Beauty Tonics

www.beautytonics.com

Beauty Tonics Nutrition Plan

Welcome to Beauty Tonics' Nutritional plan, and congratulations on beginning your journey to a healthier, slimmer and more confident you.

Our aim is to guide our clients down a healthy path by providing a calorie controlled nutritional guide, comprising meals and snacks made up of lean proteins, fresh fruit and vegetables and healthy fats. Starches and sugars are kept to a minimum and healthy, regular snacking is encouraged.

In order to lose weight, you need to consume fewer calories that you burn each day. For example, burning 500 calories a day more than you eat will mean a weekly loss of between 1lbs and 2lbs. Women are advised to consume around 2000 calories per day, so reducing your daily calorie intake to around 1300 to 1500 will mean you lose between 1lbs to 2lbs per week.

Everybody is different and if you lead an active live, or work out a lot, then your body needs more calories to function properly. If this applies to you, increase your portion size or add in healthy snacks between meals to keep you going. Skipping meals or eating too little is not the right approach to eating healthily and probably won't result in sustained weight loss.

The Basics:

Eating more protein (such as fish, poultry, meat, Greek yoghurt and eggs) is crucial to any weight loss program. The body has to work harder to digest protein so not only will protein fill you up for longer, it also burns more calories whilst being digested than any other food group, boosting your metabolism by 80-100 calories a day!

Combine your protein with fibrous veggies (broccoli, asparagus, leeks, spinach, cauliflower) and healthy fats (avocado, olive oil, nuts and nut oils).

Remember to monitor your portions, for carbs think 1 to 2 cups and for healthy fats think in terms of teaspoons or tablespoons and never free pour!

Drinking:

Sodas and sugary juices are excluded from our plan and alcohol is discouraged. With every meal and snack please consume a LARGE glass of water. We're advised to drink between 4 to 6 pints of water a day. Water has zero sugar, carbs or sodium so it's the perfect calorie-free way to stay hydrated while ensuring that you don't mistake thirst for hunger and overeat unnecessarily.

Green tea has many health and weight loss benefits. We advise drinking a cup with breakfast and lunch, however it does contain caffeine so it's best to avoid in the afternoon. If you are caffeine-sensitive, substitute for a caffeine-free herbal tea or just more water

For more information on nutrition & exercise see our blog on www.beautytonics.com

Breakfast

Greek Yoghurt & berries:

2% Greek yoghurt (7oz) with 1 cup of mixed berries (strawberries, raspberries, blueberries, blackberries), 1 tablespoon of honey and 10 almonds.
Tea or coffee with 0% milk
(320 calories)

Muesli & fruit:

½ cup of low sugar muesli with 0% milk, topped with ½ a banana and 1 cup of raspberries
Tea or coffee with 0% milk
(320 calories)

Scrambled eggs:

3 scrambled eggs cooked in 1 tsp of butter
½ grapefruit
Tea or coffee with 0% milk
(365 calories)

Oatmeal:

½ cup of oatmeal made with 0% milk or water, add ½ chopped banana and a sprinkle of cinnamon when cooked
Tea of coffee with 0% milk
(320 calories)

Spinach & mushroom omelette:

Omelette made with 1 cup of egg whites, 1 cup of spinach, ½ cup of mushrooms and 60g of cheddar cheese. Fry mushrooms in 1 tsp of butter until soft, add spinach and cook until wilted, pour over egg whites and sprinkle with cheese. Cook over a medium heat until eggs are done.
Tea or coffee with 0% milk
(310 calories)

Avocado & eggs on toast:

1 slice of wholemeal toast topped with ½ mashed avocado and 1 poached eggs (crack eggs into 3 inches of boiling water and cook for 3 mins), served with 2 grilled tomatoes.
Tea or coffee with 0% milk
(305 calories)

Lunch

Egg salad:

2 hard boiled medium eggs with a salad of 2 cups spinach, 1 cup cherry tomatoes, 1 cup cooked French beans and 10 olives. Dress with 1 tsp olive oil and 1 tablespoon of balsamic vinegar.

(405 calories)

Tuna salsa salad:

Salad made with ½ can of tuna, 1 cup of chopped cucumber, 1 cup of tomatoes, 3 cups of lettuce, ½ cup of cooked brown rice and 2 tbsp of readymade salsa

(380 calories)

Chicken salad:

Cooked chicken breast (3.5oz) on 1 cup spinach leaves, with ½ cup of cherry tomatoes & 10 olives tossed in 1 tsp olive oil and 1 tbsp balsamic vinegar.

(345 calories)

Turkey wrap:

Turkey salad wrap made with 1 wholemeal tortilla, 2 slices low sodium turkey, 1 cup of arugula, 1 sliced tomato and 1 tsp of low fat mayo.

1 apple

(320 calories)

Pita pocket:

1 wholemeal pita filled with ½ cup of 2% cottage cheese, ½ cup lettuce and ½ cup of cherry tomatoes

(270 calories)

Smoked salmon:

4.5oz of smoked salmon, on a bed of cucumber and watercress, drizzled with 1 tsp of olive oil and lemon juice and sprinkled with fresh dill

(241 calories)

Beet & chickpea salad:

2 cups cooked beets and ½ cup chickpeas salad mixed with 100g of 2% Greek yogurt, 1 cup spinach leaves and a small handful of fresh chopped mint

(360 calories)

Quinoa & ham salad:

Salad made with 4oz low sodium deli ham, 3 cups of lettuce, ½ cup of quinoa, 1 cup cherry tomatoes, ½ cup cucumber, tossed in 1 tsp balsamic and 1 tsp olive oil

(355 calories)

Dinner

Chicken kebabs:

Marinate 1 skinless chicken breast (4oz) in 1 tsp olive oil, 2 tbsp lemon juice and 1 tsp fresh thyme. Broil 6 inches from a medium heat for 8 to 10 mins on each side (until juices run clear). Serve with 1 cup broccoli and 1 cup French beans
(430 calories)

Roast sweet potato:

Pre-heat oven to 375° . Wrap 1 medium sweet potato in aluminum foil and cook for around 45 mins (or until a knife slides through easily). Serve with ½ cup of 2% cottage cheese, 1 cup of broiled asparagus and 1 cup of cherry tomatoes.
(335 calories)

"No Bun" turkey burger:

Turkey burger (4oz) broiled 7 minutes on each side, served with a side salad of 1 cup lettuce, 1 cup cucumber, ½ cup tomato, ½ cup of cooked quinoa and a few slices of red onion
(421 calories)

Pork and slaw:

Broil 1 pork chop (3oz) for 8 to 10 minutes on each side. Finely chop ½ apple, 1 large carrot and 2 cups of red cabbage, dress with 1 tbsp fat-free mayo and a squeeze of lemon juice.
(365 calories)

Steak & vegetables:

3oz sirloin steak, broiled according to cooking preference. Serve with 2 cups arugula, 1 cup grilled mushrooms and 1 cup French beans.
(383 calories)

Tuna steak:

Marinate 4oz tuna steak in 1 tsp olive oil, 1 chopped garlic glove, 1 chopped red chili and juice of 1 lime. Grill for approx. 2 ½ minutes on each side. Stir-fry ½ cup of chopped bok choy, 1 cup mushrooms and ½ cup broccoli in 1 tsp sesame oil, and add reduced salt soy sauce to taste.
(400 calories)

Shrimp stir fry:

Fry 4oz raw, shell-off shrimp in 1 tsp of sesame oil, 1 clove chopped garlic 1 tsp chopped ginger until cooked. Add ½ pack of mixed stir-fry vegetables and fry for a further 2 minutes. Serve with ½ cup of brown rice
(320 calories)

Snacks

Celery sticks
2 celery sticks
(20 calories)

Raspberries
1 cup of raspberries
(64 calories)

Hard-boiled egg
1 hard-boiled egg
(60 calories)

Apple
1 apple
(60 calories)

Grapefruit
1 grapefruit
(50 calories)

Avocado
½ an avocado
(85 calories)

Almonds
10 almonds
(70 calories)

Carrot & cottage cheese
1 carrot
4oz 2% cottage cheese
(130 calories)

Strawberries
1 cup strawberries
(55 calories)

Yogurt & honey
4oz 2% Greek yogurt
1 tsp honey
(60 calories)