

Weight loss diet for women over 40

DIET SHEET

FOLLOW FOR A MAXIMUM FOUR WEEKS

At any meal eat as much salad, leaf vegetable, herbs, spices and pepper as you like. Also moderate amounts of soy sauce, tamari, chilli or marmite.

Drink unlimited tea, black coffee or still water (but not carbonated).

ESSENTIAL

One (half dose) multi-vitamin pill each day with breakfast. such as Omnium multi-vitamin tablet.

Do take any prescribed medicine as normal including Vitamin D if recommended by your doctor or pharmacist.

- Do not drink alcohol (for the time being).
- No sugary or fruit drinks.
- No floral or herb teas that contain sugar.

OPTIONAL

Snacks – one portion up to 3 times a day

- Fresh small fruit (<50cal eg. 1 plum, 1 apricot, six grapes)
- Small biscuit (<50kcal) e.g. Jules Destroyer Almond Thins (once a day)
- Small flat white coffee (once a day) or tea with milk
- 10g (1/9th of a 90g bar) Green and Black 85% coco dark organic chocolate (once a day)
- Chopped raw vegetables/salads
- 10g whole nuts

Extra protein – once a day if desired

- 1 portion 60-100g lean protein each day, approximately 100 calories.

BASIC DAILY MEALS

BREAKFAST

- 200ml whole milkshake made with;
- approximately 50g fresh fruit
- 10g rolled oats
- 1 tbsp ground linseeds
- You may add:
- 10 extra g rolled oats
- 1 raw egg

LUNCH

- 60-100 g (one portion) lean protein cooked with minimal fat
- 2 portions of vegetables (may include 1 root vegetable or 1/2 an avocado)
or
1 portion vegetables and 1 (25g) portion wholegrain cereals.

DINNER

- 300ml fresh, home-made or good quality chilled soup up to 200 calories (if shop bought)
- Add 50g tofu or lean meat/fish to improve protein
- 2 small/one large wholegrain crispbreads (about 80 calories/serving)
- 20g soft fresh cheese, e.g. petite Suisse
Note:
The addition of tofu or lean protein in the soup, such as strips of cooked chicken breasts, increases the protein compliment without adding many calories or fat.

ALTERNATIVE MENU

For any meal

- 1 slice 100% wholemeal bread or toast with a scraping of butter
- One or two eggs (cooked any style)
- Grilled tomatoes (up to two large)

WHAT A PORTION LOOKS LIKE

PROTEIN

60g cooked (unless otherwise stated)
100 kcal serving



40g Minute steak or carpaccio (lean, grilled without fat or raw) 10g protein



60g Chicken breast (without skin, fried or grilled) 13.2g protein



1 side (50g) Wholemeal bread 5.3g protein



25g Bulgur (raw weight) Approx 100g cooked 4g protein



60g Liver (grilled or casserole) 12.2g protein



60 g honey roast ham 15.2g protein



Brown rice 30g in home cooked products only 4g protein



Crispbread One 25g slice 3.5g protein



60g Wild Atlantic salmon (fried or grilled) 13g protein



60g cod (fried or grilled) 11g protein



Brown flour 30g in home cooked products only 4g protein



Rollled oats 25g raw 3g protein



60g tinnetted red kidney beans 5g protein



60g Edamame soya beans (boiled) 7g protein



Brown rice 25g raw, 75g cooked 3g protein



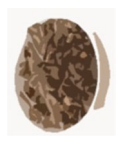
Pasta 50g raw makes 100g cooked



1 large egg (boiled, fried or scrambled) 6g protein



60g Tofu (firm) 8g protein



Lentils 200g cooked lentils 8g protein



Cappuccino 300ml 5.1g

CEREALS _ GRAINS

Values are for unrefined, brown or 100% wholemeal
100 kcal serving

DAIRY

100kcal/serving



100ml whole milk 3g protein



25 g Hard cheese 7.5g protein



Avocado Quarter=100kcal 2g protein



Sweetcorn 1 small ear 3g protein

VEGETABLES

50 kcal serving (unless otherwise stated)



Sweetcorn 1 small ear 3g protein



Banana 1g protein



Apple Medium

FRUIT

100 kcal serving



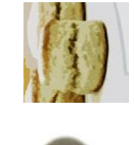
Banana 1g protein



Chocolate 85% coco dark 8g – 2 pieces

ENERGY DENSE

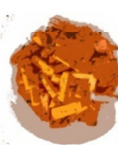
50 kcal serving



Wholemeal Scone Small made with 15g flour 2g protein



Potatoes boiled 65g 1g protein



Carrots boiled 120g



Peach 1 large



Orange 1 large



Butter One 7.5g pat



Olive oil 1/2 tablespoonful



60g Wild Atlantic salmon (fried or grilled) 13g protein



60g cod (fried or grilled) 11g protein



Brown flour 30g in home cooked products only 4g protein



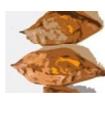
Rollled oats 25g raw 3g protein



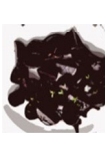
Parmesan 25g 8g protein



30g soft cheese 6g protein



100g Yoghurt full fat, live 5g protein



Beetroot in vinegar 100g 1g protein



Strawberry 25 medium 300g



Raspberry 200g



Jam 1 tbsp 20g 30% sugar



Double cream 1 tbsp 5ml



60g tinnetted red kidney beans 5g protein



60g Edamame soya beans (boiled) 7g protein



Brown rice 25g raw, 75g cooked 3g protein



Sliced edamame 25-30g 6.5g protein



Fromage blanc 30g 2.5g protein



Beansprouts 100g 2g protein



Butternut squash Roasted or boiled 1g protein



Two Figs



Plum 3 medium 150g



Grape 50 grapes



Carrot cake Coffee shop bought 15g (10% of a slice)



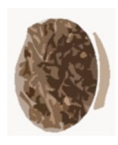
Orange juice 100ml



1 large egg (boiled, fried or scrambled) 6g protein



60g Tofu (firm) 8g protein



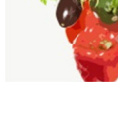
Lentils 200g cooked lentils 8g protein



Cappuccino 300ml 5.1g



Chocolate milkshake 75ml milk 11g coco 4g protein



Unlimited leaves and salads, garlic, onion, ginger, sauerkraut, mushrooms



Plum 3 medium 150g



Half Mango 120g serving 1.5g protein



Wine 60ml



Carrot cake Coffee shop bought 15g (10% of a slice)



Orange juice 100ml

Calories in meat depend on the level of marbling and fat. All quantities are appropriate and include cooking method as described, where appropriate. Where protein content is not stated it means that the food contains less than 1g protein per portion. Note that all foods are classified according to their major ingredient. Vegetables make up 50 kcal per portion, larger portions are healthy, but may be difficult to digest. Energy dense food is best kept to smaller portions i.e. 50kcal. DRAFT © Wendy Shillam Nutrition 2018 f:\backed up fleshaaa wendy shillam nutrition\draft docs\what 100 calories looks like.docx