



Celebrating Christmas

Slimmer Style



This Christmas lose weight AND enjoy your Christmas celebration by knowing exactly what you CAN eat on this very special day. Here's a sample menu to demonstrate how:

Items including diet jelly, sugar free sweets, diet cordial and water have no limits.

In fact, the more water you drink the better, both for hydration on a hot Christmas Day, but also because you may misinterpret thirst for hunger.

All the other food items listed in our sample Christmas menu need to comply with the allowable daily quantities outlined in your Dr Tim's Weight Loss Program to replace your usual quota for protein, vegetables etc, rather than become extra calories.

Try THIS..



Ginger & Lime chicken

Ingredients (serves 4)
 2 chicken breast halves (150-200 gms)
 125 ml olive oil
 2 tpsps sesame oil
 2 Tbsps lime juice
 Grated rind and juice of 1 orange
 1 Tbsp grated ginger
 1 garlic clove (crushed)
 2 tpsps light soy sauce
 3 shallots (finely chopped)
 Sugar substitute to taste
 250 gms assorted salad leaves

Method

Cook chicken breast in fry-pan with 1 Tbsp olive oil. Lightly brown both sides then reduce heat and cook for a further 3 minutes. Remove from pan and allow to cool. Slice chicken meat into thin slices.

Dressing: Blend olive oil and sesame oil with the lime juice, orange rind and juice, grated ginger, garlic, soy sauce, shallots and sugar substitute until well blended.

To Serve: Arrange assorted salad leaves on a serving dish. Top with chicken slices and drizzle with salad dressing.

Carbohydrates 3 grams per serve

tips for success &



a VERY merry christmas

TIP 1: Have your usual breakfast meal replacement on Christmas morning. Starving yourself will mean that you will naturally want to eat faster and eat more when the meal is served.

TIP 2: Eat your meal slowly. Put your knife and fork down between mouthfuls – regularly sip water and engage in conversation.

TIP 3: Ensure that your Christmas meal portions equal your daily Dr Tim's Weight Loss Program allowance. Make

good food choices and arrange the food attractively on your plate so that each portion is just touching rather than overlapping or piled up. Aim to make the inner circle of your plate look covered, rather than overflowing.

TIP 4: Try not to settle-in at the Christmas table. Assist with serving and clearing. Being away from the table creates less opportunity for you to 'pick' at tempting treats.

Your Christmas Menu

GETTING STARTED...

Crudites

Ocean Fresh Prawns & Oysters

THE MAIN EVENT...

**Lean & Succulent Christmas Turkey or Chicken
or Ham with**

**Crisp Green Salad - lettuce, green beans, snow
peas, asparagus, cucumber & for a touch of festive
colour capsicum & cherry tomatoes**

or

**Steamed Vegetables -carrots, green beans,
squash, oven-baked fresh beetroot, cauliflower
and broccoli**

FOR AFTERS

A Selection of Sugar Free Sweets

Red & Green Festive Jelly (diet)

or

A small selection of Soft Cheeses

BEVERAGES

Iced Tea

Chilled Water with a Dash

(of your favourite diet cordial)

Sparkling Mineral Water with Mint