

# Introduction TO THE PLAN



Don't just drink a cup of tea and see what happens, but rather drink tea and get up and go! Many factors have an influence on our health and most of them are up to us. A balanced diet, regular exercise and a sensible work-life-balance form the basis for a long, healthy life. Besides what we eat, the amount we eat is of great importance. Numerous scientific studies have shown that overweight and adiposity lead to a significantly higher risk of getting various illnesses. For this reason it is not only important that we eat healthily but also that we remain slim and live a figure-conscious life.

The following plan is to help you find a way to remain healthy and to feel good. It contains the type of nutrition which consciously leaves out snacks in between meals and it also keeps the amount of carbohydrates to a minimum. Drinking various kinds of tea can also aid in losing weight and make a change in diet easier.

Many people drink too little! Thirst is often mistaken to be hunger which is why people often eat more than necessary. A sufficient intake of unsweetened fluids is not only important to be able to lose weight but can also be used in a controlled way to support a weight reduction plan. Various kinds of tea are especially good for this!

Info: If amounts are given for the foodstuffs please keep to these amounts. If no amounts are given you may eat how much of them you like.

I wish you good luck with the plan and above all good health!

Yours,

A handwritten signature in black ink, appearing to read 'Matthai'.

Dr.med. Christian Matthai

# The DIET PLAN



## PHASE 1

At the beginning of weight reduction the main thing to do is to resist hunger and to boost fat burning. The body's metabolism needs to be running at full speed. In this phase *Mate tea* has proven to be helpful.

### Day 1



#### MORNING

1 cup of *Mate tea* with breakfast.  
50g whole grain flakes (softened in water), 100g blueberries, 1 Tbsp chopped walnuts, 1 tsp honey, cinnamon to taste.

#### MIDDAY

1 cup of *Mate tea* 1 hour before lunch.  
Leafy green salad with cucumber, onions, sweet corn, tomatoes, grated carrot and Balsamic vinegar dressing.

#### EVENING

1 cup of *Mate tea* 1 hour before dinner.  
150g grilled salmon with cooked spinach leaves.

### Day 2



#### MORNING

1 cup of *Mate tea* with breakfast.  
1 fresh grapefruit 2 slices of whole grain toast with reduced fat cream cheese spread and fresh cress.

#### MIDDAY

1 cup of *Mate tea* 1 hour before lunch.  
100g whole grain doodles with fresh tomatoes, tomato sauce and fresh basil.

#### EVENING

1 cup of *Mate tea* 1 hour before dinner.  
200g chicken breast filet with broccoli.

## Day 3



### MORNING

1 cup of *Mate tea* with breakfast.

Omelette made with 2 egg whites and 1 whole egg with strips of vegetables of choice.

### MIDDAY

1 cup of *Mate tea* 1 hour before lunch.

Sandwich with 2 slices of wholegrain bread with reduced fat cream cheese spread, lettuce, bell pepper and turkey ham.

### EVENING

1 cup of *Mate tea* 1 hour before dinner.

Wok vegetables (broccoli, carrots, Shiitake mushrooms, asparagus, courgettes) with 100g smoked tofu and soya sauce.

## Day 4



### MORNING

1 cup of *Mate tea* with breakfast.

150g creamy reduced fat quark with strawberries and tsp milled linseeds.

### MIDDAY

1 cup of *Mate tea* 1 hour before lunch.

1 can of tuna in brine, 250g spinach, 50g black beans and 1 tsp of Balsamic dressing.

### EVENING

1 cup of *Mate tea* 1 hour before dinner.

150g filet of beef with mushrooms and cauliflower.

## Day 5



### MORNING

1 cup of *Mate tea* with breakfast.

Mixed fresh fruit salad of melon, pineapple and raspberries.

### MIDDAY

1 cup of *Mate tea* 1 hour before lunch.

Couscous salad (50g raw weight) with half an avocado, 1 pot of cottage cheese and half a cucumber.

### EVENING

1 cup of *Mate tea* 1 hour before dinner.

200g grilled sea bass with steamed vegetables of choice.



## Day 6



### MORNING

1 cup of *Mate tea* with breakfast.

1 pot of fat reduced vanilla yoghurt with 1 Tbsp Goji berries, cinnamon to taste and 1 Tbsp chopped almonds.

### MIDDAY

1 cup of *Mate tea* 1 hour before lunch.

Mixed vegetables of choice with 50g brown rice and 1 fried egg.

### EVENING

1 cup of *Mate tea* 1 hour before dinner.

200g grilled turkey breast with asparagus and boiled cabbage/kale.

## Day 7



### MORNING

1 cup of *Mate tea* with breakfast.

1 slice of whole grain bread with creamy Ricotta and lean ham, 1 apple.

### MIDDAY

1 cup of *Mate tea* 1 hour before lunch.

Green leafy salad with artichoke hearts, soya sprouts, celery, paw paw, 50g sheep's cheese and lemon juice/oil dressing.

### EVENING

1 cup of *Mate tea* 1 hour before dinner.

Mixed vegetables with grilled king prawns and fresh dill.



**First week finished.**

Ready for another week?



## PHASE 2

### *Recommended period of purification*

As a result of the weight loss, an increased number of toxins become detached from the fat tissue. Now the goal is not just to remain on course and lose weight but to help the body detoxify. The combination of stinging nettle and green tea has proven particularly helpful in this respect.

## Day 8



### MORNING

1 cup of *nettle tea* or green tea with breakfast.

50g porridge with cinnamon, 1 Tbsp milled linseeds, 2 Tbsp raisins, 1 Tbsp chopped hazelnuts.

### MIDDAY

1 cup of *nettle tea* or green tea before or with the meal.

Cream of pumpkin soup (without cream) with 1 slice of whole grain bread.

### EVENING

1 cup of *nettle tea* or *green tea* before or with the meal.

150g cooked fillet of cod with curried lentils (100g lentils, curry powder, fat reduced coconut milk, salt).

## Day 9



### MORNING

1 cup of *nettle tea* or green tea with breakfast.

70g of multiple grain muesli with skimmed milk and fresh fruit.

### MIDDAY

1 cup of *nettle tea* or *green tea* before or with the meal.

Vegetable hotpot of vegetables of choice.

### EVENING

1 cup of *nettle tea* or *green tea* before or with the meal.

150g roast game of choice and sweet potato purée.



## Day 10



### MORNING

1 cup of *nettle tea* or *green tea* with breakfast.

1 whole grain roll with reduced fat cream cheese and strips of vegetables.

### MIDDAY

1 cup of *nettle tea* or *green tea* before or with the meal.

Green leafy salad with cherry tomatoes, cucumber, grapefruit, a few walnut kernels and fresh dill.

### EVENING

1 cup of *nettle tea* or *green tea* before or with the meal.

Cabbage soup with carrots, Brussels sprouts and ground caraway.

## Day 11



### MORNING

1 cup of *nettle tea* or *green tea* with breakfast.

1 slice of whole grain toast with a little honey, 1 soft-boiled egg, a small bowl of fresh fruit.

### MIDDAY

1 cup of *nettle tea* or *green tea* before or with the meal.

Fennel and Quinoa salad (50g Quinoa) with 1tsp honey and pomegranate seeds.

### EVENING

1 cup of *nettle tea* or *green tea* before or with the meal.

Grilled squid with fresh spinach leaves.

## Day 12



### MORNING

1 cup of *nettle tea* or *green tea* with breakfast.

300g creamy reduced fat quark with fresh berries.

### MIDDAY

1 cup of *nettle tea* or *green tea* before or with the meal.

100g whole grain rice with mixed vegetable sauce.

### EVENING

1 cup of nettle tea or green tea before or with the meal.

Eggplant halves stuffed with soya and tomatoes, gratinated in the oven with 2 Tbsp Parmesan.

## Day 13



### MORNING

1 cup of *nettle tea* or *green tea* with breakfast.

Omelette of 2 egg whites and 1 whole egg with strips of turkey and bell peppers.

### MIDDAY

1 cup of *nettle tea* or *green tea* before or with the meal.

1 bowl of Greek salad with 50g Feta cheese and only a few olives.

### EVENING

1 cup of *nettle tea* or *green tea* before or with the meal.

1 small portion of Chili con Carne with sweet corn and beans.

## Day 14



### MORNING

1 cup of *nettle tea* or *green tea* with breakfast.

1 pot of low fat plain yoghurt with cinnamon and raspberries.

### MIDDAY

1 cup of *nettle tea* or *green tea* before or with the meal.

1 whole grain sandwich with lean ham, tomatoes, lettuce leaves and avocado slices.

### EVENING

1 cup of *nettle tea* or *green tea* before or with the meal.

100g fresh, lightly fried tuna fillet with Wasabi-flavoured mashed potatoes.



### Second week finished.

Motivated for more weight loss?



### PHASE 3

#### *Recommendation Purify-Tea*

After two weeks of diet, the body needs an extra kick. Due to its high contents of theobromine (a plant substance) and caffeine, Puh-Erh-tea activates the metabolism. This leads to an increase in energy consumption and can thus help continue with a successful weight loss.

## Day 15



### MORNING

1 cup of *Pu-Erh tea* with breakfast.

2 slices of whole grain toast with low fat cream cheese and chives.

### MIDDAY

1 cup of *Pu-Erh tea* before or with the meal.

Fried strips of chicken breast with roast pumpkin seeds on a leafy salad.

### EVENING:

1 cup of *Pu-Erh tea* before or with the meal.

Mixed vegetables from the wok.

## Day 16



### MORNING

1 cup of *Pu-Erh tea* with breakfast.

Mixed fruit: Pineapple, melon, paw paw, 1 soft-boiled egg.

### MIDDAY:

1 cup of *Pu-Erh tea* before or with the meal.

1 whole grain roll with lettuce, vegetable and quark spread, 1 slice of smoked tofu.

### EVENING:

1 cup of *Pu-Erh tea* before or with the meal.

150g filet of pork with home-made red cabbage.





## Day 17



### MORNING

1 cup of Pu-Erh tea with breakfast.  
50g whole grain flakes (softened in water), blueberries, 1 EL chopped walnuts, 1 tsp honey, cinnamon to taste.

### MIDDAY

1 cup of Pu-Erh tea before or with the meal.  
Spinach purée and potatoes.

### EVENING

1 cup of Pu-Erh tea before or with the meal.  
Large serving of grilled vegetables of choice with 1 fried egg.

## Day 18



### MORNING

1 cup of Pu-Erh tea with breakfast.  
70g mixed grain muesli with skimmed milk and fresh fruit.

### MIDDAY

1 cup of Pu-Erh tea before or with the meal.  
Beef strips on rocket salad with dried tomatoes and pine nuts.

### EVENING

1 cup of Pu-Erh tea before or with the meal.  
Grilled fillet of char with pumpkin.

## Day 19



### MORNING

1 cup of Pu-Erh tea with breakfast.  
1 slice of whole grain toast with ricotta and radishes, 1 fried egg.

### MIDDAY

1 cup of Pu-Erh tea before or with the meal.  
Bowl of mixed salad with fresh chives and yoghurt dressing, 1 slice of whole grain bread.

### EVENING

1 cup of Pu-Erh tea before or with the meal.  
150g fried fillet of beef with braised tomatoes and courgettes .



## Day 20



### MORNING

1 cup of *Pu-Erh tea* with breakfast.

300g creamy low fat quark with 1 Tbsp Chia seeds, 1 Tbsp Goji berries and cinnamon.

### MIDDAY

1 cup of *Pu-Erh tea* before or with the meal.

Whole grain sandwich with low fat cream cheese, slices of cucumber, strips of bell peppers and grilled breast of turkey.

### EVENING

1 cup of *Pu-Erh tea* before or with the meal.

Steamed/poached trout with Brussels sprouts and pine nuts.

## Day 21



### MORNING

1 cup of *Pu-Erh tea* with breakfast.

50g porridge with cinnamon, 1 Tbsp milled linseed, 2 Tbsp raisins, 1 Tbsp chopped hazelnuts.

### MIDDAY

1 cup of *Pu-Erh tea* before or with the meal.

100g whole grain spaghetti with Bolognese sauce.

### EVENING

1 cup of *Pu-Erh tea* before or with the meal.

Fried fillet of pike perch with sauerkraut.



**Congratulation!**

You are finished.