

# WELCOME TO OUR CALORIE-CONTROLLED EATING PLAN

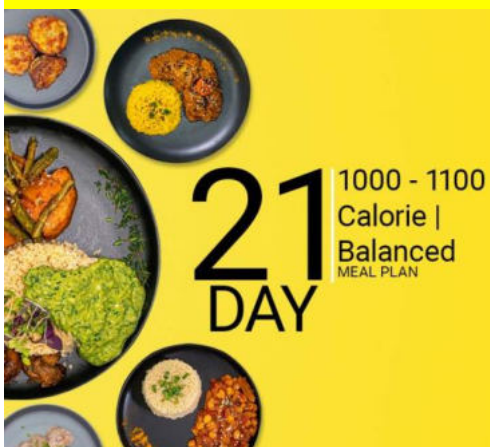
We are excited you have started your weight loss and vitality journey with us! Expect great results.

## OUR VISION

As one of South Africa's leading online health and wellness companies, we continuously strive to provide our clients with the highest quality, best tasting, and most nutritious products.

We know how difficult it is to maintain and sustain a healthy lifestyle in the current rat race we live in! There are so many easy ways out and not enough healthy, affordable options.

Transform your lifestyle and improve your overall health and well-being with easy access to healthy, well-portioned, nutritious, and convenient



## BEFORE WE GET STARTED

Disclaimer: a quick reminder before you start to please note that this guide should not be treated as medical advice and should replace qualified specialist advice.

You should keep your healthcare specialist with up-to-date information about your health conditions and on changes you make to your diet. In case dietary changes might affect any medical conditions you have and or any medicines you take, please consult with your health care specialist first.

## What is the premise of the Calorie-Controlled package?

Our bodies need energy to keep us alive and our organs functioning normally. When we eat and drink, we put energy into our bodies. Our bodies use up that energy through everyday movement, which includes everything from breathing to running.

Our Balanced Calorie-Controlled Eating Plans follow a different route to weight loss than you may be used to.

Instead of restricting eating times or certain foods, these packages, instead, monitor your daily caloric intake. Without the need to worry about what you are eating, and when you need to eat it, these plans make reaching your goals seamless.

These packages are packed with low-carb, high protein, well-balanced, nutritional meals,

and snacks for you to eat throughout the day, without ever exceeding a certain number of calories per day. These packages are great options to kick start your weight loss journey, as well as maintain weight you have already lost.

Eating small, well-portioned meals and snacks throughout the day allows your body to continuously burn the calories you are consuming, which is a different, yet also very effective way to lose weight or maintain a healthy lifestyle.

Replacing high-calorie foods with lower calorie choices and reducing your portion sizes can help you drastically reduce your caloric intake which in turn will improve your weight control.

### **What is a Calorie?**

A calorie is a unit of energy. In nutrition, calories refer to the energy people get from the food and drink they consume, and the energy they use in physical activity.

### **Fast facts on calories:**

Calories are essential for human health. The key, however, is consuming the right amount.

Everyone requires a different amount of energy each day, depending on age, gender, weight, and activity level.

Foods high in energy but low in nutritional value provide empty calories.

You ultimately want to consume the correct calories that help you feel full for longer.

### **Tips:**

Eat breakfast; a protein & healthy fat-filled breakfast can keep you full for longer and prevent you from snacking during the day.

Eat regular meals; this can help you burn calories more effectively and helps prevent mindless snacking.

Fruits and vegetables can be a tasty snack and they can bulk out your meals. They are high in nutrients and fiber and low in calories and fat.

Eat slow-burning calories, high-fiber carbohydrates such as legumes, and healthy fats such as avocado take longer to release energy, so you will not get hungry as quickly.

Drink water as it is healthful, has no calories, and can fill you up.

Eat more fiber, this is found in fruits, vegetables, wholegrains & can help you feel full and encourage healthy digestion.

## **WHAT TO EXPECT**

It is time for you to TAKE ACTION and start making yourself a priority! Make yourself feel positive about your health and well-being! Get yourself on the right path that helps you achieve your lifestyle goals – leaving you feeling confident and radiant in your own skin! Let us get you on the way to a whole new and improved you! Creating a lifestyle that suits you and your body type / goal!

On this package you can expect to have your cravings and feelings of hunger satisfied. This is primarily because this plan is centered around eating continuously throughout the day. This package allows you to eat small, low-calorie, well-balanced, nutritional meals and snacks throughout the day, without exceeding a certain number of calories per day. This route to weight loss and maintenance is preferable because there is no room for hunger, which alleviates the urge to snack on anything unhealthy.

When eating small, well-portioned meals and snacks throughout the day, you can expect your body to continuously burn the calories you are consuming. Therefore, you can expect to feel an increased amount of energy, reduced feeling of hunger, as well as anticipated weight loss results. Without ever exceeding the daily total of calories in the name, this package is a great option to kick start your weight loss journey, as well as maintain your weight loss journey.

## **5 BENEFITS OF COUNTING CALORIES**

**Refocus your efforts and start counting for better a happy, healthy body.**

- 1. YOU MAKE BETTER CHOICES**
- 2. YOU LEARN HOW MANY YOU CAN ACTUALLY CONSUME**
- 3. YOU EAT SMALLER PORTIONS**
- 4. VISUALIZING IS ENERGIZING**
- 5. IT'S A FREE METHOD TO TRACK WEIGHT LOSS**

## **HOW LONG BEFORE RESULTS START TO SHOW?**

Reducing the number of calories, you eat per day can be an effective weight loss method. With regard to the way your body looks, on average, it usually takes around 4 weeks for your friends to start noticing weight loss, and around 6 to 8 weeks for you to notice the weight loss yourself.

## **IMPORTANT TO KNOW.**

**DON'T IGNORE THESE CALORIES.** When you start a Calorie-Controlled diet, you take on the responsibility to control all the calories in your diet. This means every single extra that you add on to your meals, including sauces, spices, drinks, and deserts. On a Calorie-Controlled diet, eating a salad for lunch does not mean you can have chocolate cake for dessert, unless of course you are counting the calories of the cake as well!

Do not ignore all the extra calories you consume. You are only cheating yourself. Every calorie counts when counting calories. Many people tend to leave out extra calories from the following:

- Condiments and dressings
- Coffee creamer
- Dips
- Dried fruits and nuts
- Butter and spreads
- Shredded and grated cheese
- Whipped cream.
- Juice, beer, wine, and other alcoholic drinks

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## *Are you ready to become a healthier you and increase your vitality?*

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When you learn how to count your own calories, you won't need to rely on guided plans that promise big results when you can do it yourself. Be honest with yourself, eat the right portions, and make small calorie swaps every day to cut out hundreds of calories without starving yourself.

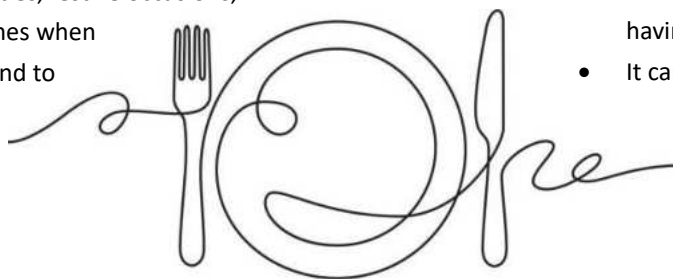
Nutrition is the first step to a wholesome life. When you are committed to your nutrition, you can be 100% dedicated to all other aspects of your best life – sleeping well, training, controlling stress and anxiety, and time management. Discover the ways a trainer at COR can help you achieve your wholesome life. If you use an app to track your calories, choose one that allows you to scan nutrition labels.

**Following a calorie-controlled diet is a weight loss plan that works, with so many additional health benefits. As opposed to crash diets, it is simply a form of healthy eating that (hopefully) cuts down on fats and sugars and encourages dieters to eat more healthy and nutritious foods to stay satisfied. Not only does this create an awareness of good calories and bad calories, as well as the number of calories in your favorite dishes, drinks, and snacks, but it will also create an awareness of what to avoid and when to avoid it. Having the knowledge on this subject is an important step in the right direction. Once you have this awareness and the willingness to continue, you can set up a lifestyle for yourself centered on healthy, nutrition-filled living. With our exercise program, this can be a long-term solution keeping you happy and healthy for life. Balance is key.**

## ADVANTAGES AND DISADVANTAGES OF COUNTING CALORIES

### Advantages

- You can eat so many different options that you want – if you stay within your calorie range.
- No food is forbidden if you eat in moderation.
- As this is not a fad diet, it will be easier to keep the weight off long-term.
- Calorie counting can fit into busy lifestyles, and you can work it around parties, festive occasions, and other times when most of us tend to overeat.



### Disadvantages

- Calorie-counting can be boring and keeping a food diary can become tedious – we recommend sticking it out until it becomes your new way of life.
- No diet is ever fun – we recommend including something tasty that you like every now and then to keep it fun!
- If you eat up all your calorie allowance too quickly, you can feel hunger pains – we recommend taking your day slowly by having small meals throughout the day instead of large meals.
- It can require a bit of experimentation to get it right

## DO'S AND DON'TS

### What to Eat and What Not to Eat

#### Healthy Meal Choices:

- Fruits
- Vegetables
- Lean proteins
- Low- or no-fat dairy products
- Whole grains

#### Unhealthy Meal Choices

- Refined carbohydrates (in excess)
- High-fat foods (in excess)
- Sweetened beverages

#### Here are some tips for making the most of your calories:

- **DO NOT SKIP THE PROTEIN** – Try to eat some protein at every meal. Not only will it help keep you full, but it will also help you burn calories. Research studies show that protein increases your metabolism (how fast you burn calories). It also helps decrease your appetite because you feel fuller. There are many sources of protein. Try to choose lean meats, eggs, cottage cheese, fish, nuts, and legumes (beans, edamame).
- **DO NOT DRINK YOUR CALORIES** – When you are dieting, there is no more important drink than water. Staying hydrated will help you burn calories. Try to avoid all sugary drinks such as sodas, fruit juices, and sports drinks.
- **DUMP THE JUNK** – Sure, you may cave to a craving occasionally, but do not make a habit of it. The calories from junk food are also called empty calories. This is because they do not do anything to nourish your body. And they do not keep you full very long, either. It is best if you can just eliminate them.
- **WATCH YOUR CARBS** – Carbohydrates (carbs) come in many forms. They come in two categories: simple and complex. Complex carbs are generally your healthy carbs. They include vegetables, potatoes, and whole grains. Simple carbs are often called refined carbs. They include white bread, white rice, potato chips, sugars, and are often found in processed food (fast food and boxed food). Because fruit contains sugar, it is technically a simple carb—but it is still considered a component of a healthy diet.
- **SIZE OF JOINTS/ BONES** – To determine whether you are small, medium, or larger boned/ jointed, encircle your wrist with your thumb and middle finger. If your middle finger overlaps your thumb, then you are small boned/ jointed (ectomorph). If your middle finger and thumb just touch, you have medium sized bones/ joints (mesomorph). If your finger and thumb do not touch, then you are larger boned/ jointed (endomorph)
- **THINK BACK** – To help determine your body type, think back to your adolescence, a time before age (metabolism slows as you get older, making you more prone to weight gain) and lifestyle transformed your body into what it is today.
- **PICTURES** – Look at some images of the various body types here and see if you identify with any of the body types.
- **ONE LAST THING** ... Everyone has the potential to develop a great shape – regardless of his or her dominant body type. Losing inches, especially off your problem areas, can be accomplished through proper exercise and eating habits. If you are a large-framed person, though you will never be willowy, you can be slender and fit, wear a size 8 with room to spare and look super sexy in a bikini.

## MAINTENANCE

















Eating at maintenance means that the calories you eat are roughly equivalent to the calories you expend, meaning you are eating enough to neither gain nor lose weight. Calories seem to be linked only to weight gain and obesity, but they are vital for health. They only pose a health risk when people consume more than the recommended amount.

When thinking about calories, you should not be considering just your diet but also your level of physical activity. A high intake of calories can be countered with regular, high-intensity exercise.



# 21 Day: 1000-1100 Calorie Balanced Meal Plan

## Week One

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
6am-9am	<b>SKIP MEAL</b> DRINK 2 GLASSES OF WATER	<b>SKIP MEAL</b> DRINK 2 GLASSES OF WATER	<b>SKIP MEAL</b> DRINK 2 GLASSES OF WATER	<b>SKIP MEAL</b> DRINK 2 GLASSES OF WATER	<b>SKIP MEAL</b> DRINK 2 GLASSES OF WATER	<b>SKIP MEAL</b> DRINK 2 GLASSES OF WATER	<b>SKIP MEAL</b> DRINK 2 GLASSES OF WATER
10am-11 am	Skip Snack Stay Hydrated	Droewors  Kcal 136	Trail Mix  Kcal 176	Mad Nutter Protein Balls  Kcal 51	Skip Snack Stay Hydrated	Skip Snack Stay Hydrated	Mad Nutter Protein Balls  Kcal 51
12am-1pm	  Kcal 447 Moroccan Chickpea	  Kcal 262 Chicken Stirfry	  Kcal 366 Bean & Butternut Ragout	  Kcal 334 Mixed Bean & Mushroom Stew	  Kcal 329 Beef, Broccoli & Cauliflower with Basmati Rice	  Kcal 322 Chicken Curry with Yellow Rice	  Kcal 298 Mediterranean Veg & Chickpea Stew
3pm-4pm	Mix Nuts  Kcal 240	Biltong & Collagen Infused Cocoa Almond Date Balls  Kcal 286	Cheesy Meatballs & Collagen Infused Cocoa Almond Date Balls  Kcal 375	Trail Mix  Kcal 176	Boerie Bites  Kcal 311	Mixed Nuts & Collagen Infused Cocoa Almond Date Balls  Kcal 386	Chicken with Bell Pepper Quiche  Kcal 236
6pm-7pm	  Kcal 390 Lentil & Butternut Bhaji	  Kcal 376 Cajun Red Kidney Beans	  Kcal 205 Beef Goulash with Pumpkin & Spinach	  Kcal 386 Lentil Stirfry	  Kcal 420 Chicken Pesto Pasta with Baby Tomatoes	  Kcal 386 Lentil Stirfry	  Kcal 336 Beef Curry with Yellow Rice
	<b>Total Kcal 1077</b>	<b>Total Kcal 1060</b>	<b>Total Kcal 1122</b>	<b>Total Kcal 947</b>	<b>Total Kcal 1060</b>	<b>Total Kcal 1094</b>	<b>Total Kcal 921</b>



Chicken Meal



Beef Meal



Vegetarian Meal



Vegan Meal



Pork Meal



Snack



Protein Snack



Juice | Smoothie



Shot



# 21 Day: 1000-1100 Calorie Balanced Meal Plan









































## Week Two

	Day 8	Day 9	Day 10	Day 11	Day 12	Day 13	Day 14
6am-9am	<b>SKIP MEAL</b> DRINK 2 GLASSES OF WATER	<b>SKIP MEAL</b> DRINK 2 GLASSES OF WATER	<b>SKIP MEAL</b> DRINK 2 GLASSES OF WATER	<b>SKIP MEAL</b> DRINK 2 GLASSES OF WATER	<b>SKIP MEAL</b> DRINK 2 GLASSES OF WATER	<b>SKIP MEAL</b> DRINK 2 GLASSES OF WATER	<b>SKIP MEAL</b> DRINK 2 GLASSES OF WATER
10am-11 am	Bacon Bits with Onion and Mushroom Quiche  Kcal 404	Trail Mix  Kcal 176	Skip Snack Stay Hydrated	Droewors  Kcal 136	Trail Mix  Kcal 176	Mad Nutter Protein Balls  Kcal 51	Skip Snack Stay Hydrated
12am-1pm	 Kcal 273 Roasted Ratouille Sauce with Pasta	 Kcal 334 Lemon & Herb Chicken with Baby Marrows & Brown Rice	 Kcal 447 Moroccan Chickpea	 Kcal 262 Chicken Sgtirfy	 Kcal 366 Bean & Butternut Ragout	 Kcal 334 Mixed Bean & Mushroom Stew	 Kcal 329 Beef, Broccoli & Cauliflower with Basmati Rice
3pm-4pm	Mixed Seeds  Kcal 144	2 x Biltong Pieces  Kcal 280	Mix Nuts  Kcal 240	Biltong & Collagen Infused Cocoa Almond Date Balls  Kcal 286	Cheesy Meatballs & Collagen Infused Cocoa Almond Date Balls  Kcal 375	Trail Mix  Kcal 176	Boerie Bites  Kcal 311
6pm-7pm	 Kcal 239 Chicken with Roasted Butternut	 Kcal 247 Butternut Shepherds Pie with Veggies	 Kcal 390 Lentil & Butternut Bhaji	 Kcal 376 Cajun Red Kidney Beans	 Kcal 205 Beef Goulash with Pumpkin & Spinach	 Kcal 386 Lentil Stirfry	 Kcal 420 Chicken Pesto Pasta with Baby Tomatoes
	<b>Total Kcal 1060</b>	<b>Total Kcal 1037</b>	<b>Total Kcal 1077</b>	<b>Total Kcal 1060</b>	<b>Total Kcal 1122</b>	<b>Total Kcal 947</b>	<b>Total Kcal 1060</b>



# 21 Day: 1000-1100 Calorie Balanced Meal Plan

## Week Three

	Day 15	Day 16	Day 17	Day 18	Day 19	Day 20	Day 21
6am-9am	<b>SKIP MEAL</b> DRINK 2 GLASSES OF WATER	<b>SKIP MEAL</b> DRINK 2 GLASSES OF WATER	<b>SKIP MEAL</b> DRINK 2 GLASSES OF WATER	<b>SKIP MEAL</b> DRINK 2 GLASSES OF WATER	<b>SKIP MEAL</b> DRINK 2 GLASSES OF WATER	<b>SKIP MEAL</b> DRINK 2 GLASSES OF WATER	<b>SKIP MEAL</b> DRINK 2 GLASSES OF WATER
10am-11 am	Skip Snack Stay Hydrated	Mad Nutter Protein Balls  Kcal 51	Bacon Bits with Onion and Mushroom Quiche  Kcal 404	Trail Mix  Kcal 176	Skip Snack Stay Hydrated	Droewors  Kcal 136	Trail Mix  Kcal 176
12am-1pm	 Chicken Curry with Yellow Rice  Kcal 322	 Mediterranean Veg & Chickpea Stew  Kcal 298	 Roasted Ratouille Sauce with Pasta  Kcal 273	 Lemon & Herb Chicken with Baby Marrows & Brown Rice  Kcal 334	 Moroccan Chickpea  Kcal 447	 Chicken Stirfy  Kcal 262	 Bean & Butternut Ragout  Kcal 366
3pm-4pm	Mix Nuts  Kcal 240	2 x Biltong Pieces  Kcal 280	Mixed Seeds  Kcal 144	Biltong & Collagen Infused Cocoa Almond Date Balls  Kcal 286	Cheesy Meatballs & Collagen Infused Cocoa Almond Date Balls  Kcal 375	Trail Mix  Kcal 176	Boerie Bites  Kcal 311
6pm-7pm	 Lentil Stirfy  Kcal 386	 Beef Curry with Yellow Rice  Kcal 336	 Chicken with Roasted Butternut  Kcal 239	 Butternut Shepherds Pie with Veggies  Kcal 247	 Lentil & Butternut Bhaji  Kcal 390	 Cajun Red Kidney Beans  Kcal 376	 Beef Goulash with Pumpkin & Spinach  Kcal 205
	<b>Total Kcal 948</b>	<b>Total Kcal 8965</b>	<b>Total Kcal 1060</b>	<b>Total Kcal 1043</b>	<b>Total Kcal 1212</b>	<b>Total Kcal 950</b>	<b>Total Kcal 1058</b>