

# The formoline L112 Eating Plan



## Introduction

Taking formoline L112 can help support weight loss. It also means you can enjoy some of your favourite higher fat foods without worrying about the consequences quite as much. To really optimise your weight loss results, we suggest you combine formoline L112 with our specially designed Eating Plan. Unlike many “diets” you may have tried in the past, it’s tasty, effective and fuss free!

## How it works

The formoline L112 Eating Plan is a delicious mix and match eating plan with a selection of calorie banded breakfast, lunches, dinners and snacks. You simply choose the meals you want, up to the calorie intake we recommend, whilst also taking formoline L112 alongside two of those meals every day. Remember - If you are planning drastic changes to your diet or significant weight loss, you should consult your doctor in advance.

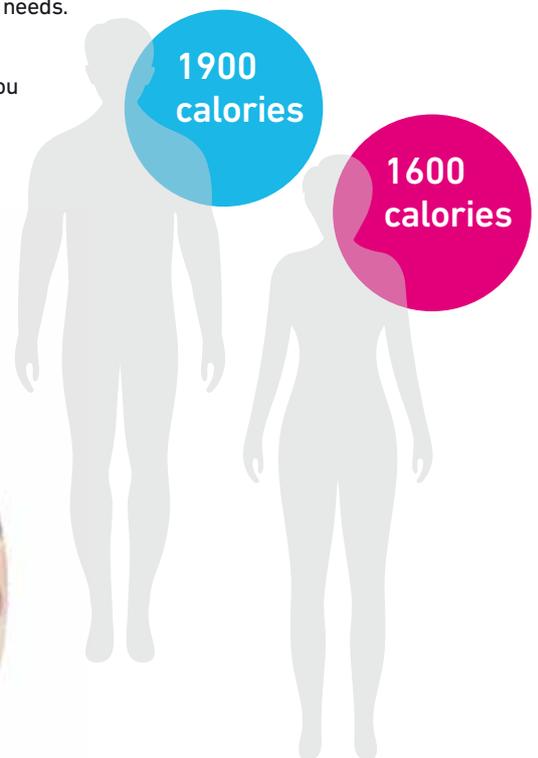


## What to expect

How much weight you lose will vary depending on many different factors that include your starting weight, gender, individual genetic makeup, dosage of formoline L112 you use and how active you are. However, by using formoline L112 and the Eating Plan together, you should be able to expect an average weight loss of a pound or two per week. For more information, please see the section entitled ‘How long should I stay on the formoline L112 Eating Plan?’

## Getting started – as easy as 1,2,3!

1. Choose a breakfast, lunch and dinner and then add any snacks up to your calorie allowance. **For women, we recommend around 1600 calories a day, and for men around 1900 calories.** Vary your choices as much as possible to ensure you adequately meet your nutritional needs.
2. **Take formoline L112 every day with your lunch and dinner** (not with breakfast or snacks as you won’t get the same benefit). You have complete flexibility on how you split your daily calories between meals.
3. You should also have **200ml semi-skimmed milk (or calcium-enriched plant alternative) daily** – this being extra to any milk in your meal plan. Use it to whiten teas and coffees or just drink as a glass of milk if you prefer. Other drinks should be calorie free – ideally just water and herbal teas. Alcoholic drinks need to be factored in as a treat and replace a snack.



## How long should I stay on the formoline L122 Eating Plan?

This is a balanced diet plan that can be continued for as long as it suits you, but we'd recommend you do add extra variety to your meals (whilst staying calorie-controlled) after 4 weeks. If you have more than 2 stone to lose, bear in mind that weight loss may be quite rapid at first but will slow as you reach your goal.

## Top weight control tips

Before you start your formoline L112 Eating Plan, here are four weight control tips that we recommend you try to follow:

- **Go to bed at a decent hour.**  
People who snooze for only five and a half hours a night eat on average 220 more calories per day – mainly as snacks - than people who get eight and a half hours sleep, research has shown. Being tired can mean you turn to food to try to raise your energy levels.
- **Use smaller plates.**  
A modest portion looks more substantial on a plate that's relatively smaller – and that's good for your dieting psychology.
- **Stay hydrated.**  
Before grabbing something to eat, check whether you're actually thirsty rather than hungry, because it's easy to confuse the two. For extra fullness with no calories, opt for sparkling water – the bubbles help to temporarily fill your stomach.
- **Take your time.**  
Eating more mindfully - putting your knife and fork down between bites, taking your time and taking time to notice how full you feel – will help you to stay on top of how much you eat. Try not to eat on your feet, or whilst watching TV. Focus on enjoying each mouthful instead!





## Store cupboard list

Here are a few items it's good to have ready to hand:

- Nuts, e.g. cashews
- Peanut butter
- Seeds – e.g. sunflower, chia, flax and pine nuts
- Rye crispbread
- Stock pots / cubes
- Black pepper
- Oils (olive and vegetable)
- Honey
- Mustard
- Mayonnaise
- Herbs and spices e.g. turmeric, oregano
- Canned tomatoes and sweetcorn
- Canned fish, e.g. tuna, sardines
- Pasta, rice, quinoa, couscous
- Oats and muesli
- Baked beans
- Ketchup
- Balsamic vinegar
- Dates
- Wasabi peas

**Remember:** Choose a breakfast, lunch and dinner and then add any snacks up to your calorie allowance. **For women, we recommend around 1600 calories a day, and for men around 1900 calories.** Vary your choices as much as possible to ensure you adequately meet your nutritional needs.



# breakfasts

## 400 calorie breakfasts

1 slice of wholemeal or seeded toast with 30g (golf ball size) peanut butter; one small ripe mango.

Scrambled egg (2 eggs, 1 tablespoon of milk and 2tsp butter, 2 grilled rashers of back bacon); 100g blueberries.

Avocado toast with beef tomato and egg: Toast 1 slice seeded bread and spread with 1/2 a smashed large avocado and 2 slices beef tomato. Serve with one poached egg. Top with fresh cracked pepper.

60g unsweetened fruit and nut muesli with 150ml semi-skimmed milk and a chopped banana

Chocolate chia breakfast pot with raspberries (see recipe)



## 500 calorie breakfasts

One pan English breakfast: Heat one tsp of butter and another of oil in a large frying pan. In the hot fat, cook 1 premium sausage and 2 slices of dry cure bacon, then fry 2 eggs and a large handful of mushrooms in the same pan without adding any more fat.

Seeded blueberry porridge: Make a bowl of porridge with 50g oats and 300ml semi- skimmed milk. Top with two tablespoons each of pumpkin seeds, sunflower seeds and flax seeds, plus 100g blueberries or frozen dark cherries (gently simmered down into a compote if you prefer.

1 all butter croissant with a tsp butter and 150g serving full fat Greek yogurt with a teaspoon of honey and 100g chopped fresh pineapple.

1 x 400g can baked beans on a thick slice of wholemeal unbuttered toast; 150ml glass of orange juice.

Salmon frittata (see recipe)



# lunches

## 400 calorie lunches

Tuna bean salad (see recipe)

100g tzatziki with 1 wholemeal pitta bread, toasted and cut into strips, and vegetable crudités; a banana.

1 wholemeal wrap filled with 1/4 mashed medium-sized avocado, 1 small diced grilled skinless chicken breast and lots of tomato and rocket.

Half a bag of full fat Caesar salad kit, topped with a warm medium size chicken breast; cherry tomatoes.

Asian Slaw baked potato (see recipe)

One tin of sardines in sunflower oil (drained on a slice of wholemeal or granary toast), with watercress; one small or half a large banana.

Salmon and couscous stuffed peppers with cream cheese and pine nuts (see recipe)



## 400 calorie packed lunch sandwich meal

Take two medium slices of wholemeal or Granary bread, or one large wholemeal wrap.

Spread with 25g smashed avocado, or 2 level tablespoons olive spread, or 1 ½ level tablespoons mayonnaise

Fill with 40g hummus, 75g chicken, 75g tuna or 100g prawns

Add lots of salad

**Also** eat a piece of fruit, e.g. apple or peach with your choice of above lunch

## 500 calorie packed lunch salad

Take a 100g cooked serving of cooked pasta shapes, quinoa, couscous or rice

Mix with 75g drained tuna in water, 75g chicken, 60g cooked edamame beans, 100g prawns or 30g feta

Add any combination of chopped pepper, cooked chilled peas, canned sweetcorn, chopped onion and leaves.

Dress with 1 ½ levels tablespoons mayo, 1 tablespoon olive oil or a rounded tablespoon fresh pesto

**Also** eat a piece of fruit, e.g. apple or peach with your choice of the above lunch



## lunches / dinners

### 500 calorie lunches / dinners

Chicken and avocado salad: Toss half a bag of rocket, spinach and watercress in a tablespoon of olive oil and some balsamic vinegar or squeeze of balsamic glaze. Top with a steamed shredded chicken breast, half a large chopped ripe avocado and a handful of chopped cherry tomatoes.

Smoked mackerel salad (see recipe)

Pork and lemon grass curry (see recipe), served with 100g straight-to-wok noodles

Chilled creamy prawn pasta: Mix 100g prawns, 80g chopped cucumber, a finely chopped spring onion and 5 chopped cherry tomatoes into 100g cooked, cold pasta. Stir through 2 level tablespoons of mayonnaise and a level tablespoon ketchup.

Crusted salmon with salsa (see recipe), served with rocket leaves and cherry tomatoes.



### 600 calorie dinners

Spaghetti Bolognese (see recipe); serve sprinkled with 10g rocket leaves per portion

Chicken peperonata (see recipe); eat with a small slice (40g) crusty bread and salad leaves drizzled with balsamic glaze.

Roast dinner: Serve 150g portion of lean roast pork or beef with 160g roast potatoes, 1 small Yorkshire pudding, 2 tablespoons each of carrots, peas and broccoli and gravy made from granules.

Friday night nachos (serves 2): Heat 1 x 400g can of chilli con carne in a saucepan and warm a 100g bag of plain tortilla chips in a dry frying pan over low heat. Pour the chilli over the warm tortillas and sprinkle over 100g grated mozzarella. Serve with crunchy strips of red pepper.

Thai style mackerel (see recipe)

1 pan fried 8oz (225g) lean sirloin or rump steak served with 150g (cooked weight portion) of oven chips, grilled tomatoes and bagged leaves

Sausages with tomatoey lentils (serves two): Stir fry one small onion and a crushed garlic clove in a tbsp. oil. Add a drained can of lentils, a can of tomatoes and simmer 4 ten minute. Serve with two good quality herby or spiced sausages and sautéed spinach.



### 800 Dinner Party

Starter

Fig, goat's cheese and pistachio salad (see recipe)

Main course

Monkfish and asparagus stir fry (see recipe)

Dessert

Simple Eton mess: For each person serve 1 crumbled meringue nest, with 150g strawberries and a heaped tablespoon (30g) whipped double cream



## snacks / drinks

### 200 calorie snacks

- 1 x 60g snack pot full fat hummus with carrot sticks
- 30g big handful of roasted unsalted cashew nuts
- 35g 70% cocoa dark chocolate
- 35g Somerset brie and a 100g bunch of red seedless grapes
- Pack of reduced fat plain crisps (from a multipack) and an apple
- 30g peanut butter (golf ball size serving) spread on celery sticks
- 3 dates and a small banana
- 1 large boiled egg smashed in a tablespoon of mayo with cress or cucumber
- 100g chicken tikka slices with 3 tablespoons tzatziki
- 1 rye crispbread topped with 30g full fat soft cheese and 45g smoked salmon



- If you wish to have an alcoholic drink, go for a small (150ml) glass of wine or a spirit and low calorie mixer (e.g. gin and diet tonic or whisky and soda), in place of a 100-calorie snack.
- Feel free to choose your own 100 or 200 prepackaged snacks from the supermarket (check label) – you may want to have a few sensible options secreted away in your office drawer to prevent uncontrolled snack attacks!

### 100 calorie snacks

- 100g prawns and a tbsp. sweet chilli dipping sauce
- 1 medium to large banana
- 100g of blueberries with 100g 0% fat Greek yogurt
- 50g reduced fat mozzarella with 80g sliced tomato
- A digestive biscuit and one easy peeler citrus fruit
- 65g chunky honey roast ham slices
- 1 slice of fruit loaf
- 25g handful of wasabi peas
- 2 Quorn mini eggs
- 300g bowl of carton carrot and coriander soup (check labels as they vary)

