

Plan 1 (Weeks 1-4):

Subject to change based on progress

800kcal daily calorie intake:

3 Exante Diet products plus 200kcal from fresh fruit, vegetables and milk

Breakfast	Lunch	Dinner
Exante Diet Product	Exante Diet Product + 1 portion of fruit	Exante Diet Product + 1 portion of vegetables

Exercise:

- 3x20 minutes gentle walking per week for the first 2 weeks
- 5x20 minutes gentle walking per week for the following 2 weeks

Drinks:

Tea (no sugar) with milk - limit to 4 a day

Coke Zero - Sprite Zero drinks also allowed (not diet) - limit to 2 cans per day

Water with a teaspoon of Exante Diet Drinks Mix

Fruits (80g)	Vegetables (80g)
1 x medium Apple	Asparagus - 5 spears
1 x medium Banana	Broccoli - 2 spears
1 x medium Pear	Brussels Sprouts - 8 sprouts
4 heaped tablespoons of Blueberries	Cabbage - 3 heaped teaspoons
1 x medium Peach / Nectarine	Kale - 4 heaped teaspoons
1 x handful of Grapes	Green beans / sugar snap peas / mange tout - 1 handful
7 x Strawberries	Spinach - 2 heaped teaspoons (cooked)
Tomato - 7 Cherry Tomatoes or 1 medium	Marrow Fat Peas - (40g serving - 1/4 tin)

The following may be added to Exante Diet products or food from the list above:

Vinegar - malt, cider, rice/red/white wine, balsamic
Fish sauce (Nam Pla)
Tabasco or hot pepper sauce
Worcester sauce
Soya sauce

Wasabi paste
Mustard - coarse/wholegrain
/Dijon/French/English/American
Any herbs and spices, fresh or dried
Garlic, ginger and chilli, fresh or dried

Plan 2 (Weeks 5-8):

An increase in daily calorie intake to 1000kcal - 3 Exante Diet products and one meal chosen from Exante Diet recipes.

Exercise:

- 5x20 minutes brisk walking per week for the first 2 weeks
- 5x20 minutes gentle jogging per week for the following 2 weeks

Day	Breakfast	Lunch	Dinner	Snack
Monday	Exante Diet Blueberry Smoothie	Exante Diet Chocolate Shake	Tex Mex Steak Fajita	Deliciously Different Double Chocolate Chip Cookie
Tuesday	Exante Diet Breakfast Eggs	Cream Cheese and Salmon Bagel	Exante Diet Shepherd's Pie	Exante Diet Toffee Caramel Shake
Wednesday	Exante Diet Maple Syrup Pancakes	Tuna Nicoise Salad	Exante Diet Spaghetti Bolognese	Exante Diet Lemon Bar
Thursday	Exante Diet Strawberry Cheesecake Smoothie	Deliciously Different Indian Daal Pot meal	Chicken and Prawn Quinoa Jambalaya	Exante Diet Double Chocolate bar
Friday	Greek Yoghurt, Fruit and Almonds	Exante Diet Tomato & Basil Soup	Exante Diet Pizza Mix	Exante Diet Gooley Chocolate Pudding
Saturday	Eggs and Bacon	Exante Diet Chocolate Orange Bar	Exante Diet Shepherd's Pie	Exante Diet Salted Caramel Pudding
Sunday	Exante Diet Apple & Cinnamon Porridge	Exante Diet Honeycomb Shake	Mozzarella Stuffed Chicken Breast	Exante Diet Creamy Coconut Shake



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Plan 2 (Continued):

Fruits (80g)	Vegetables (80g)
1 x medium apple	Asparagus - 5 spears
1 x medium banana	Broccoli - 2 spears
1 x medium pear	Brussel Sprouts - 8 sprouts
4 heaped tablespoons of blueberries / raspberries	Cabbage - 3 heaped teaspoons
1 x medium peach / nectarine	Kale - 4 heaped teaspoons
1 x handful of grapes	Green beans, sugar snap peas, mange tout - 1 handful
7 x strawberries	Spinach - 2 heaped teaspoons (cooked)
Tomato - 7 cherry tomatoes	Marrow Fat Peas - (40g serving - 1/4 tin)