

»Getting started

- Get ready, it's curry o'clock! All you have to do is follow this plan, which includes one breakfast, lunch and dinner, and two snacks per day.
- Aim to drink at least 2 ltr daily of water, herbal tea, low-cal squash or tea and coffee with a splash of semi-skimmed milk. No booze!
- Follow the plan for a month to lose up to a stone.

»Monday

BREAKFAST: FRUIT SALAD: 2 pieces of chopped fruit, topped with 1 low-fat yogurt.
SNACK: 2 Ryvitas with low-fat spread and salad.
LUNCH: Any pre-made sandwich less than 350 cals. 1 apple.
SNACK: 1 slice of melon, handful of strawberries.
DINNER: BEEF KOFTA CURRY: Put 200g extra-lean minced beef in a bowl with ½ tsp of grated ginger, 1 crushed garlic clove, 1 tsp of cinnamon and 1 tsp of chilli powder. Mix with hands, form into golf balls and set aside. Put 1 tsp of curry powder, ½ a carton of passata and a pinch of sugar in a saucepan, bring to the boil, then simmer while adding meatballs to sauce. Cook for 15-20 mins, turning now and then. Serve with cupful of boiled rice.



A tasty kofta

»Tuesday

BREAKFAST: 1 sachet of Oat So Simple with ½ pt of semi-skimmed milk. 1 banana. **SNACK:** 1 piece of fruit.
LUNCH: Any pre-made salad under 350 cals. 1 Ryvita. **SNACK:** 1 Go-Ahead bar. **DINNER: CURRY LAMB KEBABS WITH MINT RAITA:** Preheat oven to xxx. Mix ½ tsp ground ginger, coriander, cinnamon and cumin seeds with a pinch of salt, squeeze of lemon juice and 1tbsp olive oil in a bowl. Cut ½ cm strips off a small neck of lamb fillet (150g) and marinate in the spice mix for 1hr or overnight. Cook in the oven on a non-stick baking sheet for 20 mins. For the raita, mix 1in of diced cucumber and ½ tsp of chopped mint into a small pot of low-fat yogurt. Serve the lamb on skewers, ½ a pitta and the raita as a dip.

»Wednesday



Guilt-free chicken curry!

BREAKFAST: 2 grilled Quorn sausages, 1 poached egg, 4 tbsp low-sugar baked beans and unlimited grilled mushrooms.
SNACK: 1 low-fat yogurt.
LUNCH: 1 small jacket potato topped with ½ a can of low-sugar baked beans and a small blob of low-fat spread.
SNACK: Small bowl of crudites and 2 tbsp low-fat hummus.
DINNER: WEIGHT WATCHERS CHICKEN CURRY. 1 low-fat yogurt.

»Thursday

BREAKFAST: 40g of bran flakes with ½ pt of semi-skimmed milk.
SNACK: 1 piece of fruit.
LUNCH: Cook 2 frankfurters and serve in a hot dog roll topped with a little tomato sauce. 1 small pot of low-fat yogurt. **SNACK:** Cup-A-soup with 1 crispbread. **DINNER: COD & ROAST VEG:** Roast 150g cod in foil with strips of red pepper, chunks of 1 red onion and 3 tomatoes, sprayed in low-fat spray oil. Serve with 4 new potatoes coated in a small blob of low-fat spread and lots of green vegetables.



Hot dog heaven!

TOP TIP! Choose a really hot curry like a vindaloo (if you can manage one!). It's hard to eat too much.

SAINTS & SINNERS

Indian STARTERS

SINNERS: Onion bhajis and samosas are deep-fried.

SAINTS: Poppadums or salad.

MAINS

SINNERS: Masala, passanda and korma dishes are creamy and high in fat.

SAINTS: Jalfrezi, rogan or Madras (tomato-based sauces), plus dry dishes like tandoori chicken.

SIDES

SINNER: Pilau rice is cooked with oil.

SAINT: Boiled rice.

SINNERS: Naans are packed with calories.

SAINTS: Chapatis.

Thai STARTERS

SINNERS: Spring rolls and prawn crackers are high in fat.

SAINTS: Tom yum soup or salad.

MAINS

SINNERS: Thai red or green curries are made with high-fat coconut milk.

SAINTS: Thai veggie stir-fry or any steamed fish and vegetable dishes.

SIDES

SINNER: Egg-fried rice.

SAINT: Boiled rice.

»Please consult your doctor before starting this or any other diet plan

TOP TIP! Go for chicken, prawn or veg curries, all lower in calories and fat than meat variations.

Lose 1 stone eating CURRY

Enjoy curries without the waistline worries and have a weekly takeaway, too...

»Friday

BREAKFAST: BEANS ON TOAST: 2 slices of wholemeal toast, spread with low-fat spread and topped with a third of a tin of low-sugar baked beans.
SNACK: 2 rice cakes spread with low-fat spread and Marmite.
LUNCH: 1 tortilla filled with 100g of chicken breast, a handful of salad leaves, 6 cherry tomatoes, 1in of diced cucumber and shredded lettuce.
SNACK: SNACK PLATE: ½ red pepper and 1 carrot, chopped into sticks; 2 celery sticks and 2tbsp of salsa. **DINNER: SPEEDY VEG CURRY:** Parboil 1 sliced carrot and 3 halved new potatoes, mix with 3tbsp of chickpeas, ½ a chopped courgette, 75g of Quorn chunks and sliced mushrooms, plus ½ a jar of Homepride Curry Cook In Sauce. Cook and serve with 1 cup of boiled rice.

Try a healthy-size portion of chicken tikka masala



»Saturday

BREAKFAST: 2 Weetabix with ½pt of semi-skimmed milk, topped with a pinch of raisins.
SNACK: 1 piece of fruit.
LUNCH: TUNA NIÇOISE SALAD: Mix a tin of tuna in spring water with 1 sliced, boiled egg, 1tbsp of lentils, lettuce, cucumber, onion and tomatoes. Serve with 1 rice cake.
SNACK: Bowl of sugar-free jelly topped with sliced strawberries.

DINNER: TAKEAWAY TIME: Choose one of the slimmer curries from the Saints & Sinners box (opposite) with plain rice. Have ½ a carton each of curry and rice, with 1 poppadum.

»Sunday

BREAKFAST: 1 grilled kipper and unlimited grilled tomatoes and mushrooms. 1 apple.
SNACK: 1 bag of Ryvita Minis.
LUNCH: SPANISH OMELETTE: Sauté ½ a pepper and ½ a red onion. Then whisk 2 eggs and cook everything together in a frying pan with ½ tsp olive oil (use low-fat spray if you need more). When the omelette is set, serve with an unlimited green salad. **SNACK:** 1 handful of carrot sticks and 2tbsp low-fat guacamole.
DINNER: PORK CHOP & VEG: Roast 1 pork chop, 1 courgette and 2 large carrots, diced, with 3 par-boiled potatoes, all sprayed with low-fat cooking oil spray. Serve with steamed broccoli.



Whip up an omelette