

# 10-DAY WOMEN'S VEGETARIAN EATING PLAN

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

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

STEP 1

HEALTHY EATING



VEGETARIAN

	BREAKFAST	SNACK	LUNCH	SNACK	DINNER	SNACK
DAY 1	1 cup all bran or corn flakes + 1 cup skim or fat free milk OR 3 scoops (30 g) Herbex Slimmers Shake + ½ cup berries + 1 cup skim or fat free milk	1 x medium apple + 5 almonds	2 slices seed loaf or rye bread + 2 tbsp fat free cottage cheese + ¼ avo + tomato, lettuce, etc	1 x medium apple + 5 almonds	Potatoes with Beans 1 medium baked potato + ½ cup canned beans + 1 tsp oil (for cooking) + 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 2 heaped tbsp hummus 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 + ¼ avo or 1 tsp oil for dressing	40 g dried fruit	1 wrap + ½ cup Fry's chicken strips + ¼ avo mashed + tomato salsa + tomato, lettuce, etc	175 ml fat free yoghurt
DAY 3	½ 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	Large baked potato + ⅔ cup baked beans + small green salad (salad dressing using no oil)	1 x medium apple + 175 ml fat free yoghurt	Spicy Red Pepper Risotto 1½ cups risotto + 30g cheese, grated (to sprinkle on top of risotto) 1 tsp oil (for cooking) + 2 cups salad (salad dressing using no oil) OR 1 cup cooked green veggies	2 fanned peach halves in juice
DAY 4	½ cup low fat muesli + 175 ml fat free yoghurt	1 cup pineapple + 1 tbsp raisins + 1 tbsp nuts/seeds	Salad: 2 cups lettuce, tomatoes, cucumbers, peppers, etc + ½ cup couscous + ½ cup chick peas + 8 olives or 1 tsp oil for dressing	3 x provita + 2 heaped tbsp hummus OR 3 scoops (30 g) Herbex Slimmers Shake (mixed with water)	Lasagna with Ricotta Cheese 1 cup noodles + ½ ricotta cheese + 1 tsp oil (for cooking) + 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	2 slices seed loaf or rye bread + 2 heaped tbsp hummus + 1 tsp marg/butter + Tomato, lettuce, etc	1 x peach + 5 almonds	Pizza: ½ pizza base + Vegetables of choice + ½ round feta + ¼ avo or 8 olives + 2 cups salad (salad dressing using no oil) OR 1 cup cooked green veggies	1 x medium apple
DAY 6	½ cup all bran or corn flakes + 1 small banana + 1 cup skim or fat free milk OR 3 scoops (30 g) Herbex Slimmers Shake + 1 small banana + 1 cup skim or fat free milk	40 g dried fruit	2 slices seed loaf or rye bread + ⅓ cup baked beans + lettuce, tomato, etc + 1 tsp marg/butter	2 x rice cakes + 1 heaped tsp peanut butter	Tofu Potato Cakes + 1 cup mashed potato + ½ cup tofu + 1 tsp oil (for cooking) + 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 tsp low fat cottage cheese + 1 tsp marg/butter	¾ cup fruit salad + 1 tbsp raisins 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	1 whole-wheat roll + 1 Fry's hamburger patty + 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	½ 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 + ¾ cup 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 + ¼ avo + small green salad (salad dressing using no oil)	2 small naartjies + 175 ml fat free yoghurt	Pesto Pasta with Tomato and Beans 1 cup cooked pasta + ½ cup cannelloni beans + 1 tsp oil (for cooking) + 1 tsp parmesan + 2 cups salad (salad dressing using no oil)	1 x pear
DAY 9	1 cup 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	2 slices seed loaf or rye bread + 30g Fry's polony + 2 tsp low fat mayo or 1 tsp marg/butter + tomato, lettuce, etc	40 g dried fruit + 175 ml fat free yoghurt	Italian Style Rice and Beans + 1 cup rice + ½ cup beans + 1 tsp oil (for cooking) + 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	½ 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 + ½ tin tuna + 1 tsp oil for dressing or 8 olives + 6 x provita	1 cup pineapple + 1 tbsp nuts/seeds OR 3 scoops (30 g) Herbex Slimmers Shake (mixed with water) + 1 tbsp nuts/seeds	Stir fry with Tofu: 2 cups vegetables + 1 cup tofu + 1 cup noodles	1 x peach



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