

Christmas Challenge Diet Plan: Week 2

BY DIETITIAN JULIETTE KELLOW BSC RD

To add more variety to your diet and to stop you getting bored, check out this week's delicious selection of meals, snacks and treats.

Remember, you should have one breakfast, lunch, dinner, snack and treat each day – and don't forget that 300ml of skimmed milk plus loads of extra veg or salad.

Breakfasts

Scrambled egg on toast

1 slice wholegrain bread with 1tsp low-fat spread topped with 1 scrambled egg mixed with 1 chopped tomato. Plus 1 small glass unsweetened orange juice.

Weetabix and milk

2 Weetabix with skimmed milk, 1 kiwi fruit and 1 small glass unsweetened orange juice.

Banana milkshake

Blend 150ml skimmed milk, 1 small pot diet banana yoghurt and 1 small banana until smooth. Plus 1 orange.

Oaty fruit salad

Make a fruit salad using 1 kiwi fruit, a handful of strawberries, 1 slice honeydew melon and ½ mango. Serve with 1tbsp porridge oats and ½ pot plain low-fat yogurt.

Toast and jam

2 slices wholegrain toast with 2tsp each of low-fat spread and jam or marmalade. Plus 1 kiwi fruit.

Instant banana porridge

1 sachet of Oatso Simple Original made with skimmed milk. Plus 1 small banana.

Raisin and banana cereal

4tbsp branflakes with 1 small banana, 1tbsp raisins and skimmed milk.

Lunches

Egg Florentine

Top some lightly-steamed spinach with 2 poached eggs and 2tbsp grated reduced-fat Cheddar cheese. Place under a hot grill until the cheese melts. Serve with 1 slice wholemeal toast.

Sardines on toast

2 slices wholemeal toast topped with ½ small can of sardines in tomato sauce and 1 tomato. Plus 1 kiwi fruit.

Beef and tomato roll

1 small wholemeal roll filled with 1 slice lean roast beef, 1 tomato and 1tsp horseradish sauce. Plus 1 apple, 1 satsuma and 1 small pot fat-free fruit yoghurt.

Prawn and avocado salad

A handful of peeled prawns mixed with 1tbsp reduced-fat seafood dressing, served with ½ small avocado, salad and 1 small wholemeal roll.

Chicken pitta pocket

1 wholemeal pitta bread filled with 2 slices skinless chicken breast and salad with fat-free dressing. Plus 1 slice of Honeydew melon.

Carrot soup and rolls

½ carton fresh carrot and coriander soup with 1 small wholemeal roll with 1tsp low-fat spread and 1 apple.

Tuna and pasta salad

Chop 2 spring onions, some cucumber and 1 tomato. Mix with 5tbsp wholewheat pasta, 1 small can tuna in water and drizzle over balsamic vinegar to taste. Serve with a green salad. Plus a handful of strawberries and 1 kiwi fruit.

Dinners

Mushroom omelette

Make an omelette using a spray oil, a handful of sliced mushrooms, 2 eggs beaten with a dash of skimmed milk and 3tbsp grated reduced-fat Cheddar cheese. Serve with salad and a 5cm piece Granary baguette.

Pork chop and mash

Grill 1 lean loin pork chop and serve with 1 large potato mashed with a drop of skimmed milk and 1tsp low-fat spread, vegetables and fat-free gravy.

Spaghetti bolognese

Dry fry 75g/3oz extra-lean minced beef in a non-stick pan until browned. Slice ½ small onion, 1 carrot and a handful of mushrooms. Add to the pan, together with 1 crushed garlic clove and cook for a few minutes. Add 1 small can tomatoes, 1tbsp tomato puree, pinch of mixed herbs and 200ml beef stock. Bring to the boil, then simmer until the vegetables are soft and the sauce has thickened. Serve with 150g cooked wholewheat spaghetti and salad with fat-free dressing.

Baked cod and vegetables

Place 1 cod fillet, ½ small sliced leek and ½ sliced red pepper on a piece of foil. Add some lemon juice and black pepper, fold up the foil and bake in a preheated medium oven until cooked through. Serve with 1 medium-sized jacket potato and steamed veg. Plus 1 orange.

Vegetable stir fry

Heat a spray oil in a non-stick pan. Add 1 small pack of ready-prepared stir fry veg and cook according to the pack instructions. Add 1tbsp soy sauce and heat through. Serve with 1 layer cooked noodles. Plus 1 bowl fresh fruit salad and 1tbsp single cream.

Steak supper

Grill or griddle a small lean rump steak, 2 halved tomatoes and a handful of button mushrooms. Serve with salad and fat-free dressing. Plus 1 scoop reduced-fat ice cream.

Salad nicoise

Cut 1 hard boiled egg into four pieces and arrange on a plate with 1 grilled tuna steak (or 1 small can tuna in water), 1 sliced tomato and lettuce. Flavour with balsamic vinegar and serve with a 5cm piece of granary baguette. Plus 1 pear.

Snacks

Hummus and carrot sticks

3tbsp reduced-fat hummus and carrot sticks.

Cereal and milk

3tbsp branflakes with skimmed milk.

Cheese and tomato on toast

1 slice wholemeal toast topped with 1tsp low-fat spread and 1 tomato.

Dried fruit

7 dried apricots or dates.

Vegetable soup

Bowl of homemade vegetable soup.

Cottage cheese crispbreads

2 rye crispbreads with 4tbsp cottage cheese and salad.

Fresh fruit

1 medium banana.

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.