



THE TEA DIET YOUR SEVEN DAY GET FABULOUS PLAN

Part 1. DRINK RIGHT, EAT RIGHT

Choose a pick-me-up that doesn't weigh you down!

A good rule is: the fancier the drink, the fancier the calories! If you usually start the day with a latte, try swapping it for a cup of tea, and you could save 1,540 Calories a week!

MORE FASCINATING TEA FACTS...

- Tea is a natural leaf containing antioxidants (called flavonoids). You get these from fruit and vegetables, which we are all recommended to eat more of
- Tea is the biggest provider of flavonoids in the UK diet
- A cup of PG tips tea with semi-skimmed milk is virtually fat-free
- Tea contains only 1 Calorie per cup and only 10 Calories with skimmed milk (14 Calories with semi-skimmed milk)
- Scientists suggest that tea is second only to water as the best drink for re-hydration
- Tea contains half the caffeine of brewed coffee

TOP TIPS FOR YOUR TEA BREAK!

Get a fresh brew

Use fresh water from the tap every time, as it contains more oxygen to bring out the full flavour.

Feeling peckish?

At only 38 Calories each, Rich Tea biscuits are hardly indulgent, and far better than the 250 Calories you'd eat in a muffin, slice of cake or chocolate bar.

Not hungry?

Leave them out and you could save around 800 Calories a week.

TIPS AND TRICKS OF THE TEA DIET

- Wake up every day to a cup of weak tea with lemon
- Start every dinner the LA way with a small mixed, colourful salad
- Enjoy black or lemon tea any time between meals

PG TIPS YOUR FABULOUS PLAN

Part 2. THE DIET

DAY 1 *Wake up! (every day)*

Cup of weak tea with lemon

Breakfast

Skinny omelette (made with 2 egg whites and one whole egg, and use cooking oil spray in your non-stick pan)

Small bowl of berries with 2 dsp fat-free yogurt

Two cups of PG tips tea

OR

Creamy oatmeal (use a sachet of instant oats or Ready Brek and hot skimmed milk)

Top with 1 tsp honey

Small bowl of berries

Cup of PG tips tea

Mid-morning

PG tips tea with lemon

1 Rich Tea biscuit

Lunch

Florida-style salad*

Water

Mid-afternoon

Cup of PG tips tea, black or with skimmed milk

1 Rich Tea biscuit

Dinner – *Tip: start each dinner with a mixed, colourful salad, including carrot, peppers, and sweetcorn to taste. Oil and lemon juice dressing with 1 tsp mustard*

6oz skinless chicken breast, oven-baked or grilled

Very small handful French fries or 6oz jacket potato

Butter-free broccoli or spinach

1 pot plain bio yogurt with a little fruit purée

OR

Cheese and celery with grapes -

4 small cubes the size of a dice of hard cheese

12 grapes

3 sticks celery

Water

PG TIPS YOUR FABULOUS PLAN

Part 2. THE DIET

DAY 2

Cup of weak tea with lemon

Breakfast

Skinny omelette

Small bowl of berries with 2 dsp fat-free yogurt

Two cups of PG tips tea

OR

Creamy oatmeal topped with 1 tsp honey

Small bowl of berries

Cup of PG tips tea

Lunch

1 glass of tomato juice

Low-fat cottage cheese and fruit platter:

Scoop out an orange and fill with 3 dsp cottage cheese

Surround with 1 sliced banana, 12 grapes and 2 pineapple rings in chunks

OR

Wholegrain tuna sandwich with 1 tsp reduced-calorie mayo

Apple

Water

Mid-afternoon

Cup of PG tips tea, black or with skimmed milk

1 Rich Tea biscuit

Dinner

Starter salad

Baked salmon fillet

Small jacket potato

Carrots and broccoli

OR

Stir-fried vegetables with noodles and a little soya sauce

Baked banana with honey, topped with half-fat crème fraîche

Tea

PG TIPS YOUR FABULOUS PLAN

Part 2. THE DIET

DAY 3

Cup of weak tea with lemon

Breakfast

Skinny omelette

Small bowl of berries with 2 dsp fat-free yogurt

Two cups of PG tips tea

OR

Creamy oatmeal topped with 1 tsp honey

Small bowl of berries

Cup of PG tips tea

Lunch

1 glass tomato juice

100g cold chicken with half a cubed avocado, served on salad leaves with a balsamic vinegar dressing

Mid-afternoon

Cup of PG tips tea, black or with skimmed milk

1 Rich Tea biscuit

Dinner

Starter salad

Skinny Beef Stroganoff:

Sauté a handful of onions and button mushrooms in 1 dsp oil

Add 6oz fillet steak in strips and 1 dsp oil

To finish, add 1 tbsp half-fat crème fraîche to pan and mix

Serve on 4 tbsp ribbon pasta

2 tbsp peas and sweetcorn

OR

Vegetable chilli with rice

Fresh fruit salad

Snack

Cup of tea with 1 Rich Tea biscuit (if hungry)

PG TIPS YOUR FABULOUS PLAN

Part 2. THE DIET

DAY 4

Cup of weak tea with lemon

Breakfast

Skinny omelette

Small bowl of berries with 2 dsp fat-free yogurt

Two cups of PG tips tea

OR

Creamy oatmeal

Top with 1 tsp honey

Small bowl of berries

Cup of PG tips tea

Lunch

Florida-style salad*

Mid-afternoon

Cup of PG tips tea, black or with skimmed milk

1 Rich Tea biscuit

Dinner

Starter salad

Cod baked in chopped tomatoes with herbs and garlic

3 tbsp puréed sweet potatoes

Runner beans

OR

Winter salad*

6oz jacket potato

Baked banana served with a drizzle of warm honey and plain yogurt

PG TIPS YOUR FABULOUS PLAN

Part 2. THE DIET

DAY 5

Cup of weak tea with lemon

Breakfast

Skinny omelette

Two cups of PG tips tea

OR

Creamy oatmeal

Top with 1 tsp honey

Small bowl of berries

Cup of PG tips tea

Lunch

1 glass tomato juice

Take the stone from an avocado and fill one half with:

Small tin water-packed tuna

1 tsp reduced-calorie mayo

Serve surrounded by a mixed, colourful salad

Tea

Mid-afternoon

Cup of PG tips tea, black or with skimmed milk

1 Rich Tea biscuit

Dinner

Starter salad

Grilled salmon with tarragon butter

Spinach

Puréed parsnips

OR

Pasta with smoked salmon and half-fat crème fraîche*

Natural low-fat yogurt served with 3 dsp apple purée

PG TIPS YOUR FABULOUS PLAN

Part 2. THE DIET

DAY 6

Cup of weak tea with lemon

Breakfast

Skinny omelette

Two cups of PG tips tea

OR

Creamy oatmeal

Top with 1 tsp honey

Small bowl of berries

Cup of PG tips tea

Lunch

1 glass tomato juice

Your choice of salad

OR

Wholegrain chicken salad sandwich

Apple

Mid-afternoon

Cup of PG tips tea, black or with skimmed milk

1 Rich Tea biscuit

Dinner

Starter salad

Grilled steak or chicken breast

Greek style lentil salad or winter salad*

OR

Half a pizza with tuna, olives, capers and prawns

Mango with cream and brown sugar:

4oz mango chunks, topped with 2 tbsp half-fat crème fraîche

Sprinkle with 1 dsp brown sugar and bake in hot oven for 10 minutes

Snack

Tea and 1 Rich Tea biscuit

PG TIPS YOUR FABULOUS PLAN

Part 2. THE DIET

DAY 7

Cup of weak tea with lemon

Breakfast

Skinny omelette

Two cups of PG tips tea

OR

Creamy oatmeal

Top with 1 tsp honey

Small bowl of berries

Cup of PG tips tea

Lunch

Cup of tea

6ozs oven-baked salmon with Florida-style salad*

OR

Broccoli and walnut salad* with 3 slices ham

Mid-afternoon

Cup of PG tips tea, black or with skimmed milk

1 Rich Tea biscuit

Dinner

Starter salad

Herb omelette*

12 French fries

3 tbsp peas and sweetcorn

OR

Quorn fillet, oven-baked, with Italian-style potato salad and green beans

Oven-baked pineapple chunks with 1 dsp half-fat crème fraîche

PG TIPS YOUR FABULOUS PLAN

Part 3. RECIPES

How to make the delicious dishes featured in your daily plan

Florida-style salad

Serves 2

Ingredients:

- 1 large head of iceberg lettuce, washed and chopped
- 1 carrot, thinly sliced into strips
- 1 grapefruit, peeled and chopped
- 1 orange, peeled and chopped
- 1 handful of walnuts, chopped
- 1 handful of raisins
- 1 dsp olive oil
- 1 tsp balsamic vinegar

Directions:

1. Mix all ingredients together in a large bowl. Use your hands to mix the salad and squeeze the citrus fruit so that the juices mix with the oil and the seasonings. Add salt and pepper to taste.

Typical nutrition information per serving:

| | |
|-----------------------------|--------------------------------|
| 140 Calories | 7% of GDA |
| 11.4g sugars | 13% of GDA |
| 9.5g fat | 14% of GDA |
| 1.0g saturates | 5% of GDA |
| 0.3g salt (based on sodium) | 5% of GDA |
| | Of an adult's guideline amount |

PG TIPS YOUR FABULOUS PLAN

Part 3. RECIPES

Broccoli and Walnut Salad

Serves 6

Ingredients:

- 300g roughly chopped broccoli florets
- 1/2 medium head cauliflower, roughly chopped
- 100g raisins
- 150g chopped onions (optional)
- 1 small red pepper, seeded and thinly sliced
- 50g chopped walnuts
- 25g wine vinegar
- 25g olive oil
- 6 to 12 large lettuce leaves
- 2 beefsteak tomatoes, cut into wedges

Directions:

1. In a large mixing bowl, combine the broccoli, cauliflower, raisins, onions, pepper, and walnuts.
2. In a separate bowl, whisk together the vinegar and olive oil.
3. Toss with the combined salad ingredients and serve on lettuce leaves with tomato wedges.

Typical nutrition information per serving:

| | |
|-----------------------------|------------|
| 190 Calories | 10% of GDA |
| 17.3g sugars | 19% of GDA |
| 10.9g fat | 16% of GDA |
| 1.3g saturates | 7% of GDA |
| 0.1g salt (based on sodium) | 2% of GDA |

PG TIPS YOUR FABULOUS PLAN

Part 3. RECIPES

Almond walnut salad

Serves 4

Ingredients:

- 100g almonds, chopped
- 100g walnuts, chopped
- 100g Emmenthal or Gruyère cheese, torn into small pieces
- 1 large head of lettuce, washed and chopped
- 1 apple, peeled, cored and diced into small pieces
- 1 tbsp of reduced-calorie mayonnaise
- Salt and pepper
- 1 tbsp of olive oil
- Juice of 1/2 lemon

Directions:

1. Mix all the ingredients well in a large bowl.
2. Refrigerate for 10 minutes.

Typical nutrition information per serving:

| | |
|-----------------------------|------------|
| 472 calories | 24% of GDA |
| 5.1g sugars | 6% of GDA |
| 42.5g fat | 61% of GDA |
| 7.7g saturates | 39% of GDA |
| 0.6g salt (based on sodium) | 10% of GDA |

PG TIPS YOUR FABULOUS PLAN

Part 3. RECIPES

Italian-style potato salad

Serves 4

Ingredients:

- 7 large russet potatoes, boiled and diced into small cubes or wedges
- 3 tbsp of rosemary
- 5 tbsp olive oil
- 1 onion, coarsely chopped
- 2 tsp of apple vinegar, mixed well with the oil
- Salt and pepper

Directions:

1. Dice the potatoes while they are still warm. Add the rosemary, oil and vinegar, and onion.
2. Mix everything with a wooden spoon so as not to destroy the potatoes.
3. Refrigerate for 2 hours.
4. Add salt, pepper and additional olive oil to taste.

Typical nutrition information per serving:

| | |
|-----------------------------|------------|
| 350 calories | 18% of GDA |
| 4.4g sugars | 5% of GDA |
| 17.1g fat | 24% of GDA |
| 2.4g saturates | 12% of GDA |
| 1.3g salt (based on sodium) | 22% of GDA |

PG TIPS YOUR FABULOUS PLAN

Part 3. RECIPES

Three-herb omelette

Serves 4

Ingredients:

- 5 eggs, beaten
- 2 tbsp of olive oil
- 5 basil leaves, chopped
- 2 tbsp of thyme, chopped
- 3 sage leaves, chopped
- 1/2 clove of garlic
- Salt and pepper
- 1/2 onion, chopped

Directions:

1. Sauté the basil, thyme, sage, onion and garlic in the oil over a medium heat for 4 minutes. Add the egg. Turn the heat to low. Add salt and pepper to taste. Brown the omelette on both sides.
2. Cut into pizza wedges.

Typical nutrition information per serving:

| | |
|-----------------------------|------------|
| 125 calories | 6% of GDA |
| 1.1g sugars | 1% of GDA |
| 10.4g fat | 15% of GDA |
| 2.2g saturates | 11% of GDA |
| 1.1g salt (based on sodium) | 18% of GDA |

PG TIPS YOUR FABULOUS PLAN

Part 3. RECIPES

Greek-style lentil salad

Serves 4

Ingredients:

- 250g red lentils, cooked and chilled
- 2 cucumbers, peeled and chopped
- 15 cherry tomatoes, chopped
- 1 package of feta cheese, cut into small pieces
- 1 medium onion, chopped
- 2 tbsp of oregano
- 5 tbsp of olive oil
- Salt and pepper

Directions:

1. Mix all ingredients together in a large bowl. Chill for 1 hour before eating.

Typical nutrition information per serving:

| | |
|-----------------------------|------------|
| 482 calories | 24% of GDA |
| 7.4g sugars | 8% of GDA |
| 25.1g fat | 36% of GDA |
| 9.0g saturates | 45% of GDA |
| 2.5g salt (based on sodium) | 42% of GDA |

PG TIPS YOUR FABULOUS PLAN

Part 3. RECIPES

Spaghetti with smoked salmon and crème fraîche

Serves 2

Ingredients:

- 100g (dry weight) spaghetti
- 100g strips of smoked salmon
- 2 dsp half-fat crème fraîche
- Coarse black pepper
- Fresh parsley

Directions:

- Cook the spaghetti until tender and drain. Put back into the pan (without heat) and add the smoked salmon. This will turn pale as it warms through.
- Add the crème fraîche and stir through well to combine everything.
- Add the black pepper.
- Turn out onto hot plates (pasta goes cold quickly) and serve, with parsley scattered liberally on top.

Typical nutrition information per serving:

| | |
|-----------------------------|------------|
| 259 calories | 13% of GDA |
| 2.0g sugars | 2% of GDA |
| 4.7g fat | 7% of GDA |
| 1.5g saturates | 8% of GDA |
| 2.4g salt (based on sodium) | 40% of GDA |

PG TIPS YOUR FABULOUS PLAN

Part 3. RECIPES

Winter Salad

Serves 1

Ingredients:

- Grated white and red cabbage
- 6 broken walnuts
- 1 tbsp raisins
- 1 carrot, grated
- 2 tbsp cold broad beans
- 1 tbsp cold peas

Directions:

- Bind together with 1 dsp reduced-calorie mayonnaise.

Typical nutrition information per serving:

| | |
|-----------------------------|------------|
| 244 calories | 12% of GDA |
| 32.0g sugars | 36% of GDA |
| 4.7g fat | 7% of GDA |
| 1.5g saturates | 8% of GDA |
| 0.4g salt (based on sodium) | 7% of GDA |