

INGREDIENTS	2-DAY METHOD (500 calories)	3-DAY METHOD (1000 calories)	PART-DAY METHOD (1600 calories)
STRAWBERRIES 	With low-fat unsweetened Greek Yoghurt as breakfast or brunch	Served with rocket and a little balsamic vinegar as a healthy side salad	As part of a fruit salad with rockmelon and other berries for afternoon tea
PUMPKIN 	Roasted wedges sprinkled with sea salt and cracked black pepper for lunch	Roasted chunks added to a green salad with feta and beetroot for lunch	Mashed as a side for dinner
AVOCADO 	A few slices added to a green salad for lunch	Spread finely on a corn thin sprinkled with lemon juice and black pepper for a snack	Mashed on wholegrain toast and topped with fresh tomato and basil for brunch or lunch
TOMATOES 	With half a slice of cheese on a rice cake as a snack	Served with balsamic vinegar and fresh basil as dinner side	Sautéed with onion, garlic, capsicum and turkey mince to create a healthy bolognese for dinner
COS LETTUCE 	Used as an alternative to wraps for healthy lunches	Incorporated into a delicious salad with turkey, pepitas and dried cranberries	Paired with cucumber, celery, black olives and shaved parmesan as a side
CAULIFLOWER 	Cauliflower mash with onion and garlic for lunch	Cauliflower toast with poached eggs and wilted baby spinach for breakfast	Parboiled, and sprinkled with sesame seeds then roasted as a side dish to accompany dinner
SMOKED SALMON 	A few slices on top of a fresh salad for lunch	With cucumber rounds and fresh dill as a snack	Sliced and mixed with chopped boiled eggs, low-fat Greek yoghurt, chives and gherkin for brunch or lunch
SHAVED TURKEY BREAST 	Wrapped in lettuce leaves with cucumber and carrot for a high-protein snack	Served on top of a leafy salad with sunflower seeds and raisins for dinner	As part of a mountain bread wrap with a smear of cranberry sauce, baby spinach, grated carrot and bean sprouts for lunch
PARMESAN CHEESE 	To add a tasty finish to low-calorie soups and roasted veggies	Sprinkled on cauliflower, sweet potato and pumpkin mash	Add a dash to salads, sides and veggie-based pasta dishes for added protein and zing!

