



BURNFATEA.COM

Diet Plan

DIET PLAN



We have created this healthy eating plan to help you make the most of your Burnfatea Teatox. We recommend that you follow a calorie controlled diet and exercise.

For weight loss we suggest :

- Women should aim for around 1500 calories per day
- Men should aim for around 2000 calories per day
- Try to exercise 3 - 5 times a week for 45 mins - 1 hour.

You can follow our meal plan or create your own within the calorie limits above.

The Burnfatea meal plan is 1500 calories per day and provides breakfast, lunch, dinner and snacks.

Men should add 500 calories extra to the meal plan.

Disclaimer - We recommend talking to your GP before starting the Burnfatea teatox and diet plan to ensure it is suitable for your goals.

All the calorie information in this diet plan is approximate and can be affected by size, brands used and variations in foods.

The information in this plan is to be used as a guide and Burnfatea can not accept responsibility for any consequences arising from the use of this information.

Using your Burnfatea products with the diet plan

- The Teatox or Skin Teatox - Drink the day tea before, during or after breakfast and drink the night tea anytime after dinner.
- Crave Busters - Great to have with your snacks or between meals for a mini teatox & to aid cravings
- Energy - Ideal before/during a workout or when you need a pick me up during the day.

What foods are good on a Teatox?

Proteins	Fats	Carbs	Fruits	Vegetables	Seasonings
Lean Meat Turkey Chicken, Lean Beef Lean Pork Ham Lean Mince	Oils Olive Sunflower Coconut Groundnut	Breads Pitta Tortilla Sliced Bread Crispbread Oatcakes Bagels English Muffins	Berries Strawberries Blackberries Blueberries Blackcurrants Raspberries	Greens Broccoli Spinach Green Beans Peas Bok Choi Cabbage Asparagus Lettuce Rocket Sprouts Kale	Sea Salt Pepper Garlic Stock Cubes
Fish Salmon Tuna Cod Haddock Mackerel Plaice Lemon Sole Sea Bass Prawns Scallops	Nuts Almonds Walnuts Pecans Brazil Cashews Peanuts	Grains & Cereals Wheat Oats Rice Bran Cous Cous	Other Fruits Oranges Lemons Limes Grapefruits Apples Pears Plums Grapes Peaches Pineapple Nectarines Mango Passion Fruit Bananas Cherries Kiwi	Other Veggies Tomatoes Onions Peppers Aubergine Courgette Cauliflower Carrots Celery Cucumber Corn Olives Chillis Beetroot Artichokes Mushrooms Beansprouts Swede Parsnips Turnip Sweet Potato	All Herbs & Spices Oregano Sage Parsley Coriander Rosemary Thyme Curry Powder Mint Cinnamon Nutmeg Cardamom Ginger Vanilla
Free Range Eggs	Nut Butter Seeds Sunflower Pumpkin Linseed Chia Poppy	Pasta & Noodles Potatoes Beans, Lentils, Chickpeas, Houmous			Condiments & Sauces Mustard Reduced Sugar Ketchup Chilli Sauce Salsa Guacamole Low Fat Salad Dressing Low Fat Mayo Tomato Pasta Sauce Tomato Paste Soy Sauce Worcestershire Sauce, Vinegar Pesto Curry Sauce
Dairy Reduced Fat Cheddar Reduced Fat Halloumi Parmesan Reduced Fat Mozzarella Low Fat Cottage Cheese Light Cream Cheese Low Fat Fromage Frais Semi Skim Milk Soya Milk Greek Yoghurt Low Fat Yoghurt	Avocado	Sweeteners Honey Maple Syrup Reduced Sugar Jam		Vegetable Soups	
Vegetarian Protein Tofu Meat Free Products					

Tips for your Teatox

- Your meals should consist of equal parts protein and carbs with a little fat.
- Aim for 5 portions of fruit and veggies a day. A portion is around 80g. The more, the better! Try to include at least a portion with every meal. You can use fresh, frozen, tinned.
- It's important to keep hydrated, try to have 2 litres of liquid a day. Water and teas are best.
- Coffee is fine but try to have no more than 2 cups a day. Drink decaf if possible.
- Aim to have 7 - 8 hours of sleep every night.
- If you have a cheat day, don't give up, start again tomorrow with a positive mind.

Breakfast (Approx 350 calories, choose 1 option per day)



Ham 'n' Egg Muffin

Toasted English Muffin
+ 1 chopped boiled egg
+ 2 ham slices
+ 20g low fat cheese
+ 2 tomato slices
+ some spinach leaves

Sausage 'n' Egg Wrap

Mini tortilla wrap
+ 2 reduced fat sausages
+ 1 chopped boiled egg
+ 1 tbsp tomato ketchup
Have with a plum

Cheese on Toast

2 slices of wholemeal bread
+ 40g low fat cheese
Place under grill until golden.
Have with 80g fruit

Sunshine Omelette

3 medium eggs
+ 2 tbsp chopped frozen veg mix
Have with a medium banana

English Breakfast

2 grilled back bacon rashers
+ a poached egg
+ 85g baked beans
+ slice of toast
+ grilled tomato

Egg & Soldiers

2 soft boiled eggs
+ large toast slice
+ small fat free yogurt
+ 80g berries

Breakfast Pizza

1 medium tortilla wrap
+ 1 tbsp tomato paste
+ 30g grated low fat cheese
+ 1 tbsp chopped onion
+ 1 tbsp chopped pepper
Bake at 180°C until golden.
Layer with 2 ham slices
+ small handful of salad
Fold over in half and enjoy



Hearty Oatmeal

Porridge sachet (27g)
+ 180ml semi skim milk
+ 50g chopped fruit
+ 15g nuts
+ 1 tbsp honey or maple

Dreamy Yoghurt Parfait

Layer 20g bran cereal
in a bowl with :
+ 170g low fat Greek yoghurt
+ 1/2 chopped banana
+ 6 chopped walnut halves
+ 1 tsp honey

Cinnamon Fruit Bread

2 x Fruit bread slices
topped with :
170g low fat Greek yogurt
+ 1 tsp honey
+ 4 chopped strawberries
+ dash of cinnamon

Get Up and Go Smoothie

Blend medium banana
+ 2 tablespoons of oats
+ 50g berries
+ 150ml favourite milk
Have with a boiled egg
or 2 ham slices

Fruit Salad & Toast

100g tinned pineapple
+ 80g grapes
+ 4 strawberries
+ slice of toast
+ 30g light cream cheese
+ 2 ham slices

Peanut Butter Toast

Large toast slice
+ 1 tbsp peanut butter
Have with 2 boiled eggs
or 2 small fat free yoghurts

Quick Cereal

40g bran cereal
+ 150ml semi skim milk
+ 80g berries
Have with 2 low fat
snack cheeses

Lunch (Approx 400 calories, choose 1 option per day)



Soup & Salad

1 tin vegetable soup
+ Salad :
+ 1 chopped tomato
+ 1/4 chopped cucumber
+ Handful salad leaves
+ 3 slices of ham
+ 1 tbsp fat free dressing
Have with a toast slice

Tomato Chicken Pasta

Boil 50g dry pasta.
Saute :
+ 1/2 chopped pepper
+ 2 tbsp chopped onion
+ 2 chopped mushrooms
When veg softened, add:
+ 1/2 large chicken breast
+ 125g tomato pasta sauce
Simmer until meat is cooked.
Serve with the pasta

Turkey Cobb Salad

Bag of salad leaves
+ 1/2 chopped tomato
+ 1/4 diced avocado
+ 8 beetroot slices
+ 3 turkey slices
+ 1 chopped boiled egg
+ 30g grated low fat cheese
+ 2 tbsp fat free dressing
Have with 80g strawberries

Egg Mayo Muffin

1 toasted English Muffin
+ 2 chopped boiled eggs
+ 1 low fat cheese slice
+ 4 cucumber slices
+ some lettuce
+ 1 tsp light mayo
Have with 250ml tomato juice



Salmon & Cheese Bagel

1 toasted bagel
+ 35g light cream cheese
+ 2 salmon slices
+ 4 cucumber slices
Have with 80g cherry tomatoes

Chicken Pesto Pitta

1 toasted pitta
+ 1/2 chicken breast
+ 1 1/2 tsp reduced fat pesto
+ handful of rocket leaves
+ 2 tomato slices
Have with a low fat yogurt

Ham Melt Wrap

1 tortilla wrap
+ 30g low fat cheese
+ 3 ham slices
+ 1/4 chopped tomato
+ 1/4 chopped green pepper
Have with 80g carrot sticks

Asian Stir Fry

Saute 1/2 stir fry veg bag
with 1 tsp olive oil.
When veg has softened :
+ 1/2 large chicken breast
or 100g beef frying steak.
When meat is cooked :
+ 1 serving black bean sauce
Saute until sauce is hot
Have with 100g cooked egg noodles

Tuna Rice Salad

Boil 90g rice, add :
+ 1 can tuna
+ 3 tbsp petit pois peas
+ 2 tbsp chopped onion
+ 3 tbsp sweetcorn
+ 1 tbsp light mayo
+ squeeze of lemon

Beans on Toast

2 slices of toast
+ small 200g baked beans
+ large handful of salad
+ 1 tbsp fat free dressing

Roast Beef Sandwich

2 slices of bread
+ 2 slices roast beef
+ 1 slice low fat cheese
+ 1 tsp mustard
+ 6 gherkin slices
+ some rocket leaves
Have with 80g grapes

Jacket Potato

1 medium potato
+ 1/2 tin of tuna
+ 1 tbsp light mayo
+ large handful of salad
+ tbsp fat free dressing
Have with a satsuma

Dinner (Approx 450 calories, choose 1 option per day)

Greek Kebabs

Put on to skewers :
100g cubed pork loin
+ 1/2 green pepper
+ 1/4 sliced onion
+ 5 cherry tomatoes
+ 20g light halloumi
+ squeeze of lemon
& sprinkle of oregano
Bake at 190°C (170°C fan)
for 15 mins on a baking sheet.
Serve in a pitta with salad

Prawn Stir Fry

Saute 1 sliced garlic clove
& 1/2 sliced red pepper with
1 tbsp olive oil.
Remove from oil and saute
100g prawns for 3 mins.
Add 1 tbsp soy sauce &
50g baby spinach.
Cook until spinach wilts,
then add peppers & garlic.
Serve with 100g cooked
egg noodles

Thai Green Curry

Saute 100g chicken breast
+ 20g green curry paste,
+ 100ml light coconut milk
+ 1 tsp olive oil
When chicken is cooked, add:
+ 2 heaped tbsp peas
+ 1/4 sliced red pepper
Simmer until veg is soft.
Boil 40g rice and serve

Fajitas

Saute:
1 chicken breast
+ 1/4 red pepper
+ 1/4 green pepper
+ 1/4 onion, chopped
+ 1 tbsp fajita seasoning
+ 1 tsp olive oil
Place mixture into a
very large, warmed tortilla.
+ 1 tbsp salsa
+ 1 tbsp light cream cheese



Salsa Salmon

Squeeze 1/2 lemon on a salmon fillet,
and bake for 8 mins at 200°C (180°C fan).
For the salsa :
+ 6 cherry tomatoes, quartered
+ 1/4 garlic clove, minced
+ salt, pepper, sprinkle of oregano.
Boil 100g asparagus (5 mins) and 40g
cous cous.

Place tomato mixture on top of salmon

Sausages & Mash

Grill 2 reduced fat sausages
+ 1/2 pack (250g) ready made mash
+ 3 heaped tbsp peas
+ 75ml reduced salt gravy

Fish Supper

Ovenbake 1 battered
fish fillet, serve with :
+ 1/2 tin mushy peas
+ 1/3 tin new potatoes
+ squeeze of lemon

Mustard Chicken

Coat 1 chicken breast with :
+ 1 tbsp mustard
+ 1 tsp dried rosemary
+ 1/2 lemon juice
+ 1/2 garlic clove
Bake chicken breast 190°C (170°C fan)
until cooked.
Boil 60g rice and cook 100g cauliflower
with 1 tbsp parmesan cheese.
Serve with chicken

Spaghetti Bolognese

Saute 125g lean beef mince then
simmer with 125g bolognese sauce.
Boil 60g pasta, serve meat on top.
Have with large handful of salad
+ 1 tbsp fat free dressing

Sizzling Steak

Grill 1 sirloin steak (around 150g)
Serve with :
+ 1 tin mushrooms
+ 1/2 tin new potatoes
+ 2 tbsp cooked spinach
+ 100ml reduced salt gravy

Chicken Pesto Pasta

Boil 60g pasta,
+ 1 cooked chicken breast, sliced
+ 2 tbsp reduced fat green pesto
Serve with 80g Broccoli

Veggie Omelette

3 medium eggs
+ 3 tbsp frozen mixed veg
Have with a medium jacket potato
& 1/4 sliced cucumber

Snacks (Have up to 300 calories per day, whenever you need them)

SAVOURY



Mozzarella Salad (140 kcal)

40g sliced Mozzarella
+ 1 sliced tomato
+ Handful of spinach or basil
+ 1 tbsp Balsamic Vinegar

Mini Sandwich (160 kcal)

Medium bread slice
+ chopped boiled egg
or 2 ham slices
or 20g low fat Cheddar
+ 4 cucumber slices
+ 2 cherry tomatoes

Beans on Toast (150 kcal)

Medium slice of toast
+ 75g baked beans

Veggie Dippers (150 kcal)

100g carrot, celery
cucumber sticks
+ 40g low fat houmous
or 3 tbsp light cream cheese

Ham Salad (145 kcal)

3 turkey or ham slices
+ 100g chopped veggies
+ 1 tbsp low fat salad dressing

Crispbread Crunch (130 kcal)

2 crispbreads
+ 30g light cream cheese
+ cucumber slices

Cheese 'n' Tomatoes (115 kcal)

2 low fat snack cheeses
+ 80g cherry tomatoes

Boiled eggs x 2 (130 kcal)

Vegetable soup tin (170 kcal)

Nuts, 25g (150 kcal)

SWEET



Fruit Salad (140 kcal)

50g chopped apple
+ 80g grapes
+ 100g tinned pineapple

Strawberries 'n' Cream (90 kcal)

130g chopped strawberries
+ 100g fat free fromage frais

Pineapple Custard (160 kcal)

125g low fat custard, heated
+ 40g tinned pineapple

Sliced apple (150 kcal)

+ 1 tbsp peanut butter

Fruity Green Smoothie (175 kcal)

Blend 40g tinned mango,
+ 40g tinned peach,
+ 40g spinach,
+ 1 medium banana
+ 200ml water

Yogurt Delight (130 kcal)

170g fat free Greek yogurt
+ 1 tsp honey
+ Half a chopped peach

Banana Split (170 kcal)

1 banana sliced lengthways
+ small fat free fruit yoghurt
+ 8 raspberries

Fruit Toast (130 kcal)

Slice of fruit toast
+ 1 tsp reduced sugar jam

2 small fruit yoghurt pots, low fat (120 kcal)

Most fruits, 100g
(Approx 35 kcal)

Banana, medium (105 kcal)