

| | DAY 1 | DAY 2 | DAY 3 |
|-----------|--|--|--|
| BREAKFAST | <ul style="list-style-type: none"> • 250 ml low-fat milk • 200 g cooked oats (cool to lower GI) • 2 tsp G.I. Lean Xylitol (if desired) • ½ tsp cinnamon | <ul style="list-style-type: none"> • 250 ml low-fat milk • 50 g high fibre bran flakes • 2 tsp G.I. Lean Xylitol (if desired) | <ul style="list-style-type: none"> • 250 ml low-fat milk • 200 g cooked oats (cool to lower GI) • 2 tsp G.I. Lean Xylitol (if desired) • ½ tsp cinnamon |
| SNACK | <ul style="list-style-type: none"> • G.I. Lean Firm & Lean Snack Replacement Shake <i>or</i> • 1 medium orange/naartjie/apple • 1 cup G.I. Lean Hunger Buster Tea with 1 tsp G.I. Lean Xylitol (if desired) | <ul style="list-style-type: none"> • G.I. Lean Firm & Lean Snack Replacement Shake <i>or</i> • 1 medium orange/naartjie/apple • 1 cup G.I. Lean Hunger Buster Tea with 1 tsp G.I. Lean Xylitol (if desired) | <ul style="list-style-type: none"> • G.I. Lean Firm & Lean Snack Replacement Shake <i>or</i> • 1 medium orange/naartjie/apple • 1 cup G.I. Lean Hunger Buster Tea with 1 tsp G.I. Lean Xylitol (if desired) |
| LUNCH | <ul style="list-style-type: none"> • 2 slices low-GI wholegrain bread • 30 g low-fat cottage cheese • 70 g avocado • 1 cup chopped cucumber • 1 medium sized tomato • 1 boiled/poached egg • Lemon juice/balsamic vinegar and pepper can be added for salad dressing | <ul style="list-style-type: none"> • 1 medium sized boiled potato with skin (cool to lower GI) • 30 g low-fat cottage cheese • 30 g grilled chicken breast • salad (½ cup grated carrots, ½ cup grated cabbage, ¼ cup raisins) • Add lemon juice/orange juice and pepper to salad (if desired) | <ul style="list-style-type: none"> • 2 slices low-GI wholegrain bread (can be toasted) • Cook the following in a pan with 1 tsp garlic and 1 tsp canola oil: <ul style="list-style-type: none"> • ¼ cup chopped onions • ¼ cup green beans • ¼ cup chopped tomatoes • ¼ cup mushrooms • 1 boiled/poached egg |
| SNACK | <ul style="list-style-type: none"> • G.I. Lean Firm & Lean Snack Replacement Shake <i>or</i> • 125-190 ml plain, low-fat yoghurt • Add ½ tsp of cinnamon to yoghurt • 1 medium sized apple (without the skin)/banana • 1 tsp G.I. Lean Xylitol (if desired) • 1 cup G.I. Lean Hunger Buster Tea with 1 tsp G.I. Lean Xylitol (if desired) | <ul style="list-style-type: none"> • G.I. Lean Firm & Lean Snack Replacement Shake <i>or</i> • 125-190 ml plain, low-fat yoghurt • Add ½ tsp of cinnamon to yoghurt • 1 medium sized apple (without the skin)/banana • 1 tsp G.I. Lean Xylitol (if desired) • 1 cup G.I. Lean Hunger Buster Tea with 1 tsp G.I. Lean Xylitol (if desired) | <ul style="list-style-type: none"> • G.I. Lean Firm & Lean Snack Replacement Shake <i>or</i> • 125-190 ml plain, low-fat yoghurt • Add ½ tsp of cinnamon to yoghurt • 1 medium sized apple (without the skin)/banana • 1 tsp G.I. Lean Xylitol (if desired) • 1 cup G.I. Lean Hunger Buster Tea with 1 tsp G.I. Lean Xylitol (if desired) |
| DINNER | <ul style="list-style-type: none"> • 1 grilled chicken breast, cut in strips (¼ cup lemon juice, ginger/turmeric can be added to taste) • 100 g brown rice with lentils (cooked) • Use 5 ml canola oil • Stir-fry (1 cup raw cabbage, 1 cup raw grated carrots) • Add 2 rings of pineapple • ½ tsp of ginger and 1 tsp G.I. Lean Xylitol as spice for the stir-fry | <ul style="list-style-type: none"> • 200 g cooked whole wheat pasta • 60 g tuna, drained (canned, in water/brine) • ½ chopped onion • ½ cup cooked mushrooms • 2 tsp of low-fat margarine • 1 medium sized orange/naartjie | <ul style="list-style-type: none"> • 200 g unpeeled, baked sweet potatoes, cool to lower GI (boil until soft, cut in round segments and grill in oven) • 1 tsp G.I. Lean Xylitol (if desired) added to sweet potato • ½ onion, chopped • 1 tsp canola oil (to cook onion) • 1 cup raw spinach (add to onion) • Pepper and garlic to taste • 1 grilled chicken breast (pepper, turmeric and ginger can be added for taste if desired) • 2 tsp peanut butter (add to chicken during cooking process) |

Scientifically developed by a registered dietician.

*Note: Energy requirements differ according to level of activity, weight and age.

IMPORTANT TIPS FOR DETOXING:

- Do your 3 Day Detox over a weekend or during a time that is not overly stressful – detoxing should be an “unwinding” time for body and soul.
- Avoid alcohol, cigarettes, caffeine and junk food during the 3 Day Detox.
- Make sure that you never go hungry. If you need to snack, opt for healthy foods.
- Drink plenty of water (aim for 8 glasses of water daily). Half of this water can be used in herbal tea.
- Keep a jug of water with mint leaves in the refrigerator and drink regularly throughout the day. Make sure that the herbal teas you drink are caffeine free (e.g. rooibos).
- Avoid strenuous exercise over this 3-day period. Rather do stretching exercises such as yoga.
- Pamper yourself. Get plenty of rest, listen to soothing music or watch your favourite DVD. A relaxing body massage would be beneficial.
- It is normal for headaches to occur during your detox while your body eliminates toxins.

Once your 3 Day Detox is complete, you can embark on a low-GI weight loss programme.