE SPRING-CLEANED YOUR SYSTEM, FOLLOW OUR 10-DAY EATING PLAN.

FOR MORE TIPS ON HEALTHY EATING AND FOR VEGETARIAN EATING PLANS, VISIT OUR WEBSITE AT WWW.HERBEXHEALTH.COM

	BREAKFAST	SNACK	LUNCH	SNACK	DINNER	SNACK
DAY 1	1½ cup all bran or corn flakes + 1 cup skim or fat free milk OR 3 scoops (30 g) Herbex Slimmers Shake + 1 cup berries + 1 cup skim or fat free milk	2 x medium apple (or 2 x fruit) + 10 almonds	4 slices seed loaf or rye bread + 4 tbsp fat free cottage cheese + ½ avo + tomato, lettuce, etc	4 cups popped popcorn OR Small packet plain pretzels	Hand size white fish grilled with spices + 1 large baked potato + 1 tsp marg/butter + 2 cups salad (salad dressing using no oil) OR 1 cup cooked green veggies	1 x pear
DAY 2	2 slices seed loaf or rye toast 1 egg, scrambled or dry fried 1 tsp marg/butter	1 x pear + 175 ml fat free yoghurt OR 3 scoops (30 g) Herbex Slimmers Shake (mixed with water)	Salad: 2 cups lettuce, tomatoes, cucumbers, peppers, etc + ½ cup sweet corn + 2 tbsp fat free cottage cheese + ½ avo or 2 tsp oil for dressing + whole wheat roll	60 g dried fruit	2 cups cooked spaghetti + ¾ cup bolognese sauce (made with extra lean mince; use only 1 tsp oil in preparation) + 1 tsp parmesan + 2 cups salad (salad dressing using no oil)	175 ml fat free yoghurt
DAY 3	1 cup all bran or corn flakes + 1 cup strawberries + 1 cup skim or fat free milk OR 3 scoops (30 g) Herbex Slimmers Shake + 1 cup strawberries + 1 cup skim or fat free milk	4 cups popped popcorn OR Small packet plain pretzels	2 large baked potatoes + 1 tin tuna in brine + 4 tsp low fat mayo + small green salad (salad dressing using no oil)	2 x medium apples (or 2 x fruit) + 175 ml fat free yoghurt	Palm sized chicken breast grilled with spices (use max 1 tsp oil) + 1 cup brown rice + 2 cups salad (salad dressing using no oil) OR 1 cup cooked green veggies	2 fanned peach halves in juice
DAY 4	¾ cup low fat muesli + 175 ml fat free yoghurt	1 cup pineapple + 1 tbsp raisins + 175 ml fat free yoghurt + 2 tbsp nuts/seeds	Salad: 2 cups lettuce, tomatoes, cucumbers, peppers, etc + 1 cup couscous + ½ cup chick peas + 30 g feta + 8 olives or 2 tsp oil for dressing	6 x provita + 4 heaped tbsp hummus OR 3 scoops (30 g) Herbex Slimmers Shake (mixed with water) + 1 banana	Palm sized portion of fatty fish e.g. salmon + 1 cup mashed potato (using 1 tsp marg/oil and skim or fat free milk) + 2 cups salad (salad dressing using no oil) OR 1 cup cooked green veggies	1 cup strawberries
DAY 5	1 cup all bran or corn flakes + 1 cup skim or fat free milk OR 3 scoops (30 g) Herbex Slimmers Shake + 1 medium apple + 1 cup skim or fat free milk	¾ cup fruit salad + 175 ml fat free yoghurt	4 slices seed loaf or rye bread + 1 chicken breast + 4 tsp low fat mayo + tomato, lettuce, etc	1 x peach + 10 almonds	Pizza: 1 pizza base + Vegetables of choice + 8 slices ham cut into pieces + ½ avo or 8 olives + 2 cups salad (salad dressing using no oil) OR 1 cup cooked green veggies	1 x medium apple
DAY 6	1 cup all bran or corn flakes + 1 x small banana + 1 cup skim or fat free milk OR 3 scoops (30 g) Herbex Slimmers Shake + 1 large banana + 1 cup skim or fat free milk	40 g dried fruit	4 slices seed loaf or rye bread + 4 slices lean ham + lettuce, gherkin, mustard + 4 tsp low fat mayo or 2 tsp marg/butter	4 x rice cakes + 2 heaped tsp peanut butter	Hand size white fish grilled with spices + 1 cup oven baked chips + 2 cups salad (salad dressing using no oil) OR 1 cup cooked green veggies	175 ml fat free yoghurt
DAY 7	2 slices seed loaf or rye toast + 1 egg, scrambled or dry fried + 1 tsp marg/butter	¾ cup fruit salad + 1 tbsp raisins + 175 ml fat free yoghurt OR 3 scoops (30 g) Herbex Slimmers Shake + ¾ cup fruit salad (mix with water)	Salad: 2 cups roasted veggies + ½ cup couscous + ½ round of feta + 1 tsp oil or ¼ avo	4 cups popped popcorn OR Small packed plain pretzels	2 whole-wheat rolls + 2 hamburgers (patties made with extra lean mince; no oil) + tomato/barbecue/sweet chilli sauce + 2 cups salad (salad dressing using no oil) OR 1 cup cooked green veggies	2 fanned peach halves in juice + 175 ml fat free yoghurt
DAY 8	¼ cup dry oats + 175 ml fat free yoghurt or 1 cup skim or fat free milk (use the milk to cook the oats) OR 3 scoops (30 g) Herbex Slimmers Shake + 1½ cups fruit salad + 1 cup skim or fat free milk	4 x rice cakes + 2 heaped tsp peanut butter	Large baked potato + 2 tbsp fat free cottage cheese + ½ avo + small green salad (salad dressing using no oil)	2 small naartjies + 175 ml fat free yoghurt	2 wrap + 1 palm sized chicken breast cut into strips and stir fried with spices + ½ avo mashed + tomato salsa + tomato, lettuce, etc	1 x pear
DAY 9	1½ cups all bran or corn flakes + 1 cup skim or fat free milk OR 3 scoops (30 g) Herbex Slimmers Shake + 1 cup strawberries + 1 cup skim or fat free milk	4 cups popped popcorn OR Small packed plain pretzels	4 slices seed loaf or rye bread + 2 eggs + 4 tsp low fat mayo or 2 tsp marg/butter + tomato, lettuce, etc	40 g dried fruit + 175 ml fat free yoghurt	Palm sized portion of fatty fish e.g. salmon + 1 cup brown/wild rice mix + 2 cups salad (salad dressing using 1 tsp oil or add ¼ avo) OR 1 cup cooked green veggies	¾ cup fruit salad
DAY 10	¾ cup low fat muesli + 175 ml fat free yoghurt	1 x peach + 175 ml fat free yoghurt OR 3 scoops (30 g) Herbex Slimmers Shake (mixed with water)	Salad: 2 cups lettuce, tomatoes, cucumbers, peppers, etc + 1 tin tuna + 2 tsp oil for dressing or 8 olives + 9 x provita	1 cup pineapple + 175 ml fat free yoghurt + 2 tbsp nuts/seeds OR 3 scoops (30 g) Herbex Slimmers Shake + 1 cup skim or fat free milk + 1 tbsp nuts/seeds	Stir fry: 2 cups vegetables + 1 palm sized chicken breast cut into strips + 1½ cup noodles	1 x peach



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