

# Lifestyle Plan Shopping Guide

The following are Slimtone members' favourite brands and can all be included in your Lifestyle Plan. Remember the Slimtone motto - **FAILING TO PLAN IS PLANNING TO FAIL!**



## LOW G.I. IDEAS

Check out the Slimtone recommendations for G.I. foods on page 8 of your plan. It is recommended that you make your selections of cereals, bread, pasta, rice, fruit and vegetables from these ideas as they sustain the appetite for a longer period of time and will help prevent "picking" in between meals.



### WARBURTONS SQUARE WRAPS / THINS

Simply fill the wraps or thins with any of the suggestions on page 21 of your plan.

You can also pop them onto the health grill for a warm tasty snack meal. The Margherita Pizza on page 23 is another great idea. Panini's and pitta bread are also recommended in the Lifestyle plan.



### CRUMPETS

Make a filling snack toasted and spread with sugar reduced jam, low fat cheese triangles or Philadelphia extra light cream cheese. (For a great sweet treat spread a thin layer of the cream cheese and top with a tsp of lemon curd).



### PHILADELPHIA LIGHT CREAM CHEESE

Philadelphia Extra Light is ideal as a spread on toast or sandwiches at only 25 calories per 28g (1oz). You will find it really versatile and is used in so many of our recipes and ideas in the Lifestyle plan. There are lots of different flavours all which are really tasty. The pour over sauces are also a favourite with our Slimtone members.



### LOW FAT CHEESE TRIANGLES – LAUGHING COW LIGHT

At only 25 cal's each are ideal for sandwiches and toast as an alternative to butter. Tasty filling for jacket potato, cheesy mashed potato and delicious added to scrambled egg. Did you know? A box of eight triangles is fewer calories than 28g (1oz) butter.



### MATURE HALF FAT CHEDDAR CHEESE

Although Cathedral City Light is our Slimtone favourite most brands now have a half fat alternative. Grating makes it a really convenient for topping for jacket potatoes, omelette's etc and a tasty filling for sandwiches and toasties. I always mix a small amount in my Slimtone coleslaw which is delicious with jacket potato and salads.



### HEALTHY EATING YOGHURT

Most yoghurt are low in fat but always check out the sugar content. Any of the healthy eating variety is the better choice. i.e. Sainsbury's BGT/Shape/Muller Light/low fat Activia etc. My favourite idea is the Slimtone Mousse recipe on page 57 of your plan. Top with aerosol cream for a sweet treat. Frozen yoghurt also makes a tasty topping for fruit etc. and is available in most supermarkets.



### HELLMANN'S EXTRA LIGHT MAYO

Ideal for dips, as a sandwich spread or in a jacket potato, coleslaw etc. At only 10 cal's

per 15ml/tbspn a tremendous calorie and fat saving to the original varieties. Add curry, chilli, mustard etc. for a tasty dressing. This product is highly recommended in your Lifestyle recipes.



### BACON MEDALLIONS

At approx. 30 calories per rasher they are a tasty way of enjoying a healthy eating 'BLT' (Bacon, Lettuce and Tomato) sandwich, delicious in Pitta Bread, Toasties and Panini's. Also ideal for the all day cooked breakfast on page 13 of your plan. (I always serve this recipe for lunch with a portion of "fried" potatoes and tomato sauce it makes a delicious and tasty meal).



### WAFER THIN HAM

You will find this really versatile as it can be used in so many recipes in your plan. One of my favourites is on page 34 the Mushroom and Ham Tagliatelle. Also, really tasty with cream cheese for your Slimtone toastie or as a low calorie sandwich filler.



### COOKED CHICKEN PIECES

Ideal for stir-fries curries and sandwich fillings. Available in traditional and Tikka flavour they can be found in the chilled cabinets or in convenient frozen packs. Great for so many of our recipes and they can be cooked from frozen.



### QUORN PRODUCTS

Quorn mince is an excellent alternative for the recipes in your Lifestyle plan. Perfect for Bolognese, Chilli, Cottage Pie etc. The Roast Chicken and Beef slices make a tasty sandwiches and Panini filling. There is also an extensive range of Ready Meals which are all suitable for vegetarians, and can be included in your daily menus.



### RICE & PASTA

Brown or Basmati rice is recommended and wholemeal pasta and tagliatelli etc. Always remember 28g (1oz) dry weight = 84g (3oz) cooked weight and approx 100 calories.



### HERBS & SPICES

Go for herbs, such as basil, rosemary and thyme in cooking for added flavour and to reduce the need for salt in cooking. Stock up on spices such as chilli, garlic, paprika, curry etc. there are an excellent range of frozen varieties available in the supermarkets



### STOCK CUBES/VEGETABLE BOULLION

An excellent flavour enhancer in Slimtone soups, sauces, gravies etc. Can also be used when cooking rice, pasta or potatoes. Look out for the reduced salt variety.

DON'T FORGET TO SHARE YOUR IDEAS FOR NEW PRODUCTS, RECIPES AND IDEAS WITH OTHER SLIMTONE MEMBERS ON OUR FACEBOOK GROUP.

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## COOKING SPRAY – FRY LIGHT

A firm favourite with all Slimtone members check out page 54 for all their ideas.



## LOW FAT COOKING SAUCES

Great for chilli, curry, Bolognese etc. Look at the extensive range of low fat healthy eating products in your favourite supermarket. The *Sainsbury's* basics range are excellent.



## SWEET CHILLI OR MANGO CHILLI SAUCE

This are both great for dips with low fat cream cheese. I also find it a tasty topping for fish or chicken. Can be used as a spread on bread wraps before adding any of the Slimtone fillings from page 21 of your plan. I pop a salmon steak on a piece of foil, drizzle over the sauce and make into parcel before cooking and find it really tasty.



## GRAVY GRANULES

An ideal low-fat alternative for gravy. Check out Slimtone ideas for corned beef gravy on page 24 or savoury gravy as suggested on page 52 of your plan. They are all favourites with our members.



## CANNED VEGETABLES

Tomatoes and passata are always on my shopping list as they are so versatile. Add onions, mushrooms and courgettes for a quick ratatouille. Or add a pinch of basil and you will have a quick sauce for pasta, chilli or Bolognese. Canned potatoes are a quick meal and I usually "fry" them and serve with fish fingers and salad. Carrots are also convenient for the recipes in your plan i.e. Shepherd's Pie/Pasta bake etc.



## VEGETABLES

Try and have a rainbow of colours when selecting your vegetables. This will give you the optimum benefit of your "5 a day". Frozen vegetables are also great for convenience also the packs of ready prepared fresh vegetables available in most supermarkets which can be cooked in the microwave in minutes.

Check out Slimtone ideas for vegetables on page 41 of your plan.



## FRUIT

Fruit is an essential part of your "5 a day". Take advantage of the large range of fresh and frozen varieties now available in the Supermarket. Take a look at the ideas suggested in the Fruit Basket on page 10 of the Lifestyle Plan.



## CONVENIENCE MEALS

Ideal for a quick meal – hot lunch at work etc. Check your favourite is approx 300 cal and 12g fat per meal. Serve with a large portion of salad or vegetables.



## HALF FAT PATÉ

Look out for the healthy eating range of paté in supermarkets. It makes a tasty, savoury low-fat spread. A saving of approx. 56 cal per 28g (1oz) compared to original paté. Delicious on toast.



## LOW-CAL CHOCOLATE DRINK - HIGHLIGHTS / OPTIONS ETC.

Make an excellent sweet treat for those "chocolate cravings" at only 40 cal per sachet. For a special treat top with low fat aerosol cream.



## LOW FAT CRISPS AND SNACKS

Walkers Baked and Light crisps are a small selection of the low fat snacks now available and together with French

Fries are popular with our members.



## HALF-FAT AEROSOL CREAM

At only 7 cal per tbsp an ideal topping for your fruit and the desserts you will find on page 56 of your plan.



## REDUCED SUGAR JAM

Ideal to top toast, muffins, crumpets, etc. Taking a small portion to work will save quite a lot of calories and sugar to the individual portions available in the staff canteen.



## ICE – CREAM

This makes a tasty dessert when served with your favourite fruit from the Slimtone basket. There are lots of low fat alternatives available. The economy range found at supermarkets is lower in fat content and calories. Also check out Walls Light soft scoop which is one of our Slimtone favourites.



## SUGAR FREE JELLIES

At only 40 cal is an excellent low-cal treat. Check out our Cheesecake recipe on page 56 which is a delicious dessert.



## HEALTH GRILL i.e. GEORGE FOREMAN

This is the most popular item in the Slimtone kitchen. Great for meat, fish/ fish fingers, burgers, vegetables etc. Can also be used for fruit e.g. apples, bananas, pineapple etc, which are all delicious grilled on the "George".



## TOASTING BAGS

Great for any of the recipes on page 21 of your plan and can be popped into a toaster at work or as a quick snack at home. My favourite is corned beef and onion (buy the sliced corned beef and frozen onions for convenience) served with tinned tomatoes flavoured with basil this is one of my regular snack meals.

*Shopping Notes:*

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