



THE CELLFOOD® SHAPE WEIGHTLOSS GUIDE – BROUGHT TO YOU BY THE CELLFOOD® COMPANY.

IT’S THE SHAPE OF THINGS TO COME.

Congratulations! By purchasing **CELLFOOD® SHAPE** you have made the decision to change your future and lose weight the healthy way.

There are two keys to losing weight successfully – key one is intelligent supplementation, such as **CELLFOOD® SHAPE**. The ingredients in **CELLFOOD® SHAPE** (L-Carnitine & *Garcinia cambogia* extract (Citrin K)), work on your digestive and cellular pathways to help you burn fuel from food, faster.

Key two is a lifestyle change. Now before you think this is almost impossible, read the following information compiled by a professional registered dietician. Changing your lifestyle does not mean living on celery sticks and running marathons. It means opening up a world of new and exciting ways of eating and doing regular exercise that you enjoy. And by embracing your new lifestyle and taking **CELLFOOD® SHAPE**, you can reveal the healthier, slimmer you. Before we start, it’s a good idea to try to understand what got you out of your ideal weight range in the first place.

HOW WE GET OUT OF SHAPE

The reason for excess weight gain can sometimes be attributed to this simple equation:

energy in – energy out = energy stored

In other words, the food you take in, minus the exercise you do, equals the kilojoules/fat left in your body. For some of us this means we simply need to reduce what we eat and exercise more.

However, some of us have a slower metabolism than others, which means that the ‘energy out’ pathways do not work as effectively as leaner people’s. The more body fat you have relative to your lean body mass, the more weight you gain.

Weight gain also has to do with the type of kilojoules you consume. Empty kilojoules (like those found in non-nutritious junk foods and sweets) tend to make us fatter faster, because they lack the nutrition to help us burn energy for fuel. We need to take in nutritious kilojoules that fill us up, such as vegetables, fruits, wholegrains and lean proteins.

There are many other genetic and medical causes of obesity too, for example insulin resistance and diabetes; low thyroid function; the use of certain drugs and genetic defects in metabolism to name a few. It is important to identify your unique diet and exercise flaws as well as your constitution and body’s makeup.

WHAT KIND OF SHAPE DO YOU WANT TO BE IN?

It’s always good to have a goal to aim for. One way of establishing your ideal weight range is by calculating your Body Mass Index (BMI). You can calculate your BMI by dividing your weight in kilograms by the square of your height in meters:

weight (kilograms) ÷ height (metres) squared = BMI

For example, if you weigh 85kg and are 1.56m tall the equation is 85 ÷ 1.56 squared = 35 BMI. Ideally we want to keep our BMI within the range of 19-25. Anything over 25 is overweight, over 30 is second degree overweight and 35 is obese. For some people, getting into the ideal weight range may seem unreasonable and that is fine - some of us may have a bigger build or heavier bone structure. It’s also important to note that the BMI indicator can sometimes be misleading for body builders, competing athletes and pregnant women. What’s more, BMI does not differentiate between body fat and muscle mass - muscle mass carries more weight than body fat. Another tool to use is to measure your waist circumference (the girth of the waist at the belly button). Women should aim to keep this measurement under 86cm and men should aim to keep it under 109cm.

HOW TO GET INTO SHAPE: TOP TEN TIPS

1. Ditch fad diets

If there’s one thing to remember it’s this: successful weight loss is really about lifestyle change. We all long for a trim body, toned muscles, a youthful glow and boundless energy - and we want it fast! Some of us go to extremes to get it, like adopting a severe or faddish diet that is impossible to maintain, not to mention unhealthy. The vast array of best-selling weight-loss books claim that their new diet is not only revolutionary, but will help you lose weight and feel great for life. While many do present some very legitimate information, many are just fad diets designed for quick but not permanent or healthy weight loss.

2. Eat!

One of the best ways to stimulate your metabolism is by eating **regularly**. Many studies have proved that one of the essential ways to obtain successful, sustained weight loss is regular eating, particularly breakfast. A good rule to follow is the 3 hour rule: Eat breakfast within 3 hours of waking up, eat every 3 hours and wait 3 hours after eating supper before going to bed. If you find that this way of eating does not work well for you, then at least eat 3 meals a day and avoid going without food for extended periods. Remember that you should not overeat - small, regular meals and snacks are best.

3. Eat real food

In an ideal world, we would all be eating fresh produce in season, choosing only whole food ingredients and taking time and effort to prepare our own home-cooked meals. Unfortunately we live busy, stressed lives and resort to convenience foods. Most of what we consume today is overly processed and full of unnatural ingredients. Take-aways and easy microwave meals are not abundant in fruits and vegetables, making it more difficult for us to meet our minimum ‘5-a-day’ quota. It is therefore imperative that where possible, you try to eat ‘real foods’ - like fresh fruits and vegetables, wholegrains, nuts and seeds, raw oils and fresh meats, chicken, fish and eggs.

4. Carbs are not the enemy

There is a lot of negative hype around carbohydrates being fattening that has led to the high protein diet fad. High protein diets are not only restrictive and expensive, but can be unhealthy as well. Think about it – how could leaving out an entire food group be good for you?

The good news is that you no longer have to starve yourself of starchy foods to lose weight. By now most of us have heard of the glycemic index (GI) in weight loss. This measures how strongly a certain food impacts on our blood sugar levels and therefore how soon we feel hunger pangs. Low GI foods have less of an effect on sugar levels, and are therefore less ‘fattening’ than high GI foods. You do however still need to eat these low GI carbs in moderation, and you can still eat the higher GI carbs before or after prolonged exercise. It’s all about making healthier choices more often.

You can also lower the GI of your meal by slightly undercooking your carbohydrates (think firm boiled potato over mashed potato), by adding fibre (think brown rice versus white rice) or by adding acid (a little lemon juice or vinegar will lower the GI). To get you off to a good start, here is an overview of low, intermediate and high GI foods. For more information and a more comprehensive list, visit the South African GI foundation website at www.gifoundation.com

LOW GI FOODS

- Wholewheat ProNutro
- High fibre bran
- Low GI muesli (will be labelled as such)
- Cold or reheated mielie meal or samp
- Sour pap
- Rolled or whole oats
- All legumes (e.g. lentils, chickpeas, kidney beans, peas)
- Barley
- Quinoa
- Sushi rice
- Basmati, white, wild and brown rice
- Bulgur cracked wheat
- Mielies/whole corn
- Deciduous fruits (e.g. apples, pears, peaches, plums)
- Berries and cherries
- Dark rye bread
- Low GI breads (will be labelled as such)
- Yoghurt and milk and Mageu
- Pro-Vita crackers

INTERMEDIATE GI FOODS

- Semolina wheat pasta
- Pita bread
- Baby new potato, cooked
- Bananas
- Raisins
- Sultanas
- Dates

HIGH GI FOODS

- Most regular breakfast cereals
- Mielie meal or samp, cooked
- Sweetened mueslis and granolas
- Maltabella, cooked
- Potatoes (baked, boiled, mashed)
- Quick-cook noodles
- Quick-cook rice
- Millet, cooked
- White, brown and whole-wheat breads
- Commercial biscuits
- Rusks
- Pastry and pie crust
- Sports drinks
- Pumpkin and butternut
- Watermelon

5. Fats – the good, the bad and better ways to cook

We’ve all been led to believe a big fat lie: fat makes you fat. On the contrary, a deficiency of certain fats can actually make you fat! Since so many of our body’s cells, tissues and hormones are dependent on a good supply of essential fats; it just doesn’t make sense to avoid them. Essential fats may not only help correct deficiencies that could lead to obesity and diabetes, but also make our food more flavourful and help keep us full and satisfied.

The Good Essential fats are the fats you can eat more of. An easy way to remember which ones they are, is to know that these fats are usually liquid

at room temperature. They are mostly found in vegetable sources like nuts, seeds, vegetables and grains. Fish is also a rich source of these fats.

Omega 3 fatty acids are of prime importance. They help support the healthy functioning of your immune, reproductive, nervous systems and the heart. Best sources are fatty fish like salmon, tuna, mackerel, herring, pilchards and sardines. Vegetable sources of omega 3s include walnuts, walnut oil, flaxseeds/linseeds, flaxseed oil, pumpkin seeds and hemp.

Omega 6 fatty acids should be kept to a minimum because it has been found that the omega 3:6 ratio needs to be high for health. Examples are sunflower oil, many salad dressings, mayonnaise and most margarines.

Omega 9 fatty acids (or mono-unsaturated fats) can help reduce the risk of heart disease when they replace saturated and trans fats. Examples are avocado pear, olives, olive and canola oils, seed oils and most nuts and seeds.

Eat more

- Oily fish (sardines, pilchards, salmon)
- Nuts and seeds and their butters and oils
- Avocado pear
- Olives and olive oil
- Trans fat-free margarines
- Boiled/poached egg yolk
- Raw sunflower oil

Reduce

- Fatty red meat (especially boerewors, polony, corned beef, sausages)
- Chicken skin
- Full fat dairy and cream
- Regular margarines
- Fried foods/heated oils
- Cooking oil (sunflower oil)
- Pastry/pie crust
- Biscuits/cakes
- Crisps
- Chocolates

The Bad

We should all aim to reduce **saturated fat** in our diets as they are not used a great deal in the body except for energy and are therefore more likely to be stored. Saturated fat can also raise blood cholesterol levels, which is a risk factor for heart disease. They also promote inflammatory responses which are responsible for a whole host of health problems, including arthritis, sterility, cancer and premature ageing. Saturated fat is found predominantly in meat, chicken skin, full fat dairy products including butter and cream. And then there are **trans-fatty acids** also known as **hydrogenated fats**. These are seen as even worse than saturated fats and are produced when liquid oils are turned into a solid – such as margarine. It has been found that these trans-fatty acids raise cholesterol levels and may lead to all sorts of health problems when taken in excess. Hydrogenated fats are also found in baked

products like cakes, biscuits and pie crusts. Luckily some of today’s margarines are free of trans-fatty acid.

The next bad fat is **fried oils**. Any time you expose oil to heat, you destroy it, denature it and make it bad. The worst type of oil is one that has been exposed to heat several times, like in fast food stores.

Better ways to cook

Here are some low fat cooking methods to reduce the fat content of your meals:

- Trim any visible fats off meats and remove chicken skin before cooking.

- Grill meats in the oven on a griddle so that excess fat drains off into a pan.

- Start curries and stews with a little water, wine, lemon juice or stock instead of oil. You can also use a non-stick pan.

- Place your oils and dressings in a spray can and spray your pots and pans or your salads and veggies instead of pouring – you’ll end up using far less oil.

6. Power up on protein

Protein is what makes up the very structure of our bodies. It helps curb the appetite, which is one of the major reasons why protein prescriptions are often given in weight loss plans.

What’s more, protein also helps lower the GI of a meal, so we feel fuller for longer. The best proteins to choose are lean proteins because the fat in protein is often the saturated type, which we need to keep low.

Good lean protein sources include fish, meat, chicken (no skin), eggs and low-fat dairy products. Vegetable proteins include legumes and beans, nuts and seeds, and soya products such as soya beans, tofu, tempeh, soya burgers, soya sausages and soya mince.

7. Water for weight loss

Next to oxygen, water is the most important thing keeping us alive. We can survive without food for 5 weeks, but we can’t live without water for longer than 5 days. Almost every metabolic process in the body requires water to function.

Water is also one of the most important factors in losing weight and keeping it off. It not only curbs the appetite, but when you lose weight, toxins are released from your fat cells - you need water to help clear toxins from your body quicker.

Some people avoid water because they feel that their bodies ‘hang on to’ it. This is not the case; drinking water is the best treatment for

fluid retention. When the body gets less water, it perceives this as a threat to survival and begins to hold on to it or retain it.

What’s more, an overweight person needs more water than a slim person because he/she has a larger metabolic load to deal with and thus needs more water to help fuel the metabolism.

As a general rule, drink 200ml water for every 10 kilograms of your body weight. For example, an 80 kilogram person will need approximately 1.6 litres per day. That’s before exercise - if you are sweating during exercise, you will need to drink an additional 500ml to 1 litre per session.

When it comes to other beverages, look out for hidden kilojoules. Avoid fruit juice unless it is part of your fruit intake and diluted with water. Avoid cold drinks, but if you must indulge, then one 340ml can of diet soda is allowed per day or a low-kilojoule flavoured water is allowed every third day.

Coffees and teas should be kept to a maximum of three cups per day. You may drink up to three cups of green tea a day and enjoy herbal teas and rooibos freely.

8. Easy does it

This is one of the most important and challenging lessons in weight loss, but once you start implementing it, it’s easy. Many of us eat too much, which causes our stomachs to stretch - we therefore get used to eating large portions.

The portions at restaurants and take-aways tend to be ‘super-sized’. They are far bigger than the realistic portion for health, but we were taught to finish our food and we do it to our detriment!

Another key rule is to remember that just because a food is healthy, it doesn’t mean you can eat as much as you like. How much you eat should depend on exercise habits, age, weight, height, weight loss goals and other factors. Here’s an easy reference guide on how much you can eat of the various food groups:

Food Group: Vegetables

Portion Rule: Limit starchy vegetables like butternut, pumpkin and beetroot. Eat non-starchy vegetables in abundance. At least 3 portions of vegetables should be eaten daily. A portion is 1 cup raw, or 1/2 cup cooked.

Food Group: Fruits

Portion Rule: Eat at least 1 fruit per day to a maximum of 4. A portion is 1 medium fruit, 2 small fruits (e.g. thrift sized apples) or 1/2 cup chopped fruit.

Food Group: Carbohydrates

Portion Rule: Eat about 2 to 6 carbohydrate portions per day (low GI). 1 fist-full or 1/2 - 3/4 cup cooked portion at meals or 1 slice bread or 2 medium crackers or 4 small crackers. If you are insulin resistant, diabetic or have a waist measurement higher than suggested, keep to a minimum starch intake.

Men and very active people, as well as vegetarians will eat more towards the maximum intake.

Food Group: Proteins

Portion Rule: Protein can be eaten at each meal. Most people would eat 1 portion of protein per meal, however lean and very active people may go up to 2 portions. 1 portion (average size of the palm of the hand or about 100-150g) of red meat or dark meat or chicken.

For skinless chicken (white meat) and fish use the palm of the hand up to 1st finger crease or about 120-180g. 1 cup of beans/legumes/ lentils/2 eggs is 1 meal portion.

Food Group: Fats

Portion Rule: Aim for 2 to 4 healthy fat portions per day. A portion of fat is 1 teaspoon or the size of a dice. A portion of nuts, seeds or olives will fit in a matchbox.

Food Group: Dairy

Portion Rule: Aim for 1 to 3 portions per day. 1 serving is 250ml milk or yoghurt, low fat or fat-free or 1/2 tub cottage cheese or 60g regular cheese.

Food Group: Sugar

Portion Rule: Avoid completely, or if you must, no more than 3 teaspoons per day. Artificial sweeteners can be used in moderation. Stevia and xylitol are better choices (available at pharmacies and health shops).

Food Group: Treats

Portion Rule: Treats like chocolates, sweets, chips, sugary cold drinks should be avoided or saved as treats. A treat 2 times a week is acceptable (1 treat = 40g chocolate, 2 cups light hot chocolate, 60g sweets, 30g packet chips or 1 340ml coldrink).

Food Group: Cheat meals

Portion Rule: Go ahead and treat yourself to 1 cheat meal a week. This could be whatever you desire (e.g. small pizza, a burger or some fried chips).

(CONTINUED ON REVERSE- PLEASE TURN OVER)

9. Increase your energy out

What and how you eat is your best defence against overweight, but a good exercise plan is a great add-on. Exercise is not an excuse to eat more - we really do not need to eat that extra fruit or carbohydrate unless exercise is intense and lasts longer than 1 hour. So rather use exercise as an opportunity to burn more kilojoules (and therefore lose weight faster), to feel happier (through endorphin release), to prevent heart disease and diabetes, and to create a trimmer, leaner body.

If you can't stand the thought of exercise don't fret, there is literally something for everyone. All you need to do is find an activity that you enjoy - and stick to it!

Cardiovascular exercise is the type that gets the breathing going and the heart pumping. Exercise for fat loss needs to be sustained and regular but you need not overexert yourself. Brisk walking, low impact aerobics, boxing, treadmill, stationary bike, road bike, step machine, rowing, dancing and martial arts all work well. Some strength training is also a good addition to keep muscle mass up. The more muscle tissue you have, the faster you will burn fat.

If it's just weight loss and toning that you are after, you should be using lighter weights. If you're looking to bulk up, then you'll need to use heavier weights. For best results, you'll need to strength train at least 2-3 times per week for at least 20 minutes at a time.

Another way to increase your energy out, besides exercising more, is to take a well-designed supplement like **CELLFOOD® SHAPE**. Take **CELLFOOD® SHAPE at night after your last evening meal and then go to sleep**. Because of inactivity whilst you sleep, **CELLFOOD® SHAPE** works with various metabolic systems in **decreasing fat storage, burning up calories, decreasing food absorption and helping you to sleep better**.

CELLFOOD® SHAPE contains **CELLFOOD®**, which helps with the absorption of the ingredients in **CELLFOOD® SHAPE**. It also increases the process necessary for accelerating the fat-burning metabolism.

Although **CELLFOOD® SHAPE** contains **CELLFOOD®**, it is not a substitute for **CELLFOOD®**. Continue to take **CELLFOOD®** every morning to assist the body in: scavenging free radicals, balancing and re-energizing the immune system, cleansing, restoring and building cells, as well as reducing stress and fatigue.

10. You have the power

As you have noticed, everything we have spoken about until now is changeable. The one other thing we can change besides our

lifestyle is our attitude. You hold the power to change your situation and reduce your weight. Maintain a healthy and positive attitude towards food, your body, the process and life in general.

Stop making excuses for your bad eating habits. Nothing great can be achieved without enthusiasm and a positive mental attitude. Remain committed and positive at all times and you can lose weight.

GET INTO SHAPE- COOK FOR YOUR CULTURE

South Africa is famous for its diversity of cultures. And because we all come from these different cultures and economic situations, our food choices vary. We have therefore compiled **four culture-specific meal plans** - namely Western, African, Indian and Vegetarian meal plans - to help guide you in the right direction.

Should you enjoy some of the foods and meals suggested in other plans, feel free to chop and change between meal plans. The minimum portions are detailed in this plan - adjust the portion sizes as you feel fit for your own body and requirements.

Western Meal Plan

The typical Western diet tends to be high in saturated and trans fats, as well as refined carbohydrates and relies quite heavily on take-away foods and restaurant foods, which can make eating healthily more challenging. Busy people may also eat on the run, grabbing anything when they feel hungry. The following plan aims to make eating for weight loss more achievable.

Day 1 (repeat any day 1-5 on days 6 and 7)

Breakfast:
1/2 cup rolled oats - soak overnight + 15g raw almonds. Sprinkle with cinnamon and vanilla and add a few berries or 1/2 grated apple.

Snack:
1 apple, 1 fat-free yoghurt.

Lunch:
Large raw salad (lettuce, baby spinach, tomatoes, cucumber. Steamed broccoli, carrots, sprouts etc) + 120g chicken breast, grilled + 1/2 cup corn.

Snack:
2 plums.

Dinner:
Baked sole (150g) + stir-fry vegetables.

Bedtime:
Take **CELLFOOD® SHAPE** at least 3 hours after your last evening meal. Add 20 drops to 1/4 glass water or juice; drink and then go to sleep.

Day 2

Breakfast:
1/2 paw-paw + fat-free yoghurt.

Snack:
30g mixed nuts and cranberries.

Lunch:
2 slices wholegrain low GI seed bread with lean turkey, 1/4 avocado pear and salad.

Snack:
1 cereal bar (e.g. All-Bran).

Dinner:
200g tofu steak - lightly grilled + 3/4 cup quinoa + mixed green salad.

Bedtime:
Take **CELLFOOD® SHAPE** at least 3 hours after your last evening meal. Add 20 drops to 1/4 glass water or juice; drink and then go to sleep.

Day 3

Breakfast:
3/4 cup All-Bran Flakes, 1 cup skim milk, 1 banana.

Snack:
4 Pro-Vita biscuits with Marmite or fish paste.

Lunch:
1 cup whole-wheat pasta, tomato based sauce, roasted vegetables (peppers, baby marrows, mushrooms etc) + 2/3 cup lentils.

Snack:
Crudités vegetables (baby carrots, sugar snaps, celery etc).

Dinner:
Salmon steak, grilled + wok tossed vegetables.

Bedtime:
Take **CELLFOOD® SHAPE** at least 3 hours after your last evening meal. Add 20 drops to 1/4 glass water or juice; drink and then go to sleep.

Day 4

Breakfast:
1 slice low GI rye bread + 1 poached egg + grilled tomato.

Snack:
Apple; 30g low fat cheese.

Lunch:
Large raw salad (lettuce, baby spinach, tomatoes, cucumber etc) + 120g tinned salmon + and lemon and balsamic dressing.

Snack:
2 whole meal digestive biscuits.

Dinner:
1 medium chicken breast (120g), Mediterranean roasted vegetables.

Bedtime:
Take **CELLFOOD® SHAPE** at least 3 hours after your last evening meal. Add 20 drops to 1/4 glass water or juice; drink and then go to sleep.

Day 5

Breakfast:
1/2 cup low GI muesli + fat-free yoghurt.

Snack:
60g ricotta cheese mixed with cucumber/any salad.

Lunch:
Sardines (1/2 tin) on 1 slice low GI rye bread + mixed lettuce.

Snack:
2 fruits.

Dinner:
Small ostrich fillet steak (150g) + 3 baby boiled potatoes + gem squash.

Bedtime:
Take **CELLFOOD® SHAPE** at least 3 hours after your last evening meal. Add 20 drops to 1/4 glass water or juice; drink and then go to sleep.

African Meal Plan

The traditional African diet consists of mielie meal and bread, relies heavily on meats and chicken and is often limited in fruit and vegetable options. Stews are common and are usually cooked in sunflower oil, with meat being cooked in its own fat. Try to expand your diet horizons by including more vegetables and salads and introducing low GI grains to replace mielie meal, which has a high GI. Portion sizes, particularly starch, tend to be rather large, so keep an eye on portion sizes.

Day 1 (repeat on days 3, 5 and 7)

Breakfast:
1 cup cooked oats porridge + cinnamon and 125ml fat-free milk.

Snack:
1 fruit, 1 fat-free yoghurt.

Lunch:
1 chicken leg, 1 chicken thigh baked in oven, skin removed, 3/4 cup 'stywe' mielie meal, tomato gravy.

Snack:
30g mixed peanuts and raisins.

Dinner:
Lean beef (120g) stew, green salad, small serving pumpkin.

Bedtime:
Take **CELLFOOD® SHAPE** at least 3 hours after your last evening meal. Add 20 drops to 1/4 glass water or juice; drink and then go to sleep.

Day 2 (repeat on days 4 and 6)

Breakfast:
3/4 cup All-Bran flakes with skim milk.

Snack:
4 Pro-Vita with peanut butter.

Lunch:
2 slices low GI seed bread filled with pilchards and salad.

Snack:
1 banana, 30g cheese.

Dinner:
Cabbage and spinach, cooked + 2/3 cup white kidney beans.

Bedtime:
Take **CELLFOOD® SHAPE** at least 3 hours after your last evening meal. Add 20 drops to 1/4 glass water or juice; drink and then go to sleep.

Indian Meal Plan

Depending on how you cook it, curry is usually high in fat. Another problem is the type of fat, as many Indian curries are made with a lot of sunflower oil, butter, cream and/or ghee. The meat is often stewed which means that it cooks

in its own fat. Try to limit bad fats by grilling meat so that the fat drips off. Cook onions and spices in water, white wine or stock, or use very little cooking fat. Choose leaner cuts of meat - skinless chicken, lean leg of lamb, veal or fish are good choices.

You could also make more vegetarian curries, using lentils and chickpeas, which have no fat. Use lots of veggies in your curry and always have a big salad with your meal. Try eating curry without rice or add your small portion of low GI rice.

Alternate curries with tandoori-style foods or grilled foods. You can also use fat-free yoghurt instead of cream in most recipes.

Day 1 (repeat on days 3, 5 and 7)

Breakfast:
2 scrambled eggs with mixed veggies.

Snack:
Fat-free yoghurt mango lassie.

Lunch:
Large raw salad (lettuce, baby spinach, tomatoes, cucumber, teamed broccoli, carrots, sprouts etc) + 2/3 cup curried chickpeas + 1/2 cup cooked brown rice.

Snack:
1 banana.

Dinner:
Kingklip (150g), baby potato (3) and tomato curry, served with salad sambals.

Bedtime:
Take **CELLFOOD® SHAPE** at least 3 hours after your last evening meal. Add 20 drops to 1/4 glass water or juice; drink and then go to sleep.

Day 2 (repeat on days 4 and 6)

Breakfast:
1 cup fruit salad + yoghurt.

Snack:
30g masala spiced nuts.

Lunch:
1 whole wheat roti (add some lemon juice or vinegar to filling to lower the GI) filled with tuna (120g) + salad.

Snack:
1 pear, 30g cottage cheese.

Dinner:
Chicken (120g) and mixed peppers curry (remove skin before cooking) + 3/4 cup brown basmati rice.

Bedtime:
Take **CELLFOOD® SHAPE** at least 3 hours after your last evening meal. Add 20 drops to 1/4 glass water or juice; drink and then go to sleep.

Vegetarian Meal Plan

Deficiencies in iron, protein and vitamin B12 are common in long-standing vegetarians who do not follow a balanced diet. They also tend to eat more starch than meat eaters, which can make weight loss diets more challenging.

Vegetarians need to make sure that they eat soya products and legumes on a daily basis. These foods are very healthy, and it is suggested that non-vegetarians add some of these vegetarian meal options to their weekly plans.

Day 1- vegetarian (repeat on days 3, 5 and 7)

Breakfast:
1 cup cooked oats porridge + cinnamon and 125ml fat-free milk + 2 tsp mixed seeds.

Snack:
1 fruit, 1 fat-free yoghurt.

Lunch:
1 cup mashed beans (mash with lemon juice, avocado and fat-free cottage cheese), served on top of a salad + 2 Ryevita crackers.

Snack:
1 fruit, 15g cashews.

Dinner:
100g soya mince + 1/3 cup red kidney beans to make a con-carne. Serve with green salad.

Bedtime:
Take **CELLFOOD® SHAPE** at least 3 hours after your last evening meal. Add 20 drops to 1/4 glass water or juice; drink and then go to sleep.

Day 2- vegetarian (repeat on days 4 and 6)

Breakfast:
2 slices low GI bread with peanut butter (2 tsp)

Snack:
2 fruits.

Lunch:
Spinach salad with baby tomatoes and 2/3 cup cold yellow lentils and 2 tsp olive oil + spices.

Snack:
30g nuts.

Dinner:
200g tofu stir fry with 3/4 cup cooked quinoa.

Bedtime:
Take **CELLFOOD® SHAPE** at least 3 hours after your last evening meal. Add 20 drops to 1/4 glass water or juice; drink and then go to sleep.

Day 3- vegetarian (repeat on days 1, 5 and 7)

Breakfast:
1 cup cooked oats porridge + cinnamon and 125ml fat-free milk + 2 tsp mixed seeds.

Snack:
1 fruit, 1 fat-free yoghurt.

Lunch:
1 cup chickpea salad (chickpeas, cucumber, tomato, onion, lemon juice, olive oil) + 1/2 cup cooked brown rice.

Snack:
1 pear, 30g cottage cheese.

Dinner:
100g soya mince + 1/3 cup red kidney beans to make a con-carne. Serve with green salad.

Snack:
1 fruit, 15g cashews.

Dinner:
100g soya mince + 1/3 cup red kidney beans to make a con-carne. Serve with green salad.

Bedtime:
Take **CELLFOOD® SHAPE** at least 3 hours after your last evening meal. Add 20 drops to 1/4 glass water or juice; drink and then go to sleep.

Day 2- vegetarian (repeat on days 4 and 6)

Breakfast:
2 slices low GI bread with peanut butter (2 tsp)

Snack:
1 pear, 30g cottage cheese.

Dinner:
100g soya mince + 1/3 cup red kidney beans to make a con-carne. Serve with green salad.

Bedtime:
Take **CELLFOOD® SHAPE** at least 3 hours after your last evening meal. Add 20 drops to 1/4 glass water or juice; drink and then go to sleep.

Day 3- vegetarian (repeat on days 1, 5 and 7)

Breakfast:
1 cup cooked oats porridge + cinnamon and 125ml fat-free milk + 2 tsp mixed seeds.

Snack:
1 fruit, 1 fat-free yoghurt.

Lunch:
1 cup chickpea salad (chickpeas, cucumber, tomato, onion, lemon juice, olive oil) + 1/2 cup cooked brown rice.

Snack:
1 pear, 30g cottage cheese.

Dinner:
100g soya mince + 1/3 cup red kidney beans to make a con-carne. Serve with green salad.

Bedtime:
Take **CELLFOOD® SHAPE** at least 3 hours after your last evening meal. Add 20 drops to 1/4 glass water or juice; drink and then go to sleep.

Day 2- vegetarian (repeat on days 4 and 6)

Breakfast:
2 slices low GI bread with peanut butter (2 tsp)

Snack:
1 pear, 30g cottage cheese.

Dinner:
100g soya mince + 1/3 cup red kidney beans to make a con-carne. Serve with green salad.

Bedtime:
Take **CELLFOOD® SHAPE** at least 3 hours after your last evening meal. Add 20 drops to 1/4 glass water or juice; drink and then go to sleep.

Day 3- vegetarian (repeat on days 1, 5 and 7)

Breakfast:
1 cup cooked oats porridge + cinnamon and 125ml fat-free milk + 2 tsp mixed seeds.

Snack:
1 fruit, 1 fat-free yoghurt.

Lunch:
1 cup chickpea salad (chickpeas, cucumber, tomato, onion, lemon juice, olive oil) + 1/2 cup cooked brown rice.

Snack:
1 pear, 30g cottage cheese.

Dinner:
100g soya mince + 1/3 cup red kidney beans to make a con-carne. Serve with green salad.

Bedtime:
Take **CELLFOOD® SHAPE** at least 3 hours after your last evening meal. Add 20 drops to 1/4 glass water or juice; drink and then go to sleep.

Day 2- vegetarian (repeat on days 4 and 6)

Breakfast:
2 slices low GI bread with peanut butter (2 tsp)

Snack:
1 pear, 30g cottage cheese.

Dinner:
100g soya mince + 1/3 cup red kidney beans to make a con-carne. Serve with green salad.

Bedtime:
Take **CELLFOOD® SHAPE** at least 3 hours after your last evening meal. Add 20 drops to 1/4 glass water or juice; drink and then go to sleep.

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Breakfast:
1 cup cooked oats porridge + cinnamon and 125ml fat-free milk + 2 tsp mixed seeds.

Snack:
1 fruit, 1 fat-free yoghurt.

Lunch:
1 cup chickpea salad (chickpeas, cucumber, tomato, onion, lemon juice, olive oil) + 1/2 cup cooked brown rice.

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1 pear, 30g cottage cheese.

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