

VLED

Each day consume 2 meal replacements + 1 meal/day as follows:

<i>Breakfast</i>	VLED (e.g. OPTIFAST, OPTISLIM)
<i>Lunch</i>	VLED
<i>Dinner</i>	Lean protein (150g) and salad or vegetables from the list below.

FOODS TO ENJOY

During Weight Loss Phase

VEGETABLES

(2 cups)

Alfalfa sprouts
Asparagus
Beans
Beetroot (fresh)
Bok Choy
Broccoli
Brussels Sprouts
Cabbage
Capsicum
Cauliflower
Celery
Cucumber
Eggplant
Fennel
Garlic
Lettuce
Mushrooms
Onion
Radish
Silver beet
Snow Peas
Spinach
Squash
Tomato
Watercress

PROTEIN

(150 g)

Veal/Beef
Lamb
Chicken
Duck
Turkey
Rabbit
Pork
Kangaroo
Fish (any type)/Seafood
Egg (2)
Tofu

HERBS & SPICES

All herbs & spices are free (unlimited)

SAUCES

Lemon juice
Vinegar
Worcestershire sauce
Soy sauce
Mustard
Tomato paste
Stock cubes
Bonox (beef extract)

FAT

(you need a small quantity daily to contract the gall bladder – 1 tablespoon)

Avocado (¼)
Olive oil
Olives
Cheese
Butter
Margarine
Chicken skin
Vegetable oils

DRINKS (2 litres)

Water
Mineral water (not flavoured)
Soda water
Diet soft drink and cordial
Tea (with small amount of milk)
Coffee (with small amount of milk)

OTHER FOODS

Artificial sweeteners
Sugar-free gum
Diet jelly

FOODS TO AVOID

During Weight Loss Phase

VEGETABLES

Corn
Green peas
Pumpkin
Parsnip
Potato
Carrot (limit to 1)
Sweet potato
Lentils
Legumes
(eg: kidney beans/
Butter beans)

GRAINS & CEREALS

Breakfast cereals
Porridge
Rice
Pasta
Noodles
Bread
Dry biscuits
Sweet biscuits
Pastry products

FRUITS

All fruits

DRINKS

Fruit juice
Regular soft drinks
Regular cordial
Alcohol
Milk drinks

OTHER FOODS

Sugar
Honey
Sweet chilli sauce
Yoghurt
Lollypops
Chocolate
Breadcrumbed or battered
foods

TIPS:

Following a meal replacement program works because you are eating less energy than you are using. Limiting carbohydrate foods actually helps to control hunger. If you eat out, choose lean meat, chicken or fish with vegetables or salad.