

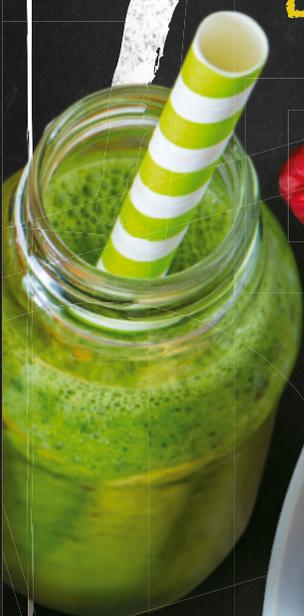
NEW

BALANCE YOUR CALORIES AND LOSE WEIGHT QUICKLY

Fasting

DIET BOOK

FASTING DIET BOOK

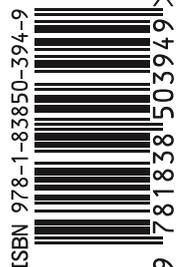


THE JOY OF JUICES

5:2

40
Low-calorie recipes for fasting days

INTERMITTENT FASTING



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Fasting

DIET BOOK

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Fasting Diet Book First Edition

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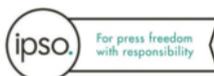
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Make sure that you check with your doctor before starting a fasting diet if you have health concerns

Image source: Getty Images

HOW TO FAST SAFELY

As with any diet, there are risks with fasting, but we explore how to fast properly

If you're going to undertake any form of fasting, you need to be aware of the potential risks as well as the reported benefits. It's important to do your research before you undertake any new diet regime, and fasting is no exception.

We've already touched on some of the possible side effects of fasting on the individual diet pages, but here we'll go into these in more detail, as well as who fasting isn't suitable for, the possible risks and how to negate these, and key signs you should watch out for.

By being more aware of fasting and its effects on the body, you can learn to fast safely and effectively, reaping the rewards without the negative effects.

COMMON SIDE EFFECTS

One of the most common problems associated with fasting is dehydration. We often underestimate how much of our fluid intake comes from the foods that we eat. This is why we keep mentioning the importance of drinking water, even on fast days.

For those practising fasting due to religious reasons, even water is not allowed. In these circumstances, it's important to prioritise drinking during the non-fasting periods so that you enter a fast well-hydrated. For those who are fasting for their health, make sure

that you have at least eight glasses of water during the day, as well as any herbal teas you enjoy. Include plenty of fruits and vegetables in your meals, as these also contain a lot of water naturally. If you don't drink enough water, you may become dehydrated.

Dehydration symptoms including feeling thirsty, dark coloured urine, feeling dizzy, feeling tired and having a dry mouth or lips.

You may also experience heartburn from not eating. This is because your stomach will reduce the amount of acid it produces in the absence of food. However, thinking about food or smelling it during it fast might cause the stomach to produce acid. Without any food to digest, this acid can cause heartburn.

The lack of food in itself can have side effects. You may feel tired, lack concentration, struggle with your memory, feel weak, get dizzy or have an increase in your stress levels. There is a reason that the phrase 'hangry' has come into common use; our moods can fluctuate when we're hungry. These feelings may pass as you get used to fasting, but you should stay aware of them in case they don't. You may also find that fasting interrupts your sleep, which means that your body is unable to heal and restore properly.

If you are fasting more frequently, you may also find that you are lacking in nutrients over time, and this



Fasting safely means prioritising your own health and wellbeing over and above weight loss

Image source: Getty Images

is why you need to plan and prepare your meals to ensure a good intake of vitamins and minerals. For example, you may suffer from cramps if you don't eat enough salt. You might also find that you suffer from digestive issues, such as diarrhoea or constipation. You may wish to consider supplements to ensure you meet your nutritional needs.

SAFE FASTING ADVICE

There are a number of ways that you can combat these side effects and fast safely. It's not recommended to undertake long fasts. While there may be reasons why some people undertake fasts of more than 24 hours, when you are fasting for health purposes and weight loss, stick to modified fasting diets where you eat a reduced calorie intake, or time-restricted fast diets. This should help to stave off the more common side effects of fasting, like irritability, lack of focus and energy, and dizziness. Make sure that your low-calorie periods include filling, nutrient-dense foods to keep you going, and if you're on an eating window cycle, ensure you fully use your time wisely to get enough food in.

Make sure that you eat protein-rich foods every day. This helps to prevent you from losing muscle mass as well as fat. You want to lose weight, but in the right way. Protein will help you to maintain muscle mass, and it has the added benefit of helping you feel fuller for longer and reduce your appetite.

It's also really important to listen to your body. If you don't feel well when you're fasting, that is your body telling you to stop. While you might feel weak, tired, angry, stressed or hungry during a fast, it shouldn't make you feel poorly. Should you feel very faint or sick,

FASTING AND MINDFULNESS

There is a link between the acts of fasting and being mindful

There is a reason that fasting is part of spiritual and religious teachings. In these circumstances, weight loss and health are not the point; these fasts are designed to help you get more in touch with yourself and feel a deep sense of connection and peace. Mindfulness is very closely linked to the art of fasting, but it's something that is not practised enough in today's busy world. We are often suffering from stress and not enough sleep, all of which is exacerbated by unhealthy diets full of junk and processed foods. Mindfulness can help to reduce stress levels, aid sleep and even be a tool to use in general health and wellbeing. Used correctly, it could even help with weight loss.

You can incorporate mindfulness into your new lifestyle in a couple of ways. First, you can be more mindful about what you eat. When you only have 500 calories on a fast day, you should try and be more aware of what you are eating. Enjoy the process of preparing your meal, savour each bit and eat slowly. Don't eat with the TV on and focus on what you are putting in your mouth. This will help you feel more satisfied with what you have eaten and more aware of what you are putting into your body. You can also use mindfulness to help when hunger strikes. Do something that you can get fully involved in - go for a walk, for example, and make a conscious effort to note your surroundings, feel the wind on your face and hear the crunch of grass under your feet.



Image source: Getty Images



Image source: Pixabay

BEST EXERCISE FOR FAST DAYS

Try these low-impact exercises on days when you're not eating

Once you're used to fasting, you might find you can do whatever exercise you like and there are some benefits to fasted training – many endurance or power athletes will deliberately exercise in a fasted state due to its potential performance benefits. But for most of us, especially starting out on fasting, even the thought of going for a long run or lifting weights without any food in our belly can leave us feeling fatigued. However, gentle movement can really help you with your weight-loss goals and well as your overall wellbeing. A gentle walk is a good form of exercise – just grab your trainers and go. If you can get out into nature, even a local park, you'll feel more of a mindful benefit. Swimming is another great exercise when on a fast day. You can take it as hard or as easy as you like. Skip the post-swim sauna though, as this could make you feel dizzy or faint when you haven't eaten that day. Yoga is another exercise that complements fasting well. You don't have to expend many calories, but the exercise will work your body in new ways, stretching you out, reducing stress and helping you relax. You may also wish to try a casual cycle outdoors, a low-impact gym class or a core workout to gently exercise your body without too much impact.

break the fast immediately and have something to eat. It doesn't have to be much at all, but something to give you some energy. See how you feel after a snack and go from there. If you feel very unwell, stop fasting completely and seek medical advice.

You also want to be careful how to break a fast in general. The hunger can make us want to eat everything in sight, but this is a recipe for disaster. If you suddenly eat a lot in one go after fasting, you will feel uncomfortably full, bloated and even a little

It's really important to stay well hydrated when fasting to prevent serious side effects

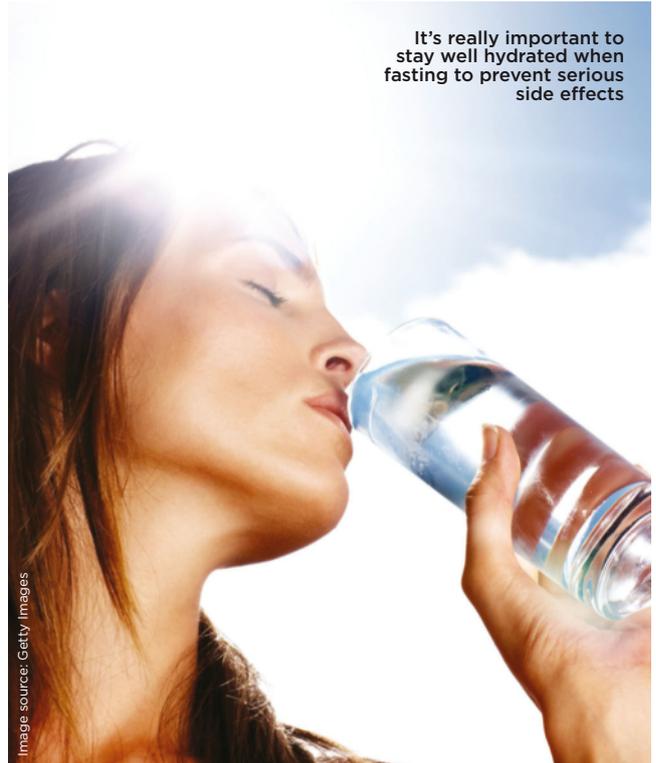


Image source: Getty Images

nauseous. Break your fast with something light and simple, then when that is digested, you can try a bigger meal. Plus, if you routinely binge on a lot of food after a fasting cycle, you are likely to undo the benefits of fasting and might not lose the weight you intended.

You may still feel low or moody during a fast, which is particularly common at the beginning of a new diet. You need to give yourself a distraction at these times, to boost your energy in other ways and take your mind off of food. We are prone to a preoccupation with eating and it's a tough habit to break. Try going for a walk, reading a book or listening to some music.

WHO SHOULDN'T FAST

Fasting is not for everyone and there are certain groups of people who should not consider a fasting diet, except under medical guidance. There is some evidence that fasting diets could help to control blood sugar levels and be of huge benefit to those with Type 2 diabetes, however this is something that should be monitored by your GP. You shouldn't start a fasting diet on your own without consulting your doctor, as it's not suitable for all diabetics and it could have serious negative side effects.

Women should not fast at all if they are pregnant, breastfeeding or trying to conceive. It's really important to ensure that you are getting all the nutrients you need, as well as the right amount of calories. Calories are essential for proper growth of a baby and maintain a healthy body, plus you use up a lot of calories breastfeeding, so you need to be eating more than normal, not less. Women who suffer from amenorrhoea



Image source: Pixabay

Make sure that your meals are always well balanced and healthy

or stopped periods, should not undergo a fasting diet. Children and teenagers are also not advised to follow any kind of intermittent fasting.

Anyone with any medical issues should check with their GP before starting a fasting diet. This includes people with heart disease or low blood pressure, for example. While losing weight can be beneficial in general for many people who are overweight and have certain health conditions, you should seek professional medical advice on the best diets to follow for your own personal situation.

If you are on regular prescription medication, you should also check with your GP whether fasting is right for you. Some medicines must be taken with food and may not be suitable for taking on an empty stomach.

If you have ever suffered from an eating disorder you should not follow a fasting diet, unless it is under medical supervision. It's also not suitable for those who are underweight, as weight loss is one of the main side effects of a fasting diet.

There are many other people who should not try a fasting diet, but we have outlined a few of the more common scenarios here. The basic rule of thumb is that you should only try a fasting diet for yourself if you are generally healthy and have no underlying medical conditions. If you're at all unsure, check with a doctor before starting.

FOCUS ON HEALTH

What it all comes down to really is that you need to prioritise your health and not weight loss. While losing weight is good for your health if you need to lose it,

you do need to be mindful about the overall effects of fasting on your wellbeing. There is no point losing weight if fasting leaves you feeling under the weather, weak, tired or miserable.

You should always put your own health and wellbeing above anything else. It might take a while to get used to a fast, so a few minor side effects are expected, but these should lift. You should start to feel better not worse, and you should start to find that your health and wellbeing improve. If this is not the case, it is much better to admit that fasting might not be right for you and to consider changing the way you fast or looking at different diets.

You may need to consider supplements to ensure that you get enough vitamins and minerals



Image source: Pixabay

VEGAN BLT SANDWICHES WITH TOFU BACON



PREP TIME
5 MINS



MARINADE TIME
4 HRS



COOK TIME
15 MINS



DIFFICULTY
EASY



SERVINGS
2 SANDWICHES



CANNOT BE FROZEN

INGREDIENTS

FOR THE TOFU BACON

100 ml | 3 1/2 fl oz | 7 tbsp soy sauce

120 ml | 4 fl oz | 1/2 cup water

1 tbsp tomato purée

1 tbsp vegan Worcestershire sauce

1 tbsp raw maple syrup

1 tbsp liquid smoke, optional

300 g | 11 oz extra-firm tofu

TO ASSEMBLE

2 medium tomatoes

4 slices rye bread

4 tbsp vegan mayonnaise

1 curly lettuce, leaves torn

METHOD

1 FOR THE TOFU BACON:

Stir together all the ingredients for the tofu bacon, apart from the tofu itself, in a sealable container.

2 Pat the tofu dry with kitchen paper and cut into at least twelve **1 cm | 1/2"** thick squares. Add to the marinade, seal the container, and set aside for **4 hours**.

3 After **4 hours**, remove the tofu from the marinade and pat dry with kitchen paper.

4 TO ASSEMBLE: Preheat the grill to hot. Score an 'x' on the undersides of the tomatoes before blanching in a saucepan of boiling water for **20-30 seconds**.

5 Remove from the water and refresh in iced water for **2 minutes**. Drain and peel before cutting into slices, at least eight.

6 Arrange the tofu on a grilling tray. Grill until golden-brown and crisp, turning a few times, about **4-6 minutes**. If desired, toast the rye bread under the grill. Remove and cut each in half to yield eight pieces.

7 Spread the rye bread with mayonnaise. Top two slices with the lettuce, tofu bacon, and tomato slices before sandwiching against the remaining rye bread.

8 Serve immediately for best results.

NUTRITIONAL INFORMATION

Calories	272
Protein	12.1g
Carbs	24.0g
Sugars	3.1g
Fat	13.9g
Sat. fat	1.2g
Fibre	3.8g
Sodium	1.0g



TOFU PAD THAI NOODLE DISH



PREP TIME
10 MINS



COOK TIME
20 MINS



DIFFICULTY
EASY



SERVINGS
4



CANNOT BE FROZEN

INGREDIENTS

FOR THE SAUCE:

- 4 tbsp** soy sauce
- 2** limes, juiced
- 1 tbsp** rice wine vinegar
- 1 tbsp** soft brown sugar
- 1 tbsp** hot water
- 1 tbsp** sambal oelek, or $\frac{1}{2}$ **tsp** red chilli flakes, see Tip

TO ASSEMBLE:

- 300 g | 11 oz** flat rice noodles
- 2 tsp** sesame oil
- 3 tbsp** groundnut oil, or sunflower oil, divided
- 300 g | 11 oz | 2 cups** extra-firm tofu, drained, patted dry, and cubed
- 2** cloves garlic, finely chopped
- 2** carrots, peeled and cut into thin batons
- 1 large handful** beansprouts
- 1** red chilli, finely sliced
- 2 tbsp** roasted peanuts
- 1 handful** coriander leaves
- 1** lime, cut into wedges
- salt

METHOD

- 1 FOR THE SAUCE:** Whisk together everything for the sauce in a small mixing bowl until the sugar dissolves.
- 2 TO ASSEMBLE:** Place the noodles in a large heatproof bowl and cover with boiling water. Let stand, tossing frequently with tongs, until tender to the bite and pliable, about **7-10 minutes**.
- 3** Drain well and rinse under running water. Transfer to a clean, dry bowl and add the sesame oil, tossing to coat.
- 4** Heat half the groundnut oil in a large wok or frying pan set over a high heat until hot. Add the tofu and some salt and pepper to taste, stir-frying until golden-brown, about **3-4 minutes**. Remove from the wok to a plate.
- 5** Add the remaining groundnut oil and then the garlic, carrots, and beansprouts to the wok. Stir-fry for **1 minute** before adding the noodles and prepared sauce.
- 6** Continue to stir-fry for about **2 minutes**, stirring and tossing frequently to coat the noodles in the sauce. Return the tofu to the wok and toss to combine.
- 7** Divide between plates and top with red chilli, peanuts, and coriander leaves. Serve with lime wedges placed on the side for squeezing over.

NUTRITIONAL INFORMATION

Calories	356
Protein	12.7g
Carbs	36.4g
Sugars	6.1g
Fat	19.7g
Sat. fat	2.3g
Fibre	4.8g
Sodium	1.3g

TIP

SAMBAL OELEK IS A SPECIALTY SOUTH-EAST ASIAN CHILLI SAUCE AVAILABLE IN SPECIALTY SUPERMARKETS OR ONLINE. IT IS A VEGAN INGREDIENT, BUT ALWAYS CHECK THE INGREDIENT LIST TO CONFIRM BEFORE USING.



POMEGRANATE AND CORIANDER CURRY



PREP TIME
10 MINS



COOK TIME
35 MINS



DIFFICULTY
EASY



SERVINGS
4



CANNOT BE FROZEN

INGREDIENTS

60 g | 2 oz | 1/3 cup unsalted cashews
2 onions, roughly chopped
6 cloves garlic
1 tbsp fresh ginger, peeled
1 red chilli, seeded and chopped
2 tbsp ghee, or butter
2 tsp ground cumin
2 tsp ground coriander
2 tsp paprika
1 tsp ground turmeric
1/2 tsp ground cardamom
1/2 tsp red chilli powder
1 small cinnamon stick
1 tsp caster sugar
400 g | 14 oz | 2 cups tinned chopped tomatoes
300 ml | 11 fl oz | 1 1/3 cups chicken stock, or vegetable stock
100 g | 3 1/2 oz | 1/2 cup low-fat plain yoghurt
50 g | 1 3/4 oz | 1/2 cup pomegranate seeds
1 handful coriander, roughly chopped
 salt
 freshly ground black pepper

METHOD

- Soak the cashews in a bowl of warm water. Set aside.
- Purée the onions, garlic, ginger, and chilli in a food processor. Melt the ghee in a sauté pan or wok set over a moderate heat until hot.
- Add the onion purée mixture and **1/4 tsp** salt, frying until golden, about **8-10 minutes**, stirring frequently.
- Stir in the ground spices, cinnamon stick, and sugar. Fry for **2 minutes**, stirring occasionally, and then stir in the tomatoes and stock.
- Bring to the boil and then reduce to a gentle simmer for **20 minutes**, stirring the mixture from time to time.
- Purée the cashews with a little of their soaking water in a food processor before stirring into the curry along with the yoghurt and plenty of salt and pepper to taste. Purée the curry with an immersion blender; alternatively you can use a food processor.
- Garnish with pomegranate seeds and chopped coriander before serving.

NUTRITIONAL INFORMATION

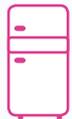
Calories	270
Protein	8.3g
Carbs	25.3g
Sugars	13.0g
Fat	16.6g
Sat. fat	7.0g
Fibre	2.9g
Sodium	0.7g



CHOCOLATE AND CHIA COFFEE CREAM



PREP TIME
35 MINS



CHILL TIME
8 HRS



DIFFICULTY
EASY



SERVINGS
4



**CANNOT
BE FROZEN**

INGREDIENTS

165 g | 6 oz | 1 cup chia seeds
625 ml | 22 fl oz | 2 ½ cups almond milk, unsweetened

250 g | 9 oz | 1 cup plain almond milk yoghurt

1 tbsp light agave nectar

4 tbsp cacao powder, or cocoa powder, if not available

45 ml | 1 ½ fl oz | 3 tbsp freshly brewed espresso, cooled

METHOD

1 Whisk together the chia seeds, milk, yoghurt, and agave nectar in a mixing bowl.

2 Cover and let stand at room temperature for **30 minutes**.

3 Once this time has elapsed, give it a quick stir. Sift over the cacao powder and add the espresso, stirring well.

4 Divide between four serving jars, cover, and chill overnight before serving.

NUTRITIONAL INFORMATION

Calories	315
Protein	11.6g
Carbs	38.2g
Sugars	9.0g
Fat	17.4g
Sat. fat	2.0g
Fibre	19.0g
Sodium	0.1g



MEAL PLANNER

Mix and match your meals, or use these examples to plan your fast days – all of them are under 600 calories per day!



**TOTAL
CALORIES
452**



**TOTAL
CALORIES
455**



**TOTAL
CALORIES
442**



**TOTAL
CALORIES
495**

WORKING OUT YOUR CALORIES

Many intermittent fasting diets will suggest a very strict 'fast day' of no more than 500 calories for women (and 600 for men). However, if you are struggling, you can afford to be a bit more flexible and still get the same results at the end of it.

In an interview, Michael Mosley (the man behind the 5:2 diet) stated that eating 800 calories per fast day on the 5:2 diet wouldn't "make much of a difference" to the end result. This is particularly true if you do a lot of exercise. But having 800-calorie fast days has the added benefit of making the 5:2 diet seem more achievable for those starting out.

If that's the case, you could begin on a fasting calorie limit of no more than 800 calories, and work your way down to 500 calories as you get more comfortable with the fasting process.



MEAL 1
'Pink power' smoothie
170 calories

p116



MEAL 2
Tomato soup
177 calories

p54



MEAL 3
Stuffed sweet potatoes
150 calories

p75

TOTAL CALORIES 497



MEAL 1
'Full English' muffins
197 calories

p48



MEAL 2
Pepper tartare
145 calories

p68



MEAL 3
Crustless vegetable
168 calories

p86

TOTAL CALORIES 510



MEAL 1
Chestnut mushroom toast
111 calories

p50



MEAL 2
Carrot and coriander soup
207 calories

p56



MEAL 3
Cauliflower biryani
281 calories

p96

TOTAL CALORIES 599

Don't feel you have to rigidly keep within the categories in this book. Instead of a solid breakfast, for instance, you could have an energising juice, as we've done here. Or, you could eat a main meal at midday. The choice is yours!

Depending on your fast, you may be able to increase your caloric intake to 800 calories a day, or keep it stricter at 500 calories.

JUST KEEP SNACKING...

If you're a 'little and often' style eater, try snacks instead of full meals to keep you going



MEAL 1
Cottage cheese pots
139 calories

p44



MEAL 2
Blueberry smoothie
127 calories

p122



MEAL 3
Courgetti
167 calories

p66



MEAL 4
Granita
80 calories

p110

TOTAL CALORIES 513

MEAL PLANNER

Now you've seen the possibilities available to you, it's your turn to plan your meals, and get started on your fasting journey

MONDAY	MEAL 1	CALORIES	TOTAL CALORIES
	MEAL 2	CALORIES	
	MEAL 3	CALORIES	

TUESDAY	MEAL 1	CALORIES	TOTAL CALORIES
	MEAL 2	CALORIES	
	MEAL 3	CALORIES	

WEDNESDAY	MEAL 1	CALORIES	TOTAL CALORIES
	MEAL 2	CALORIES	
	MEAL 3	CALORIES	

THURSDAY	MEAL 1	CALORIES	TOTAL CALORIES
	MEAL 2	CALORIES	
	MEAL 3	CALORIES	

FRIDAY	MEAL 1	CALORIES	TOTAL CALORIES
	MEAL 2	CALORIES	
	MEAL 3	CALORIES	

SATURDAY	MEAL 1	CALORIES	TOTAL CALORIES
	MEAL 2	CALORIES	
	MEAL 3	CALORIES	

SUNDAY	MEAL 1	CALORIES	TOTAL CALORIES
	MEAL 2	CALORIES	
	MEAL 3	CALORIES	

MEAL PLANNER

If you're following an intermittent fasting pattern, and you are eating normally some days, it's still a good idea to input what

you eat on non-fast days. This will help you to track what you consume much better, and you'll be able to see if you need to cut

back anywhere. You'll also be able to see whether you're getting a truly balanced diet, or if you need to get more of certain nutrients.

MONDAY	MEAL 1	CALORIES	TOTAL CALORIES
	MEAL 2	CALORIES	
	MEAL 3	CALORIES	

TUESDAY	MEAL 1	CALORIES	TOTAL CALORIES
	MEAL 2	CALORIES	
	MEAL 3	CALORIES	

WEDNESDAY	MEAL 1	CALORIES	TOTAL CALORIES
	MEAL 2	CALORIES	
	MEAL 3	CALORIES	

THURSDAY	MEAL 1	CALORIES	TOTAL CALORIES
	MEAL 2	CALORIES	
	MEAL 3	CALORIES	

FRIDAY	MEAL 1	CALORIES	TOTAL CALORIES
	MEAL 2	CALORIES	
	MEAL 3	CALORIES	

SATURDAY	MEAL 1	CALORIES	TOTAL CALORIES
	MEAL 2	CALORIES	
	MEAL 3	CALORIES	

SUNDAY	MEAL 1	CALORIES	TOTAL CALORIES
	MEAL 2	CALORIES	
	MEAL 3	CALORIES	