



SLIMMER,

STRONGER &

Slimz®

5 WEEK
MEAL GUIDE

HEALTHIER

FOR

YOU

- Product plan
- Weight loss tips
- Printable fridge calendar
- Healthy food suggestions



MAXIMISE YOUR WEIGHT LOSS

TIPS ON HOW TO BELOW



1. TAKE A PHOTO AND
COMPARE IN 5 WEEKS.



2. WEIGH RAW FOOD



3. NO BUTTER, OIL SPRAY
OR MARGERINE



4. EAT 3 MEALS A DAY
7h00, 12h00, 17h00.



5. EAT STARCH WITH
MEALS



6. All products that
you choose should be
LOW IN FAT with less than
3g fat per 100g. Look at the
nutritional information on food
packaging.



7. YOU ARE ALLOWED TO
DRINK:

- 4 Cups Green tea, Rooibos
tea or coffee without sugar.
- 500ml Diet Coke
- 125ml maximum milk per day
(Reduce or cut-out milk)



8. TAKE A MULTI VITAMIN
EVERY DAY TO BOOST
IMMUNE SYSTEM:

- Viramed Natural Antibiotic
- Viramed ProBio Natural
Antibiotic + probiotic.



Foods Allowed



Don't let the scale define you
be active, be healthy, be happy.

Refer to your eating plan and choose from the below food choices for your menu. Select only 1 or 2 from each group per week



FRUIT

- Pineapple (180g)
- Green Melon (180g)
- Lemon (free)
- Grapefruit (200g)
- Dried fruit (30g)
- Guava (200g)
- Apricot (200g)
- Kiwi (160g)
- Fruit juice (220ml)
- Peach (200g)



VEGETABLES

If the diet mentioned mixed vegetables, you have to make up the portion with 3 different types of vegetables in the group.

- Green beans
- Celery
- Cauliflower
- Mushrooms
- Patty pans
- Broccoli (only 3/week)
- Cucumber
- Garlic (2 teaspoons /day)
- Tomato (1 small /day)
- Asparagus (Tinned or fresh)
- Courgettes or baby marrows
- Spinach



STARCH

- Maize, cooked (125g)
- Rice, cooked (80g)
- Rye bread (2 slices)
- Cornflakes (30g)
- Provitas (3)
- Rice cakes (3)
- Rye vita (4)
- Carrots, cooked (100g)



POULTRY/ FISH

- Chicken breast
- (no skin allowed)
- Tuna (in water)
- Turkey (no skin allowed)
- Fish, hake



MEAT

- Ostrich, fillet



HERBS AND SPICES

- Orizzganum
- Pepper
- Turmeric
- Parsley
- Coriander
- Basil
- Spinach





Stage 1: Detox



Eat real food, feel real good!

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Any lifestyle change will be new to your system, and your system will need to adapt and relearn how to metabolize food efficiently with a healthy diet.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	• 1 Egg • 150g Mixed vegetables • 150g Mixed vegetables	• 250 ml Yoghurt (plain) • Mixed with one fruit • 1 Weet-bix	• 50g Cheese (Mozzarella) • 100g Mixed vegetables • 1 Apple	• 100g Fish • 130g Mixed vegetables • 1 Apple	• 1 Egg • 150g Mixed vegetables • 1 Apple	• 250 ml Yoghurt (plain) • Mixed with one fruit • 1 Weet-bix	• 50g Cheese (Mozzarella) • 100g Mixed vegetables • 1 Apple
LUNCH	• 125g Poultry or Fish • 1 Starch • 130g Mixed vegetables • 1 Fruit	• 85g Ricotta cheese • 135g Mixed vegetables • 1 Apple	• 135g Chicken/ Turkey Tuna /Fish • 1 Starch • 130g Mixed vegetables • 1 Fruit	• 135g Fish or Chicken • 1 Starch • 135g Mixed vegetables	• 125g Poultry or Fish • 1 Starch • 130g Mixed vegetables • 1 Fruit	• 85g Ricotta cheese • 135g Mixed vegetables • 1 Apple	• 135g Chicken/ Turkey Tuna /Fish • 1 Starch • 130g Mixed vegetables • 1 Fruit
DINNER	• 100g Beans, seeds, nuts • 140g Vegetables	• 135g Meat (Ostrich) • 135g Mixed vegetables	• 120g Meat (Ostrich) • 135g Mixed vegetables • 1 Fruit	• 100g Beans • 130g Vegetables • 1 Fruit	• 100g Beans, seeds, nuts • 140g Vegetables	• 135g Meat (Ostrich) • 135g Mixed vegetables	• 120g Meat (Ostrich) • 135g Mixed vegetables • 1 Fruit



Foods Allowed

Early to bed and early to rise, makes a person healthy, wealthy and wise.

Refer to your eating plan and choose from the below food choices for your menu. Select only 1 or 2 from each group per week



FRUIT

- Grapes (75g)
- Apples (85g)
- Fruit salad (115g)
- Cooked dried fruit (65g)
- Fruit juice 180ml
- Naartjie (100g)
- Dried fruit (30g)
- Paw paw (130g)
- Grapefruit (160g)
- Kiwi (90g)
- Watermelon (188g)
- Orange (142g)
- Mango (74g)
- Peach (200g)



VEGETABLES

If the diet mentioned mixed vegetables, you have to make up the portion with 3 different types of vegetables in the group.

- Green beans
- Celery
- Cauliflower
- Mushrooms
- Patty pans
- Broccoli (only 3/week)
- Cucumber
- Garlic (2 teaspoons /day)
- Tomato (1 small /day)
- Asparagus (Tinned or fresh)
- Courgettes or baby marrows
- Spinach



STARCH

- Maize, cooked (125g)
- Rice, cooked (80g)
- Rye bread (2 slices)
- Cornflakes (30g)
- Provitas (3)
- Rice cakes (3)
- Rye vita (4)
- Carrots, cooked (100g)

OTHER: Beans, seeds and nuts, baked beans, butter beans, sesame seeds, pumpkin, seeds, pecan nuts, peas, almonds. You are allowed to have 210g of any type of bean, seed or nut per week or 30g/day.



POULTRY/FISH

- Chicken breast (no skin allowed)
- Tuna (in water)
- Turkey (no skin allowed)
- Fish, hake



MEAT

- Ostrich, fillet



HERBS AND SPICES

- Organum
- Pepper
- Turmeric
- Parsley
- Coriander
- Basil
- Spinach





Stage 2: Energizer

The greatest wealth is health.

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Your body should be over its initial shock, and have already started adjusting to your new lifestyle. Your body will now be in a 'ready state' to accelerate your weight loss.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	• 1 Egg • 30g Reduced Feta or low fat cheese • 120g Tomato • 40g Whole wheat bread	• 25 ml Yoghurt (low fat) • 75g Grapes • 40g All Bran • 40g Whole wheat bread	• 30g Low fat cheese • 120g Tomato • 40g Whole wheat bread x 2	• 1 Egg • 120g Tomato • 40g Whole wheat bread x 2	• 125ml Milk (Low fat 2 %) • 40g All Bran • 85g Apple • 40g Whole wheat bread	• 125 ml Yoghurt (low fat) • 200g Paw paw • 40g All Bran or high fibre cereal • 40g Whole wheat bread	• 125ml Milk (Low fat 2 %) • 40g All Bran • 85g Apple • 40g Whole wheat bread
LUNCH	• 65g Beef, mince or steak • 60g Pasta • 85g Apple • 135g Baby marrow	• 40g Pork steak or strips (or Beef) • 120g Mixed vegetables • 135g Baby marrow • 50g Rice, cooked	• 90g Chicken breast • 60g Mixed vegetables • 65g Potato, cooked in skin • 130g Paw paw	• 65g Beef, mince or steak • 60g Pasta • 60g Mixed vegetables • 115g Fruit salad	• 60g Fish, hake or tuna • 140g Greek salad • 50g Rice • 270ml Fruit juice	• 90g Beef, mince or steak • 140g Greek salad • 30g Cheese, feta • 60g Pasta	• 75g Chicken, fillet • 155g Green beans • 35g Dried fruit • 60g Pasta
DINNER	• 100g Fish, hake • 60g Potato • 140g Greek salad • 150g Banana, peeled	• 40g Pork steak or strips (or Beef) • 120g Mixed vegetables • 50g Rice, cooked • 85g Apple	• 90g Beef, mince or steak strips • 135g Baby marrow, cooked • 50g Rice, cooked • 130g Paw paw	• 65g Chicken, breast without skin • 60g Mixed frozen vegetables • 115g Fruit salad • 65g Potato, cooked	• 120g Mutton • 80g Green beans, Cooked • 70g Carrots, cooked • 90g Beetroot cooked	• 90g Pork steak or strips • 125g Mixed vegetables • 65g Potato • 75g Banana, peeled	• 105g Pork, fillet • 120g Mixed vegetables • 50g Rice, cooked • 130g Paw paw



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Stage 2: Energizer (Continued)

“Health and cheerfulness naturally
beget each other” - Joseph Addison

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	• 105g Pork fillet • 120g Mixed vegetables • 50g Rice, cooked • 40g Whole wheat bread	• 125ml Yoghurt (low fat) • 75g Grapes • 40g All Bran • 40g Whole wheat bread	• 30g Low fat cheese • 120g Tomato • 40g Whole wheat bread x 2	• 1 Egg • 120g Tomato • 40g Whole wheat bread x 2	• 125ml Milk (Low fat 2 %) • 40g All Bran • 85g Apple • 40g Whole wheat bread	• 125 ml Yoghurt (low fat) • 200g Paw paw • 40g All Bran or high fibre cereal • 40g Whole wheat bread	• 125ml Milk (Low fat 2 %) • 40g All Bran • 85g Apple • 40g Whole wheat bread
LUNCH	• 80g Chicken, mince or strips • 140g Greek salad • 60g Pasta • 85g Apple	• 40g Pork steak or strips (or Beef) • 120g Mixed vegetables • 135g Baby marrow • 50g Rice, cooked	• 90g Chicken breast • 60g Mixed vegetables • 65g Potato, cooked in skin • 130g Paw paw	• 65g Beef, mince or steak • 60g Pasta • 60g Mixed vegetables • 115g Fruit salad	• 60g Fish, hake or tuna • 140g Greek salad • 50g Rice • 270ml Fruit juice	• 90g Beef, mince or steak • 140g Greek salad • 30g Cheese, feta • 60g Pasta	• 75g Chicken, fillet • 155g Green beans • 35g Dried fruit • 60g Pasta
DINNER	• 100g Fish, hake • 60g Potato • 140g Greek salad • 150g Banana, peeled	• 40g Pork steak or strips (or Beef) • 120g Mixed vegetables • 50g Rice, cooked • 85g Apple	• 90g Beef, mince or steak strips • 135g Baby marrow, cooked • 50g Rice, cooked • 130g Paw paw	• 65g Chicken, breast without skin • 60g Mixed frozen vegetables • 115g Fruit salad • 65g Potato, cooked	• 120g Mutton • 80g Green beans, Cooked • 70g Carrots, cooked • 90g Beetroot cooked	• 90g Pork steak or strips • 125g Mixed vegetables • 65g Potato • 75g Banana, peeled	• 105g Pork, fillet • 120g Mixed vegetables • 50g Rice, cooked • 130g Paw paw

Foods: Defining

“Let food be thy medicine and
medicine be thy food”- Hippocrates

Refer to your eating plan and choose from the below food choices for your menu. Select only 1 or 2 from each group per week.



FRUIT

- Grapes (50g)
- Apples (65g)
- Fruit salad (115g)
- Fruit juice 100ml
- Naartjie (110g)
- Paw paw (120g)
- Grapefruit (140g)
- Kiwi (70g)
- Orange (130g)
- Mango (60g)



VEGETABLES

- Mushrooms (165g)
- Tomato, raw (120g)
- Cucumber (190g)
- Lettuce (210g)
- Broccoli, cooked (170g)
- Broccoli, raw (164g)
- Courgettes or baby marrows (135g)
- Green beans, cooked (155g)
- Tomato and onion, cooked (75g)
- Cauliflower, raw (115g)
- Cauliflower, cooked (180g)
- Spinach, raw (400g)
- Spinach, cooked (250g)



STARCH

- Rye vita (4)
- Pumpkin, cooked (120g)
- Carrots, cooked (100g)
- Carrots, raw (80g)
- Oats, cooked (110g)
- Maize porridge, cooked (100g)
- Bread, whole wheat (40g)
- Bread, seed loaf (45g)



POULTRY/ FISH

- Chicken breast (no skin allowed)
- Tuna (in water)
- Turkey (no skin allowed)
- Fish, hake



MEAT

- Ostrich, fillet



MILK / DAIRY

- Low fat milk (150ml)
- Yoghurt, plain (200ml)

(All milk must be low fat or 2%)





Stage 3: Accelerator

Your body is a temple, but
only if you treat it as one.

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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	• 40g Low fat cheese • 1 Vegetable • 1 Starch	• 100ml Yoghurt (low fat) • 1 Fruit • 1 Starch	• 40g Low fat cheese • 1 Vegetable • 1 Starch	• 100ml Yoghurt (low fat) • 1 Fruit • 1 Starch	• 125ml Milk (Low fat 2%) • 1 Fruit • 1 Starch	• 125ml Yoghurt (low fat) • 1 Fruit • 40g All Brand or high fibre cereal	• 125ml Milk (Low fat 2 %) • 40g All Bran • 85g Apple • 40g Whole wheat bread
LUNCH	• 50g Protein of your choice • 1 Vegetable • 1 Starch	• 100g Protein of your choice • 100g Peas • 2 Vegetables	• 50g Protein of your choice • 100g Beans, baked beans or lentils • 1 Vegetable	• 60g Protein of your choice • 2 Vegetables • 1 Starch	• 110g Protein of your choice • 2 Vegetables • 1 Starch	• 110g Protein of your choice • 100g Beans/peas • 2 Vegetables	• 110g Protein of your choice • 2 Vegetables • 1 Starch
DINNER	• 50g Protein of your choice • 1 Vegetable • 1 Starch • 1 Apple	• 50g Protein of your choice • 1 Vegetable • 1 Starch	• 60g Protein of your choice • 2 Vegetables • 1 Fruit	• 75g Protein of your choice • 1 Vegetable • 100g Beans, baked beans or chickpeas	• 50g Protein of your choice • 2 Vegetables	• 85g Protein of your choice • 2 Vegetables • 1 Starch	• 60g Protein of your choice • 2 Vegetables



Stage 3: Accelerator

(Continued)



A good laugh and a long sleep are
the best cures in the doctor's book

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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	• 125ml Yoghurt (low fat) • 1 Fruit • 40g All Brand or high fibre cereal	• 40g Low fat cheese • 1 Vegetable • 1 Starch • 40g Whole wheat bread	• 100ml Yoghurt (low fat) • 1 Fruit • 1 Starch	• 40g Low fat cheese • 1 Vegetable • 1 Starch • 40g Whole wheat bread	• 100ml Yoghurt (low fat) • 1 Fruit • 1 Starch	• 125ml Yoghurt (low fat) • 1 Fruit • 1 Starch	• 125ml Milk (Low fat 2 %) • 1 Fruit • 1 Starch
LUNCH	• 70g Protein of your choice • 2 Vegetables • 1 Starch	• 50g Protein of your choice • 1 Vegetable • 1 Starch	• 110g Protein of your choice • 100g Peas • 2 Vegetable	• 50g Protein of your choice • 100g Beans, baked beans or lentils • 1 Vegetables	• 60g Protein of your choice • 2 Vegetables • 1 Starch	• 110g Protein of your choice • 2 Vegetables • 1 Starch	• 110g Protein of your choice • 100g Beans or peas • 1 Starch
DINNER	• 15g Protein of your choice • 2 Vegetables • 1 Starch	• 50g Protein of your choice • 2 Vegetables • 1 Starch • 1 Apple	• 50g Protein of your choice • 2 Vegetables • 1 Fruit	• 60g Protein of your choice • 2 Vegetables • 1 Fruit	• 75g Protein of your choice • 100g Beans, baked beans or chick-peas • 1 Vegetables	• 50g Protein of your choice • 2 Vegetables	• 85g Protein of your choice • 2 Vegetables • 1 Starch



Products Daily Support



Fat Burners

Choose 1 or 2 **Fat Burners** based on your lifestyle and needs

	Fat Burn Serum
	Fat Burn Liquid - Original
	Fat Burn Capsules - One A Day
	Stimulant Free Fat Burn Capsules
	Incinerate Pro Burn Capsules
	Incinerate Night Burn Capsules
	Incinerate Pro Burn Liquid
	Amino Cut Liquid
	Pre-Workout
	Insulin Support Liquid

Slimz

SlimCut

Therapeutic
Conditions



Accelerators

Add these to **maximise** your results

	Detox Booster Liquid
	Vegan Collagen & CLA Capsules
	Calorie Blocker
	Eat - Less Capsules
	Watershred K+ Effervescent tabs
	Slimming Tea 20's
	Sweet No More Chews



Nutrition

Add these to your diet as **snack/meal replacements** or pre-workouts

	Collagen Shakes 525g Crème Brûlée
	Collagen Shakes 525g Straw & Cream
	Collagen Shakes 525g Choc Mouse
	High Fibre Smoothie Chai Tea
	High Fibre Smoothie Coffee
	High Fibre Smoothie Strawberry & Cream