

LOSE UP TO 8KG IN 4 WEEKS*

REDUCE CRAVINGS* | DROP CENTIMETRES*

www.nutrislim.co.za

By Unetsie Steenberg-Botha Dietetics (BSC Dietetics | Qualified Chef)

1 or 2 Meals MUST be replaced with the **Nutri Slim** Shake, together with moderate exercise for effective weight loss.



BREAKFAST

1 Starch
½ Meat or 1 Dairy
Free Veg



SNACK

1 Fruit



LUNCH

1 Starch
1 Meat Portion
Free Veg



SNACK

1 Fruit



DINNER

1 & ½ Meat Portion
1 Vegetable Option
1 Fat

BREAKFAST	LUNCH	DINNER	SNACKS	TOTAL (PER DAY)
1095 kj	1430 kj	1386 kj	694 kj	4605 kj

View our recipe page for lunch & dinner ideas
www.nutrislim/recipes

THE BASIC RULES

- ▶ Drink at least **8 glasses of water** a day - 2 litres.
- ▶ **Do not** prepare your food with oil. Use Spray and cook (Olive Oil) if needed.
- ▶ Bake, boil, steam, grill or air-fry **only**.
- ▶ **Cut all visible fat** from meat. **No** chicken skin, **no** crumbed foods. Only extra lean mince or venison allowed.
- ▶ No regular cheese, **only fat free** cottage cheese or fat free feta.
- ▶ Add water, lemon juice or stock for **moisture** to food.
- ▶ **You are allowed** all herbs and spices, vinegar, soy and chilies as free seasoning.
- ▶ **Avoid** table sugar (sucrose) - use non-nutritive sweeteners instead.
- ▶ You are allowed 2 teaspoons of sugar, jam or honey per day.
- ▶ **Do at least 30 minutes** of cardiovascular exercise each day.

PORTION GUIDELINES



PROTEIN (120g)

Beef or Venison
(Max. 1 portion daily)
Chicken Breast
Cold Meat
Fish
4 Egg whites



FAT

5ml Olive Oil
¼ Avo
5 Olives
2 Teaspoon Peanut
2 Teaspoon Lite Margarine



DAIRY

125ml Low Fat Milk /
Plain Yogurt / Milk Alternatives
100g Fat Free Cottage Cheese



FRUIT (150g)

Apple, Pear, Peach, Pineapple,
Prune, Berries



STARCH

1 slice seed loaf or rye bread
½ cup hi fibre bran / ½ cup oats
3 provitas
2 ryevidas
100g cooked rice/pasta/legumes/beans
1 corn on the cob
1/2 wrap
3 baby potatoes



VEGETABLE (100g cooked)

Beetroot, Carrot, Peas, Butternut



FREE VEG (2 Cups Daily)

Cabbage, Cauliflower, Broccoli, Baby Marrow, Patty Pan, Green Beans, Mushroom, Onion, Squash, Lettuce, Tomato, Cucumber

DAILY SUPPLEMENT RECOMMENDATION

NUTRISLIM

MEAL REPLACEMENT

Use as recommended in the Nutri Slim meal plan above. At least 1x sachet daily.

Nutri Slim is a nutritionally complete on-the-go solution. High in protein and fibre it is designed to keep you feeling fuller for longer. Packed with all essential vitamins, minerals and digestive enzymes it has everything you need and want from a high quality meal replacement.

LIPOFAST

MOBILIZE FAT | APPETITE CONTROL

Consume 2 capsules 30 minutes before breakfast with 200ml water.

A second serving can be taken before lunch if required.

Lipo Fast is designed to reduce hunger which is ideal for low calorie diets. It's combination of herbal ingredients also assist in mobilizing fat as energy.

TEACLEANSE

DETOX SLIMMING TEA

Add 1 tea bag to freshly boiled water and allow to brew for 3 minutes. Gently squeeze the tea bag to release any remaining extract. Consume on an empty stomach before breakfast. A second cup can be taken before bedtime.

Tea Cleanse consists of all natural ingredients targeted to detoxify the body and improve digestive processes.

CELL ENERGY SHOT

Consume 1 bottle (100ml) early in the day or after breakfast.

Cell Energy Shot is a caffeine free energy booster packed with B-vitamins and other key ingredients to help cellular energy. The combination of ingredients and it's functions are a great way to get through the day during calorie deficit diets.

IMPORTANT: Please refer to the warnings and usage guidelines of each product listed above before use.