

Ideal Breakfast Instructions

Formula 1 Shake

Have one shake sachet for breakfast on consecutive days.
Each sachet should be mixed with 250ml of soya or lacto free milk.
An electric blender is best plus you can add a small banana or berries. You can also thicken it with 2 dessertspoons of yogurt (optional).
Drink your shake **slowly** over 15-30 minutes.

Instant Herbal Beverage

This contains green tea which is good for your energy levels and helps to burn fat.
Each sachet contains 3 portions (6 cups all together): Use ½ level teaspoon in hot (not boiling) water. You can sweeten it with ½ teaspoon of honey, one sweetener or try adding a slice of lemon or lime.

Snacks:

Make sure you have snacks in between your meals and do not go longer than 4 hours without eating anything.

Protein Snack suggestions:

Carrots, peppers or other raw vegetables with a serving of humus
Low fat cream cheese or cottage cheese on 2 crisp bread with raw vegetables/cherry tomatoes
Boiled or scrambled egg with tomato slices
2-3 dessert spoons of natural yoghurt with handful of berries or nuts, drizzle with honey if extra sweetness required
A palm full (25g) of almonds or walnuts and a piece of fruit
Small lean chicken/turkey salad
Apple slices with 1-2 teaspoons of peanut butter (organic, sugar free variety)

Main meal:

Average size portion of chicken or fish etc.
Your carbohydrates (potatoes, rice, pasta etc) should be the same size as your clenched fist and preferably wholegrain.
Your vegetables or salad should be 50% of your plate and please ensure that you are having at least 5 servings of fruit and vegetables a day.
Ideal plate size is 9 1/2" (24cm)

Water

It is very important to stay hydrated as everything works better when you do! We recommend drinking 2 litres (8 glasses) of water a day. If you are not used to drinking this amount, then increase by 1 extra glass every few days so your body can get used to it.