

## **The Birthday Diet (copyright - <http://dietmy.com>)**

*You may copy, use, distribute this diet as much as you like as long as you include the website address*

The Birthday diet is designed to allow quick weight loss, to drop a dress size or to shed a few pounds or kilos before an event.

Your Birthday Diet, is about you, you build yourself a 7 day diet that works for you.

### ***How to make this diet work for you:***

- If you get bored or do not like something in the diet, change it around with another item on the diet, mix and match to make it your own and stay on course.
- Self discipline. tell yourself it is only for a few days and take it day by day
- Eat all your meals, do not skip any, your body needs stability, follow the plan
- Eat slowly, cut your food into smaller portions and eat each portion slowly
- Drink a cup or glass of water 15 to 30 minutes prior to each meal (or a cup of coffee or tea)

**Step one** is for you to draw 7 tables, or open a spreadsheet and type a day of the week at the top of each column.

**Step Two** is to divide each of the column into 6 sections

**Step Three** is to write the same thing in the first section of each column for each day: Allowed drinks throughout the day: 2,5 liters of water (10 glasses of 250ml each or 7 350 ml glasses) 2 cups of tea or coffee, no sugar and not more than 2 tbl spoons of 2% milk per day

**Step Four** is to work out your meal plan for each day and as follows:

- Meal one is Breakfast
- Meal two is Morning Snack
- Meal three is Lunch
- Meal four is Late Snack
- Meal five is Dinner

***Choose one of the following for each meal:***

**Breakfast**

One (Muesli):

- 80grams low sodium Muesli (check food label)
- 100ml fat free yogurt (any flavour of your choosing)

Two (Boiled egg):

- One boiled egg (smaller than 60g)
- One slice Wholewheat toast with a tsp margarine

Three (Pizza):

- One Slice wholewheat only very lightly toasted with a tsp margarine
- Two thin slices tomato
- 2 Slices low fat mozzarella sprinkled with some oregano
- Place cheese on toast with tomato on top and bake at high until cheese melts

Four (Bran):

- 120 grams Bran flakes
- 120ml fat free milk
- 2 teaspoons honey
- Heat milk in microwave, stir in honey and pour over bran flakes

Five (Banana Split breakfast):

- One medium sized banana cut in half
- 120 ml fat free yogurt (any flavour)
- Two crushed pecan nuts, sprinkled over yogurt

Six (Sardine)

- One slice Wholewheat toast with a tsp margarine
- 35 grams of tinned sardine dissected and crushed into smear

Seven (Slimmers delight)

- 120 grams (half a cup) of fruit (banana, paw paw, apple, pineapple, melon)
- 2 whole grain provita with either one tsp peanut butter or one tsp low fat cheese spread

## **Morning snack**

One

200g strawberries

Two

One medium tomato

Three

One Apple

Four

One orange or naartjie

Five

One bunch of grapes (100 - 125g)

Six

2 whole grain provita with 1tsp hummus or marga

Seven

One banana

## **Lunch**

One (Pasta Salad)

100g cooked pasta

50g canned mixed beans

1/2 of a fresh chopped purple (or normal) onion

1/2 of a chopped tomato

Two (Whole corn kernel salad)

100g canned whole kernel corn

1/2 of a chopped tomato

some chopped green peppers

50g canned tuna or canned chicken

Three (Slim Club sandwich)

Two slices wholewheat bread one tsp marga  
4 thin slices beef or ham (75g)  
6 slices cucumber  
6 few slices tomato  
3 tsp chopped onion and peppers  
some lettuce leaves  
some mustard to taste (or tsp sweet chilli)

Four (Cup of soup)

One slice wholewheat bread, toasted no marga cut into small pieces  
300ml low fat vegetable, beef, etc soup

Five (Bean special)

80g baked beans in tomato  
50g tinned tuna or chicken  
20g shaved low fat cheese  
One small baked potato  
Mix tuna and beans  
Slice small potato and add filling, sprinkle cheese and roast until cheese melts

Six (Lunch on the run)

3 Wholegrain Provitas (or equivalent)  
or 2 thin slices fresh wholewheat bread  
2 slices cold chicken, beef or ham (75g)  
2 tsp low fat vanilla yogurt  
2 slices tomato, sliced in half (4 pieces)  
2 slices cucumber, sliced in half (4 pieces)  
2 lettuce leaves  
Assemble into one tower, use yogurt as a spread

Seven (Fruit smoothie - needs blender)

100ml Fruit cocktail  
50ml low fat yogurt  
150ml ice cubes  
1 medium apple, sliced and middle removed  
Add everything together and blend  
One slice wholewheat bread one tsp marga and one tsp peanut butter

## **Late snack**

One

200g strawberries

Two

One medium tomato

Three

One Apple

Four

One orange or naartjie

Five

One bunch of grapes (100 - 125g)

Six

2 whole grain provita with 1tsp hummus or marge

Seven

One banana

## **Dinner**

One (Grilled Fish)

150g hake grilled with 1tsp Olive oil

One small potato mashed with 50ml fat free milk

Portion boiled peas, Portion boiled carrots

Two (Grilled Chicken)

120g (2 small chicken breasts, skin removed)

chicken grilled in tsp olive oil with chopped onions

80g pasta

Portion Boiled spinach Portion pumkin or gemsquash

### Three (Stir Fry)

Thinly sliced Chicken or Beef strips (80g)

Mixed veggies (Peppers, Mushroom, Cabbage, Tomato, Onions, Carrots, Sliced marrows)

120g brown rice

### Four (Beef Stew)

100g diced fat free diced beef cubes

Diced Onions, Tomatoes, mushrooms

Add beef extract and spices to taste

Cook in pressure cooker for 20 minutes

Open and add Whole baby marrows and shredded cabbage

Cook in pressure cooker for 5 minutes

Serve one portion (not more than 80g beef) on

120g brown rice, couscous or barley

### Five (Curry & Rice)

Extra lean mince

Cup of diced onions

tsp of curry for each 250g mince

tsp of Apricot jam for each 250g mince

Fry onions and curry in 1 tsp olive oil until onion done

add tsp apricot jam, fry extra lean mince and serve

not more than 100g mince on 120g brown rice, couscous or barley

### Six (Cheddar melt Steaks)

2 Thin beef slices (50g each)

1 tsp Olive Oil

1 Slice low fat cheddar cheese

2 thin slices onion

1 slice tomato

Fry beef and onions in Olive oil, lightly (until light brown)

Place filling inbetween two beef slices and grill in oven until cheese melts

1 Boiled small sweet potato

Portion buternut, portion steamed brussel sprouts (or any 2 portions veggies)

### Seven (Sosaties)

Green pepper, Yellow Pepper and Red pepper blocks (about 1,5cm squares)

Onion squares

Tomato squares

100g Beef, Lamb or Chicken squares (about three or four)

1 tsp olive oil

1 tsp Apricot Jam

2ml lemon juice

Combine the raw ingredients onto a two sticks

Mix Olive oil, Apricot jam and lemon juice together

Grill the stick on open fire or in oven after

using the liquid as basting sauce with a brush

Serve with boiled small yellow mealie on the cob

and a portion veggies

### **Add to any meal once a day if you still feel hungry:**

One third chopped tomato, few lettuce leaves, chopped celery slice or two cucumber chopped, you can add lemon juice for flavour or spices like oreganum mixed herbs etc.

### **Late night snack if feeling peckish:**

120ml low fat yogurt

### **Different food combinations:**

1. You can use as much herbs and spices as you like, just avoid using lots of salt. Use as little salt as possible.
2. You can eat as much lettuce leaves and celery as you like

### **Changes to the Birthday Diet:**

For two meals per day (Lunch and Dinner) you can combine:

1 portion starch, 2 portions protein 1 portion fat and 1 portion veggies (You can also have two portions veggies with any one meal)

### **1 Portion starch is generally:**

Small potato or sweet potato, 120g brown rice, barley or couscous, a slice of wholewheat bread or 120g boiled pasta (no oil)

### **1 Portion Protein is generally:**

50g tinned tuna, chicken or 80g of baked beans

50g of low fat, extra lean beef, lamb or pork (So you could have a grilled pork chop ads dinner (100g)

**A portion of fat is a tsp of Olive oil or marge**

**A portion of Veggies is about 75g of boiled veggies**

You should also take a [weight loss dietary supplement](#) like SuperSlim Slimmers Vitamins (cost R72 for month)with any diet as the supplement contains additional Vitamins, Minerals and oils that your body may need during dieting or fasting. (superslim.co.za)