

Christmas Challenge Diet Plan: Week 1

BY DIETITIAN JULIETTE KELLOW BSC RD

Simply choose one breakfast, one lunch, one dinner, one snack and one treat every day from the choices given. And don't forget to have an extra 300ml skimmed milk for drinks and to pile your plate with vegetables or salad to help fill you up.

Then look out next week, for another fabulous selection of meals to choose from.

Breakfasts

Toast and honey

2 slices wholemeal toast with 2tsp each of low-fat spread and honey. Plus 1 kiwi fruit.

Muesli and fruit

2tbsp unsweetened muesli, 2 dried apricots, 1 small banana and skimmed milk.

Continental breakfast

Bowl of grapefruit segments (canned in natural juice) with artificial sweetener (if desired) and 1 small croissant with 1tsp marmalade.

Fruity branflakes

6tbsp branflakes with 4 dried dates and skimmed milk.

Boiled egg and toast

1 boiled egg with 1 slice wholemeal toast topped with 1tsp low-fat spread. Plus 1 small glass of unsweetened grapefruit juice and 1 kiwi fruit.

Wholemeal scone and fruit

1 wholemeal fruit scone with 2tsp low-fat spread and a handful of grapes.

Fruit salad with yogurt

Fruit salad made from 1 orange, 1 small banana and a handful each of grapes, strawberries and raspberries with 1 small pot fat-free fruit yogurt.

Lunches

Minestrone soup with cheese and crackers

1 small can minestrone soup served with 4 rye crackers topped with 1tbsp low-fat soft cheese and salad. Plus 1 small pot fat-free fruit yoghurt.

Cheese and ham jacket potato

1 jacket potato with 4tbsp cottage cheese, 3 slices of wafer-thin ham and salad with fat-free dressing.

Salmon and salad pasta

4tbsp cooked wholemeal pasta mixed with ½ small can pink salmon in brine, cucumber, watercress, spring onions and 3tbsp low-fat natural yoghurt mixed with lemon juice, black pepper and crushed garlic. Plus 1 apple.

Sandwich and fruit

250-calorie sandwich with 1 apple.

Chicken salad and roll

1 grilled skinless chicken breast with 1 wholemeal roll with 1tsp low-fat spread and salad with fat-free dressing.

Cheese and salad pitta

1 wholemeal pitta with 4tbsp grated reduced-fat Cheddar cheese and salad. Plus a handful of grapes.

Ham and mustard sandwich and fruit

2 slices wholemeal bread filled with 2tsp low-fat spread, 4 slices of wafer-thin ham and mustard. Plus 1 orange.

Dinners

Jacket potato with beans

1 jacket potato with 1 small can baked beans and salad with fat-free dressing.

Roast beef

2 thin slices lean roast beef, 1 Yorkshire pudding, 4 new potatoes boiled in their skins, vegetables, 1tsp horseradish sauce and fat-free gravy. Plus 1 meringue nest filled with strawberries and 1tbsp single cream.

Veggie stir fry

Using a spray oil, fry a selection of veg, eg onion, red pepper, broccoli, cauliflower, courgette and mangetout. Add 1tbsp each of soy sauce and dry sherry, heat through and serve with 7tbsp cooked brown rice. Plus 1 pot fat-free fruit yoghurt.

Cheese and vegetable omelette

Dice ½ red pepper, ½ green pepper and 1 small onion. Heat a spray oil in a frying pan and fry the veg till soft. Beat 2 eggs with 1tbsp skimmed milk and add to the pan. When almost set, sprinkle over 2tbsp grated reduced-fat Cheddar cheese. Place under a hot grill until the cheese melts and serve with salad and a 5cm piece of French bread.

Salmon and steamed veggies

1 grilled salmon steak with lightly-steamed vegetables. Plus a bowl of strawberries.

Grilled chicken and roasted vegetables

Place ½ red pepper, ½ green pepper, 4 thick slices aubergine, 1 sliced courgette and 5 cherry tomatoes in a roasting tin. Brush with 1tsp olive oil and sprinkle with fresh basil. Roast until the vegetables are soft and browned. Serve with 1 grilled skinless chicken breast and a 5cm piece of French bread. Plus a bowl of raspberries.

Tuna and sweetcorn pesto and pasta

Mix 4tbsp cooked wholewheat pasta mixed with ½ small can tuna in water, 2tbsp sweetcorn, lightly-steamed broccoli and 1tbsp pesto, heat through and serve with 1tbsp Parmesan cheese and salad with fat-free dressing.

Snacks

Fruit selection

1 slice cantaloupe melon, 1 kiwi, a handful of grapes and a handful of strawberries.

Weetabix and milk

1 Weetabix with skimmed milk.

Carrot soup

½ carton fresh carrot soup.

Prawn salad

2 handfuls of prawns, squeeze of lemon juice and black pepper and salad.

Avocado dip and crudités

6tbsp guacamole with vegetable crudités.

Nutty nibbles

1tbsp pumpkin or sunflower seeds.

Mixed fruit

3 dried apricots and 1 orange.

Treats

2 small chocolate chips cookies

2-finger Kit Kat

2 single (25ml) measures of spirits eg gin, vodka, whisky, rum or brandy with a calorie-free mixer eg. diet cola, slimline tonic, diet lemonade.

150ml glass of red or dry white wine.

1 glass champagne.

½ pt standard strength lager, bitter or cider.

1 small packet of Quavers or Skips.

100-calorie low-fat chocolate bar eg Boots Shapers

100-calorie packet of low-fat savoury snacks

1 small pot low-fat chocolate mousse.

1 french fancy.

1 low-calorie hot chocolate drink plus 1 jaffa cake.

4 chocolate fingers.

1 scoop ice cream.

1 toasted crumpet with 1tsp each low-fat spread and reduced-sugar jam.

1 meringue nest filled with raspberries and 1tbsp single cream.

1 slice of wholegrain toast with 1tsp peanut butter.

1 crumpet with 1tsp low-fat spread and Marmite.

1 small choc chip cookie and a low-fat instant hot chocolate drink.