








Banish That Lockdown Bulge

SLIMTONE

Back-to-Basics Booster

38 YEARS

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	½ pt Semi Skimmed Milk + 2 fruits	½ pt Semi Skimmed Milk + 2 fruits	½ pt Semi Skimmed Milk + 2 fruits	½ pt Semi Skimmed Milk + 2 fruits	½ pt Semi Skimmed Milk + 2 fruits	½ pt Semi Skimmed Milk + 2 fruits	½ pt Semi Skimmed Milk + 2 fruits
WATER							
BREAKFAST 200 Cals	40g/1½oz of your favourite wholegrain breakfast cereals with milk from allowance, topped with strawberries, blueberries or raspberries	40g/1½oz of porridge topped with blueberries, raspberries, strawberries and one small low cal yoghurt. For Overnight Oats - pop in fridge overnight & mix to serve	Eggy Bread & Bacon Soak thick slice granary bread in a beaten egg. Mist non-stick pan, "fry" bread both sides. Serve with two bacon medallions, grilled tomatoes & poached mushrooms	Cheesy Mushroom Topper Pop 112g/4oz button mushrooms topped with 56g/2oz Philly in micro for 2 mins. Serve on thick slice granary toast with 2 bacon medallions and grilled tomatoes	Poached or Scrambled Egg on a slice of granary toast with grilled tomatoes & mushrooms	Take your pick from any of the tasty breakfast ideas overleaf	Breakfast BLT Split a small granary roll, spread with brown sauce/mayo and fill with two bacon medallions, grilled tomato and lots of crispy lettuce
MID MORNING SNACKS	56g/2oz Weetabix cake & Milky Coffee	1 Warburton Seeded Bagel Thin with mashed banana	Raspberry & Lemon Curd Treat (see overleaf) or Blueberry Overnight Oats	Make up an omelette with 2 eggs & fill with sliced spring onion & wafer thin ham	Toast 2 crumpets & spread with lemon curd or Philly chocolate spread	Fruit Salad with banana, strawberries & peach	Packet of low fat crisps & KitKat or Skinny bar
LIGHT MEAL 300 Cals	Spread 2 medium slices of granary bread with low fat cheese, fill with wafer thin ham, sliced beetroot & rocket leaves. Try warming the beetroot for a taste sensation	Fill a granary bap with a hard boiled egg mashed with extra light mayo or low fat cream cheese with chives and lots of green salad, rocket leaves and cress	Savoury Cauliflower Cheese & Baked Potato (see overleaf)	Top a wrap with shredded chicken, tomatoes, basil & a cheese slice. Fold tightly & pop under grill or health grill to warm through. Serve with lots of salad for a tasty light lunch	Enjoy a sandwich with 2 slices of granary bread filled with 2 grilled fish fingers topped with a tbsp cooked frozen peas mashed with extra light mayo and chopped mint	Pop a jacket potato topped with roasted vegetables & feta cheese under grill until warm and crispy. Serve with grilled tomatoes and green salad	ENJOY A RICE BOWL Mix together 56g/2oz poached & flaked salmon, cod or haddock, 140g/5oz cooked basmati rice, 28g/1oz cooked frozen peas & 1 medium hard boiled egg
MAIN MEAL/READY MEALS 300 Cals/12g Fat	Cheese, Leek & Bacon Pie (see overleaf)	Cook 140g/5oz egg noodles & top with 2 tbsp sweet chilli sauce & 140g/5oz cooked salmon. Serve with your favourite mixed veg	Slimtone Hunters Chicken (see overleaf)	Panackety (see overleaf) or Corned Beef Gravy (page 24, Lifestyle Plan)	Cook 170g/6oz potatoes & mash with 1 tbsp skimmed milk. Serve with 2 grilled low fat sausages & 140g/5oz baked beans	Chilli Cheese Chicken (page 32) Try some of the suggested "tweaks" overleaf	Traditional Sunday Roast - 84g/3oz lamb, beef or chicken, 1 frozen Individual Yorkshire Pud, 140g/5oz baby new potatoes, boiled, 'free' veg and Slimtone gravy
SNACKS OR PERKS 250 Cals	Three wholegrain crackers spread with 56g/2oz low fat paté or an individual portion of Philladelphia extra light with sweet chilli	One small toasted fruit teacake spread with 2 tsp reduced sugar jam or lemon curd. A mug of low cal drinking chocolate	Fill a meringue with tbsp Philly Choc Cheese & raspberries OR tsp lemon curd mixed with light Philly & decorate with mandarin oranges	Toast two crumpets and spread thinly with Philadelphia cheese OR top with small mashed banana drizzled with honey (optional)	Oyster Shell filled with a scoop of ice cream and a Cadburys Chocolate flake. Serve with sliced strawberries	2 PUB MEASURES gin and slimline tonic & a packet of low fat crisps	Portion of sugar free orange jelly, mandarin oranges in own juice and slice of Artic Roll

Breakfast

As well as over 50 breakfast ideas in your Lifestyle Plan, plus the ones on this plan, here are even more for you to kick-start your day.....

Raspberry & Lemon Curd Treat

Pop a small vanilla yogurt in a bowl, stir in 2 tsp lemon curd to make swirls in the yogurt. Put 28g/1oz muesli or granola in a dish and top with lemony yogurt. Add a tbsp of muesli or granola and a few raspberries. Cover in the fridge until ready to serve.

Poached Egg on Cheese Toastie (approx. 250 cals)

Cream together 29g/1oz Philadelphia low fat cream cheese with chives and 14g/½ oz med-fat cheddar cheese. Season with mustard & black pepper. Spread on a thick slice of granary toast & pop under grill for a minute. Top with a poached egg.

Poached Egg Florentine (approx. 250 cals)

Wilt a portion of spinach and place on a warm plate. Top with poached egg and cheese sauce - add 56g/2oz Philly extra light cheese to 1 tbsp semi-skimmed milk in a non-stick pan and stir well until heated through.

Marie's Tip This cheese sauce is ideal for pasta or fish. Try the garlic and herb or chive cheese for a tasty alternative.

Lunches

Savoury Cauliflower Cheese & Baked Potato

Place 224g/8oz lightly cooked cauliflower in a heat-proof dish, season and top with 56g/2oz chopped wafer-thin smoked ham. Mix 28g/1oz med-fat grated cheese with 28g/1oz wholemeal breadcrumbs and sprinkle over the cauliflower. Place under a hot grill until golden brown and serve with a 140g/5oz baked potato.

Cheese & Tomato Grilled Fish (serves 4)

4 frozen/fresh haddock fillets : 4 tbsp tomato purée : 4 toms thinly sliced : Ground black pepper : 40g/1½oz low-fat mature cheddar cheese, grated
Arrange the fish fillets in a non-stick pan misted with one cal spray. Top with tomato purée, tomatoes, seasoning and grated cheese. Grill for 6 to 8 minutes, until fish is cooked. Serve with green veg & 168g/6oz sauté or boiled potatoes.

Cinnamon Toast with Raspberries

Beat an egg together with 75ml semi-skimmed milk. Dip slice of bread into the mixture and "fry" in non-stick pan misted with one cal spray until golden on each side. Mix together 1 tsp sugar and pinch of cinnamon. Sprinkle over the bread. Serve hot topped with raspberries.

Main Meals

Cheese, Leek & Bacon Pie (serves 1)

Cook together 168g/6oz potatoes with one small leek until soft. Drain and mash. Stir in two grilled, chopped bacon medallions and 28g/1oz low fat grated mature cheese. Season to taste. Pop into an oven-proof dish and top with 1 sliced tomato and 28g/1oz cheese. Grill until golden brown. Serve with lots of vegetables and enjoy.

Slimtone BBQ Hunters chicken (serves 1)

140g/5oz skinless chicken breast : 1 slice low fat cheese : 2 tbsp BBQ sauce : 1 smoky bacon medallion
Make a pocket in the chicken breast – put in half the slice of cheese and wrap in bacon. Pop in oven-proof dish, cover with BBQ sauce and bake in oven until chicken is cooked. Top with the other half of the cheese slice and continue cooking until cheese is melted. Serve with free veg.

Chilli Cheese Chicken "Tweaks"

Try these variations on this Slimtone favourite:
** Add honey to the sauce, crush some garlic and place in pocket with the cheese. ** Add a layer of extra sliced onions under the chicken. ** Par-boil new pots, cut in half and place in the dish with the onions – they soak up the juices and chilli sauce.

PANACKELTY (Pan Haggerty)

(serves 4 – approx. 300 cals each)
Layer 1 large, thinly sliced onion, 1 tin corned beef, thinly sliced, 2 large carrots and 3 large potatoes, both thinly sliced in oven-proof dish, ending with a top layer of potatoes. Pour over 2 Oxo cubes dissolved in ¾ pint water. Cook in the oven at 190°C/375°F/gas 5 for 1 - 1½ hours, until the potatoes are cooked. Serve with fresh green veg, broccoli or maybe even a salad on warmer evenings.



Marie Griffiths

S L I M T O N E

Welcome back!

I'm so pleased to see you!

Lockdown did nothing for the waistline, did it! No problem, we're back now with a **BRAND NEW, FULLY UPDATED plan** to help you lose weight, banish those bulges and make you feel great. After months of feeling free to eat and drink without answering to the scales, it's not easy to get back to healthy eating. Our Slimtone Back-to-Basics Booster includes an extra meal to curb those munchies – enjoy it mid-morning or whenever you hit that low point! And to get you started, here's a selection of updated recipes to combine with your Lifestyle Plan.

Everything is quick-and-easy to prepare - just for you or for the whole family to enjoy.