

## Rosemary Conley's Stay Young Kick Start Diet

### Day 1

¾ pint skimmed or semi-skimmed milk

#### Breakfast

5 fl oz fresh orange juice

1 small can of tomatoes, boiled well to reduce,  
served on 2 medium slices wholegrain toast

#### Power snack

90g fresh blueberries

#### Lunch

300ml Carrot and Coriander Soup

1 wholegrain roll

Fresh fruit salad – blueberries, grapes, pineapple,  
papaya, mango (6oz total)

#### Power snack

1 brown Ryvita spread with extra light soft cheese  
plus 2 cherry tomatoes

#### Dinner

##### *Chicken and Chilli Stir-Fry:*

Serves 1: (for more than 1 just multiply the  
ingredients)



#### Ingredients

- 1 chicken breast, chopped (110g/5oz)
- 1 clove garlic, crushed, freshly ground black pepper
- ½ fresh chilli, deseeded and finely chopped
- ½ each green, red and yellow peppers, cut into bite size squares
- ½ red onion, coarsely chopped
- 6 button mushrooms, halved

- 2 sticks celery, chopped
- ½ bunch fresh coriander, coarsely chopped
- 1 inch fresh root ginger, peeled and finely grated

#### Sauce

- 1 tablespoon chilli and ginger dipping sauce
  - 1 tablespoon soy sauce
  - Served with 40g [dry weight] basmati rice
- NB: it is important not to overcook the fresh vegetables so begin to boil the rice and only add the vegetables to the chicken 3 minutes before serving*

#### Method

- Pre-heat a non-stick wok. When hot, add the chopped chicken breast, the crushed garlic and freshly ground black pepper.
- Toss the chicken to cook on all sides.
- Begin to cook the rice in a pan of boiling water with a vegetable stock cube. Cook for 12 minutes.
- When the chicken is almost cooked, add the chopped red onion and celery and heat through.
- Then add the chopped chilli, chopped peppers and mushrooms. Toss well to heat through.
- When all the ingredients are hot add the grated ginger and the sauces.
- Just before serving, add the fresh coriander, coarsely chopped with scissors.

Serve with 40g [dry weight] basmati rice per person, boiled with a vegetable stock cube. Serve with additional soy sauce to taste.

### Day 2

¾ pint skimmed or semi-skimmed milk

#### Breakfast

Energy Muesli prepare night before

Method – 15g porridge oats, 10g sultanas, 4 chopped almonds, 1 apple coarsely grated, 1 carrot, coarsely grated and mix with 50g natural yogurt

#### Power snack

150g fresh strawberries served with 1 tablespoon low fat plain yogurt

## Lunch

### ***Tropical Prawn Salad*** - serves 2

This is a substantial but totally delicious lunch and it always impresses guests



#### Ingredients

- 200g large cooked prawns
- ¼ fresh pineapple, peeled and cut into squares
- ½ papaya, peeled, deseeded and cut into chunks
- ½ mango, peeled and sliced away from the stone, then chopped into cubes
- 100g chopped melon
- Mixed salad leaves
- 10 Cherry tomatoes, halved
- 1 inch cucumber, peeled and chopped
- ½ red onion, finely chopped
- ¼ red/green/yellow peppers, chopped
- 2 sticks celery, chopped

#### Sauce

- Mix 2 tablespoons Hellmann's 'Lighter than Light' mayonnaise with 1 tablespoon tomato ketchup and 1cm fresh root ginger, peeled and finely grated.

#### Method

- Place a few leaves in 2 serving dishes. Add layers of the other ingredients and drizzle with some of the sauce. Add more leaves and a further layer of the ingredients until they are used. Drizzle the remaining sauce over the top

#### Power snack

150g fresh raspberries and a tablespoon of plain low fat yogurt

## Dinner

150ml Tomato and Basil Soup

80g roast chicken served with 80g carrots, 80g broccoli and 2 dry roast (50g) sweet potatoes served with a little gravy

## Day 3

¾ pint skimmed or semi-skimmed milk

### Breakfast

200g Total 2% fat Greek yogurt served with 100g fresh blueberries

### Power snack

1 brown Ryvita spread with Extra Light soft cheese and cherry tomatoes

### Lunch

Any ready-made salad or sandwich with max 5% fat and 300 kcal

### Power snack

2 Satsumas

## Dinner

**80g fresh salmon steak**, grilled, microwaved or baked, served with 115g mange tout and 115g boiled new potatoes with skins.

Top with 1 tablespoon Hellmann's 'Lighter than Light' Mayonnaise mixed with 1 teaspoon Chilli and Ginger Dipping Sauce



2 mini meringues topped with 1 teaspoon Total 2 per cent Greek yogurt and 50g fresh pineapple, papaya or sliced strawberries

## Day 4

$\frac{3}{4}$  pint skimmed or semi-skimmed milk

### Breakfast

15g Allbran soaked overnight in 100g plain yogurt with 4 chopped almonds, 10 sultanas and 1 teaspoon honey. When ready to eat, add a little milk from allowance if consistency is too thick

### Power snack

2 Satsumas

### Lunch

Two poached eggs served on one slice wholegrain toast, plus 100g fresh strawberries.

### Power snack

1 brown Ryvita spread with Marmite, topped with 3 sliced cherry tomatoes

### Dinner

1 low-fat ready-meal (max 5 per cent fat and 300 kcals) plus a small salad of mixed leaves, cherry tomatoes, chopped cucumber, red onion, chopped peppers and 3 baby beetroot tossed in very low calorie dressing, plus 1 medium banana

## Day 5

$\frac{3}{4}$  pint skimmed or semi-skimmed milk

### Breakfast

5 fl oz fresh orange juice plus 1 egg boiled or poached plus 1 slice wholegrain bread, toasted, spread with Marmite

### Power snack

150g fresh strawberries with 1 tablespoon natural low fat yogurt

### Lunch

1 jacket sweet potato (150g) topped with 140g baked beans or 70g grated low fat mature cheese or 80 tuna mixed with Hellmann's Lighter than Light mayonnaise and 1 tablespoon sweetcorn

### Power snack

Chopped carrots, cucumber, celery sticks served with a dip of 2 per cent fat Greek yogurt mixed with a little mint sauce

### Dinner

Any low fat ready-meal (max 5 per cent fat and 300 kcals) plus large salad of grated carrot, 4 cherry tomatoes, salad leaves, chopped cucumber, 1 stick celery and red onion, 1 tablespoon sweetcorn, plus 1 medium pear.

## Day 6

$\frac{3}{4}$  pint skimmed or semi-skimmed milk

### Breakfast

1 x 5 fl oz fresh orange juice  
30g porridge oats cooked in water and left overnight. Reheat and serve with milk from allowance and 1 teaspoon runny honey

### Power snack

2 Satsumas

### Lunch

300ml Carrot and Coriander Soup  
3 brown Ryvita crispbreads spread with Extra Light soft cheese spread and topped with 25g smoked salmon or 50g wafer thin ham

### Power snack

80g black seedless grapes

### Dinner

*Spaghetti Bolognese plus a small salad*



### Ingredients (serves 4)

- 1 lb (450g) lean minced beef
- 2 garlic cloves, crushed
- 1 large onion, finely diced
- 2 medium carrots, finely diced
- 2 beef stock cubes
- 2 x 14oz (2 x 400g) cans chopped tomatoes
- 2 tablespoons tomato puree
- 1 tablespoon chopped fresh mixed herbs (oregano, marjoram, basil, parsley)
- 8 sundried tomatoes, finely chopped
- 8oz (225g) [dry weight] spaghetti
- Salt and freshly ground black pepper
- Chopped fresh herbs to garnish

### Method

- Dry-fry the minced beef in a non-stick pan until it starts to change colour.
- Remove the mince from the pan and wipe out the pan with kitchen paper to remove the fat.

- Return the meat to the pan, add the garlic and onion and continue cooking for a further 2-3 minutes, stirring the ingredients well.
- Add the carrots and crumble the stock cubes over the top. Add the tomatoes, pure and herbs and mix well to allow the stock cubes to dissolve.
- Reduce the heat to a gentle simmer, season, cover with a lid, and continue to cook for 30 minutes until the sauce thickens.

Meanwhile, bring a large pan of water with a vegetable stock cube to the boil. Add the spaghetti and cook with a vegetable stock cube for 12-15 minutes then drain and serve with the Bolognese sauce

## Day 7

$\frac{3}{4}$  pint skimmed or semi-skimmed milk

### Breakfast

1 40g Special K served with milk from allowance and 1 teaspoon sugar

### Power snack

2 Satsumas

### Lunch

Large salad of mixed dark salad leaves – topped with grated raw carrot, 10 cherry tomatoes, halved, 30g baby beetroot, sliced red, green and yellow peppers, sliced button mushrooms, tablespoon sweetcorn plus 50g wafer thin ham or beef or chicken or cottage cheese or cold baked beans. Serve with a little Hellmann's 'Lighter than Light' mayonnaise.

### Power snack

1 pear

### Dinner

#### *Cottage Pie*

Ingredients – serves 2

- 300g extra lean beef mince
- 1 onion, finely chopped
- 1 beef stock cube
- 1 large carrot, grated
- 2 large (300g) sweet potatoes – peeled and boiled
- Vegetable stock cube
- Freshly ground black pepper
- A little milk from daily allowance
- Bisto Gravy powder

### Method

- Peel the potatoes and cut into small chunks and boil in water with a vegetable stock cube. When cooked, reserve the cooking water for the gravy later.
- Dry fry the mince in a non-stick wok or frying pan. When the meat has changed colour, drain through a colander, reserving the juices in a gravy separator.
- Return the mince to the pan and add the chopped onion and cook until soft. Add the grated carrot and mix well and then turn off the heat.
- Start making the gravy by mixing 1 tablespoon of Bisto powder with a little cold water then crumble in a beef stock cube. Pour in 300ml reserved potato cooking water and stir well.
- Place in a saucepan and slowly heat, stirring continuously to avoid it going lumpy. When boiling, add some gravy into the pan with the mince and cooked vegetables then pour the mince into a pie dish.
- Mash the potatoes with freshly ground black pepper and a little milk until smooth and quite soft.
- Carefully pile the mashed potato on top of the mince to ensure it is sealed to the edges to prevent the gravy bubbling out during cooking.
- Place the cottage pie in a preheated oven (200°, 400° – Gas 6) and reheat for 20 minutes. Serve with 100g each broccoli and carrots and the, reheated remaining gravy.



