

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.

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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



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Get slim. Start today!

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