

## 6-week fit bride plan



**Above** Replace the cloying taste of sugary breakfast cereals with the freshness of fruit, chopped and sprinkled over a mixture of natural grains. For more variety, add some seeds, wheatgerm or nuts.

### FOODS THAT FIGHT CRAVINGS

Have plenty of the following in your everyday diet, rather than taking supplements that may disrupt your nutritional balance.

**Chromium** This regulates blood-sugar levels and is found in wholegrain cereals, black pepper, thyme, organic meat and cheese.

**Magnesium** Found in meats, green leafy vegetables, dairy products, beans, apricots, curry powder, wholegrain cereals, wheatgerm and nuts.

**Iron** Iron from red meat (especially liver) is most easily used by the body; other good sources are fish and soya, and you can get some from eggs and green leafy vegetables.

**Zinc** Rich sources are wholegrains, brewer's yeast, wheatgerm, seafood and meat.

**Tryptophan** Milk and eggs contain plenty of this amino acid.

### dinner

Select one of the following ideas, adding as many extra vegetables as you like (for dessert, have some fruit):

Free-range chicken or tofu (bean curd), stir-fried in oil with onions, courgettes, mangetouts, Chinese leaves, ginger, garlic and soy sauce.

Tuna with lettuce, cucumber and artichoke hearts, dressed with lemon juice and chopped fresh herbs.

Organic minced beef and/or canned kidney beans, stewed with spring onions, kale, carrots, peas, potatoes and a dash of Worcestershire sauce.

Steamed cauliflower, broccoli or fennel with grated cheese. Steamed spinach scattered with pumpkin seeds.

Mackerel fillet with leeks, coriander and microwaved pumpkin.

Vegetable curry (home-cooked or low-fat ready-made), brown rice.

Organic liver and onions fried in a teaspoon of oil, with runner beans, lightly steamed Savoy cabbage and mashed parsnips.

### snacks

You may choose two from the following snacks each day:

A handful of nuts and raisins.

A piece of fruit.

A slice of toast with yeast extract.

A small piece of cheese.

A small pot of natural low-fat yogurt with chopped berries.

Six almonds.