

# 7 Day Diet Plan

Your free 7 day diet plan suggesting healthy meals and snacks. Ideal for use in conjunction with our weight loss products.



**3 easy steps  
to healthy,  
sustainable  
weight loss.**

- 1 Easy to Follow **7 Day Meal Plan**
- 2 Use A Weight Management **Supplement**
- 3 Combine With A **Light Exercise Regime**

 / EvolutionSlimming

Share your results with us on our Facebook page.

**Free**

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	<p><b>2 scrambled eggs</b> 1 slice wholemeal toast <b>1 tablespoon low sugar tomato sauce</b></p>	<p><b>40g high fibre cereal</b> with skimmed milk <b>1 medium banana</b></p>	<p><b>1 slice wholemeal bread</b> 2 tablespoons reduced sugar peanut butter <b>topped with 1 medium sliced banana</b></p>	<p><b>2 poached eggs</b> 1 slice wholemeal toast <b>250ml fresh orange juice</b></p>	<p><b>40g high fibre cereal</b> with skimmed milk <b>1 medium banana</b></p>	<p><b>1 wholewheat bagel</b> 1 tablespoon of soft cheese <b>1 portion of fruit</b></p>	<p><b>Organic yogurt portion</b> 1 slice wholemeal toast</p>
Lunch	<p><b>200g chicken breast</b> 2 handfuls rocket <b>2 medium tomatoes, sliced</b></p>	<p><b>1 tin reduced sugar baked beans</b> 2 slices wholemeal toast</p>	<p><b>1 medium jacket potato</b> 1 small tin of tuna with 1 tblsp. mayonnaise, black pepper and watercress</p>	<p><b>200g chicken breast</b> fresh egg noodles <b>stir fry vegetable portion</b></p>	<p><b>200g ham/turkey ham combined with</b> 2 handfuls rocket, in <b>1 medium wholemeal pitta</b></p>	<p><b>200g refried beans</b> 1 wholemeal wrap <b>salsa, guacamole &amp; 1 cup of romaine lettuce</b></p>	<p><b>1 slice cheddar cheese</b> grilled on 1 slice wholemeal toast with <b>sliced turkey breast and tomato slices</b></p>
Dinner	<p><b>Medium steak portion</b> Sliced onion &amp; red peppers oven baked in olive oil</p>	<p><b>300g bake in the bag chicken of your choice</b> Handful of raw spinach leaves dressed with olive oil</p>	<p><b>1 wholemeal wrap</b> 400g chicken or turkey breast with sliced <b>peppers &amp; cumber</b></p>	<p><b>250g grilled salmon</b> Broccoli and carrots <b>3 tablespoons of brown rice</b></p>	<p><b>200g lean minced beef bolognese with tomato &amp; basil sauce</b> Small portion of wholewheat spaghetti</p>	<p><b>200g chicken breast</b> Stir fried with beansprouts &amp; <b>mange-tout in a soy sauce</b></p>	<p><b>Bunless beef burger</b> Wrapped in iceberg lettuce leaves, with <b>1 slice cheddar &amp; thinly sliced tomato</b></p>
11am Snack	<p><b>2 tablespoons of low-sugar peanut butter</b> on a whole-wheat cracker</p>	<p><b>Medium piece of fruit, such as an apple, banana or orange</b></p>	<p><b>Fruit snack pot or 1 banana</b></p>	<p><b>2 tablespoons of low-sugar peanut butter</b> on a whole-wheat cracker</p>	<p><b>Medium piece of fruit, such as an apple, banana or orange</b></p>	<p><b>1 Organic yogurt portion</b></p>	<p><b>Fruit snack pot or 1 banana</b></p>
3pm Snack	<p><b>3 bite-sized soft cheese portions (50g x 3)</b></p>	<p><b>High protein cereal meal replacement bar</b></p>	<p><b>Carrot batons with individual houmous snack pot</b></p>	<p><b>3 bite-sized soft cheese portions (50g x 3)</b></p>	<p><b>Handful of hazelnuts or Brazil nuts</b></p>	<p><b>High protein cereal meal replacement bar</b></p>	<p><b>Carrot batons with individual houmous snack pot</b></p>

**DIET TIP: Protein is important to keep you satisfied.** Also, it is better to reduce carbohydrates & sugar than to reduce fat. Avoid 'Low Fat' versions of foods (or check the label before purchasing) to make sure they're not high in sugar. This is a common diet misconception.

◆ This diet plan is provided as a guide and may be adapted to suit an individual's dietary, religious or medical needs. Always consult your doctor before embarking on a dramatic lifestyle, diet or excise change.

# Weight Management Supplement

A weight management supplement could help you reach your goals quicker than dieting alone. Different supplements have different properties, so use the information below to see which one suits you best.



**I'm Hungry Between Meals**



### African Mango 18,000mg

African Mango is said to slow down the digestion of food, acting as an appetite suppressant. Ideal for when you can't stop snacking.



**I Lose Weight Slowly**



### Raspberry Ketone Plus

A fat burning raspberry powered supplement. As seen on FOX NEWS, this fat burner can help you lose weight quicker than dieting alone.



**I Don't Have Much Energy**



### Green Coffee Bean Extract

Made from the unroasted coffee beans, green coffee contains chlorogenic acid which acts as a fat burner. Green coffee is a great energy booster, too.



**I Eat Carbohydrates Often**



### Garcinia Cambogia

This 'holy grail of weight loss' is said to help slow down the conversion of carbohydrates to fat. A good 'preventative' supplement for dieting.



**I Get Hungry After Dinner**



### SlimKick Night

Works overnight whilst you sleep, but also helps to reduce evening cravings. Many people get hungry about an hour after their evening meal.



**My Hair & Skin Suffers When I Diet**



### AcaiPlus Extreme Formula

Made from the South American acai berry, this supplement contains powerful antioxidants, vitamins and minerals and is an effective weight loss supplement.



**I'm Bloating & Constipated Often**



### DetoxPlus Colon Cleanse

If you suffer from bloating or constipation, you may not get the best results from your diet. Clear away stored toxins and waste gently over a 30 day course.



**I Need Fast Results For A Wedding**



### LDD Liquid Diet Drops

If you're stuck for time and have a function to attend, for fast results try LDD. Based on a trusted weight loss regime, LDD drops are combined with a diet to achieve dramatic results, fast.



**I Can't Swallow Tablets**



### SlimKick Diet Patches

If you can't swallow tablets and prefer something discreet, try the SlimKick patch. It works 24 hours a day and is worn on the skin just like a plaster.

Exercising lightly will help burn calories and tone up your muscles for a leaner appearance.

Exercise doesn't have to be too strenuous. Take it easy and stop if you feel light headed or dizzy, and gradually build up your stamina.

Try and do **two exercises, three times a week** with a rest day between each day.

For example, on Monday do a brisk walk followed by 50 star jumps. On Wednesday, do 30 squat thrusts followed by some jackknife situps. On Friday, skip for 1 minute finished off with running on the spot.

## Brisk Walk for 30 Minutes



### You could walk a mile or more.

Walking is an easy exercise and can be done by most people. It has the same health benefits as running but puts less strain on your joints. You can easily walk a mile in 30 minutes!

## 50 Star Jumps



Start with your arms and legs outstretched and jump so your hands and ankles touch slightly. Repeat 50 times without a rest if possible. It is recommended to wear a sturdy trainer shoe.

## 30 Squat Thrusts



### An intense full body workout.

Crouch to a leapfrog position with your arms shoulder width apart. Jump and kick your legs back into a push up position, and then back again. Try and do three lots of ten.

## 10 Sit Ups, 3 Times



Lay down and hook your feet under your sofa for support. Lay back two thirds of the way, using your tummy muscles to bring you back slowly. Then, reach forward and touch your toes. Repeat three sets of ten.

## 5 Push Ups, 3 Times



Lie on the floor with your hands shoulder width apart. Push and extend your arms out straight, whilst keeping your back and body straight. Lower to the floor slowly.

## Jackknife Sit Ups



### Tone your lower tummy muscles.

Lie flat on your back with your arms outstretched by your ears. Keeping your back flat and legs straight, use your waist to raise your legs and arms so your feet and hands touch.

## Skipping for 1 Minute



### Simple but effective cardio.

A low cost skipping rope will do the trick. Ideally outside in an open space, skip with an even pace for one minute. As you build up stamina, try for 2-3 minutes.

## Straight Arm Squats



### Firmer buttocks and thighs.

Outstretch your arms in front of you with your feet spread shoulder width apart. Bend your knees to perform a squat into a seated position slowly, and then back up again. Repeat 10 times.

## Running On The Spot



### Get your heart pumping indoors.

As it sounds, running on the spot can be as effective as running outside. With plenty of space around you, jog to a run on the spot for 5-10 minutes.