

Christmas Challenge Diet Plan: Week 6

BY DIETITIAN JULIETTE KELLOW BSC RD

Carry on choosing one breakfast, lunch, dinner, snack and treat from the choices given – and don't forget to fill up on extra veg and salad and have that extra 300ml skimmed milk.

Breakfasts

Grapefruit and Weetabix with milk

½ grapefruit with artificial sweetener. Plus 2 Weetabix with skimmed milk and 1 small glass unsweetened orange juice.

Branflakes and yogurt

5tbsp branflakes with 1 kiwi fruit and 1 small pot natural low-fat yoghurt.

Toast with chocolate spread

1 slice wholemeal toast with 1tsp chocolate spread and 1 small banana. Plus 1 small glass of unsweetened orange juice.

Cheese and tomato bagel

1 bagel filled with 2tbsp low-fat soft cheese and 1 tomato.

Banana muesli

2tbsp unsweetened muesli with skimmed milk and 1 small banana. Plus 1 kiwi fruit.

Boiled egg and toast

1 slice wholemeal toast with 1tsp low-fat spread with 1 boiled egg. Plus a bowl of fresh fruit salad.

Cereal bar, fruit and yogurt

1 cereal bar, 1 small pot fat-free fruit yoghurt and 1 apple.

Lunches

Avocado and tomato sandwich

Fill 2 slices wholemeal bread with ½ small mashed avocado, shredded lettuce and 1 sliced tomato. Plus 1 kiwi fruit.

Beans on toast

2 slices wholemeal toast with 1 small can baked beans and salad with fat-free dressing.

Tuna mayo jacket potato

1 jacket potato with ½ small tuna in water mixed with 2tsp reduced-calorie mayo and served with salad and fat-free dressing.

Bacon and cheese muffin

1 English muffin topped with 1 rasher grilled lean back bacon and 1tbsp grated reduced-fat Cheddar cheese. Serve with salad and fat-free dressing. Plus a bowl of raspberries and 1tbsp reduced-fat crème fraiche.

Prawn and salad pitta

1 wholemeal pitta bread filled with lettuce and a handful of cooked prawns mixed with a squeeze of lemon juice and 1tsp reduced-calorie seafood dressing. Plus 1 small banana.

Vegetable soup with oat cakes

½ carton fresh minestrone soup with 3 oatcakes. Plus a handful of grapes.

Sushi and fruit

Small box of ready-made sushi. Plus 1 pear.

Dinners

Tuna, apple and rice salad

6tbsp cooked brown rice mixed with ½ small can tuna in water, 2tbsp canned sweetcorn, sliced mushrooms, cherry tomatoes, chopped celery, 1 chopped apple and 1tsp reduced-calorie mayo.

Pork chop and new potatoes

1 lean pork chop with 4 new potatoes boiled in their skins, 1tsp low-fat spread and salad with fat-free dressing. Plus a small pot fat-free fruit yoghurt.

Roast turkey

3 slices roast turkey, 2 medium-sized roast potatoes, vegetables and fat-free gravy. Plus a bowl of fresh fruit salad.

Grilled mackerel salad

1 grilled mackerel with salad and fat-free dressing.

Chicken with black bean sauce

Cut 1 small skinless chicken breast into strips and fry using a spray oil. When cooked add ½ small pack stir-fry vegetables and fry for a few minutes. Add 2tbsp black bean sauce and heat through. Serve with 1 layer cooked noodles.

Tomato and tuna pasta bake

Fry 1 small sliced onion and 1 clove crushed garlic in a spray oil until soft. Add 1 small can chopped tomatoes, 1tbsp tomato puree and mixed herbs and simmer until thickened. Mix 6tbsp cooked wholewheat pasta with ½ small can tuna in water and place in an ovenproof dish. Top with the tomato sauce and sprinkle with 2tbsp grated reduced-fat Cheddar cheese. Place in a hot oven until heated through and the cheese has melted and the top browned. Serve with salad and fat-free dressing.

Cheesy Mediterranean grilled veggies

Chop a large handful of chopped butternut squash, 1 carrot, 1 tomato, 1 small red onion and 1 red pepper. Place in a roasting tin and brush over 1tsp olive oil. Sprinkle with balsamic vinegar, black pepper and fresh basil. Roast until the veggies are soft. When cooked, top with ½ small ball of sliced reduced-fat mozzarella cheese. Return to the oven until the cheese melts and serve with a 5cm piece granary baguette.

Snacks

Egg salad

1 boiled egg with salad and fat-free dressing.

Tomatoes and crackers

3 rye crackers topped with 2 sliced tomatoes and black pepper.

Fruit

1 banana and a bowl of strawberries.

Greek style yogurt 1 small pot low-fat natural yogurt with 1tsp honey.

Tzatziki with crudités

½ small pot tzatziki with carrot sticks.

Shredded Wheat

1 Shredded Wheat with skimmed milk.

Pine nuts

1tbsp pine nuts.

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.