



### **13 Day Diet Plan to be used with our 5 week Program!**

#### **Day 1**

Breakfast Black Coffee – Unlimited with sweeteners only, NO SUGAR ALLOWED!  
2 Slices of toasted Whole wheat bread or Low GI bread

Lunch 1 Deboned, Skinless chicken breast – Grilled, steamed or boiled with 1 cup of fresh green veggies partly boiled with a pinch of salt

Supper Fish – Boiled, grilled or steamed with a cup of tomato and onion salad  
A Serving of fresh Fruit Salad

#### **Day 2**

Breakfast Black Coffee – Unlimited with sweeteners only, NO SUGAR ALLOWED!  
A cup of plain Meusli with half cup of fat free yoghurt

Lunch 1 Grilled Pork Chop with 2 fresh fruits of your choice

Supper 4 Modest slices of roast Beef with any cheese of your choice (matchbox size) and 1 boiled egg

#### **Day 3**

Breakfast Black Coffee – Unlimited with sweeteners only, NO SUGAR ALLOWED!  
2 Slices of toasted Whole wheat bread or Low GI bread

Lunch 2 Boiled eggs with a cup of tomato salad and 1 cup of green fresh veggies

Supper 4 – 5 Slices of Ham of your choice with fresh green salad  
Fresh Fruit Salad

#### **Day 4**

Breakfast Black Coffee – Unlimited with sweeteners only, NO SUGAR ALLOWED!  
A cup of plain Meusli with half cup of fat free yoghurt

Lunch 1 cup of chopped carrots – cooked or raw, with 1 round of Feta Cheese

Supper Fresh Fruit Salad with Natural yoghurt and 1 slice of cheese of our choice

#### **Day 5**

Breakfast Tea with freshly squeezed lemon juice with a cup of chopped carrots (cooked or raw)

Lunch Grilled Chicken breast and 1 tomato

Supper 2 Lamb Chops, Fat free with 1 tomato

#### **Day 6**

Breakfast Black Coffee – Unlimited with sweeteners only, NO SUGAR ALLOWED!  
2 – 3 Slices of toasted Whole wheat bread or Low GI bread

Lunch Grilled Fish of your choice with a cup of fresh green salad

Supper 2 Poached eggs and a cup of chopped carrots (cooked or raw)



### Day 7

Breakfast Lemon Tea – Unlimited with sweeteners only, NO SUGAR ALLOWED!  
2 Slices of toasted Whole wheat bread or Low GI bread

Lunch 4 – 5 Slices of Roast Beef with a fruit salad

Supper Any one of the above suppers of your choice

### Day 8

Breakfast Black Coffee – Unlimited with sweeteners only, NO SUGAR ALLOWED!  
A cup of plain Meusli with half cup of fat free yoghurt

Lunch 1 Grilled Pork Chop with 2 fresh fruits of your choice

Supper 4 Modest slices of roast Beef with any cheese of your choice (matchbox size) and 1 boiled egg

### Day 9

Breakfast Black Coffee – Unlimited with sweeteners only, NO SUGAR ALLOWED!  
2 Slices of toasted Whole wheat bread or Low GI bread

Lunch 2 Boiled eggs with a cup of tomato salad and 1 cup of green fresh veggies

Supper 4 – 5 Slices of Ham of your choice with fresh green salad  
Fresh Fruit Salad

### Day 10

Breakfast Black Coffee – Unlimited with sweeteners only, NO SUGAR ALLOWED!  
A cup of plain Meusli with half cup of fat free yoghurt

Lunch 1 cup of chopped carrots – cooked or raw, with 1 round of Feta Cheese

Supper Fresh Fruit Salad with Natural yoghurt and 1 slice of cheese of our choice

### Day 11

Breakfast Tea with freshly squeezed lemon juice with a cup of chopped carrots (cooked or raw)

Lunch Grilled Chicken breast and 1 tomato

Supper 2 Lamb Chops, Fat free with 1 tomato

### Day 12

Breakfast Black Coffee – Unlimited with sweeteners only, NO SUGAR ALLOWED!  
2 – 3 Slices of toasted Whole wheat bread or Low GI bread

Lunch Grilled Fish of your choice with a cup of fresh green salad

Supper 2 Poached eggs and a cup of chopped carrots (cooked or raw)

### Day 13

Breakfast Black Coffee – Unlimited with sweeteners only, NO SUGAR ALLOWED!  
2 Slices of toasted Whole wheat bread or Low GI bread

Lunch 1 Deboned, Skinless chicken breast – Grilled, steamed or boiled with 1 cup of fresh green veggies partly boiled with a pinch of salt

Supper Fish – Boiled, grilled or steamed with a cup of tomato and onion salad  
A Serving of fresh Fruit Salad



### **13 Day Diet Plan Tips.**

This Diet allows for a loss of 7 – 20kg's IF done correctly within the first 13 days.

From Day 14, you can eat normally again without putting on any weight for a year because this diet alters your metabolism

Eat Whole wheat bread with a VERY thin layer of Margarine

The purpose of this Diet is to change your metabolism and digestion system. If you follow a good eating habit you can maintain your weight you have achieved and lose all excess body fat.

The diet must be followed for the full 13 days consecutively. On Day 14 you may have a 'binge-day'. On day 15 you can start from day 1 again if you feel the need to continue.

If during the 13 day cycle you cheat with as much as a piece of chewing gum, It will defeat the end goal, you have 1 of 2 choices....Give up or start over from day 1 again!!!

Try plan your diet to exclude any major events and holidays, incl Parties!

If you get headaches, don't drink tablets as the contain chemicals that will influence the diet, rather drink lots of water.

No salad dressings are allow, you can supplement it with a tablespoon of Lemon Juice instead.

No sauces or spices except salt and pepper are allowed for the 13 days.

No alcohol allowed either!!!

