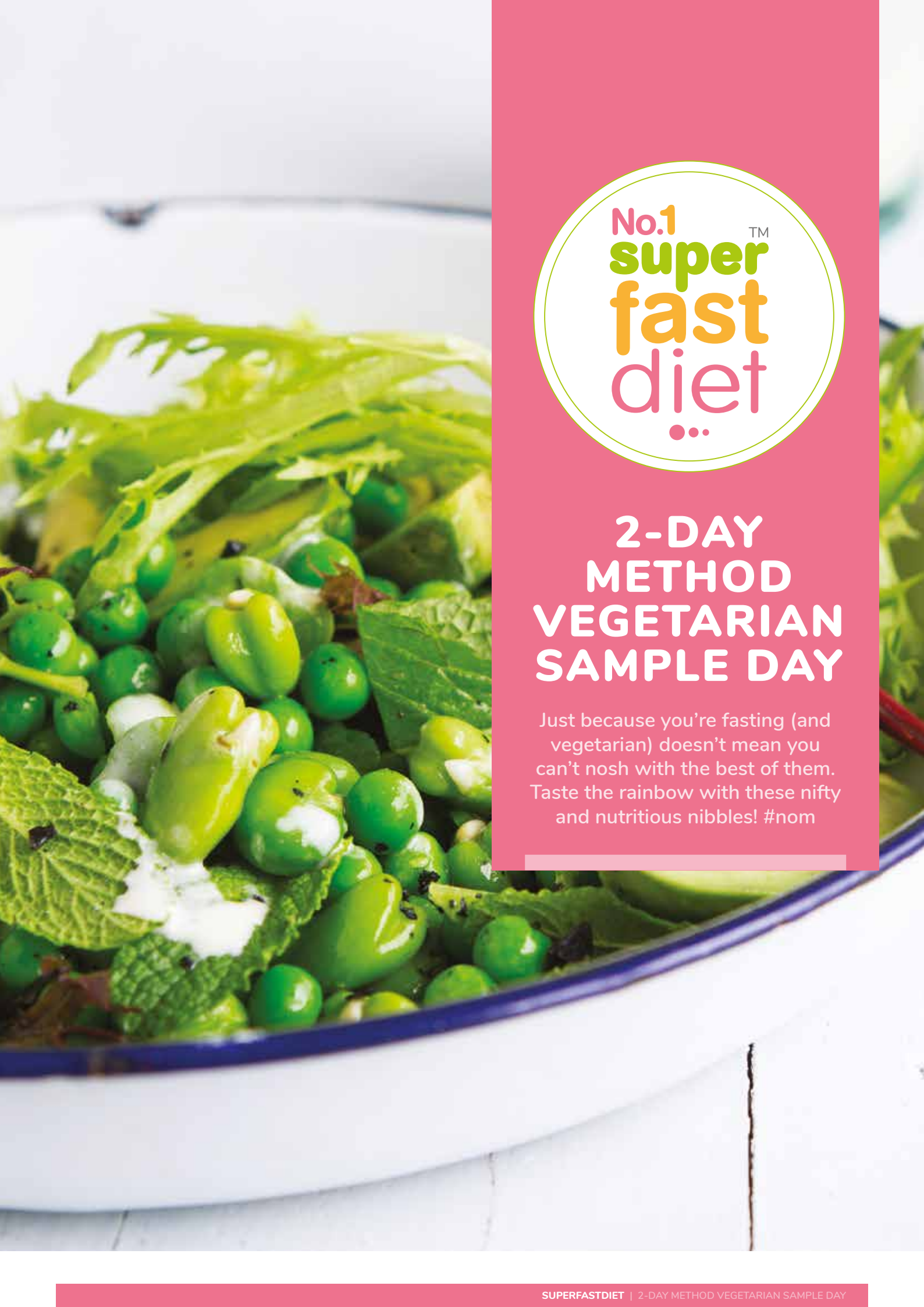




No.1TM
**super
fast
diet**
...

2-DAY METHOD VEGETARIAN SAMPLE DAY

Just because you're fasting (and vegetarian) doesn't mean you can't nosh with the best of them. Taste the rainbow with these nifty and nutritious nibbles! #nom

sample day menu^{...}

Plan your calories in advance, drink plenty of fluids and you'll fly through your fast day. These 2-Day Method meal ideas mean there's no need to double check the calories – we've done all the hard work for you! (But they're so delicious, you'll be forgiven for thinking you're on a feast day.)

HERE'S SOME GREAT SAMPLE CHOICES FOR 500 CALORIE TIMES:



BREAKFAST: 1/2 PUNNET STRAWBERRIES (40 CALORIES) & TEA/BLACK COFFEE



MORNING TEA: 1/2 CUP CUCUMBER & CELERY STICKS (16 CALORIES)



LUNCH: LEAFY GREENS WITH PEAR, PARMESAN & FENNEL (186 CALORIES)



AFTERNOON TEA: 1/4 CUP BLUEBERRIES (21 CALORIES) & TEA/BLACK COFFEE



DINNER: LEAFY BROAD BEAN SALAD WITH AVOCADO, PEA & LIME (203 CALORIES)



ENJOY! XX

...AND THAT'S ONLY 466 CALORIES! NOT BAD, IS IT?

leafy greens with pear, parmesan & fennel

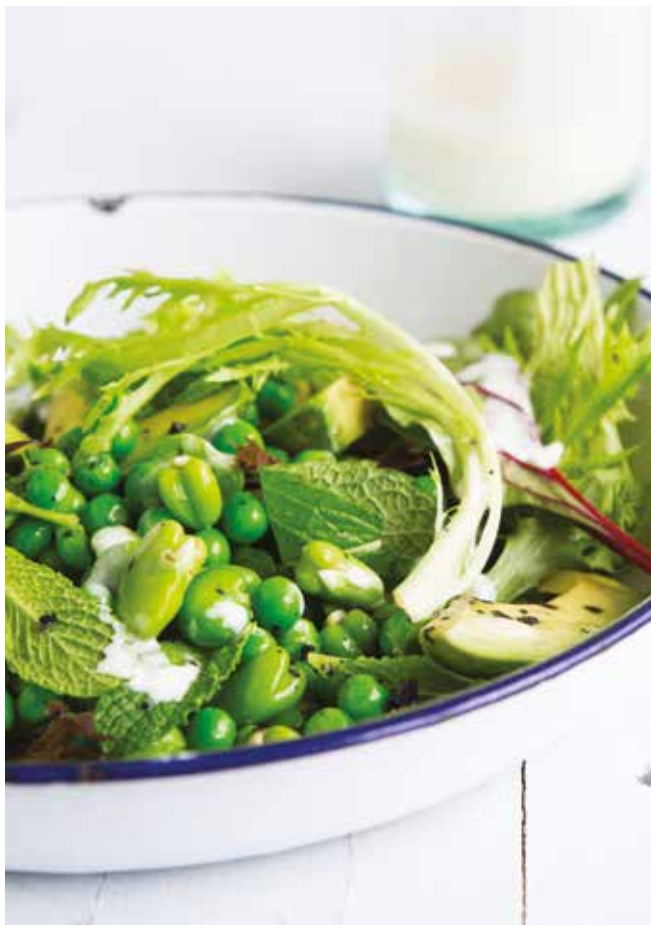
- ☐ 50g leafy greens
- ☐ ½ green pear, unpeeled, thinly sliced (using a mandoline, if you have one)
- ☐ ½ small fennel bulb, thinly sliced (using a mandoline, if you have one) (90g)
- ☐ 1 tablespoon raw sunflower seeds
- ☐ 1 tablespoon finely grated parmesan
- ☐ 1 tablespoon balsamic vinegar

Place the greens into a bowl, top with pear, fennel, sunflower seeds and parmesan. Drizzle with olive oil and balsamic, toss lightly and serve.

186 CAL PER SERVE

SERVES 1

LUNCH



leafy broad bean salad with avocado, pea & lime

- ☐ ½ cup green peas
- ☐ ½ cup peeled broad beans
- ☐ 30g leafy greens
- ☐ 1 handful mint (5g)
- ☐ 1 tablespoon lime juice
- ☐ 1 tablespoon low fat yoghurt
- ☐ 1 teaspoon Dijon mustard
- ☐ ¼ avocado

Place the broad beans and peas into a pan of boiling water and cook for five minutes. Rinse under cold water and drain well. Place the leafy greens into a bowl. Place the mint, peas, broad beans and avocado into a separate bowl. Whisk together the olive oil, lime juice, yoghurt and mustard and pour over the mint and pea mixture and toss to combine. Serve on the leafy greens.

203 CAL PER SERVE

SERVES 1

DINNER