

# 10-DAY WOMEN'S EATING PLAN

By Carla Smith - The Fitness Expert

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](http://WWW.HERBEXHEALTH.COM)

STEP 1

HEALTHY EATING



	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	Hand size white fish grilled with spices + 1 medium 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 + ¼ avo or 1 tsp oil for dressing	40 g dried fruit	1 cup cooked spaghetti + ½ 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	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 + ½ tin tuna in brine + 2 tsp low fat mayo + small green salad (salad dressing using no oil)	1 x medium apple + 175 ml fat free yoghurt	Palm sized chicken breast grilled with spices (use max 1 tsp oil) + ½ 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	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)	Palm sized portion of fatty fish e.g. salmon + ½ 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	2 slices seed loaf or rye bread + ½ chicken breast + 2 tsp low fat mayo + Tomato, lettuce, etc	1 x peach + 5 almonds	Pizza: ½ pizza base + Vegetables of choice + 4 slices ham cut into pieces + 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 + 2 slices lean ham + lettuce, gherkin, mustard + 2 tsp low fat mayo or 1 tsp marg/butter	2 x rice cakes + 1 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 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 + hamburger (patty 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 + 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	1 wrap + 1 palm sized chicken breast cut into strips and stir fried with spices + ¼ avo mashed + tomato salsa + tomato, lettuce, etc	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 + 1 egg + 2 tsp low fat mayo or 1 tsp marg/butter + tomato, lettuce, etc	40 g dried fruit + 175 ml fat free yoghurt	Palm sized portion of fatty fish e.g. salmon + ½ 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	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: 2 cup vegetables + 1 palm sized chicken breast cut into strips + 1 cup noodles	1 x peach



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