

# Weight Reduction Diet

## BREAKFAST

$\frac{3}{4}$  cup high fibre low fat cereal or 2 weetbix with low fat milk  
1 slice wholemeal toast or 1 serve of fruit  
or  
2 slices wholemeal toast with vegemite/jam/peanut butter  
200 - 300 ml low fat milk or low fat yoghurt

## MORNING TEA (only if needed)

1 serve of fruit

## LUNCH

1 salad wholemeal sandwich or bread roll  
1 serve of fruit (optional)

## AFTERNOON TEA (only if needed)

1 serve of fruit or 200ml low fat milk or 1 carton low fat yoghurt

## DINNER

1 serving\* fish, lean meat, or poultry  
1 potato or  $\frac{1}{2}$  - 1 cup cooked pasta or  $\frac{1}{2}$  - 1 cup cooked rice  
Large serve vegetable/salad  
1 slice wholemeal bread (optional)  
1 serve of fruit

## SUPPER (only if needed)

2 crispbreads or 1 slice wholemeal toast/bread  
with vegemite/jam/peanut butter  
200 - 300 ml low fat milk or low fat yoghurt

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\*1 serving covers a  $\frac{1}{4}$  of a dinner plate



NB If the above meal plan does not satisfy your appetite, see a dietitian for further advice. Remember that dieting alone will not yield effective, lasting results.  
Exercise must be included into your daily plans.

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