



Terror's Weight Loss Eating Plan

You are allowed one cheat meal per week! (not a whole day of cheating!!)

Drink 8 glasses of water a day.

No beer or ciders. If you need some alcohol over the weekend – whiskey or red wine.

You can drink a maximum of 3 cups of coffee a day.

If you drink juice, it must have no added sugar.

No rich sauces on your food. Olive oil only!

Breakfast

Oats (2 scoops before cooked)

with Whey Protein

Multivitamin

Juice

1 Cup Coffee (black or skimmed milk. Little as possible sugar!)

Snack

Plain Yoghurt or Banana or Protein bar or
2 teaspoons peanut butter or handful of
carved biltong or rice cakes or carrots

Lunch

Grilled Chicken Breast or Fish or Steak
Brown rice or Whole Wheat Pasta or Cous-cous
Salad

Snack

Low fat Cottage Cheese or Blue Berries or
Apple or Bread sticks or Protein Bar

Dinner

Grilled Turkey breast or Chicken or
Fish or Lean Pork chops or Steak
Broccoli or Beans or Cauliflower
Salad
NO STARCH AT NIGHT!!!

Before bedtime

Whey Protein shake

Good luck!
Terror

