

# ONE MONTH TO FABULOUS!

Rock a hotter bod in just four weeks with our super-simple slimming diet

**W**e've told you what foods you should be munching for a smokin' bod, and now we've made it even easier to eat yourself sexy. Our 28-day meal plan will help to supercharge your slimming power so you can strip off with confidence. Designed to improve your digestion and boost your body's detoxification

process, you can expect to lose about half a stone, feel more energised and enjoy glowing, radiant skin. The diet is rich in satiating protein, vitamin-rich complex carbs and bloat-busting fruit and veg. There's no deprivation involved and you're even allowed a treat each week!



## SLIMMING STRATEGIES

**1** You'll need to eliminate all processed and packaged foods over the next four weeks to help kick-start your liver, the main channel of detoxification.

**2** Make sure you eat at regular intervals. You should eat three meals plus two snacks (one

mid-morning and one mid-afternoon) to avoid blood sugar dips.

**3** Ditch caffeinated and fizzy drinks. Swap tea and coffee for decaffeinated versions and sip on herbal teas, including green, fennel and nettle teas. Increase your intake of water to a minimum of two litres a day. Liven up water by adding

slices of cucumber or a squeeze of liver-boosting lemon juice.

**4** Avoid eating meals in front of your computer or TV and try to focus on what you're eating.

**5** Allow yourself one treat each week. Choose from a small glass of red wine, a small bar of dark or raw chocolate, lemon sorbet or a small pot of frozen yoghurt.



**YOUR MEAL PLANNER**  
Alternate these meal ideas over the next four weeks. If you feel hungry on this diet, increase your serves of non-starchy vegetables, such as dark green leafy veggies, tomatoes and mushrooms, and vary your carbohydrate sources. Avoid white, refined carbs and opt for brown rice, quinoa, pearl barley and wholewheat pasta instead.



## BREAKFAST IDEAS

- 50g oats made with 70ml almond milk and 1 tablespoon of mixed seeds.
- 50g sugar-free granola served with 1 small pot of natural yoghurt.
- 2 slices of rye toast served with nut butter (try Brazil or cashew nut butter).
- 1 slice of wholemeal toast with 2 poached eggs and a side of spinach.
- 1 pot of Greek yoghurt served with a small handful of mixed berries, (try strawberries, blackberries and raspberries) and 1 teaspoon of honey.

**Blueberry smoothie made with a large handful of fresh blueberries, 250ml coconut milk and 1 scoop of whey protein, blended together**

- Tomato and mushroom omelette made with 2 eggs and served with 1 slice of wholegrain toast.
- Oat pancakes made with 50g ground oats, 1 egg and 170ml milk, fried in a non-stick pan and topped with a dollop of crème fraîche and blueberries.
- 2 smoked kippers with 1 slice rye toast.
- 40g quinoa porridge made with 70ml almond milk and 1 tablespoon of chopped raw, mixed nuts.



**DID YOU KNOW?**  
Research suggests that the phytochemicals in blueberries may have the power to burn fat

WORDS: LOUISE PYNE PICTURES: SHUTTERSTOCK



**DID YOU KNOW?**  
Red onion is a good source of chromium, which can help curb sugar cravings

**LUNCH IDEAS**

- Chicken sandwich made with 1 grilled chicken breast, rocket and tomato on 2 slices of wholemeal bread.
  - Half a carton of fresh lentil soup, served with a wholemeal roll.
  - Pasta salad made with 100g wholewheat pasta, 1 salmon fillet, 2 tablespoons of crème fraîche, a handful of wilted spinach and 1 chopped tomato. Garnish with lemon and parsley.
  - Chicken fajitas made with 1 sliced grilled chicken breast, 1 tablespoon guacamole and ½ sliced red pepper, served in a wholemeal tortilla.
- Tuna salad made with ½ bag salad leaves, 1 can of tuna in water, 1 chopped tomato, ½ thinly sliced red onion and a small handful of olives. Drizzle with vinaigrette**
- 1 cod fillet baked with lemon slices and served with a side of steamed broccoli and roasted peppers.
  - Prawn pitta made with 100g cooked prawns, a large handful of watercress, ½ yellow pepper and 1 tablespoon of Greek yoghurt served in 1 wholemeal pitta bread.
  - Sardine salad made with 1 can of sardines, ½ bag of mixed salad leaves, ½ sliced green pepper, chopped cucumber and 1 chopped tomato.
  - Frittata made with 2 eggs, 25g feta cheese and 1 handful of spinach, mixed together and baked in the oven.
  - Baked sweet potato topped with 1 can of tuna, served with ½ bag of salad leaves dressed with balsamic vinegar.



**DINNER IDEAS**



- Stir-fry made with 100g cooked prawns, 50g mange tout, 25g baby corn, ½ red pepper, 1 deseeded green chilli, 1 clove garlic, ½ teaspoon ginger, 2 tablespoons soya sauce, served on 50g brown rice.
  - Bean stew made with ½ tin of mixed beans, 1 clove garlic, ½ tin tomatoes, 1 carrot, ½ courgette, ½ teaspoon paprika and ½ teaspoon cinnamon.
  - 100g grilled steak served with a large side of steamed kale and ½ sweet potato, sliced into chips and baked.
  - Pesto penne made with 100g wholewheat penne and tossed with 2 tablespoons of fresh pesto sauce.
  - 100g minced lamb cooked in a ½ jar of tomato sauce with 1 red onion, 1 clove garlic and 1 chopped carrot, served with 50g brown rice and ½ bag of mixed salad leaves.
- Vegetable curry made with ¼ roasted butternut squash, ½ aubergine, ½ leek, ½ deseeded red chilli and 1 teaspoon of curry powder, garnished with coriander**
- 2 fishcakes made with 1 can of salmon, 1 small steamed sweet potato and 1 spring onion, shaped into patties and dipped in beaten egg. Fry in 1 teaspoon of coconut oil and serve with steamed cabbage and 4 asparagus spears.
  - Red onion and chilli omelette made with 2 eggs, 1 small red onion and 1 deseeded green chilli.
  - 3 fresh, shop-bought falafels served with 2 tablespoons of houmous and ½ bag of mixed salad leaves dressed with a drizzle of balsamic vinegar.
  - Ratatouille made with 2 chopped fresh tomatoes, 1 stick of celery, 1 carrot, 1 red pepper and 1 leek, garnished with basil and served on 50g brown rice.



**SNACK IDEAS**

- 2 oatcakes topped with 2 tablespoons of houmous.
- 2 Ryvitas served with 2 tablespoons of homemade guacamole.
- 1 apple and 1 pot of natural yoghurt.
- 5 Brazil nuts and 1 pear.
- 25g Cheddar cheese and a small bunch of red grapes.

**Crudités made with 1 carrot, ¼ cucumber and ½ yellow pepper, chopped and served with houmous**

- 2 tablespoons of cashew nut butter on 1 slice of toasted rye bread.
- 1 small banana and 2 tablespoons of mixed seeds.
- Half an avocado and 5 Brazil nuts.
- 1 whey protein shake.



**BOOST YOUR FAT LOSS**

Take these supplements over the next four weeks to rev up your fat burn and help quash food cravings

**1 Natures Aid DigestEeze**  
Beat bloating the natural way with this milk thistle supplement. The potent herb formula also helps cleanse a sluggish liver.  
● £9.95, [naturesaid.co.uk](http://naturesaid.co.uk)

**2 Patrick Holford Cinnachrome**  
Curb cravings with a cinnamon and chromium supplement that keeps blood glucose levels balanced.  
● £17.49, totally [nourish.com](http://nourish.com)

**3 Nordic Naturals Complete Omega-3.6.9-D**  
This contains fat-burning essential fatty acids plus the craving-crusher vitamin D.  
● £16.59, [detoxpeople.eu](http://detoxpeople.eu)

