

A PRODUCT OF LIGHTSCULPT MEDICAL

# NEOSHAPE™

medical weight loss programme



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## THE NEOSHAPE MEAL PLAN GUIDE

### THE NEOSHAPE DIET

The aim of the Neoshape diet plan, is to provide a calorie restricted diet, which still provides you with all the vitamins and minerals you need to maintain a healthy lifestyle. The calorie restricted diet will aid in accentuating the effect of the HCG injections and help you achieve your weight loss goals in a shorter period of time.

There are 2 diets as part of the programme:

- Initial meal plan guideline: To assist with initial weight loss and accentuation of the HCG injections
- Maintenance meal plan guideline: Increased calorie intake to maintain desired body weight. This will be provided in the maintenance plan booklet.

# INITIAL MEAL PLAN GUIDELINE

**Breakfast:** NeoShake (1 Flat scoop in 200ml water or milk)

**Mid Morning:** 1 Fruit (100g-150g serving) with a handful of nuts (Not Peanuts)

**Lunch:** 100g-120g Protein and 120-150g Vegetables/Salad

**Mid Afternoon:** 1 Fruit (100g-150g serving) with a handful of nuts (Not Peanuts)

**Dinner:** 100g-120g Protein and 120-150g Vegetables/Salad

## Fluids

Water: 2-3 litres per day

Coffee/Tea: Black is preferable, but fat free milk can be used. Xylitol should be used to sweeten if desired.

Diet Cold Drinks

3 units of alcohol are allowed per week, and should be restricted to low calorie alcohol such as whisky or dry white wine.

## What to Avoid:

All forms of refined sugar

Sugary drinks, such as carbonated drinks, vitamin waters etc..

Fruit juices

Pork, Lamb and any other fatty meats

Any form of white flour: White/Brown bread, rusks, biscuits, cereals, pastries, etc..

Oils and fats, such as butter, margarine, sunflower oil

Fast/Convenient foods

Excessive alcohol consumption – you are allowed 3 units per week

No dairy, except for fat free milk in tea and coffee and fat free yoghurt

No white potatoes or rice

## Daily Eating Plan Example

Breakfast: NeoShake (1 Flat scoop in 200ml water or milk)

Mid-Morning: 1x Fruit (100g-150g serving) with handful of nuts (Not Peanuts)

Lunch: 100g-120g Grilled chicken with 120-150g salad

Mid-Afternoon: 1 x Fruit (100g-150g serving) with handful of nuts (Not Peanuts)

Dinner: 100g-120g Grilled Fish, with 120-150g roasted vegetables

## LUNCH

Have salads with either chicken or fish, or lean cuts of red meat.

Below are some creative ideas to keep your meals interesting.

For salad dressings, use the following:

- Lemon juice
- Herb salt
- Cold pressed olive oil and/or balsamic vinegar

Broccoli Salad: 1 cup broccoli (raw), 1/2 cup corn kernels, 1 cucumber, 2 tomatoes, spring onion, fresh lettuce, 1/2 red, yellow, green pepper.

Sprout Salad: Raw mixed sprouts, 1/2 cup corn kernels, 1 grated carrot, 1 grated beetroot, 1 avocado. Topped with 60-80ml fat free chunky cottage cheese.

Fresh Salad: 2 diced cucumbers, 2 tomatoes, fresh lettuce, 1/2 cup corn kernels, 1 handful raw green beans, 1 avocado.

Bean Salad: 1 avocado, 125ml steamed chilled green beans, 125ml cooked chilled red kidney beans, 125ml cooked chilled chickpeas, 60ml chopped peppadews, 15ml chopped parsley, freshly ground black pepper.

## DINNER

Similar to lunch.

Add fish, chicken or lean red meat.

Below are some creative ideas to keep your meals interesting.

**Vegetable Stirfry:** 10ml cold pressed coconut/palm oil, 5ml chopped garlic, 1 medium sliced onion, 2 medium sized carrots – julienned, 125g button mushrooms – sliced, 125g baby marrows – sliced, 1 large red pepper – sliced, 125g green beans, 6-8 sweet baby corn.

Stirfry all vegetables until cooked, but still crispy. Mix together 10ml soya sauce, 10ml fresh chopped ginger, and 10ml raw honey with 125ml boiling water. Add the mixture to the vegetables and allow to simmer for 3-5 minutes.

**Cauliflower, tomato and sunflower seeds:** Blend or liquidise 1-2 tomatoes. Soak 1 cup of sunflower seeds in the tomato juice for 1 hour and add some herb salt to taste. Dice some cucumber and tomato and add to a bowl. Add 2 cups of small cauliflower florets, lemon juice and herb salt. Add 1 diced avocado. Top with tomato juice and sunflower seed mixture.

**Tomato, baby marrow and squash:** 1 cup sliced baby marrow, 1 cup yellow squash or butternut cubed. 1 cup sliced petit pans, 3 tomatoes, chopped spring onion, herb salt and 4 table spoons of tahini.

## FRUITS

- You are allowed 2 portions of fruit per day.
- Avoid more than one quantity of the same fruit per day.
- All fruits as listed in acceptable foods are allowed.
- 100-150g is considered 1 unit when eating fruits that are difficult to quantify, such as paw paw, green melon, spanspek, water melon, strawberries etc.

# ACCEPTABLE FOODS

Vegetables 1 serving = 120 - 150g	Fruits 1 serving = 100 - 150g	Proteins 1 serving = 100 - 120g	Fats Oils 1tsp, Seeds 1Tbsp
Broccoli Spinach Turnip Watercress Lettuce Asparagus Baby marrow Chillies Sweet Potato Gem squash Peas Artichokes Beetroot Brussel sprouts Cauliflower Celery Cucumber Brinjals Beans Mushrooms Tomatoes Onions Patty pans Raddish	Apricots Pears Blueberries Cherries Cranberries Strawberries Raspberries Dates Figs Guava Melon Watermelon Kiwifruit Lemon Peach Nectarines Plum Grapefruit Naartjies Minneola	Chicken Fish Beef (lean cuts) Ostrich Venison Lentils Eggs	Olive Oil (Cold) *Almonds *Walnuts *Brazil nuts *Cashew nuts Flax seed Oil Coconut Oil Palm Oil Sunflower Seed Oil Pumpkin seeds *Nuts - 1 Handful
		Carbohydrates 1 serving = 50 - 90g	Dairy 1 serving = 60 - 80ml
		Oats Sweet potato Rye bread Corn	Low fat/ Fat free milk Fat free yoghurt Fat free cottage cheese

## IMPORTANT POINTS

- You should never feel hungry on our eating plan, but if you do, you can have an extra fruit or some nuts to curb the craving.
- Try avoid overeating.
- Try to eat a variety of foods, mainly from plant sources.
- Remember that your stomach is the size of your fist. Judge your portions accordingly.
- Avoid refined carbohydrates, such as bread, pasta and white rice. This includes whole-wheat breads and pasta.
- Chicken and fish are always a healthier option than red meat.
- Limit table salt to less than 6g per day.

# THE MAINTENANCE MEAL PLAN

The maintenance meal plan is used after the initial eating plan once your target weight has been reached. This ensures that you maintain a healthy eating plan along with an active and healthy lifestyle. Basic points to follow include the following:

- Drink 2-3 litres of water per day.
- Include green leafy vegetables in your meals every day.
- Try and replace your snacks with fruit.
- Eat lean meat, with no visible fat or skin.
- Ensure intake of essential fatty acids.
- Do not skip meals.
- Make sure to eat 3 main meals per day (protein and vegetables).
- Try to avoid flour products: cereals, breads, desserts, pastries, noodles, puddings etc.
- Try to avoid refined sugar consumption, including sweets, crisps, chocolates, ice cream etc.
- A small amount of dark chocolate is acceptable to curb cravings.
- Regular exercise is important, even if it is 30 minutes of brisk walking 3-4 times per week.
- Eat low GI carbohydrates, high fibre grains, and low fat or fat free dairy products.
- Try to limit consumption of red meat, unless it is a lean cut or ostrich/venison.
- Do not combine proteins in your meals e.g. only have Grilled Chicken or Fish with your meal, do not have half portions of both in one meal.

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