

PLANET LOWCARB EATING PLAN

WEIGHT LOSS

DAY	BREAKFAST	LUNCH	DINNER
1	Triple cream nutri yoghurt	Low carb Sandwich with toppings and fillings of your choice **	Low carb Pie with optional side salad ***
2	Low carb breakfast porridge	Low carb pie with optional side salad ***	Low carb pizza**** with optional side salad ***
3	Low carb toast with toppings of your choice *	Low carb smoothie	Low carb burger
4	Triple cream nutri yoghurt	Low carb Sandwich with toppings and fillings of your choice **	Low carb pizza**** with optional side salad ***
5	Low carb toast with toppings of your choice *	Low carb smoothie	Low carb Pie with optional side salad ***
6	Low carb breakfast porridge	Low carb Pie with optional side salad ***	Low carb pizza**** with optional side salad ***
7	Low carb toast with toppings of your choice *	Low carb chicken burger	Low carb lasagne with optional side salad ***
8	Triple cream nutri yoghurt	Low carb smoothie	Low carb steak roll
9	Low carb breakfast porridge	Low carb Pie with optional side salad ***	Low carb pizza**** with optional side salad ***
10	Low carb toast with toppings of your choice *	Low carb smoothie	Low carb lasagne with optional side salad ***

Recipes

1. **Breakfast toast:** (0.7g carbs per slice)

Place 2 bread slices in toaster for 20 – 30 seconds. Butter toast with real butter only(no margarine or low fat spreads). Add any of the below toppings or additions.

***Toast toppings:** Butter, Grated cheese, Eggs(scrambled, fried, poached or boiled), Bacon, Minute steak, Chicken breast, Haddock, savoury mince.

2. **Breakfast porridge:** (2.8g carbs per portion)

Pour 300ml cream and 200ml water into a pan. Add 6 heaped teaspoons Planet Lowcarb breakfast porridge. Bring to a boil while stirring. Remove from the heat, add 2 eggs while whisking. Return to the heat. Whisk continuously until it just returns to boiling(do not allow to boil). Remove from heat and split into 3 portions. Can be eaten as a warm or cold porridge.

3. **Triple cream Nutri-Smart Yoghurt:** Mix 100g double cream plain yoghurt with 40ml cream. Add 1,5 to 2 heaped teaspoons of Planet Lowcarb Nutri Smart resistant starch smoothie mix (strawberry or vanilla) and mix well.

4. **Sandwiches:** (0.7g carbs per slice)

For regular sandwich butter 2 slices of bread, for toasted sandwich – toast 2 slices of bread for 20 – 30 seconds then butter. Add any of the below toppings on your sandwich and serve with optional salad*** of your choice. Regular sandwich can also be toasted in a snackwich toaster or jaffle iron. **** Sandwich fillings and toppings:** Chicken + Low carb mayo, boiled egg + Low carb mayo, tuna + Low carb mayo, roast beef or pork, gherkins and english mustard, cheese, ham, cheese + tomato, bacon + egg/cheese.

5. **Resistant starch smoothie:** (2.6g carbs per smoothie)

Pour 100ml cream and 200ml water into a glass. Add 3 heaped teaspoons of Nutri-Smart smoothie mix to the liquid. Stir well to mix. Continue stirring while drinking to keep mixed.

6. **Pies:** (3.4g carbs per pie)

Remove Planet Lowcarb pie from freezer. Take out of aluminium foil tray and allow to defrost overnight. Heat in microwave for +/- 2 minutes or heat in oven for 5 – 7 minutes. Serve with optional sauce and salad*** of your choice.

7. **Pizza:** (0.5g carbs per slice (base only))

Preheat oven to 200 degrees. Remove pizza base from packaging and place on a flat tray. Make a tomato base by mixing 2 teaspoons of tomato paste with 1 teaspoon of water. Add a pinch of mixed herbs and half a teaspoon of xylitol. Spread on pizza base. Top with 100g of grated cheddar, gouda or mozzarella cheese (or a combination) plus any of the toppings from the list below. Add any of the toppings from the list below. Bake on the highest level of the oven for 6 – 9 minutes. Serve 4 – 5 slices with the salad*** of your choice. **** **Optional extra pizza toppings:** Chicken, steak, bacon, biltong, mushrooms, asparagus, peppers, onion, garlic, chilli, olives, salami, ham, savoury mince, cheddar cheese, mozzarella cheese, feta cheese spinach.

8. **Burger:** (3.1g carbs per burger)

Place one Planet Lowcarb pita in the toaster for 20 to 30 seconds. Butter pita on both sides. Cook a 150g pure beef burger patty, flattened chicken breast or thinly sliced rump steak to taste. Make a burger sauce by adding together 1 tsp mayo + 1tsp tomato sauce + ½ tsp mustard sauce + ¼ tsp chilli sauce(optional). Assemble burger adding any of the following to taste – fried onion, grated cheese, bacon, gherkins, lettuce, tomato and top with burger sauce.

9. **Lasagna:** (2.3g carbs per portion)

Preheat oven to 200 degrees. Remove paper lid and place on a flat tray. Bake for 12 – 15 minutes. Allow to stand for 5 minutes before serving with salad*** of your choice.

HOW DOES IT WORK:

This eating plan works on the very simple principle of using your body's natural ability to use the fat, it has stored up for that purpose, for energy. Just like your body has a natural ability to store fat it also has the ability to use that fat for energy. The best way to make sure this function works as efficiently as possible, to burn your body's excess fat, is to restrict your carbohydrate intake as much as possible (less than 20g per day). This eating plan gives you 3 tasty, healthy, carbohydrate restricted meals per day.

WHAT CAN YOU EXPECT TO HAPPEN:

It will take +/- 3 days for your body to switch over from burning carbohydrates for energy to burning fat for energy. During these first few days some people do experience certain carbohydrate withdrawal symptoms which is perfectly normal. These symptoms can include headaches, muscle pain and tiredness, they will go away as soon as your body switches over into ketosis (burning fat as the main fuel source for your body). Once you have switched over females can expect to lose between 2kg and 5kg in the first week depending on your starting weight and there after your weight loss should stabilise at between 500g to 2kg per week, once again depending on your starting weight. Men can expect to lose between 3kg and 8kg in their first week depending on their starting weight and there after it should stabilise at 1kg to 3kg per week.

WHAT CAN YOU EAT ON THIS EATING PLAN:

It is very important that you eat only what is allowed according to the eating plan, with the optional toppings, snacks and salads. It is very important that you eat only when you are hungry, one of the first positive effects of a low carbohydrate diet is that your body's natural ability to tell you when it needs food starts working properly again. Eat slowly to give your body the opportunity to process the food and tell you when it is full. Only eat the salads you are allowed to eat with your meals and if you get hungry between meals eat one of the snacks you are allowed to eat from the list below. Snacks you are allowed to eat between meals: Biltong (35g – 50g portion), Nuts (pecans, macadamias, brazil, almonds are the best as they are low in carbs – nuts must be raw) (35g – 50g portion), Pork crackling (30g portion), Cheese (25g to 35g portion) (any un-processed cheese is acceptable), Olives (6 – 8)

Make up some of these snacks in portions and keep them in your desk at work, your car, your house, etc. and eat one portion at a time if you get hungry between meals.

WHAT YOU ARE NOT ALLOWED TO EAT:

No refined carbohydrates like flour and sugar or products that contain these. No nutritive sweeteners including sucrose, fructose, glucose, or any other sweetener that ends in –ose. No fruit, dried fruit or fruit juices. No starchy vegetables like potatoes, sweet potatoes, etc. No diet or light products as these are usually packed with carbohydrates.

WHAT CAN YOU DRINK ON THIS EATING PLAN:

For the very best results you should drink only water, still or sparkling (not flavoured water). If you do not want to drink only water the following drinks are allowed. Just keep in mind that if any of these are sweetened, even with a non-nutritive artificial sweetener, it will slow down your weight loss as your body will recognise the sweet taste as sugar and while it is waiting for that sugar to get into your bloodstream it will stop burning fat and slow down your weight loss. Coffee or tea (caffeine free is best). Not more than 2 cups per day and use only cream in them not milk (full cream or skimmed) and if you want to, the non-nutritive sweetener of your choice (xylitol, erythritol, stevia). No alcohol. Alcohol is burned for energy by your body and while there is alcohol in your system it will not burn fat for energy and it will slow down your weight loss.

SALADS AND SALAD DRESSINGS



Cheese salad



Carrot salad



Greek salad



Cauliflower salad



Broccoli salad



Mushroom salad



Coleslaw



Spinach, bacon and egg salad



Cucumber salad

You are allowed to use any of the following on your salads – mayonnaise (check the label and buy the one with the lowest carb count, not salad cream), olive oil, vinegar (all types except sweetened ones like balsamic), Sour cream, Cream cheese (flavoured or plain).

Coleslaw: Take one small cabbage and half a carrot. Finely chop or grate everything. Add 2 – 3 heaped tablespoons of mayonnaise. Mix well and refrigerate for 1 hour before serving. (4 – 6 servings)

Carrot salad: Take 4 medium carrots, peel and grate them on the smallest grater teeth you have. Add half a chopped green pepper (optional). For the dressing take tablespoons of hot water, add 1 – 2 tsp xylitol sweetener to the water and mix well. Refrigerate for 1 hour before serving. (4 – 6 servings).

Spinach, egg and bacon salad: Wash and remove the stems from one bunch of spinach or use a packet of baby spinach. Boil 3 – 4 eggs until hard, peel them and cut into quarters. Fry 4 – 6 rashers of bacon until crispy and chop them up. Make a salad dressing with 2 tablespoons of mayonnaise, 2 tablespoons of sour cream and 1 tablespoon of chopped chives, mix well and pour over salad just before serving. (4 – 6 servings)

Broccoli and cheese salad: Cut one head of broccoli into pieces. Boil in salted water for 2 – 3 minutes. Allow to cool slightly and dry. Grate 75g of cheddar cheese and add to the broccoli. Add 2 - 3 tables of full fat cream cheese and mix well. Refrigerate for one hour before serving. (4 – 6 servings)

Cucumber salad: Take one English cucumber and cut into pieces. Add 2 tablespoons of sour cream, one tablespoon of mayonnaise and 1 tablespoon of vinegar. Add salt and pepper to taste. Mix well and serve. (4 – 6 servings)

Mushroom salad: Clean 250g mushrooms and slice them up. Add one chopped red pepper. Make a thousand island dressing by combining 3 tablespoons of mayonnaise, ½ teaspoon of tomato paste, ¼ teaspoon of English mustard, a few drops of tabasco sauce, 1 tablespoon of vinegar and 1tsp xylitol sweetener. Add to the mushrooms and peppers, mix well and serve. (4 – 6 portions)

Cauliflower and egg salad: Cut one head of cauliflower into pieces. Boil in salted water for 2 – 3 minutes. Allow to cool and dry. Boil 2 – 3 eggs until hard, peel and chop up. Add optional one tablespoon of chopped onion. Add 3 tablespoons of mayonnaise and mix well. Refrigerate for one hour before serving (4 – 6 servings)

Green salad: Wash one small head of lettuce and tear into pieces. Slice a quarter English cucumber into pieces. Slice 4-6 baby tomatoes into quarters. Slice up one green, red or yellow pepper. Add 4 – 8 slices of onion rings(optional). Add salad dressings from the list above to taste. (4 – 6 servings)

Greek salad: Add 75g of feta cheese and 10 – 12 olives to the green salad.

Cheese salad: Add 75g of the cheese of your choice to the green salad.