

# Day 1

(1460 calories)



## Breakfast:

**Homemade muesli with soya milk, topped with a banana**

**Tea or coffee**

## Recipe

**Homemade muesli with soya or rice milk topped with a banana**

*10 mins cooking. Serves 4-6*

200g/7oz jumbo porridge oats  
75g/3oz barley or rye flakes  
50g/2oz chopped hazelnuts  
50g/2oz linseeds  
50g/2oz pumpkin seeds  
50g/2oz sultanas  
50g/2oz dried, ready-to-eat apricots, roughly chopped  
50g/2oz dried, ready-to-eat figs, roughly chopped

Preheat the oven to 160°C/Gas 3. Place the oats, barley or rye flakes, hazelnuts and seeds on a large baking tray and toast in the oven for 10 minutes, shaking and turning in the tray halfway through.

Take the tray from the oven and leave to cool: this should only take about 10 minutes. Mix the toasted ingredients with the sultanas, apricots and figs. These fruits are only suggestions: you can use whatever you prefer. Add milk and serve.

## Snack:

**Kiwi and apple fruit salad**

**Rooibos tea**

## Lunch:

**Celeriac and pomegranate salad**

**Soya yoghurt**

**Apple**

**Sunraysia Williams Pear Crush**

## Recipe

**Celeriac and pomegranate salad**

*30 mins preparation, 10 mins cooking. Serves 1*

2 tbsp olive oil  
1/2 lemon, juice and zest  
1 tbsp honey  
1/2 tsp red wine vinegar  
1/2 pomegranate, seeds removed  
100g/3 1/2oz celeriac, sliced finely  
100g/3 1/2oz fennel, sliced finely  
1 tbsp chopped chives

In a large bowl, whisk together the oil, lemon, honey and vinegar. Add the pomegranate seeds, celeriac, fennel and chives to the dressing and mix. Season and serve.

# Day 1

## Snack:

**2 x wholemeal ricecakes  
with cottage cheese and  
a sprinkle of fresh chives**

## Dinner:

**Baked aubergine stuffed  
with quinoa, served with  
tomato salad**

**Mint tea**

## Recipe

**Baked Aubergine stuffed with quinoa served with salad**  
30 mins preparation, 25 mins cooking. Serves 2

1 aubergine  
100g/3<sup>1</sup>/<sub>2</sub>oz cous cous  
1 cinnamon stick  
¼ tbsp dried chilli  
1 tbsp curry powder  
1 tbsp garlic, chopped  
1 tsp ginger, chopped  
2 tomatoes, seeded and diced  
4 mushrooms  
40ml/1<sup>1</sup>/<sub>2</sub>fl oz vegetable stock  
olive oil  
1 tbsp pine nuts

Preheat oven to 200°C/Gas 6. Slice the aubergine in half and bake for 20 minutes or microwave on high for 3 minutes. Spoon out the flesh and reserve. Prepare the couscous by placing the cinnamon stick, curry powder, garlic, ginger and diced tomato in an dish with the couscous, pour over boiling vegetable stock. Cover and leave for 5-10 minutes. Mix the aubergine flesh with the couscous mixture. Drizzle with olive oil and sprinkle on the pine nuts. Finally place under the grill for 5 minutes and serve with salad.



*Pear crush contains vitamin C  
and vitamin K, which are good for  
blood health.*

*Pomegranates contain anti-  
oxidants. Ginger and chilli are  
thought to improve energy levels.*

*Quinoa, an ancient food that has  
been eaten since 3000 B.C., is high  
in calcium and protein.*

# Day 2

(1330 calories)



## Breakfast:

**Poached egg and grilled tomatoes on two slices of rye bread with butter**

**Sunraysia 100% prune juice**

**Green tea**

## Snack:

**Kiwi and apple fruit salad**

**Rooibos tea**

## Lunch:

**Prawns with baby spinach in wholemeal pitta bread served with ½ tbsp of dill mayonnaise**

**Assortment of chopped raw vegetables – baby carrots, baby sweetcorn and sugar snap peas**

### Recipe

#### **Dill Mayonnaise**

*10 mins preparation. Makes 180ml*

1 tbsp caster sugar

1 egg yolk

4 tbsp freshly chopped dill

150ml/¼pt vegetable or groundnut oil

1 tbsp white wine vinegar

Whisk sugar and egg yolk together. Add dill. Add oil gradually along with wine vinegar and continue to whisk until a mayonnaise is formed. Alternatively use a food processor. Add ½ tbsp to the pitta bread and prawns.

## Snack:

**Two satsumas**

**Glass of soya milk**

# Day 2



## Dinner:

**Vegetarian chilli served with wild rice**

**Mint tea**

## Recipe

**Vegetarian chilli served with wild rice**

*10 mins preparation, 25 mins cooking. Serves 4*

2 cloves garlic  
1 stick lemongrass  
1 red chilli  
2 carrots  
1 onion  
4 sticks celery  
2 red peppers  
100g/4oz lentils  
400g tin of chopped tomatoes  
400g tin kidney beans  
550ml/1 pint vegetable stock  
Chopped coriander

Either chop the vegetables, garlic, lemongrass and chilli or use a food processor to coarsely chop. Cook in 2 tbsp oil until softened. Add the lentils, chopped tomatoes, kidney beans and stock. Simmer for 20 minutes.



*Delicious prune juice contains phenolic compounds that may help manage blood sugar levels.*

*Green tea is thought to have weight loss properties.*

*Lentils and kidney beans are an excellent source of iron and fibre.*

# Day 3

(1460 calories)



## Breakfast:

**½ grapefruit with  
English honey**

**1 slice rye toast with  
butter and marmalade**

**Tea or coffee**

## Snack:

**Handful of dried fruit e.g.  
cranberries, apricots,  
banana chips**

## Lunch:

**Feta and roasted  
pepper salad**

**Two organic crispbread  
with peanut butter**

**Mint tea**

### Recipe

#### **Feta and roasted pepper salad**

*30 mins preparation, 10 mins cooking. Serves 1*

1 roasted red pepper from a jar  
¼ cucumber  
handful rocket leaves  
1 clove garlic, thinly sliced  
handful chickpeas from a can, rinsed and drained  
handful olives, pitted  
1 tbsp olive oil  
juice of ½ lemon  
2 tsp sesame seeds  
110g/4oz feta cheese, cubed

Slice the pepper and chop the cucumber. Mix pepper, cucumber, rocket, garlic, chickpeas and olives together. Mix olive oil and lemon juice together, dress salad. Finish by adding feta cheese and sprinkling sesame seeds on top.

## Snack:

**Handful of walnuts**

# Day 3



## Dinner:

**Salmon fillet with a vinaigrette served with steamed asparagus, runner beans, okra and new potatoes**

**Sunraysia Pure Squeezed Organic Carrot Juice**

## Recipe

### **Salmon fillet with a vinaigrette sauce**

*20 mins preparation, 25 mins cooking. Serves 4*

4 small salmon fillets  
2 tbsp light olive oil  
16 asparagus spears  
20 okra with end removed  
handful of pea shoots

For the sauce:

2 tbsp finely chopped shallots  
150ml/5½fl oz white wine vinegar  
1 tsp grated lemon zest  
50g/2oz unsalted butter

To make the vinaigrette, boil the shallots with the white wine in a small saucepan until reduced by half. Add the lemon zest and allow to infuse for a few minutes. Add a knob of butter and melt, leave the sauce to one side.

Season the salmon with salt and freshly ground white pepper and fry skin-side down in a hot pan using the olive oil. Cook until the skin is nicely crisp and the fish is just cooked. This should take 5-8 minutes, depending on the thickness of the fillets.

While the fish is cooking, slice the asparagus and leeks, then steam the asparagus, okra and leeks until just tender. Mix in the pea shoots. Serve the salmon fillets with the sauce, vegetables and with new potatoes.



*Carrot juice and peppers are rich in beta-carotene, which fights the free radicals that contribute to ageing.*

*Salmon contains omega-3 fats, which support heart health and mental function.*

*Asparagus is high in folate, which can boost mood.*

# Day 4 (1420 calories)



## Breakfast:

**Two slices wholegrain toast with scrambled eggs**

**Large slice of melon**

**Tea or coffee**

## Snack:

**Low fat yoghurt or soya yoghurt**

## Lunch:

**Tuna, bean and corn salad served with a slice of rye bread with butter**

**Rooibos tea**

### Recipe

#### **Tuna, bean and corn salad**

*10 mins preparation. Serves 2*

125g can tuna, drained  
165g can sweetcorn with peppers, drained  
½ red onion  
200g can cannelloni beans  
2 handfuls mixed salad leaves  
1tbsp olive oil  
2 tsp lemon juice  
pinch mild chilli powder  
4 x oat cakes to serve

Mix the tuna with the sweetcorn, onion and beans. Season. Divide the salad leaves between 2 plates and pile tuna mix on top. Drizzle over the oil and lemon juice and sprinkle with the chilli. Serve with oat cakes.

## Snack:

**Handful of red grapes**

**Sunraysia Alphonso Mango Crush**

# Day 4



## Dinner:

**Cous cous with Swiss chard and soya beans**

**Glass of red wine**

## Recipe

**Cous cous with Swiss chard and soya beans**

*10 mins preparation, 20 mins cooking. Serves 4-6*

1 onion  
3 cloves garlic  
1 tbsp olive oil  
1 large bunch Swiss chard  
250ml vegetable stock  
650g/1 1/2 lbs ripe tomatoes  
400g soya beans

Sauté the onion with garlic in the olive oil. Add the Swiss chard with the stock, cover and cook until it wilts down. Stir in the diced ripe tomatoes and soya beans. Season and cook for 5 minutes. Serve with cous cous.



*Mango crush is rich in beta-carotene.*

*Soya is one of the best sources of isoflavones, which improve heart health and can calm menopausal symptoms.*

*Tuna is high in protein.*

# Day 5 (1300 calories)



## Breakfast:

**Mixed fruit salad with  
150ml natural yoghurt  
(try a mix of blueberries,  
blackberries and  
raspberries)**

**Green tea**

## Snack:

**Wholemeal scone with  
apricot conserve**

## Lunch:

**Alfalfa, chicken and  
avocado salad**

**½ mango cut into pieces**

**Rooibos tea**

### Recipe

#### **Alfalfa, chicken and avocado salad**

*10 mins preparation. Serves 4*

85g/3oz sesame seeds  
110g/4oz unblanched almonds  
4 tbsp olive oil  
1 tsp Dijon mustard  
1 lemon, juice only  
1 tbsp cider vinegar  
pinch of ground black pepper  
2 avocados - ½ per person  
100g/4oz alfalfa sprouts, rinsed and drained  
250g/10oz of pre-roasted chicken or 2 roasted chicken breasts

Reserve a spoon of sesame seeds and roast the rest in a dry pan for 5 minutes. Put everything else, except the avocado, alfalfa and chicken, into a blender or food processor. Whiz on full power until you have a mayonnaise-like sauce, add a little water if needed.

Cut the avocados in half and remove the stones and skins. Slice thinly. Arrange the avocado on plates and divide the alfalfa sprouts and chicken evenly between four plates. Pour the sauce on top and sprinkle with seeds.

# Day 5



## Snack:

**Handful of dried tropical fruit e.g. mango, papaya, pineapple**

**Sunraysia Pure Squeezed Beetroot and Evesse Apple Juice**

## Dinner:

**Creamy tomato and pepper pasta with lambs lettuce splashed with balsamic vinegar and walnut oil**

**Rosehip tea**

## Recipe

### **Creamy tomato and pepper pasta**

*10 mins preparation, 45 mins cooking. Serves 4*

900g/2lb ripe tomatoes  
1 red pepper  
2tbsp olive oil  
2 garlic clove/12oz pasta shells  
4 tbsp 1/2 fat crème fraiche  
handful of basil

Preheat the oven to 200°C/Gas 6. Quarter the tomatoes, chop the pepper and garlic. Place on roasting tin and drizzle with the oil. Roast for 30-35 minutes, stir half way through cooking.

Meanwhile cook the pasta. Remove the vegetables from the oven, stir through the crème fraiche and season. Stir into the pasta and serve with chopped basil.



*Avocados contain over 25 vitamins, minerals and phytonutrients including lutein, which is beneficial for eye health.*

*Beetroots are rich in antioxidants and Evesse Apples are a rich source of polyphenols, which can help maintain healthy blood circulation.*

# Day 6

(1500 calories)



## Breakfast:

**Porridge with sultanas and honey, made with half soya milk, half water**

**Tea or coffee**

## Snack:

**Strips of raw yellow pepper and carrots with hummus dip**

**Rosehip tea**

## Lunch:

**Jerusalem artichoke soup with a wholemeal roll and butter**

**Two passion fruit and 1 sharon fruit**

### Recipe

#### Jerusalem artichoke soup

*10 mins preparation, 30 mins cooking time. Serves 4*

10g butter/1/2 oz  
1 onion  
400g/500g Jerusalem artichokes  
300ml/1/2 pint vegetable stock  
pinch of sugar  
300ml/1/2 pint milk  
2 tbsp 1/2 cream to serve

Heat butter in a large pan, add the onions and cook until softened. Add the peeled, sliced artichokes and sweat for 10 minutes. Add the stock and sugar and season. Simmer for 20 minutes. Liquidise, then pour back into the pan with the milk. Bring to the boil then stir in the cream.

## Snack:

**Two rice cakes with English honey**

**Sunraysia Pure Squeezed Tomato Juice**

# Day 6



## Dinner:

### **Oriental beef stir fry**

### **Dandelion coffee**

## Recipe

### **Oriental beef stir fry**

20 mins preparation (including marinating time),  
10 mins cooking. Serves 4

400g beef cut into strips  
1tsp ginger  
2 cloves garlic  
1 tbsp lemon juice  
1 tsp honey  
3 tbsp soy sauce  
2 tbsp groundnut oil  
1 Chinese leaf cabbage  
10 spring onions  
150g/5oz baby sweetcorn  
100g/4oz sugar snap peas  
200g/7oz bean sprouts

Prepare the marinade – chop the ginger, garlic and mix with the lemon juice, honey and soy sauce. Mix into with the beef and marinade for 10 minutes. Cook with 2 tbsp oil in wok. Add the Chinese leaf cabbage, shitake mushrooms, spring onions, baby sweetcorn, sugar snap peas and bean sprouts and stir fry. Serve with wild rice.



*Tomato juice is a rich source of lycopene, thought to prevent cancer.*

*Artichoke is high in potassium which is linked to improved blood pressure.*

*Dandelion coffee can aid sleep and relaxation.*

# Day 7

(1460 calories)



## Breakfast:

**Homemade muesli with soya milk, topped with a banana**

**Tea or coffee**

**Sunraysia Pure Squeezed Prune Juice**

## Snack:

**Handful of walnuts**

## Lunch:

**Noodle soup**

**2 x rice cakes with Emmental cheese**

**Mint tea**

### Recipe

#### Noodle soup

*5 mins preparation, 10 mins cooking time. Serves 2*

5 shitake mushrooms (fresh or dried)  
1 clove garlic, finely chopped  
1/2 red pepper chopped  
handful of broccoli florets  
200g rice noodles  
1/4 pint boiling vegetable stock  
dash of soy sauce

Stir-fry the mushrooms, garlic clove and pepper with the broccoli until soft. Add the rice noodles along with the stock and soy sauce. Cook for a couple of minutes or until noodles are soft.

## Snack:

**Juicy apple**

# Day 7



## Dinner:

**Spiced chicken with figs  
served with wild rice**

**Glass of red wine**

## Recipe

### **Spiced chicken with figs**

*20 mins preparation time, 20 mins cooking. Serves 1*

1 tbsp ground cumin  
1 tbsp ground coriander  
pinch dried chilli flakes  
½ tbsp cracked black pepper  
1 chicken breast, cut into slices  
1 tbsp olive oil  
15g/½oz butter  
1 tsp honey  
2 figs, cut in half lengthways  
splash balsamic vinegar

Preheat the oven to 220°C/Gas 7. Mix the coriander, cumin, chilli flakes and peppercorns in a bowl. Add the chicken and turn to coat well. Heat the oil in an ovenproof pan. Cook the chicken for two minutes, until golden brown. Turn the breast over then transfer to the oven to roast for 10-12 minutes, or until completely cooked through.

Heat the butter in a frying pan and add the honey. Place the figs open-face down into the pan and then place into the oven to cook for five minutes, or until sticky and soft. Remove the figs from the oven and add a splash of balsamic vinegar to the pan. Place over a high heat for one minute to reduce.

To serve, place the chicken onto a plate and arrange the figs around it. Serve with wild rice and drizzle the juices from the pan over the top.



*Prunes contain a natural sugar (sorbitol) that aids bowel health.*

*Blueberries are a major source of antioxidants. Figs are rich in fibre.*

*Mint tea helps digestion after meals.*

# Congratulations!

Now you've done all seven days of our tasty, low calorie diet then why not share your experiences with other Sunraysia dieters?

We'd love to hear how you got on so please come and tell us all about it at our Sunraysia Facebook page.

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