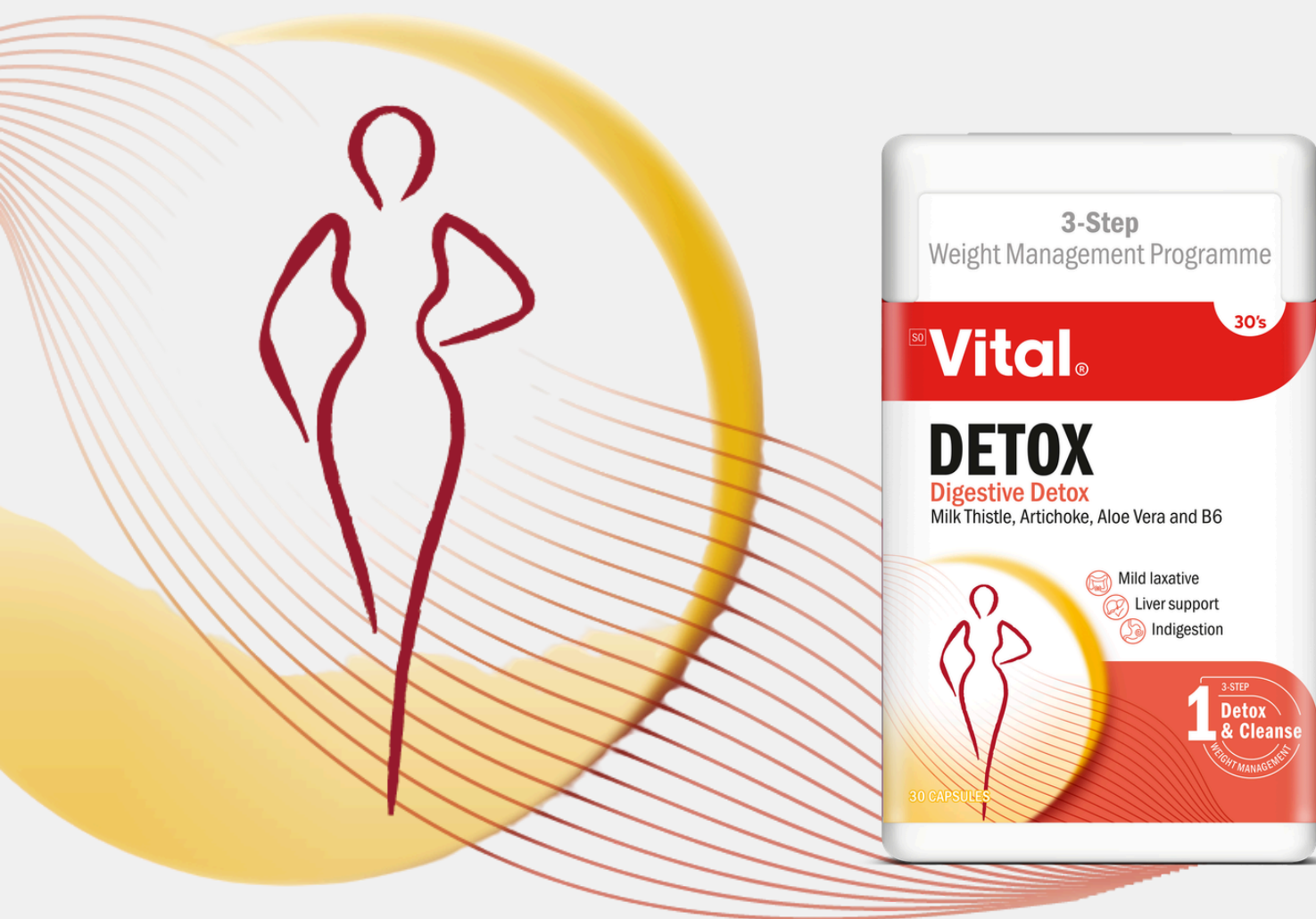


Vital®



DETOX MEAL PLAN

Step 1 of the Vital 3-Step
Weight Management Programme



RESET | NOURISH | BUILD HEALTHY HABITS

Vital®

3-STEP STARTER PACK

WEIGHT MANAGEMENT

Your step-by-step guide to burn fat, boost energy and support sustainable weight management.



DETOX | CLEANSE | RESET

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WELCOME TO YOUR **RESET**

Vital Detox is the first step in the 3-step Vital Weight Management process, designed to help detox and cleanse the body. The Reset meal plan supports the Vital Detox product, and it is a reset, designed to break bad habits and establish supportive habits, simplify your food choices, and create a strong foundation for your weight management journey.

During this phase, we focus on eating foods that are as close to their natural state as possible. The aim is to reduce reliance on highly processed foods and instead choose more whole foods that come from the ground, trees, plants, or minimally processed animal sources.

Rather than focusing on restriction, focus on adding more nourishing foods and building consistent routines.



Mild laxative



Liver support



Indigestion



HYDRATION REMINDER. Aim for 2 litres of water daily.

WHAT WE AIM TO REDUCE

During the reset, we temporarily reduce or avoid the following foods and drinks.

Dairy

REDUCE

Milk, flavoured yoghurt, cream, custard, most cheeses and dairy-based desserts

WHY

This short break from dairy encourages variety and a greater focus on whole-food protein sources and plant-based alternatives.

Processed Foods

REDUCE

Chips, sweets, packaged snacks, instant meals, convenience foods and processed baked goods

WHY

These foods are often high in added sugars, sodium and fats while providing less nutritional value than whole foods.

Flour

REDUCE

Bread, pasta, wraps, pastries, muffins, crackers, baked goods

WHY

During the reset, the focus is on naturally gluten-free, fibre-rich carbohydrate sources that are less processed.

Processed Meat

REDUCE

Bacon, polony, salami, viennas, sausages, cold meats and pâtés

WHY

The focus is on minimally processed protein sources such as fish, chicken, eggs and legumes.



Caffeine

REDUCE

Coffee, energy drinks and caffeinated beverages

WHY

Reducing caffeine may help increase awareness of natural energy levels while encouraging hydration habits.

Alcohol

REDUCE

All alcoholic beverages

WHY

Alcohol can contribute additional calories, impact appetite regulation and affect sleep quality.

Added Sugar

REDUCE

Sweets, chocolates, biscuits, cakes, syrups, sweetened yoghurts, sugary cereals, cooldrinks, energy drinks, fruit juices

WHY

Foods high in added sugar is often less filling and may contribute to cravings and mindless snacking.

Deep Fried

REDUCE

Deep-fried foods, margarine, processed oils and fast foods

WHY

Choosing whole-food fat sources supports a more nourishing eating pattern.



REMINDER: Choose whole foods most of the time.

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WHAT WE WILL FOCUS ON

During this time, aim to build your meals around whole, minimally processed foods.



Plenty of vegetables

Leafy greens, cruciferous vegetables, root vegetables, peppers, tomatoes, cucumber, mushrooms, onions, garlic and fresh herbs.



Lean Protein

Fish, skinless chicken, turkey, eggs, legumes, lean red meat (1-2x/week) and feta/mozzarella (≤3x/week).



Fibre-rich Carbs

Whole-food carbohydrates: Sweet potato, potato, butternut, beetroot, peas, corn, brown/basmati rice, quinoa, barley, buckwheat, bulgur, sump, oats, legumes and millet



Healthy Fats

Avocado, extra virgin olive oil, olives, coconut, mixed nuts and seeds.



Fruit

Citrus, tropical fruit, stone fruit, apples, pears, berries, cherries, figs, grapes, melon and kiwi.



Hydration

Filtered water (1.5-2.5L/day), herbal teas, warm lemon water and green tea.

CHOOSE YOUR CALORIE PLAN

Select the plan that best suits your lifestyle and goals.

1200 kcal

Suitable for

Smaller body frames.
Lower activity levels
Lower energy requirements/
greater weight loss goals

Daily portions

3 x Carbohydrates
5-6 x Protein
0-1 Dairy
1 X Nuts & Fats
2 x Fruit
4-5 x Vegetables

RECOMMENDED

1500 kcal

Suitable for

Most women
Moderate activity levels
Sustainable weight loss

Daily portions

3-4 x Carbohydrate
6 x Protein
1 x Dairy
1 x Fats
1 x Nuts
2 X Fruit
5 x Vegetables

1800 kcal

Suitable for

Active individuals
Men who want to loose weight
Weight Maintenance

Daily portions

6 x Carbohydrates
7 x Protein
1 x Dairy
1 X Nuts
2 X Fruit
5 X Vegetables



HYDRATION REMINDER: Sip water throughout the day or enjoy a glass of the Vital Skinny Hydrate

YOUR PLATE MODEL

Use your hand or everyday objects to build balanced meals. build your plate using this guide and enjoy your meal!

½ Vegetables

¼ Proteins

¼ Carbohydrates

Healthy Fats



Two Hands

VEGETABLES

Fill half your plate
Eat lots of different colours
and types daily. Aim for at
least 1 large salad daily and
plenty of veg at dinner.
Unlimited portions



1 Palm

PROTEIN

1 palm-sized portion for
your main meal, smaller
portions can be added
to the other meals.



Tennisball

FRUIT

1 tennis ball size
helping - 2-3 times
a day.



1 Fist

CARBOHYDRATES

1 fist sized portion per
meal. Keep portions
small and controlled.



Thumb

HEALTHY FAT

1 thumb size portion.
Include 1 tbsp olive oil
OR ½ avocado daily



TIP: Build your plate, enjoy your meal.

Use this guide to swap foods within the same group while keeping your portions balanced. All foods listed in each section count as **one serving**.



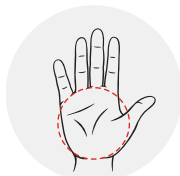
PROTEIN

Choose 1 palm serving

ANIMAL PROTEIN:

(preferable grass fed and lean:

- 30g low fat cheese
- 15g regular fat (hard) cheese
- ¼ cup low fat cottage cheese
- 2 Tbsp Parmesan cheese
- ¼ cup Ricotta cheese
- 30g low fat Feta cheese
- 1 Egg
- 2 Egg whites
- 30g red meat- lean mutton, beef, wild game, pork
- 30g skinless chicken, turkey or ostrich
- 40-50g Fish: salmon, sardines, tuna, mackerel, herring, white fish, haddock



PLANT PROTEIN:

- 1 Soya sausage
- 1 Soya burger
- ½ a cup soya beans / Edamame
- 1 cup Tofu (extra firm = 50g / soft = 85g)
- 2 T Spirulina
- 30g Natto / Tempeh
- ½ cup dried beans, lentils, peas, chickpeas (cooked)
- ¾ cup Dhall

PROTEIN POWDER:

- Check servings of protein per scoop. protein serving = 7g protein



FRUIT

Choose 1 tennis ball serving

- 1 small apple
- ½ cup apple sauce
- 4 small apricots
- ½ medium banana
- ¾ cup berries
- 12 cherries
- 1 large fig
- 2 granadilla
- 1 small guava
- 1/2 grapefruit
- 12 grapes
- 1 kiwi fruit
- 5 lychees
- ½ small mango
- 1 cup melon
- 1 small nectarine
- 1 med naartjie
- 1 small orange
- 1 cup papaya
- 1 small peach
- 1 small pear
- 3 slices pineapple
- 2 small plums
- 1 cup raspberries / mulberries
- 1 cup strawberries
- 2 Tbsp dried fruit (no sugar)



DAIRY / DAIRY ALTERNATIVES:

- 1 cup low fat milk
- 1 cup plant milk (soy, almond, macadamia)
- ½ cup plant milk (coconut, oat)
- 1 cup low fat buttermilk
- 175ml full fat milk
- 1 cup Maas, buttermilk (low fat)
- ½ cup Greek yoghurt



CARBS

Choose 1 fist serving

STARCHY VEGETABLES:

- 1 cup beet root
- 1 cup butternut
- 1 cup corn/med corn on cob
- 2-3 baby potatoes
- 5 grilled potato wedges
- ½ cup sweet potatoes



LEGUMES:

Count Legumes as Carbs if you are not vegetarian

- ¾ cup bean soup
- ½ cup dried beans, lentils, peas (cooked)
- ½ cup humus or bean dip
- ½ cup chick peas
- ½ cup green peas / Edam
- ¾ cup Dhall
- ½ cup dried bean curry

GRAINS (* = GLUTEN FREE):

- ½ cup cooked Bulgar
- ½ cup cooked Barley
- 1 low GI or rye or sourdough Bread
- ½ cup cooked rolled oats
- ¼ cup oat bran
- ½ cup brown rice*
- ½ cup basmati rice*
- ½ cup basmati rice and lentils*
- ½ cup low GI Meusli / Granola
- 3 Provitas / wholegrain crackers
- 2-3 Ryvitas / rye crackers
- 2 Brown rice cakes*
- ½ cup wholewheat pasta
- ½ cup cooked quinoa / kasha*
- ½ cup couscous
- ½ cup Amaranth/millet / buckwheat*
- ½ cup coarse maize*
- ½ whole wheat wrap / pita



VEGETABLES

Enjoy freely

Fill atleast half your plate with vegetables like:

- Asparagus
- Bell peppers
- Broccoli
- Brussels sprouts
- Baby Marrow
- Cabbage
- Carrots
- Cauliflower
- Celery
- Chives
- Cucumbers
- Calabash
- Gem squash
- Garlic
- Green beans
- Green herbs
- Horseradish
- Leeks
- Lettuce
- Mushrooms
- onions
- Parsley
- Peppers
- Pumpkin
- Radishes
- Rhubarb
- Swiss chard
- Salsa/ tomato and onion mix
- Sprouts (all)
- Shallots
- Snap pea/snow pea
- Spinach
- Tomato/Tomato juice
- Turnips
- Watercress



HEALTHY FATS

Choose 1 thumb serving

- 2 Tbsp Avocado
- 1 tsp Butter / Ghee
- 1½ Tbsp Coconut milk
- 3 Tbsp light Coconut milk
- 1 tsp cooking oil - coconut / oliven/ avo
- ½ Tbsp mayonnaise - unsweetend / light
- 6-8 Olive Green or black
- 1 Tbsp pesto
- 1 Tbsp low fat salad dressing
- 1 tsp oil for salad: olive oil (virgin), flaxseed, avo, grapeseed



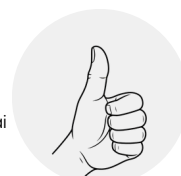
- 1 cup low fat plain Yoghurt
- 175ml Bulgarian or coconut Yoghurt
- ½ cup goat milk



NUTS & SEEDS:

Choose 1 thumb serving

- 6 Almonds
- 2 brazil nuts
- 6 Cashews
- 3 Tbsp dried coconut
- 2 Tbsp Flaxseeds/ Chai seeds
- 5 Hazelnuts
- 1 Tbsp sesame seeds
- 4 Walnut halves
- 2-3 Macadamias
- 6 mixed nuts
- 10 peanuts
- 4 pecan halves
- 1 Tbsp pine nuts
- 16 Pistachios
- 1 Tbsp pumpkin seeds
- 1 Tbsp sunflower seeds
- 2 tsp Tahini
- ½ Tbsp nut and seed butters e.g. peanut butter



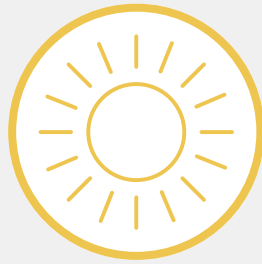
TODAY'S REMINDER: Choose wholefood, unprocessed foods

SIMPLE DAILY HABITS

Small steps every day creates big change. Build meals around protein, vegetables, healthy fats and fibre-rich carbohydrates



**Skinny Hydrate
Water**



**Get into a good
routine**



**Eat regular meals
throughout the day**



**Stay hydrated
throughout the day**



Manage Stress



**Plan your meals
ahead if possible**



**Move your
body**



**Get a good nights
sleep**



TIP: Focus on consistency rather than perfection.

Mix and match meals and snacks from the recipes below.

DAY 1

BREAKFAST	Oats Porridge with almond milk & cinnamon
SNACK	Seasonal Fruit
LUNCH	Chicken Salad, mixed greens, cucumber, tomato, carrot, celery & avocado
SNACK	Vegetable Sticks with hummus
DINNER	Grilled Fish with sautéed greens, brown rice and coleslaw

DAY 2

BREAKFAST	Poached Eggs Served with sautéed spinach and avocado
SNACK	Handful of nuts
LUNCH	Leftover Fish Salad with baby potatoes
SNACK	Seasonal Fruit
DINNER	Mince-Filled Gem Squash with baby marrow, cauliflower and carrots

DAY 3

BREAKFAST	Overnight Oats with oats, Greek yoghurt & cinnamon
SNACK	Seasonal Fruit
LUNCH	Chicken, Butternut & Beetroot Salad <u>* See Recipe</u>
SNACK	Handful of Nuts
DINNER	Baked Hake with green beans, baby potatoes and side salad

DAY 4

BREAKFAST	Vital muesli with almond milk & Green Smoothie <u>* See Recipe</u>
SNACK	Handful of Nuts
LUNCH	Chickpea or Lentil Salad <u>* See Recipe</u>
SNACK	Vegetable Sticks with hummus
DINNER	Grilled Chicken with samp, broccoli and carrots

DAY 5

BREAKFAST	Poached Eggs Served with tomato, herbs and mushrooms
SNACK	Seasonal Fruit
LUNCH	Tuna & Quinoa Salad
SNACK	Seasonal Fruit
DINNER	Vegetable & Lentil Curry <u>* See Recipe</u>

DAY 6

BREAKFAST	Greek Yoghurt Bowl, Vital muesli topped with seeds and fruit
SNACK	Handful of Nuts
LUNCH	Curried Cauliflower Soup <u>* See Recipe</u>
SNACK	Handful of Nuts
DINNER	Grilled Steak served with mixed vegetables or salad

DAY 7

BREAKFAST	Omelette with herbs & mushrooms
SNACK	Seasonal Fruit
LUNCH	Mixed salad with Mozzarella cheese, tomato, basil, avo, celery & tuna
SNACK	Handful of Nuts
DINNER	Roast chicken, baby potatoes, carrots, Brussels sprouts or broccoli



WEEK 1: Your detox has started, ensure you drink lots of water

Mix and match meals and snacks from the recipes below.

DAY 8

BREAKFAST	Omelette (eggs, spinach, herbs, mushrooms & mozzarella)
SNACK	Seasonal Fruit
LUNCH	Large salad (greens, cucumber, tomato, carrots, avo) + leftover chicken and boiled egg
SNACK	Handful of Nuts
DINNER	Baked fish, roasted broccoli & cinnamon butternut

DAY 9

BREAKFAST	Blueberry Chia pudding * See Recipe
SNACK	Handful of nuts
LUNCH	Roasted Veg Salad * See Recipe
SNACK	Seasonal Fruit
DINNER	Chicken with zucchini noodle dish * See Recipe

DAY 10

BREAKFAST	Overnight Oats
SNACK	Seasonal Fruit
LUNCH	Tuna with mint & cucumber salad * See Recipe
SNACK	Handful of Nuts
DINNER	Spinach / feta quiche with large mixed salad * See Recipe

DAY 11

BREAKFAST	Green Smoothie with cocoa banana pancake * See Recipe
SNACK	Handful of Nuts
LUNCH	Carrot and walnut soup * See Recipe
SNACK	Seasonal Fruit
DINNER	Mince with tomato, brinjal, turmeric & brown rice

DAY 12

BREAKFAST	Eggs with avocado & tomato
SNACK	Seasonal Fruit
LUNCH	Chicken lettuce wraps with salad * See Recipe
SNACK	Handful of Nuts
DINNER	Grilled pork chop, mash, & greens

DAY 13

BREAKFAST	Greek Yoghurt Bowl, Vital muesli topped with apple and fruit
SNACK	Handful of Nuts
LUNCH	Chickpea / lentil Salad
SNACK	Seasonal Fruit
DINNER	Baked hake, quinoa & vegetables

DAY 14

BREAKFAST	Oats Porridge served with apple & cinnamon
SNACK	Seasonal Fruit
LUNCH	Baked Potato with Spinach & Feta
SNACK	Herbal tea and fruit
DINNER	Roast Chicken with beetroot, mixed green vegetables & carrot salad



WEEK 2: You should be feeling a lot more energetic and invigorated

YOUR SHOPPING LIST

PROTEIN:

- ☐ Chicken breasts
- ☐ Lean beef mince
- ☐ Lean steak
- ☐ Hake or white fish
- ☐ Fresh fish fillets
- ☐ Eggs
- ☐ Tinned tuna in water
- ☐ Chickpeas
- ☐ Lentils (dried or canned)
- ☐ Greek yoghurt
- ☐ Feta cheese
- ☐ Mozzarella cheese

VEGETABLES:

- ☐ Spinach
- ☐ Mixed salad greens
- ☐ Lettuce
- ☐ Broccoli
- ☐ Green beans
- ☐ Baby marrow (zucchini)
- ☐ Carrots
- ☐ Tomatoes
- ☐ Cherry tomatoes
- ☐ Cucumber
- ☐ Celery
- ☐ Cauliflower
- ☐ Mushrooms
- ☐ Brinjal (eggplant)
- ☐ Red pepper
- ☐ Onion
- ☐ Red onion

- ☐ Garlic
- ☐ Brussels sprouts (optional)

FRUIT:

- ☐ Apples
- ☐ Pears
- ☐ Blueberries
- ☐ Bananas
- ☐ Lemons
- ☐ Seasonal fruit
- ☐ Green apples

CARBOHYDRATES:

- ☐ Oats
- ☐ Butternut
- ☐ Beetroot
- ☐ Sweet potatoes
- ☐ Baby potatoes
- ☐ Brown rice
- ☐ Quinoa
- ☐ Samp
- ☐ Chia seeds

HEALTHY FATS:

- ☐ Avocados
- ☐ Almonds
- ☐ Mixed nuts
- ☐ Walnuts
- ☐ Pumpkin seeds
- ☐ Natural peanut butter
- ☐ Olive oil
- ☐ Hummus

HERBS & SEASONINGS:

- ☐ Cinnamon
- ☐ Fresh ginger
- ☐ Turmeric
- ☐ Curry powder
- ☐ Fresh basil
- ☐ Fresh parsley
- ☐ Fresh mint
- ☐ Black pepper
- ☐ Salt
- ☐ Lemon juice

PANTRY:

- ☐ Unsweetened almond milk
- ☐ Vegetable stock
- ☐ Chopped tomatoes (tinned)
- ☐ Cocoa powder