

3 Element Health Plan Phase V (Final Phase)

Healthy Eating Plan

Week 21-24

Monday - Sunday

Breakfast

High fibre cereal or toast
Some low fat protein i.e. milk, yoghurt, egg
Fruit
Fruit juice
Coffee or tea optional.

Mid morning Snack

A piece of fruit

Monday - Sunday

Lunch

Soup or Salad starter
Wait for 8- 10 mins if possible
A meal consisting of
Carbohydrates i.e. rice, pasta, potatoes, bread
Some low fat protein
Vegetables
(Always check out www.wellnessradar.com for new exciting recipes)

Afternoon Snack

Piece of Fruit
Or
Fruit yoghurt
Or
A handful of nuts and seeds

Monday - Sunday

Dinner

Vegetable based soup or salad

(Always check www.wellnessradar.com for new exciting recipes)

For all Healthy Eating Recommendations please refer back to `About the 3 Element Plan` which can be found on the BBC 3Counties or WellnessRadar website.