

# ReliSlim

***Congratulations on taking your first step towards a healthier you and thank you for choosing ReliSlim as your partner in reaching your health goals.***

Simply take ReliSlim as prescribed by your doctor and try and keep the **Sensible Slimming 7-steps** in mind. Be mindful of these 7 steps as you are following a healthy, sustainable eating plan of your choice (see the sample meal plan on the reverse of the leaflet). ReliSlim can be taken in support of any such eating plan. The benefits of eating healthier and being more active are immeasurable.

Our team have the willingness and experience to assist you in every step of the journey. Your welcome to reach out on our website, consumer line or Facebook. We are looking forward to hearing from you.



## STEP 1

Keep a detailed food diary. You can only change when you know what you're doing wrong.



## STEP 2

Don't drink your kilojoules. Stick to water and moderate amounts of sugar-free drinks, tea and coffee.



## STEP 3

Consume healthy fats like olive oil, coconut oil, avocado, nuts and butter. Avoid processed fats.



## STEP 4

Avoid alcohol. Alcohol limits impulse control, increases appetite and contributes to unnecessary kilojoule consumption.



## STEP 5

Plan your meals and snacks. When you're hungry and don't have healthy food options available, you are setting yourself up for failure



## STEP 6

Avoid sugar and refined carbohydrates totally.



## STEP 7

Get moving.

Choose exercise that you enjoy. It's good for the body and mind.



*\* Weighing yourself too often is counter productive as weight loss is not a linear process*

**Please see the sample meal plan on the reverse**

## BREAKFAST

### Option 1: Oats

2 heaped tablespoons of Raw Oats powder (cooked = 1 cup)

#### Add:

- Cinnamon and/or cacao powder (to taste)
- 1 heaped teaspoon of seeds: chia and flax or just chia seeds and xylitol as a sugar alternative
- 1 flat teaspoon of peanut butter or butter.

### Option 2: Protein breakfast

2 eggs – different preparation methods e.g. boiled, poached, scrambled or fried in little bit of butter with

#### Choose ONE of the following healthy sides:

- Vegetables: any type e.g.: tomato, onion, peppers, mushroom, spring onion or any other types of vegetables and possibly a little bit of white cheese
- ½ can of legume (beans) – this can also be made into a relish with some free vegetables: onion, peppers, cubed tomatoes and curry powder
- 1 slice of Low GI bread or
- 1 fruit portion of choice (120 grams) e.g.: small punnet of berries or strawberries, 1 small grated apple or 2 slices of pineapple

### Option 3: Yogurt and muesli

- small tub of yogurt with
- 2 tablespoons of muesli (try the Woolworths Carb Clever option or Tia's brown bag which is sugar free) with
- 1 teaspoon of chia seeds added as additional fibre

### Option 4: Low GI bread

1 slice of Low GI seeded bread with

#### Choose a healthy side:

- ½ small avocado pear with a free vegetable e.g. tomato slices or
- Moderately spread peanut butter (1 teaspoon full) or
- 40 g (matchbox size) of white cheese with tomato slices or
- Moderately spread fish paste with cucumber slices or any other vegetable

#### Snack - choose ONE of the following:

- Fruits – aim to include 1-2 fruits per day (max of 120 grams)
- A handful of nuts (30 grams)
- 100 ml (small tub) of yogurt
- 30 grams lean biltong
- Extra: free vegetables: cherry tomatoes, cucumber, carrot sticks, sweet bell peppers, nap peas, edamame beans etc.

## LIGHT MEAL OF THE DAY

### Option 1: Build a salad

#### Choose a protein:

A can of tuna (120 grams drained) or a can of salmon (120 grams) or chicken breast (120 grams)

#### Add salad ingredients:

lettuce, cucumber, bell peppers, carrot sticks, snap peas and baby spinach or any other type of vegetable (these are free vegetables and can be included freely) and

#### Add a choice of a healthy fat:

- ¼ ring of crumbled feta cheese or
- ½ small avocado pear or
- Matchbox size of mozzarella cheese (30 grams) – cubed or
- 4 olives AND

#### Optional extra:

1 tablespoon of a lite dressing or balsamic vinegar

### Option 2: Carb Clever wrap

1 small carb friendly wrap with

#### Choose a healthy protein:

- 1 small chicken breast (90 grams) or
- 2 slices of cold meat (Pastrami or Silverside) or
- 2 boiled eggs or
- ½ small can of tuna with

#### Choose one of the following healthy fats:

- ½ small avocado pear or
- 30 grams of white cheese e.g.: Mozzarella or
- 1 teaspoon of lite mayonnaise or
- ¼ ring of feta crumbled

**Extra:** free vegetables: lettuce, cucumber, tomato, peppers, spring onions etc.

#### Free vegetables list (about ½ of your plate)

|             |              |          |
|-------------|--------------|----------|
| Asparagus   | Cauliflower  | Lettuce  |
| Baby Marrow | Celery       | Mushroom |
| Beetroot    | Cucumber     | Onion    |
| Bell Pepper | Egg Plant    | Peas     |
| Broccoli    | Green beans  | Rocket   |
| Cabbage     | Spring Onion | Spinach  |
| Carrot      | Kale         |          |

#### Starchy vegetables (about ¼ of your plate)

|                  |                   |
|------------------|-------------------|
| Butternut        | Patato with green |
| Corn             | beans / spinach / |
| Gem squash       | carrot            |
| Oven roasted veg |                   |
| Pumpkin          |                   |
| Sweet Patoto     |                   |
| Legumes          |                   |

## MAIN MEAL OF THE DAY

### 120g cooked protein

- Chicken fillet or
- Meat: lean cuts of red meat e.g.: steak or
- Lean mince meat or
- Pork (remove all visible fat) or
- Fish (aiming to have fish about 2 x per week and often pink flesh fish e.g.: Salmon or Trout)

#### Add starch (100gram in value if weighed)

- 1 small sweet potato or
- 3 baby potatoes or
- 1 small potato or
- ½ small butternut or
- a cup of mashed butternut or pumpkin or
- 1 corn on the cob or
- 1 cup of corn

\*avoid white starches mostly e.g.: pasta, rice, couscous, pap

#### Add vegetables (free vegetables)

Choose any possible vegetables as available – the more – the better  
– no limitation on type or portion sizes (this would be the starches as shown on the plate model below)

#### Add salads (free vegetables)

Any salads e.g. green salad – add a lot of fresh; different coloured salad ingredients e.g. lettuce, rocket, tomato, coloured peppers, diced beetroot, carrots, red cabbage, sprouts, olives etc.

This can also be other types of salads e.g.: bean salad, coleslaw, beetroot (cooked or in a vinegar-based sauce), carrot salad or any other salad can also be included.

\*Should you require a personalised meal plan kindly contact our support line

Snack between meals(optional) choose one

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