



# Drop a dress size in 4 weeks!

If the festive blow-out has left you fearing your next fitting, don't panic - this easy diet plan will get your waistline back on track. And there's no calorie counting or difficult recipes required...

FEATURE: EMILY BERRYMAN IMAGES: ISTOCK

**W**e love the party season as much as anybody, but once the last champagne cork has been popped and all those mince pies have been scoffed, you can forgive us for experiencing the odd wave of BSA (Bathroom Scale Anxiety).

But instead of having a Bridezilla breakdown and start

screaming "postpone the wedding! My dress will never fit!", you can stop panicking.

We've teamed up with slimming goddess Joanne Reid Rodrigues and put together a four-week meal plan designed to help you drop a dress size and feel your absolute best on your wedding day.

It is packed with tasty but healthy meal options, so

there's no need for you to compromise on taste.

And the results could appear within weeks - in just one month you could lose up to 10lbs and be bouncing with energy.

Stay saintly for six weeks and you could even shift a whole stone!

So, listen up ladies, here's our cunning plan...

## THE RULES

The following steps are so easy to keep you'll barely notice you're 'dieting' at all...

- ✿ **Eat regularly.** You need to eat small meals regularly to look and feel your best - so don't skip meals. Each day choose a breakfast, lunch, dinner and snack from the plan. Extra fruit from breakfast can be saved for a snack later.
- ✿ **Ditch the white stuff.** White flour and sugar can play havoc with your blood-sugar levels, which can negatively affect your mood and energy and make you hungry.
- ✿ **Measure your milk.** Each day you can have either 300ml of skimmed milk or 300ml of Soya Light milk.
- ✿ **Add flavour.** All herbs and spices can be used freely, as can vegetables such as asparagus, green beans, radishes, celery and carrots.
- ✿ **Bin the booze.** Stay clear of alcohol and cut back on caffeine.
- ✿ **Look ahead.** Organise your meals in advance to help you stick to your plan.
- ✿ **Get plenty of sleep.** Most people need between seven to nine hours each night.
- ✿ **Be active.** Exercising regularly will boost your energy levels and make you feel good while you're losing weight.
- ✿ **Eat consciously.** Sit down and relax when you eat so you can focus entirely on your meals. Avoid eating on automatic pilot - and switch off the telly!

# Pick and choose from these healthy meal ideas

## Breakfast

- \* **Fruity bran cereal:** Add 45g of organic bran sticks with milk from the daily allowance (see rules) to a fruit salad of a banana, an apple and two kiwi fruits.
- \* **Scrambled eggs with grilled mushrooms:** Grill 10 button mushrooms and serve with two medium scrambled free-range eggs, made with milk from daily serving. Follow with an orange and an apple.
- \* **Cornflakes and fruit:** 45g of cornflakes with milk from daily serving, a sliced medium banana and a pear.
- \* **Jumbo oats and prune juice:** 45g of oat flakes made using water or milk from the daily serving. Enjoy 200ml of Sunsweet Californian Prune Juice.
- \* **Fruity yogurt:** Make a fruit salad with a chopped banana, 85g of seedless grapes and a tangerine. Pour over a 120g pot of fat-free probiotic yogurt and sprinkle with 7g of flaked almonds.
- \* **Porridge with sultanas and cinnamon:** Make 60g of porridge with milk from the allowance or use water. Stir in 30g of sultanas and a teaspoon of ground cinnamon. Follow with a tangerine.
- \* **Toast with banana, honey and peanut butter:** Spread a 30g slice of wholemeal or rye bread thinly with smooth peanut butter. Top with mashed banana and one tablespoon of manuka honey.

## Lunch

- \* **Baked potato with egg mayo:** Slice a medium free-range hard-boiled egg and mix with a tablespoon of reduced-calorie mayonnaise and black pepper. Serve with a baked potato (230g) and salad.
- \* **Lemon sole and mashed potato:** Sprinkle a 175g lemon sole fillet with lemon juice and pepper, then grill. Serve with mashed potatoes with milk from the allowance and fresh veg.
- \* **Oatcakes and hummus:** Enjoy three oatcakes with a 60g pot of reduced-fat hummus. Add tomatoes, cucumber and an olive.
- \* **Roast chicken pitta:** Have a roasted chicken breast (skin removed) with a tablespoon of reduced-calorie mayonnaise, red onion and curry paste. Serve in a toasted wholemeal pitta.
- \* **Baked potato with coleslaw and salad:** Top a baked potato (230g) with 60g of reduced-fat coleslaw. Serve with salad.
- \* **Mixed bean salad:** Place a large bunch of rocket, a chopped red onion and 400g tin of drained, mixed beans into a bowl. Dress with extra virgin olive oil and two teaspoons of balsamic vinegar.
- \* **Hummus-stuffed sweet potato:** Bake a sweet potato (230g) and slice in two. Spread with 60g of reduced-fat hummus and mix into the flesh of the potato.

## Dinner

- \* **Halibut with garden peas:** Place 175g of fresh halibut on baking foil. Add olive oil, lemon juice and pepper. Fold over to make a parcel. Bake for 25 minutes. Serve with peas.
- \* **Tuna melt:** Top a potato (230g) with a 100g can of tuna in water. Add a tablespoon of reduced-calorie mayonnaise, 15g of half-fat grated Cheddar cheese and grill.
- \* **Veggie noodles:** Boil 85g of mangetout, broccoli and mushrooms for two minutes. Pour 150ml of vegetable stock into a wok, add the veg and cook until tender. Add 85g of cooked non-wheat noodles, oyster sauce and hoisin sauce.
- \* **Tuna steak with mashed potatoes:** Grill 175g of tuna steak. Serve with vegetables and 145g of mashed potato using milk from the allowance.
- \* **Roast turkey and vegetable rice:** Enjoy the 115g turkey breast (skin removed) with brown basmati rice (60g dry weight) and steamed veg.
- \* **Baked potato with smoked salmon:** Sprinkle 100g of smoked salmon with pepper and lemon juice. Mix with a tablespoon of reduced-calorie mayonnaise. Serve with a potato (230g) and salad.
- \* **Grilled Dover sole:** Sprinkle a 400g fillet with lemon juice and black pepper then grill. Serve with fresh veg or salad.

**TOP TIP!**

Fill up on fresh fruit and vegetables, which could help to prevent you snacking on less nutritious food

**Snacks**

- \* A small pot of low-fat yogurt and an apple.
- \* 115g of seedless grapes and a handful of almonds.
- \* A sachet of Quaker Oats Oat So Simple and a pear.
- \* A small banana and a handful of sunflower seeds.
- \* A handful of almonds, a kiwi fruit and a handful of raisins.
- \* A small banana and a small pot of low-fat yogurt.
- \* 175g of chopped mango and one apple.
- \* Three organic oatcakes and a tangerine.
- \* Actimel probiotic drink with a small banana.
- \* 30g of trail mix (mixed nuts, seeds and raisins).



**Meet the expert** Joanne Reid Rodrigues is author of *Life Transformation Diet* (£9.99, Findhorn Press) and founder of Slimming Together ([www.slimmingtogether.com](http://www.slimmingtogether.com)), a weight-management and personal development programme.