

A close-up photograph of a person's legs and feet as they tie their white sneakers. The person is wearing white socks and white sneakers with grey laces. Their hands are visible, pulling the laces together. The background is a dark, reflective surface, possibly a gym floor. The text "KICK START" is overlaid in a white box at the top, and "28 Day Challenge" is written below it. The "exante" logo is at the bottom.

**KICK START**

28 Day Challenge

exante®



# *Hey you!*

*Are you ready to feel healthier  
and more confident?*

*In the Exante 28 Day Challenge,  
you will:*

Eat healthy, balanced meals.

Get toned.

Build your confidence.

Have fun and get social.

Increase your fitness levels.

Transform your body and attitude.

# *Welcome to the Exante 28 day kick-start plan!*

## ***Our products...***

Here at Exante, we've got the UK's largest range of high-protein meal replacement and weight-management products. Our philosophy is healthy living made simple through a huge range of delicious meal replacements and easy-to-follow recipes, flexible meal plans and exercises developed by our experts.

## ***What are the benefits?***

Incorporating our products into your everyday diet is simple. No time to prep a packed lunch or cook a meal? No problem. Simply pop a shake sachet in your bag and add water for a delicious and balanced meal.

Our Exante products are all:

- Perfectly portioned – We count the calories so you don't have to
- High protein – perfect to aid muscle recovery post-workout
- High in fibre - to keep you feeling fuller for longer
- Low carb
- Enriched with over 27 vitamins and minerals

## ***What is the 28 day plan?***

If you're looking to maintain a healthy diet but don't have time in the day to prep every meal, this is the perfect solution for you. Our nutritionists have developed a simple 1200 calorie diet designed to kick-start your weight loss journey and change the way you think about food for good.

## ***How it works:***

It's flexible, convenient and works for you. In this e-Book you will find everything you need:

- 1200 calorie flexible diet meal plan.
- Choose 2 delicious Exante products a day, plus one healthy home cooked meal and a snack of your choice.
- Learn how to cook fresh and healthy recipes developed by our expert nutritionists with our handy step-by-step guide.
- Follow our simple workout tutorials to help boost your metabolism.

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# Share your transformation

## *How...*

As you kick-start your journey to better health, we want to be with you every step of the way celebrating your successes. Whether you're losing weight by healthy eating, or toning up after falling in love with hot yoga classes, we'd love to hear your story and see your amazing body transformations.

To share your transformations with us on social, follow our step by step guide.

## *Before you begin*

Save this e-Book to your mobile or laptop so it's available wherever you go.

Join our social community! Like us on [Facebook](#), follow us on [Twitter](#) and [Instagram](#) @ExanteDiet. We'll give you the secrets, confidence and support you need to succeed throughout the challenge.

Look out for our Instagram Stories where we'll be sharing behind the scenes and sneak peaks of new products to support your weight loss.

Join our private [Facebook page](#) to share your progress and tell your story about why you've chosen to do the Exante 28 Day Challenge.

## *Taking before and after photos*

Taking before and after photos helps you track your progress and see how far you have come!

Here are our tips to taking the perfect transformation shots.

1. Take before and after photos at the same time of day, preferably before you've eaten and after using the bathroom to get a more accurate photo.
2. Wear the same clothing in each pose and include your whole body.
3. Use the same location and lighting in both shots.
4. Upload your transformations [here](#).

**Each month we'll select one lucky winner to receive a £100 cash prize, or £150 Look Fantastic vouchers. Monthly winners will also be entered into our yearly prize draw to [WIN a holiday](#).**





*"Free to  
wear what  
I want"*





# *Workouts*

It's time to get moving! If you need some perspiration-inspiration, try our 4 week exercise plan.

Do each move for 30 seconds and repeat the circuit 3 times for a fast and effective workout you can do at home.



Share your favourite exercises  
with @ExanteDiet

# Legs & bum

Do each move for  
30 seconds and  
repeat the circuit  
3 times.



## Squat

- A** Standing with feet a little wider than shoulder width apart, ensure your hips are over your knees and knees over ankles. Your spine should be neutral and shoulders relaxed down.
- B** Moving your hips back, lower in to a squat, keeping your chest and shoulders upright. Go as low as is comfortable. Hold for a few seconds then return to the starting position.



## Side Leg Lift



- A** Lie down on one side and prop your head up with your hand. Look straight ahead of you at all times.
- B** Slowly lift your top leg as high as it will go, then lower it gently to meet your other leg.

### Top Tip!

Start the day right. Get up half-an-hour early for a morning workout and save time by enjoying some [Exante Porridge Oats](#) for breakfast. You'll instantly feel like you're set up for a happy and healthy day.



### *Front Lunge*

- A** Stand up straight. Make sure that your feet are hip-width apart. Take a big step forward with one leg.
- B** Bend your front knee so that it is at a 90 degree angle with the floor. Your back knee should be almost touching the floor. Push yourself back up to the starting position.



### *Sumo Squats*

- A** Stand with your feet significantly wider than hip-distance apart. Turn your toes out 45 degrees and hold your hands on your hips.
- B** Lower yourself down by bending your knees and hips, do not let your knees move past your toes. Hold for a few seconds then return to the starting position.



### *Calf Raises*

- A** Stand with your feet about shoulder width apart and let your arms hang along the sides of your body.
- B** Lift your heels up. Move weight on to the balls of your feet while keeping your legs straight. Slowly lower your heels back to the floor.

# The flat stomach workout

Do each move for  
30 seconds and  
repeat the circuit  
3 times.



## Bicycle Crunches

- A** Lie on the floor and place your hands behind your head. Raise your legs keeping your feet together. Lift your head up and touch your right elbow to the left knee while pulling your knee up towards your head keeping your other leg straight.
- B** Now touch your left elbow to your right knee. At the same time, straighten your left leg, keeping it off of the floor.



## Leg Raises

- A** Lie flat on your back with your legs stretched out in front of you. Bend your knees and raise your legs.
- B** Straighten your legs until your toes are pointed at the ceiling. Slowly lower your legs back down.



### Top Tip!

Top Tip! Consuming protein within the first 45 minutes after a workout is proven to be the most effective way to aid muscle repair. Try an [Exante Strawberry Jam and Yogurt Bar](#) for a delicious post-workout snack containing 17g of protein.



## *Mountain Climbers*

**A** Get into a press-up position with your hands shoulder length apart.

**B** Pull one knee up towards your midsection then alternate the movement with the other knee, keeping one foot on the floor at all times.



## *Plank*

**A** Get into position. Keep your thighs lifted. Your body should not curve, but rather should form a straight and balanced line. Be careful not to let your hips sink. Hold.



## *Calf Raises*

**A** Sit on the ground with your knees bent and feet off the ground. Lean back slightly keeping your back straight.

**B** Twist your torso slowly to the right, back to the centre then over to the left. Keep your legs in position the whole time.



# Banish those bingo wings

Do each move for  
30 seconds and  
repeat the circuit  
3 times.



## Push-ups (on knees)

- A** Start in the same position as a push-up, arms shoulder length apart. Keep your knees in contact with the floor. Lift your feet off the ground and keep your back as straight as possible.
- B** Lower your self down until your back is parallel to the floor. Push yourself back up.



## Punches

- A** Stand with one leg behind the other. Raise both your fists so they sit either side of your chin. Throw your left arm straight ahead of you and ensure it's fully extended.
- B** Alternate between arms, keeping your stance strong. Aim for a consistent speed throughout.

### Top Tip!

During exercise, your body loses vitamins through perspiration and metabolism, especially water-soluble vitamins such as B complex. Rehydrate and rejuvenate with an [Exante Vanilla Shake](#), enriched with over 27 vitamins and minerals.





### *Shoulder taps*

- A** Start in a push-up position with your back straight. Lift up your right hand and touch your left shoulder. Lower your hand back down to the start position.
- B** Now alternate the movement by lifting your left hand up to your right shoulder.



### *Tricep dips*

- A** Using a bench or chair place your hands on either side of your bum. Lift your bum off the ground. Your knees should be at a 90-degree angle to your torso and your shins.
- B** Lower yourself until your elbows are parallel to your shoulders and push yourself back up.



### *Airplane*

- A** Lay completely flat on the floor, toes and hands pointed out.
- B** Lift your feet, arms and head off the floor at the same time. Hold for 5 seconds. Return to starting position.

# De-stress Yoga workout

Do each move for  
30 seconds and  
repeat the circuit  
3 times.



## Downward facing dog

- A Start on all fours, palms flat to the ground.
- B Exhale and push your bum towards the ceiling. You should end up in an inverted "V" position. Hold this position for 30 seconds and focus on your breathing.



## Forward fold

- A Stand with your feet together and hands down by your sides.
- B Exhale and bend forward at the hips so that your head is near your feet. Place your hands on your ankles or on the floor by your feet. Hold for 30 seconds and focus on your breathing.



### Top Tip!

Evening yoga is the perfect way to unwind at the end of a busy day. After your workout, enjoy a light and healthy dinner like our [Exante Chicken Fajitas](#).



### *Chair pose*

- A** Stand with your feet together, inhale and raise your arms above your head, perpendicular to the floor.
- B** Exhale as you bend your knees, bringing your thighs as parallel to the floor as they can get. Hold for 30 seconds and focus on your breathing.



### *Crescent moon*

- A** Stand with your feet together, arms in the air with your fingers interlaced. Exhale and press the right hip out to the side, arching over to the left. Hold for 15 seconds then alternate. Ensure you focus on your breathing.



### *Warrior pose*

- A** Stand with your feet together, arms by your side. Exhale, step forward and lower one knee to the ground.
- B** Raise your arms to the ceiling, keeping palms together. Hold this pose for 30 seconds, stay focussed on your breathing.





# *Your 28 day menu*

Each simple and nutritious recipe in our meal plan has been specially selected by our nutritionists to kick-start your weight loss journey. Balanced with your favourite Exante products, our meal plan gives you the right amount of vitamins, fibre and other important nutrients to help keep you feeling fuller for longer.

If you're ready to fit a healthy diet into your everyday life, this 28 day menu plan is perfect for you!



# Week 1

	Breakfast	Lunch	Dinner	Snack
Monday	<b>exante</b> Apple & Cinnamon Porridge	<b>exante</b> Chocolate Orange Shake	Courgetti Bolognese	<b>exante</b> Choco Balls
Tuesday	<b>exante</b> Strawberry Jam & Yogurt Bar	<b>exante</b> Shepherd's Pie	Stuffed Chicken Breast w/Veg	<b>exante</b> Salt & Vinegar Crisps
Wednesday	<b>exante</b> Muesli Breakfast Bar	<b>exante</b> Tomato & Mascarpone Soup	Veggie Cauli Rice	<b>exante</b> Chocolate Protein Wafer
Thursday	<b>exante</b> Maple Syrup Porridge	<b>exante</b> Ham & Mushroom Soup	Turkey Steak, garlic, yogurt mint & cucumber dip	<b>exante</b> Strawberry Jam & Yogurt Bar
Friday	<b>exante</b> Chocolate Protein Muesli	Supergrain Salad	<b>exante</b> Chicken Fajitas	<b>exante</b> Strawberry Wafer
Saturday	Eggs and Avocado	<b>exante</b> Toffee Caramel Shake	<b>exante</b> Sweet & Sour Noodles	<b>exante</b> BBQ Crisps
Sunday	<b>exante</b> Maple Syrup Pancakes	<b>exante</b> Chicken & Leek Soup	Pesto Salmon & Green Beans	Yogurt Pot



# Week 2

	Breakfast	Lunch	Dinner	Snack
Monday	<b>exante</b> Chocolate Protein Muesli	Chicken Burrito	<b>exante</b> Indian Style Curry w/rice	<b>exante</b> Chocolate Shake
Tuesday	<b>exante</b> Vanilla Shake	<b>exante</b> Red Bean Chilli	Fish Tacos	<b>exante</b> Choco Balls
Wednesday	<b>exante</b> Plain Porridge	<b>exante</b> Indian Dahl Pot Meal	Whole Grain Pasta Salad	<b>exante</b> Salt & Vinegar Crisps
Thursday	<b>exante</b> Cheese & Bacon Breakfast Eggs	<b>exante</b> Lemon & Raspberry Shake	Mediterranean Chicken Salad	<b>exante</b> Strawberry Wafer
Friday	<b>exante</b> Vanilla Shake	<b>exante</b> Moussaka	Beef Steak with veg, lime & coriander rice	Sweet Pot, Carrot, Courgette Sticks
Saturday	<b>exante</b> Chocolate Orange Bar	Mediterranean Style Cous Cous	<b>exante</b> Cottage Pie	Homemade Granola bar
Sunday	Peanut Butter and Banana Toast	<b>exante</b> Chip Shop Curry	Mushroom Risotto	<b>exante</b> Chocolate Shake

# Week 3

	Breakfast	Lunch	Dinner	Snack
Monday	<b>exante</b> Banana Shake	<b>exante</b> Tomato & Mascarpone Soup	Pesto Salmon & Green Beans	Herby Chicken Skewers
Tuesday	<b>exante</b> Chocolate Protein Muesli	<b>exante</b> Toffee Caramel Shake	Meat Stuffed Aubergine	<b>exante</b> BBQ Crisps
Wednesday	<b>exante</b> Cheese & Bacon Breakfast Eggs	<b>exante</b> Cottage Pie	Mushroom Risotto	<b>exante</b> Strawberry Wafer
Thursday	Overnight Oats	<b>exante</b> Beef Chilli with Rice	Patatas Bravas	<b>exante</b> Strawberry Jam & Yogurt Bar
Friday	<b>exante</b> Apple & Cinnamon Porridge	<b>exante</b> Chicken & Leek Soup	Veg Stuffed Aubergine	<b>exante</b> BBQ Crisps
Saturday	Breakfast Smoothie	<b>exante</b> Indian Dahl Pot Meal	Veggie Cauli Rice	<b>exante</b> Chocolate Protein Wafer
Sunday	<b>exante</b> Plain Pancakes	<b>exante</b> Chocolate Shake	Courgetti Bolognese	Homemade Popcorn Trail Mix

# Week 4

	Breakfast	Lunch	Dinner	Snack
Monday	<b>exante</b> Apple & Cinnamon Porridge	Fish Tacos	<b>exante</b> Moussaka	PB Coconut Protein Balls
Tuesday	<b>exante</b> Maple Syrup Pancakes	<b>exante</b> Red Bean Chilli	Meat Stuffed Aubergine	<b>exante</b> BBQ Crisps
Wednesday	<b>exante</b> Cheese & Bacon Breakfast Eggs	<b>exante</b> Cottage Pie	Mushroom Risotto	Herby Chicken Skewers
Thursday	<b>exante</b> Plain Porridge	<b>exante</b> Ham & Mushroom Soup	Beef Steak with veg, lime & coriander rice	Homemade Popcorn Trail Mix
Friday	<b>exante</b> Chocolate Protein Muesli	<b>exante</b> Lemon Bar	Chicken Burrito	<b>exante</b> Salt & Vinegar Crisps
Saturday	<b>exante</b> Strawberry Jam & Yogurt Bar	<b>exante</b> Tomato & Mascarpone Soup	Mediterranean Chicken Salad	Sweet Pot, Carrot, Courgette Sticks
Sunday	Homemade Granola bar	<b>exante</b> Indian Style Curry w/rice	Pesto Salmon & Green Beans	<b>exante</b> Chocolate Orange Bar

# Your 28 day shopping list

Changing your eating habits for good starts with removing temptation from your store cupboards and filling your fridge with healthy food. We've compiled our trolley essentials to get you started. See our healthy recipes to transform your trolley into 4 weeks' worth of healthy meals you can cook at home.

## *Cupboard Essentials*

Oats	Basil
Brown Rice	Thyme
Tortillas	Couscous
Quinoa	Olive Oil
Garlic	Fry-Light
Chopped Tomatoes	Black Beans
Parsley	Whole Grain Pasta

## *Fruit and Vegetables*

Onions	Broccoli
Carrots	Mushrooms
Peppers	Aubergine
Spinach	Spring Onions
Sweet Potatoes	Lemons
Tomatoes	Limes
Avocados	Cauliflower
Courgettes	

## *Meat*

Turkey Mince	Salmon
Chicken Breasts	White Fish
Beef Steaks	

## *Dairy*

Natural Yoghurt
Cottage Cheese
Low-Fat Cheese

***Stock up on these essential Exante products for a guaranteed healthy meal that's ready-to-go.***

- |  |   |  |
|--|---|--|
| • <a href="#"><u>Museli</u></a>            | • <a href="#"><u>Chocolate</u></a>      | • <a href="#"><u>Toffee Caramel</u></a>  |
| • <a href="#"><u>Breakfast Bar</u></a>     | • <a href="#"><u>Orange Bar</u></a>     | • <a href="#"><u>Shake</u></a>           |
| • <a href="#"><u>Chocolate</u></a>         | • <a href="#"><u>Chicken Fajita</u></a> | • <a href="#"><u>Chocolate Shake</u></a> |
| • <a href="#"><u>Protein Wafer</u></a>     | • <a href="#"><u>Tomato &amp;</u></a>   | • <a href="#"><u>Vanilla Shake</u></a>   |
| • <a href="#"><u>Strawberry</u></a>        | • <a href="#"><u>Mascarpone</u></a>     | • <a href="#"><u>Banana Shake</u></a>    |
| • <a href="#"><u>Jam &amp; Yoghurt</u></a> | • <a href="#"><u>Soup</u></a>           |  |
| • <a href="#"><u>Crunch Bar</u></a>        |   |  |









# *Recipes*

Learn how to cook fresh and healthy recipes developed by our expert nutritionists with our easy step-by-step guide.



Share your favourite recipes with @ExanteDiet

# Mediterranean chicken salad

This salad has all the nutrient-rich, protein packed fuel you need to power through your day.

## Ingredients

- 50g baby spinach
- 40g cherry tomatoes
- 30g red pepper
- 1 large cucumber, diced
- 1 red onion, sliced
- 1 avocado, sliced
- ½ cup kalamata olives (or black olives)
- Lemon wedge (to serve)
- 500g skinless chicken breast
- 1 tbsp olive oil
- 2 tbsp chopped parsley
- 1 tsp dried basil
- 1 tsp garlic paste
- 1 tsp dried oregano
- Salt and pepper to taste

## Method

- Marinate chicken breast with olive oil, parsley, basil, garlic and oregano
- Grill chicken until cooked thorough
- In a mixing bowl, add spinach, tomatoes, red pepper, cucumber, onion, sliced avocado and olives
- Mix and top with cooked chicken breast

Calories  
274

Sugar  
2.9g

Fat  
13g

Saturates  
2.1g

Salt  
0.19g

Protein  
35g

20  
MINS







# Stuffed chicken breast with vegetables

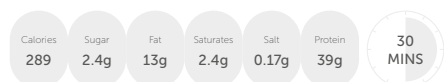
Chicken recipes are always a family favourite and are packed with lean protein! We've used low fat cottage cheese to keep the calorie content low without drying out the chicken. Not an olive fan? Try swapping for sun dried tomatoes.

## Ingredients

- 200g chicken breast, skinless
- 80g broccoli
- 60g low fat cottage cheese
- 40g cherry tomatoes
- 2 tbsp olive oil
- 2 tbsp chopped parsley, fresh
- 1 tbsp dried oregano
- 1 tsp dried basil

## Method

- Rub chicken breast with olive oil and dried herbs
- Slit inside using sharp knife and use a spoon to wedge open
- Fill chicken breast with low fat cottage cheese and parsley
- Grill until cooked
- Serve with broccoli and vegetables of choice





# Sweet potato, carrot & courgette fries

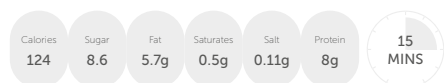
Warning, this baked trio of fries will change your life. These addictive seasoned fries are actually baked, but we promise you won't miss the grease.

## Ingredients

- 1 sweet potato, small
- 1 large carrot
- 1 courgette
- 1 tbsp olive oil
- Salt and pepper (optional)

## Method

- Slice sweet potato, carrot and courgette to form sticks
- Rub with olive oil and salt and pepper to taste
- Bake for 20 minutes or until cooked





# Supergrain salad

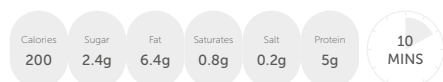
It's the perfect time to upgrade your diet with some fresh greens, fibre, protein and vitamin rich supergrains. We've used two types of quinoa because it's low GI and contains all the essential amino acids you need, plus it's a good source of essential fatty acids.

## Ingredients

- 50g white quinoa
- 20g red quinoa
- 30g baby spinach
- 1 tbsp pumpkin seeds, toasted
- 1 tsp parsley
- 1 tbsp olive oil
- 1 avocado, sliced
- 1 tbsp pomegranate seeds (optional)

## Method

- Prepare quinoa as per packet instructions.
- Lightly toast pumpkin seeds on a medium heat.
- Mix with baby spinach, toasted pumpkin seeds, parsley, chives and sliced avocado.
- Drizzle with a little olive oil.
- Garnish with pomegranate seeds (optional).









# Courgetti bolognese

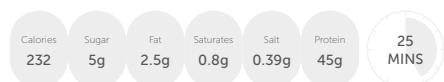
We've swapped spaghetti for courgetti to create a delicious but low-carb version of a British classic.

## Ingredients

- 500g Turkey Breast Mince
- 1 large onion
- 1 garlic clove, crushed
- 1 tbsp tomato puree
- 400g tin chopped tomatoes
- 4 large courgettes
- Grated parmesan (optional)
- Handful basil leaves

## Method

- Dice onion and add garlic to a frying pan on a medium heat. Lightly fry until golden brown
- Add tomato puree and turkey mince
- In a separate non-stick pan, dry-fry the courgetti, adding olive oil if needed
- Plate up, with courgetti and bolognese on top
- Garnish with parmesan (optional) and basil





# *Beef steak, veg, lime & coriander rice*

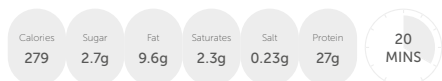
This impressive, flavourful meal doesn't take as long as you think since the steak cooks while the rice does its thing. The fresh lime gives this meal a real zing.

## *Ingredients*

- 400g beef fillet
- 150g konjac rice
- 80g broccoli
- 60g cauliflower
- 1 carrot
- 1 tbsp parsley
- 1 tbsp basil, dried
- 1 tbsp lime juice and grated zest
- 1 tbsp olive oil
- 1 tsp thyme

## *Method*

- Prepare beef steak by rubbing with olive oil and herbs
- In a non-stick pan (high heat) fry the steak until cooked to your preference
- Prepare konjac rice, as per packet instructions
- In a steamer, cook cauliflower, carrot and broccoli
- Serve beef steak with konjac rice and vegetables



# Patatas Bravas

Take your taste buds to the Spanish shores with our healthy version of the quintessential tapas dish.

We've swapped white potato for sweet, which is loaded with vitamin A and potassium, both of which we need for anti-inflammatory and blood-glucose regulating health benefits.

## Ingredients

- 1 Sweet Potato
- 1 tbsp flour
- 1 tbsp dried basil
- 1 tbsp paprika
- 1 tbsp chopped fresh parsley
- 1 tbsp olive oil
- Salt and pepper to taste

## Method

- Cut sweet potato into chunks, lightly cover with olive oil and add seasoning (flour, dried basil, paprika, salt and pepper)
- Lightly fry in non-stick pan until soft and golden brown
- Garnish with fresh parsley









# *Pesto salmon & green beans*

This is a really quick and simple recipe to add a portion of oily fish into your weekly diet. Top tip: make sure you buy a good-quality pesto and a little squeeze of lemon juice over the salmon.

## *Ingredients*

- 1 Salmon Fillet, small
- 1 basil pesto
- 70g beans
- 1 tsp olive oil
- Salt and pepper to taste

## *Method*

- Rub salmon with olive oil and salt and pepper
- In a non-stick pan on a medium to high heat, lightly fry until cooked through
- Serve with boiled green beans and basil pesto







# Cauli-rice & vegetables

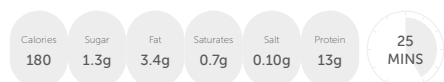
Save yourself some calories with this colourful, healthy feast! It's vegetarian friendly too! Top Tip: if you make a batch of cauliflower rice you can freeze what you don't need. Ensure you don't freeze cooked rice as it'll be soggy when you re-heat.

## Ingredients

- 250g cauliflower (crumbled in food processor)
- 1 clove garlic, crushed
- 1 tsp olive oil
- 1 tsp cumin seeds
- 5 tbsp water
- 50g peas
- 1 spring onion sliced
- 1 carrot
- 1 red pepper
- Salt and pepper to taste

## Method

- Blitz 250g cauliflower in a food processor until Cauliflower and cook until brown (6-8 minutes)
- Add water, peas, spring onion, sliced carrot and red pepper. Salt and pepper to taste



# Veg stuffed aubergine

This is a beautifully flavoursome but surprisingly filling vegetarian dinner dish for all the family to try. Aubergines are an excellent source of dietary fibre whilst being very low in calories. They are also a good source of vitamins B1, B6 and potassium.

## Ingredients

- 60g cherry tomatoes
- 40g low fat cottage cheese
- 1 tbsp fresh basil, chopped
- 1 tbsp fresh parsley, chopped
- 1 tbsp olive oil
- Salt and pepper to taste

## Method

- Slice aubergine in half, scoop out filling and retain
- Mix the filling with low fat cottage cheese, dried herbs and cherry tomatoes
- Fill the aubergine and grill until cooked

Calories  
**34**

Sugar  
**2.8g**

Fat  
**0.7g**

Saturates  
**0.2g**

Salt  
**0.02g**

Protein  
**4g**

**30**  
MINS







# Mushroom risotto

This is our low calorie version of the Italian classic! Use good quality mushrooms to give a real depth of flavour. Parmesan is optional.

## Ingredients

- 50g mushrooms, chopped
- 2 tbsp olive oil
- 1 onion, chopped
- 2 garlic cloves, chopped
- 300g konjac rice
- 175ml water
- 30g cherry tomato
- 20g low fat butter
- 1 tbsp. parsley
- 50g parmesan (optional)

## Method

- Prepare konjac, as per packet instructions
- In a separate non-stick pan, lightly fry chopped mushrooms with onion, garlic cloves and olive oil
- Add cooked konjac to mix and low fat butter
- Mix until incorporated
- Top with parsley, cherry tomatoes and parmesan (optional)

Calories

164

Sugar

2.7g

Fat

6.9g

Saturates

0.8g

Salt

0.21g

Protein

5g

20

MINS



# Fish tacos

Who doesn't love a fish taco? This is a wow low fat dish that contains omega-3 fatty acids, as well as significant levels of Vitamin B6 and niacin.

## Ingredients

- 1 small fillet boneless white fish
- 2 limes, halved
- 1 garlic clove, chopped
- 1 tsp ground cumin
- ½ tsp chilli powder
- 1 tbsp olive oil
- 2 tbsp natural yoghurt
- 1 red pepper
- Wholemeal taco shell
- Black pepper and salt to taste

## Method

- Rub white fish with oil and mixed herbs
- Lightly fry in a non-stick pan
- Prepare taco shells by filling with sliced red pepper and fish mix
- Top with natural yoghurt
- Add salt and pepper to taste

Calories  
292

Sugar  
3.4g

Fat  
2.6g

Saturates  
0.6g

Salt  
1.6g

Protein  
35g

25  
MINS





# Hints, tips & tricks

Follow our hints, tips and tricks for 28 health hacks, correct portion sizing, how to start a sugar detox and 2017 health trends.



Follow us @ExanteDiet for regular hints, tips, recipes and exercises.

# 28 healthy hints tips & tricks

- 1 Just get moving. It seems like a no-brainer but try incorporating our exercises into your daily life.
- 2 Fat is your friend. Don't be afraid of good fats found in nuts and avocados!
- 3 Don't compare yourself to others. We all come in different shapes and sizes, instead focus on your progress.
- 4 Go meatless. Cutting out meat one day a week may reduce your risk of cancer and heart disease.
- 5 Eat tomatoes to keep yourself hydrated, as they contain 94% water!
- 6 Make a mayo mask. Apply mayonnaise to wet hair, leave for an hour, rinse and wash with shampoo for healthy locks.
- 7 Drink water 2 minutes after waking up. It'll help activate your internal organs.
- 8 Worship the green gods. Increase your spinach, kale and broccoli intake to keep your eyes healthy.
- 9 Walk 30 mins a day. It'll increase your attention and decision-making – just thank us when you're promoted!
- 10 Infuse water with sliced lemons. It'll improve digestion, reduce inflammation and boost brain power.
- 11 Infuse water with sliced lemons. It'll improve digestion, reduce inflammation and boost brain power.
- 12 Apply the 50/10 Rule. Work on a task for 50 mins and take a 10 min break.
- 13 Practice mindful breathing regularly. Get comfortable, close your eyes and observe your breathing.
- 14 Add some zing. Grate ginger into your dishes to strengthen your immune system and aid weight loss.

**15** Be grateful. Think of 5 things you're grateful for, write them down and look at them each morning.

**16** Take a break. Get away from your computer at work to give your eye muscles a chance to relax.

**17** Exfoliate. Buy a dry brush with natural bristles to exfoliate every other day – it'll unplog pores and leave you feeling fabulous.

**18** Avoid hot baths before bed. The heat raises your body temperature, making it harder to fall asleep.

**19** Quit drinking pop. Even the sugar-free stuff. It'll help your gut!

**20** Chia up. Add two tablespoons of Chia seeds to your morning breakfast – it has more potassium than a banana.

**21** Feel body confident. Mix 5 drops of grapefruit and coconut oils and massage into skin daily to reduce cellulite.

**22** Stick to proper portion sizes. See our portion plate guide for inspiration on page 52.

**23** Learn to stop saying yes to everything. Taking on too many tasks will create a loss of control and stress.

**24** Try a Hatha yoga class. You'll focus on your breathing whilst improving your emotional wellbeing.

**25** Less TV and phone! Let your brain out of the box and relax with a good book.

**26** Be patient. Fitness and healthy eating habits take time to achieve. The key is small changes.

**27** Follow @ExanteDiet on [Facebook](#), [Twitter](#) and [Instagram](#) for healthy tips every day.

**28** Finally, appreciate your body. Where would you be without it?



# *6 ways to sugar detox*

Here's the not-so-sweet truth about sugar. Sugar is an energy dense ingredient that provides very little beyond empty calories. Yet, Brits consume around double the recommended daily amount of addictive sugar!

We all need a clear path to cutting sugar from our lives, and a sugar detox is a way of breaking the cycle of carb and sugar cravings.

It only takes 10 days or less for you to feel the immediate benefits of quitting sugar, from healthier skin, increased energy and reduced irritability. Long-term, the benefits you could get from sugar-detoxing include;

- Reduced stress and anxiety
- More energy
- Reduced risk of Type 2 Diabetes
- Less headaches and migraines
- Reduced risk of heart disease

1

***Avoid starchy vegetables.***

They may be healthy but starchy vegetables like potatoes contain lots of natural occurring sugars that turn into glucose. Try eating non-starchy but sweet tasting vegetables like asparagus, onions, tomatoes and peppers.

2

***Avoid refined carbs***

Not all carbs are the devil but those containing refined carbohydrates such as white bread and pasta have been stripped of fibre, meaning they have a high GI. These foods spike blood sugar levels leading to hunger pangs shortly after.

3

***Look at the labels.***

Watch out for those hidden sugars found in common foods such as low fat yoghurts which can have up to 30g of sugar per pot.

4

***Go for Low GI fruits.***

Don't eliminate fruits altogether but simply swap for low glycaemic ones such as blueberries, cherries, raspberries, kiwis, plums and peaches.

5

***Opt for eggs in the morning.***

Unlike cereals and toast, eggs contain zero carbs but plenty of protein so should keep you fuller for longer!

6

***Sprinkle some cinnamon.***

Instead of sugar in your coffee, add some sweetness with a little cinnamon. It also has powerful healing properties and helps with blood sugar control.



# *Metabolism myths busted*

With so many myths out there about how to speed up our metabolisms with exercise, food and even sleep, we're busting the top 4 metabolism myths you've probably heard of.

## ***What Is Metabolism?***

In simple terms, the metabolism is a collection of chemical reactions that take place in the body's cells to convert the fuel from the food we eat into energy for moving and even thinking. Without this reaction happening at the same time to regulate our bodies we couldn't survive! WOW!





# Portion CONTROL

Do you  
suffer from  
portion distortion?  
Measure your  
perfect portion  
with our  
handy guide...

## PEANUT

## BUTTER



half the size of your thumb

## Butter



the size of your finger tip



nom! nom! nom!

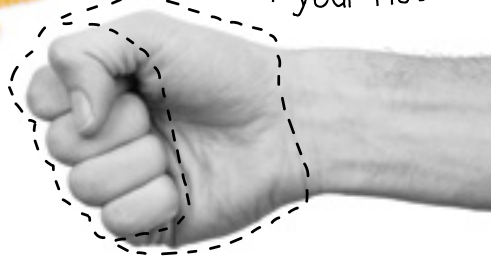
## cheese



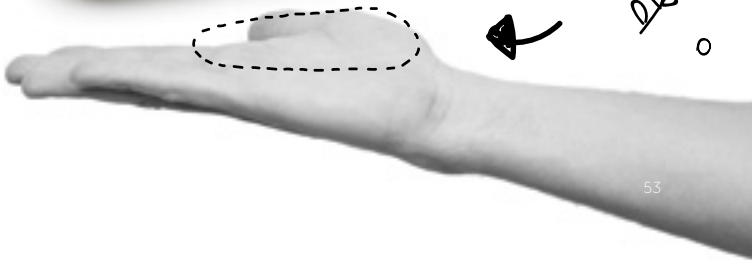
half the size  
of your fist



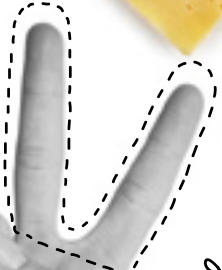
the size of your fist

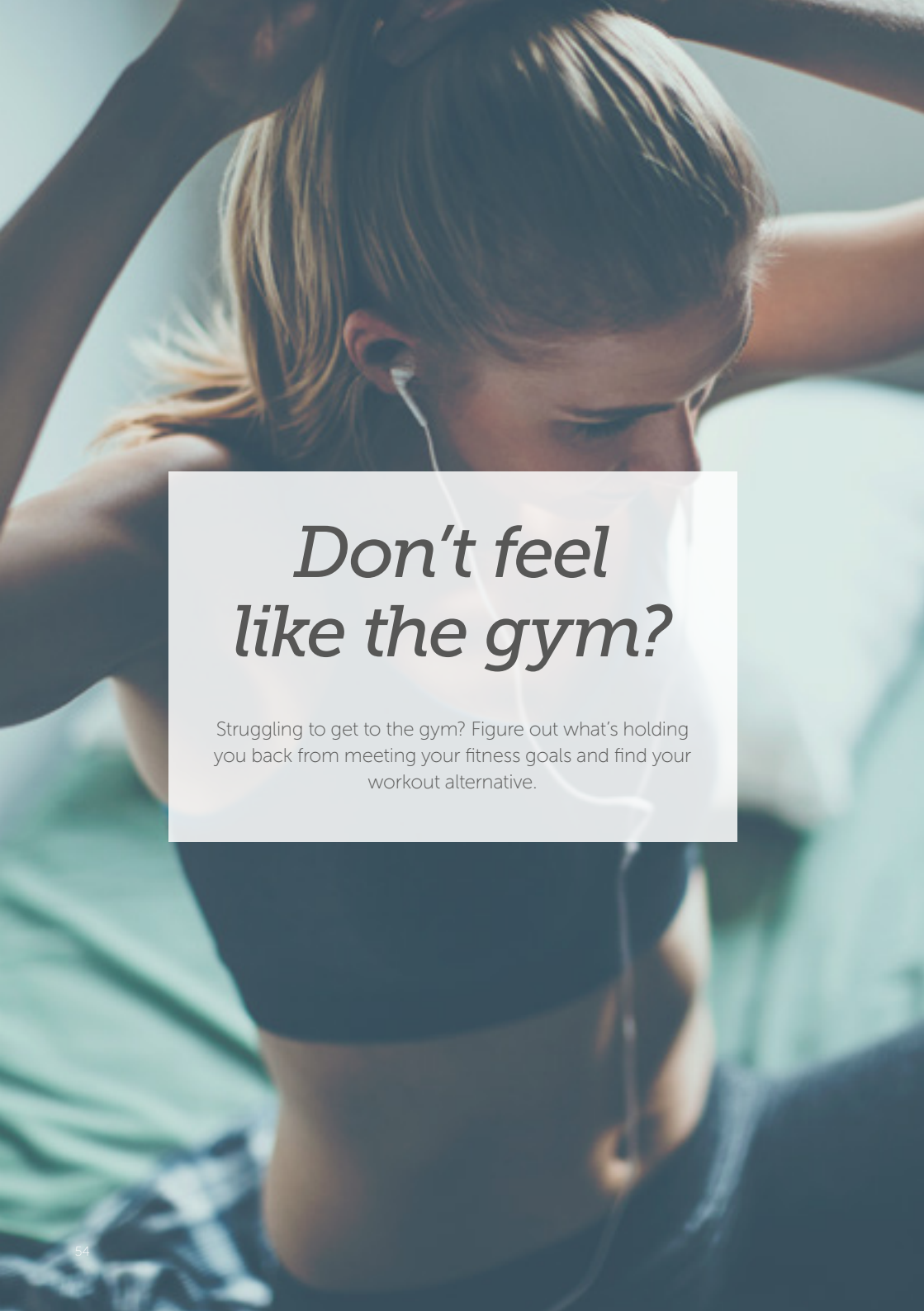


the size of  
your palm



the size of two fingers





# *Don't feel like the gym?*

Struggling to get to the gym? Figure out what's holding you back from meeting your fitness goals and find your workout alternative.

# *Less than 30 minutes*

Of course  
I do!

Do you have any  
weights at home?

Do handbags  
count?

Do a quick 20 minute  
strength training workout.  
12 reps, 3 sets with 30  
seconds rest in between.  
Check out more workout  
inspo on the blog.



Give one of our 4 body  
weight workouts a go. See  
back at pages 10-17 for our  
easy to follow workout  
tutorials that you can do  
from home.

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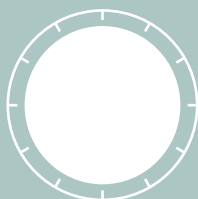
# *30 minutes or more*

Yes!  
I certainly do


Have you got a  
gym membership

Sorry did you  
say Gin?

Try a class instead. Ballet  
Barre, Voga and Dance Like  
Beyonce classes will all be  
popular in 2017



Head outside and join a  
social community-based  
activity like Cross-fit, BMF  
or your local running  
group.

A close-up photograph of a person's hands pouring a thick, orange-colored soup from a stainless steel pot into a white ceramic bowl. The person is wearing a blue and white striped shirt and has a tattoo on their left forearm. The background is softly blurred, showing a wooden surface and a white cloth.

*2017's health  
trends you'll  
want to try*





# *Let's get social*

Talk all things 28 Days with us @ExanteDiet  
Our social channels are your destination for 28 Day  
Challenge inspiration.

We're sharing everything from motivational diet tips,  
transformations, new products and recipes to help you  
achieve your weight loss goals.



You can also get expert advice and more insider news.  
Head to our blog [exantediet.com/blog](https://exantediet.com/blog)

Simply visit [exantediet.com](https://exantediet.com) and enter the below  
code at the checkout.

[Bundle - add code: KICKSTART](#)  
[at checkout to claim your discount](#)

[Pick your own bundle - add code: 28DAY](#)  
[at checkout to claim your discount](#)

Terms and conditions apply: the pre-kitted bundle is  
subject to availability and is subject to change at the  
discretion of Exante Diet.



