

MIX & MATCH DIY DIETARY EATING PLAN

ONCE YOU HAVE SPRING-CLEANED YOUR SYSTEM, FOLLOW OUR
ALTERNATIVE DIETARY EATING PLAN.

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

DIY



MIX AND MATCH TO BUILD YOUR OWN PERSONALISED EATING PLAN:

- 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 chicken breasts
- Can of tuna in water
- Bacon
- Grilled / baked Hake
- Lean steak cuts
- Extra lean mince
- Boiled eggs

CARBOHYDRATES

- Sweet potato
- Rice cakes 2-4 per day
- Provitas 4-6 per day
- Wild / Brown rice
- Lentils / Chickpeas
- Green salad
- Oats
- Oat bran
- All Bran instant cereal
- Rye bread / multigrain loaf 2-4 slices per day
- Veggies
- Gluten free pasta

SNACKS

- Rice cakes / provitas with low fat cream cheese/ peanut butter/tuna
- Small tub of low fat yoghurt
- Handful of unsalted nuts
- Banana
- Apple

OTHER

- Low fat / fat free dairy products
- Avocado pear
- Olive oil
- Raisins / cinnamon in oats
- Drizzle honey instead of sugar / xylitol
- Brown sugar in tea / coffee 1tsp only
- Dark chocolate slab 1x week
- Water 8 – 10 glasses per day (purchase a 1l bottle and keep filling it)
- Low fat mayo / plain yoghurt
- 1 tablespoon olive oil and balsamic vinegar for salad dressings

SEE SAMPLE MENU BELOW

BREAKFAST

3 egg white omelette (add 1 yolk)
+ choice of vegetables – mushrooms, onion, peppers, tomato etc.
+ 1 matchbox size serving of mozzarella cheese OR
40g Oats / All bran instant cereal
+ ½ cup low fat milk
+ honey/xylitol
+ almonds/ dates/raisins/ seeds

SNACK

Herbex Slimmers Shake
+ Apple/Banana OR
4 Provitas / 2 rice cakes
+ avo
+ tuna / peanut butter/ low fat cream cheese

LUNCH

Sandwich on rye / multigrain bread
+ lean meat of choice
+ green salad
+ avo
+ low fat mayo OR
Brown / wild rice
+ protein of choice
+ vegetable of choice

SNACK

Low fat yoghurt cup
+ rice cakes
+ low fat cottage cheese / 100% almond or peanut butter
+ raw veggies (5)
+ hummus / low fat cottage cheese OR
Handful of nuts / seeds mix (walnuts, cherries, dried coconut,
pumpkin and sunflower seeds, almonds, carob or raw cacao)
+ Herbex Slimmers shake

DINNER

Grilled or stir fried vegetables / green salad
+ olive oil and balsamic vinegar/
+ wild or brown rice OR
Grilled lean meat of choice / gluten free pasta, lean mince and
tomato based sauce

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Get slim. Start today!