

Spring Issue

KICK START

28 Day Challenge

exante

At last, *Spring* is here!

There's no better time to transform your diet ready for the warmer weather and dare we say it, summer. In this issue, we want to inspire you to put the spring back in your step and start your journey to a healthier, happier you. Inside you'll find everything you need; from healthy recipes to meal plans, our guide to the benefits of exercise and tips, tricks and hacks from the Exante experts.

We've taken the best bits of our previous issue and included even more recipes, hints, tips and tricks including our favourite, amazing customer success stories. Since launching the [Flexi Solution](#) in January, you've been achieving some pretty incredible things. Take a peek at page 8, as we catch up with Emily and Vicky who met via our Instagram and lost an incredible 2½ stone using the [Flexi Solution](#) in one month!

We've got delicious healthy easy-to-follow recipe ideas using seasonal ingredients, at their very best right now. From pancakes for breakfast to dinners the whole family will love.

Plus, head over to our exercise section to Workout Your Workout (page 24).

You'll even get to meet the team! Head over to page 74 to find out our 7 ways to treat yourself without food.

Start your journey with [Exante](#) today and see what you can achieve by summer. Keep in touch with us [@exantediet](#) and send us your transformation pictures for the chance to win a holiday and be crowned our Slimmer of the Month!

Love, The Exante Team



Lottyn

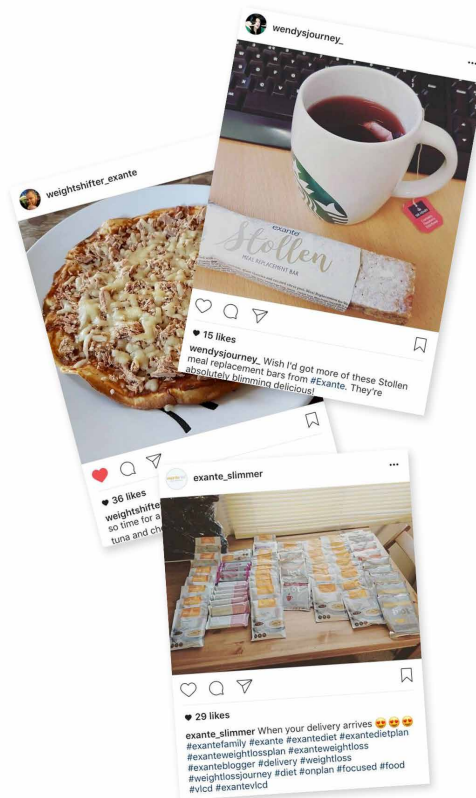


Sophie

Have Your Say

We take a peek at what's hot and what's not in our [#trending](#) feature!

Insta Feed | What you're loving this Month...



WHAT'S HOT

- **Water Infuser Bottles**
Good for the environment and totally on trend. Get yours [here](#).
- **Sleep apps**
Monitoring the quality of your zzz's is super important, especially if you're trying to lose weight. Try Sleep Cycle for a free trial.
- **Mindfulness**
Ever heard of the Danish practice of Hygge? We hadn't either, but now we're in love! It's the practice of taking pleasure in the simple things in life. Ahhhh....

WHAT'S NOT!

- **Sauna Suits**
A rubber suit designed to make you sweat buckets and drop water weight? No thanks!
- **Hiking Veg Prices**
A shortage in certain veg like lettuce earlier in the year has reportedly caused supermarkets to hike up the price tag on fruit and veg. It's the tip of the iceberg.
- **Office Feeders**
There's always one colleague who constantly brings in sweet goodies causing serious temptation!

- [@exantediet](#)
- [@exantediet](#)
- [Facebook.com/exantediet](#)
- [Visit our Exante Channel](#)

Do us a Flavour!



Let us know @exantediet which flavour shake or bar you would like us to make and you could WIN a years supply of your current favourite. Need some inspo? Here at Exante HQ we asked the team what they would like to see...

"SeaSalt and Caramel for me 100%!"

Lotty, Social & Content

"I'd love a Rocky Road bar!"

Joe, SEO Manager

"A Creme Egg flavoured shake would be amazing!"

Ben, Trading Manager



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Welcome

to the 28 day kick-start plan!

Here at Exante...

We've got the UK's largest range of high-protein meal replacement and Balance Range 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.

All our 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 Flexi Solution?

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, flexible, and convenient solution for you.

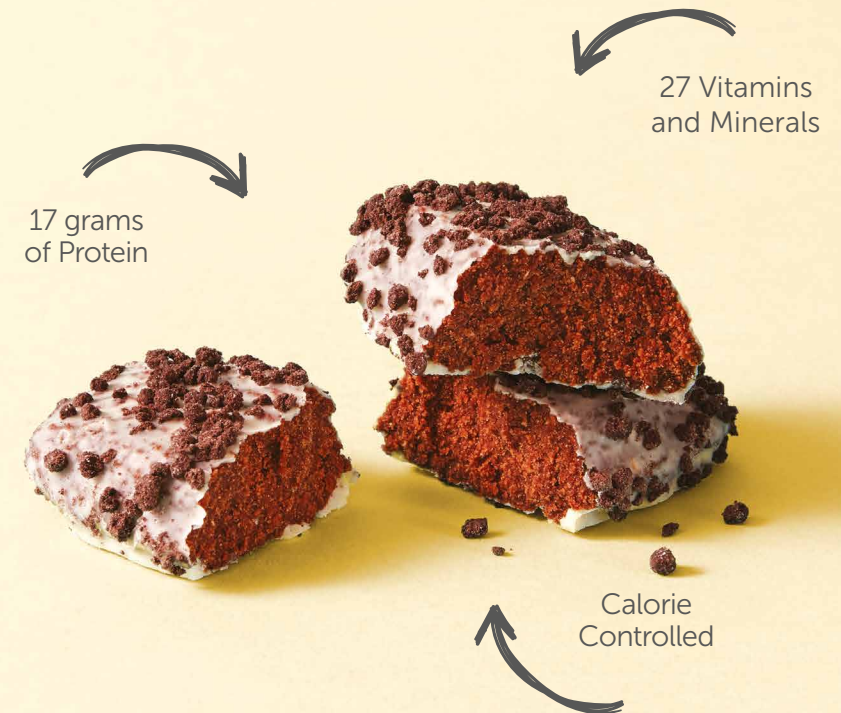
Our nutritionists have developed a simple 1200 calorie diet designed to kick-start your weight loss journey and change the way you think about food for good.

In this eBook 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.

[CLICK HERE FOR MORE INFO >](#)

Who needs Oreos?



It's perfect to satisfy those chocolate cravings, why wouldn't you reach for the [Cookies & Cream bar?](#)

Vicky & Emily

On dieting, Instagram & friendship

Here at HQ, we love hearing from our Exante family and how we can change people's lives for the better. This month, we caught up with Vicky and Emily, who met via our Exante [Instagram](#). After hearing Emily's weight loss story, Vicky decided it was time to make a change with the help of our [Flexi Solution](#).

Vicky's Story...

How did you hear about Exante?

"I had tried other low calorie diets like Cambridge, Slim Fast and Slimming World, but after having a new baby I didn't have time to commit to classes or see a consultant, so I looked online at what I could buy direct. I also noticed Emily's weight loss story, and read about Exante products on her blog and Instagram"

"We met on Instagram and together lost 2 ½ stone in a month!"

What made you choose the Flexi Solution?

"I decided in January I was going to make a change, so I downloaded



the free Kick Start eBook after Emily recommended it.

After reading through, I decided that two shakes a day (which I blend with ice) plus a healthy home cooked meal and a snack would work for me. Emily and I supported each other on Instagram from the start - which was brilliant!"

Do you have any favourite recipes from the eBook?

"I really liked the Turkey Bolognese with Courgetti Spaghetti; my daughter loved it too! I had the Patatas Bravas with a steak which was really good. I liked the fact I could eat a meal with my family that they could enjoy too"

Does dieting together make a difference?

"Yes! We message each other to see what we are planning for dinner, compare recipes, focus on mini targets and rewards. We even had sneaky peeks at the scales but it kept us focused and not wanting to let each other down!"

Emily Says...

"Having Vicky's support along the way was great. We messaged each other every day to share ideas and spur each other on. We're both mums so it was good to have someone to talk about day to day challenges and stop each from reaching for the chocolate! Doing the challenge has re-educated me about food and portion sizes. I feel like I have some control back over my diet which is great!"

So, how much weight have you both lost so far?

Vicky: "In 28 days I've lost 14.5 lbs so far, I want to lose another 27lbs"
Emily: "In the first week I lost 11lb which really spurred me on!"

Read Emily's story

Read about dieting, her results and life after weightloss

[CLICK HERE>](#)

Have you tried our [Flexi Solution](#) yet?

Maybe you've met a life-long friend since starting Exante? Get in touch @exantediet and let us know your story and we'll send you and your friend a £10 voucher!

What's in Season

We've highlighted a few favourites from our in season list to give you an insight into how you can enjoy these ingredients whilst they're around, and why they're so good for us. We believe that if you eat these gorgeous, colourful foods you'll feel good in no time.



Meat & Fish

Spring lamb
Pork
Beef
Chicken
Cod
Halibut
Salmon
Mussels

Fruit

Bramley apple
Grapefruit
Banana
Orange
Lemon
Pomegranate

Vegetables

Potato
Parsnip
Celeriac
Sweet potato
Onion
Chicory
Leek
Spring onion
Peppers
Asparagus
Watercress
Spring greens
Cabbage
Cauliflower
Brussel sprouts
Purple sprouting broccoli
Cucumber
Spinach
Pak choi
Rhubarb

Stalk Talk

Since the dawn of the word 'superfood' anything purple has been reinvented as a nutritional showstopper

Purple sprouting broccoli included.

It may have an unflattering name but purple sprouting broccoli has a surprising sophistication and it's bursting with so many nutrients. We'd be mad not to add it as a delicious side dish to our mains and salads.

High In
Iron

High In
Vitamin
A & C

High In
Calcium &
Fibre

A Source of
Folic Acid

A Source of
Carotenoids

Purple Power

Purple sprouting broccoli is at its best from Feb until May when young and tender. Look for darkly coloured purple tops with crisp stalks which snap cleanly when broken. You can store this vegetable in the fridge for up to a week. It's such a flexible vegetable that works well in salads, stir fries, curries and soups. An 80g serving will count towards your 5-A-Day.

Blowing off Steam

If you haven't heard already, broccoli is healthiest eaten steamed! To cook, split thicker stalks about halfway up so that they cook at the same time and steam in a small amount of water.

Add a vitamin boosting side dish of Purple Sprouting Broccoli to our lamb recipe



See page 60

UP YOUR 'A' GAME

With the wonder veggie that is Asparagus.

It may make your pee smell, but this Spring superfood really is one of the healthiest things you can add to your plate this season. This bright-green veggie is packed with vitamins like A, C, E, K, and B6, as well as folate, iron, copper, calcium, protein, and fibre. A serious health perk from just a few stalks!



Dippy eggs with Parma ham and asparagus



Asparagus for weight loss

Adding a few asparagus stalks to your meals is also a good choice if you're trying to lose weight. Not only is it low in fat and calories, it contains lots of soluble and insoluble fibre, which means your body will digest the fibre slowly and keep you feeling fuller for longer.

You'll find bunches of this green and lean vegetable hero in markets until June, with the end of April being their peak time to shine. Pick the most succulent spears that look bright green!

To prepare, wash in cold water and remove the bottom ends of the stalks (with fresh asparagus they will snap off cleanly). Boil or steam quickly until just tender, around 4 to 7 minutes depending on thickness.



See page 49

Great with Ice, Ice baby




Get your Vanilla shake on!

Pomegranate



A Powerful Pick Me Up

Pomegranates have tiny ruby-red jewels of sweet deliciousness that pack a big punch of health benefits containing three times as many antioxidants as green tea. This in season ingredient matches perfectly to healthy Moroccan dishes like tagines, lamb dishes and salads, or whizzed into a refreshing drink.



Make this guilt-free one ingredient ice cream by freezing 3 bananas and blending them in a high-powered blender until smooth and creamy!

Top Tip

Why not mix in a teaspoon of peanut butter for an extra protein hit!

Ripen up

Amazing things can happen when you eat a banana! This curvy yellow fruit just isn't reserved for kids' lunch boxes, monkeys, or gym bunnies! No, this fruit should be on your most eaten list as it's high in potassium and fibre.

Fight fat with fibre

Just one banana can provide nearly 10% of your daily fibre requirement. Paired with levels of vitamin B6, this low GI fab fruit can also help protect against type 2 Diabetes and aid weight loss by filling you up and helping to curb sweet cravings. Even better, if you're looking to increase your exercise for weight loss, bananas help sustain blood sugar levels during workouts.

Don't go bananas

Bananas have mood-boosting properties due to high levels of tryptophan, which the body converts to serotonin. These yellow beauties also contain vitamin B6 which can help you sleep better and magnesium which relaxes your muscles – both help towards reducing depression.

Best buy

Whilst we can get bananas throughout the year, the unique growing conditions of Windward Island have an unrivalled sweetness, succulence and depth of flavour and come in season between Feb and May.

Buy bananas that are yellow with a hint of a brown freckling as they are at their most flavoursome. The taste and texture of a banana develops as it ripens and should be kept at room temperature, away from heat, direct sun and other fruits. Ripe bananas can be refrigerated, which halts the ripening process for a few days.

5 Smart ways To Stop Wasting Food

The average British household throws away £60 worth of food every month; that's £700 a year! Here at Exante, we take a look at the top 5 ways you can reduce your food waste, save pennies and pounds!

1 Wonky veg

Thanks to celebrity crusaders like Jamie Oliver and Hugh Fearnley Whittingstall, you can now get your hands on ugly fruit and misshapen veg for less in your local supermarkets. With major retailers Asda and Tesco leading the charge, chances are we will start to see even more perfectly imperfect produce hitting the shelves in 2017.

2 Love thy freezer

Did you know you can freeze butter, cheese, milk, pasta, stock and even yoghurt? A well organised freezer is a necessity for busy worker bees looking to whip up a quick and healthy meal. Check the best way to store your favourite foods and make meals ahead to get the most out of your deep-freeze.



3 Know the difference

Understanding the difference between 'Best Before' and 'Used-By' could save you hundreds of pounds in wasted food every year. Our resident nutritionist, Ashley English says: 'Used-By dates are found on fresh foods like meat and fish and is the one you really should take notice of, after the time stipulated on the packet, food could potentially be harmful to consume, even if it looks or smells fine. Best Before however, simply relates to the time the quality of the food is at its best. Foods will still be safe to eat after this date.'

4 Get appy

There's an app for pretty much everything these days; including tools to help you make the most of your leftovers. Love Food Hate Waste, helps with portion and meal planning prep. Olio connects local shops, cafes and neighbours who want to sell or exchange unwanted food and Too Good To Go alerts you when local bakeries and restaurants has unsold food to flog for less.

5 It's all about balance



Our [Balance Range](#) is packed full of healthy alternatives to your favourite foods; like Cottage Pie, Chicken Jalfrezi and Lasagne plus pancakes, soups and convenient snacks. The best part? They can be neatly stored in your kitchen cupboards and prepared in minutes, so you've always got a delicious healthy alternative on hand when you're in a pinch.

Meal prep... made easy

They say that failing to prepare is preparing to fail, especially when it comes to a healthy diet. You might start the week with the best lunchtime intentions, then life gets in the way and before you know it you find yourself grabbing a calorie-packed pasty on-the-go. If you're following our [Flexi Solution](#), there's a simple trick you might have heard of that could help combat temptation, save time and money.

What is Meal Prep?

Previously the practice of body builders trying to pack in their 6 meals a day, meal prep has since been adopted as a favourite of the masses trying to stay healthy whilst juggling a busy lifestyle.

Short for 'meal preparation' (but you knew that, right?) it essentially means batch cooking healthy food for the week ahead. Most people choose to prep on a Sunday night before the working week.

Meal Prep vs Flexi

Most meal prep diets dictate you must cook 3 meals a day in advance (that's 21 meals in total a week!) With our [Flexi Solution](#), we've done two thirds of the work for you.

Simply cook one meal a day and enjoy 2 Exante products plus a snack of your choice, to follow our 1200 calorie plan.

What will I need?

An hour and some serious Tupperware! You can pick up plastic or foil containers to store your healthy meals in for around £1 in your local bargain shop.

Pick your combination of foods and then steam, bake or grill them. Package them up and pop in the fridge for a weeks' worth of delicious and healthy meals!



1 | Protein

Steak
Chicken
King prawn
Steamed salmon
Halloumi

2 | Base

Sweet potato mash
Sticky brown rice
Quinoa
Cauli-rice
Whole-wheat pasta

3 | Extras

Broccoli
Boiled egg
Sweetcorn
Green peas
Mushrooms
Grilled veg

4 | Sauce

Low sugar sweet Chilli
Teriyaki
Tzatziki
Caesar light lemon
Balsamic
Mustard vinaigrette



Get Moving

Which workout should you try?

Work it and work out with our handy guide to exercise. If you're looking for a new way to get in shape, try our quick quiz to find your perfect fitness fad.

Which word describes you best?

- A. Introvert
- B. Extrovert
- C. Competitive

Pick a perfect holiday:

- A. Country cottage in the UK, curling up with a good book.
- B. Clubbing in Ibiza!
- C. An activity holiday – windsurfing anyone?

What's your goal?

- A. To find a workout you feel comfortable doing.
- B. Pretty Muddy 5k with the girls in 4 weeks.
- C. To feel fabulously confident in a bikini this Summer.

A friend asks you to join them at a Zumba class, what's your reaction?

- A. I'm washing my hair/the dog ate my leggings.
- B. Yeah! Be there in 5 mins with my jingle skirt.
- C. Will do (after 2 secret practice classes first).

What do you want out of a workout?

- A. Alone time to work out the stress of the week.
- B. To have fun, get out there and meet people.
- C. To drop pounds fast.

IF YOU'RE MOSTLY A'S

The Shy Starter. Chances are you are pretty new to this exercise thing and you find some aspects of fitness challenging. Don't worry about starting from scratch; a journey of a thousand miles begins with a single step! Walking is a great way to get moving and can be enjoyed alone or with a few select friends. Download a stepometer on your Smartphone and aim for 10,000 steps a day.

IF YOU'RE MOSTLY B'S

The Enthusiastic Extrovert. You're full of confidence and enthusiasm and have a real gusto for life! Have fun whilst burning those calories by trying some of the more unusual workouts out there; from Circus Training to Pole Dancing! Make sure you rope in your mates for guaranteed giggles.

IF YOU'RE MOSTLY C'S

The Determined Dieter – You know what you want and you're focused on getting there, you just need to channel your efforts into your workouts and you'll soon start seeing some serious results. Give Spinning, Swimming and Running a try and see how far you can push yourself. Most importantly, learn to find enjoyment in your workouts too!

WHICH ARE YOU?



6 Unexpected benefits of exercise

From hitting the gym doing cardio or weight training, to walking more steps, the benefits we want from exercising are always improved health and fitness, muscle strength or weight loss. But, what if working out gave us unexpected benefits that are just as amazing for our bodies, but minds too?

Hiking is a great exercise to get healthier bones; super strong glutes, greater balance and co-ordination, and your mood will be boosted in the process! Don't forget to take an [Exante Protein Wafer](#) with you to enjoy on top of the mountain!

1. Happy Chemicals

One word, endorphins! This chemical, which makes us feel happy, is released when we exercise. You don't have to hit the gym to release endorphins either. You can still get those happy chemicals from a long stroll and yoga.

After your mood-boosting yoga class, try an [Exante Strawberry Shake](#) which contains all the calcium you need for muscle contraction and replenishment. Blend with ice to create a chilled smoothie that'll leave you feeling refreshed too!

2. Self Confidence

One of the best benefits of hitting our favourite cardio class is your increased confidence and self-esteem. Group cardio classes are a great way to lose weight and gain a massive boost of self-confidence. If your energy levels drop mid-exercise make sure you carry a high-protein bar on you just in case. One of our customer's favourites is our [Exante Peanut Butter Bar](#). Perfect for a mid or post-workout!

3. Boost Brainpower

Could exercise make you smarter? Research says yes. Adding more 30 minute workouts into your day can boost your productivity and concentration by pumping extra blood to your brain. This delivers the oxygen and nutrients it needs to perform at max efficiency. Now that's smart.

4. Reduced Anxiety and Relaxation

Forget relaxation techniques, apps, or bubble baths, to relieve anxiety all you need is 20 minutes of exercise a day! A long walk or even a hilly hike, whichever you chose will release warm and fuzzy chemicals during and after exercise – making you feel calmer.

5. Sharper Memory

Want to learn new things quickly? The surprising solution is a daily dose of exercise! Yes, research says that getting sweaty in the gym can really boost your memory cells! So, whether you want to boost your productiveness at work, or learn a new language, exercise is the key.

6. Creativity

This one is really surprising. You wouldn't expect to have heightened creativity after a run, but apparently it's true. After a heart-pumping 30min – 1 hour workout we can feel more creative for up to 2 hours after! So, if you've got a creative project and want a burst of creative thinking try going for a long walk or run.

After all that exercise, the best way to replenish is with an Exante Protein Shake. Try our refreshing [Cherries and Berries](#). This shake can be used as part of our Total Solution or [Flexi Solution](#) plans to promote weight loss or complement a calorie-controlled diet.



7 Outdoor Exercises...

You can do without spending a penny

1 *Play Out in Your Area*

More and more free gyms are popping up in parks around the country. These resistance based, low impact 'adult play areas' are family friendly and absolutely free, making them the perfect spot to work out without the hefty gym fees.

2 *Swing King*

Thought your days of hanging about on park swings was over? Wrong! Try Swing Split Lunge, stand in front of the swing and rest one foot on the seat of the swing, heel up. Bend the other leg into a deep lunge. Repeat for 15 and swap legs.

3 *Take The Stairs*

One that works for both outside and in, the cliché that actually works, as well as saving time waiting in line for that pesky lift. Stair climbing is officially classed as a 'vigorous exercise' and burns more calories per minute than jogging. Just 30 minutes a day can help tone your bum and legs whilst getting you to your next meeting on time.

4 *Yogi Bear*

Yoga is a great way to increase your flexibility whilst improving your muscle strength and tone. It's also great for calming your mood and helping you prepare for a stressful day ahead. Find a patch of grass in a quiet spot and start practising your Downward-Facing Dog.

5 *Sprint Like You Stole It*

HIIT it hard and find yourself a hill. After a gentle warm-up, run as fast as you can to the top and back down again. Rest for 30 seconds and then head back up again. Repeat 10 times before collapsing into a sweaty heap.

6 *Walk this way*

Not quite ready to run? No problem. They say a journey of a thousand miles begins with a single step, so put your best foot forward and hit the pavement. Start by downloading a pedometer app to your smart phone and aim for 10,000 steps a day. Over one week that can burn nearly 3,500 calories!

7 *Park Bench Push-Up*

Why sit when you can get fit? Placing your hands on the seat of the bench with your legs extended out into a raised plank position, lower your chest towards the bench using your arms and extend back out. Repeat for 12 reps.



Yoga

Starting to think about incorporating exercise at the beginning of your weight loss journey can be tricky, especially if the idea of going a gym fills you with dread. Yoga is a great way to kick start your workout routine from the comfort of your living room and is proven to increase flexibility, relieve pain in your muscles and can even help you sleep better. Regardless of your fitness level, there is a yoga workout for you.



Q: What is Yoga?

A: Originating in India some 5,000 years ago, yoga is an ancient form of exercise that focuses on strength, flexibility and breathing to boost physical and mental well-being. The practice focuses on gentle postures and movements paired with breathing exercises designed to increase mindfulness and relieve tension.

Q: How fit do I need to be?

A: Yoga is accessible for all levels of fitness and most routines have a 'beginner' and 'advanced' movement to follow depending on your current ability. As you improve you can hold moves for

longer and stretch a little wider, you'll be in swan pose in no time!

Q: What equipment will I need?

A: At first, none at all. If you just fancy giving it a try all you will need is a beach towel, your bare feet and a bit of space in your living room. If you decide to become a full on yogi, you can invest in a mat and some stylish yoga pants for as little as £10.

Q: How often do I need to practice?

A: As little or as often as you can fit in, but research suggests just 15 minutes

a day will help towards weight loss and reduced anxiety levels.

Q: Where do I start?

A: YouTube is a fantastic way to start learning basic moves, with new routines popping up every day. Most fitness clubs and gyms do group classes you can join once you build up your confidence.

Q: What is Bikram Yoga?

A: Bikram, or 'hot' yoga is yoga practiced in a room heated to around 43°C and is not for the faint hearted! Celebrities such as Jennifer Aniston and Gwyneth Paltrow are fans, high temperatures and 40%

humidity levels mean you can burn up to 800 calories in a 90 minute session.

Top tips for starting out

1. Don't overstretch or push yourself until it's painful. If you feel the stretch, you're there.
2. Breathe into each stretch. Don't fight them. Use your breathing to sink deeper into the poses.
3. If a pose isn't possible for you, modify it.

Becoming a pro? Add some resistance with our [Exante Resistance Band!](#)

Working off the calories

Before you indulge, take a sneaky peek and discover the price you'd have to pay to burn off your sweet treat.

Food and calories consumed

23



1 Square of Dairy Milk

140



Can of Coke

282



1 Big Mac

265



Blueberry Muffin

209



Medium Mocha

449



Quarter Large Pizza

Activity and number of minutes to burn off those calories

6



Fast walking

45



Playing Table Tennis

35



Playing Tennis

30



Swimming

45



Ballroom Dancing

45



Cycling

5 Ways to squeeze exercise into your day.

1 *Play Out in Your Area*

More and more free gyms are popping up in parks around the country. These resistance based, low impact 'adult play areas' are family friendly and absolutely free, making them the perfect spot to work out without the hefty gym fees.

2 *Swing King*

Even if you don't have an actual standing desk, if you're using a laptop, put it on top of a filing cabinet and work there for a while. Alternatively, just remember to stand up every few minutes. You'll have more energy, feel less stiff and work your core.

3 *Air squats*

Catching up on your favourite soaps? Every time the adverts hit, stand up and do 20 full-depth air squats. You'll work your legs and core, and the jump in your heart rate will kick start your energy levels.

4 *Break time burpees*

Challenge your mates to some Tabata burpees (that's as many burpees as possible in 20 seconds, with 10 seconds rest between rounds. Do 8 rounds).

5 *Isometric exercises*

Isometric or static hold exercises are a great way to build strength without equipment. They form the basis of the Charles Atlas system, one of the most successful and enduring workout programmes ever made.

So, find a quiet spot outside to get some fresh air and give these a try. With isometrics, you're essentially pitting one muscle off against another. A standard plank is a good example, so is sitting in a squat position.

Other isometric exercises include:

- Standing close to a wall, side-on, and pushing the back of your hand into it, without moving away. If you feel the burn in your shoulder, you're doing it right
- Negative push-ups: push up at regular speed, but lower yourself back down as slowly as possible





Natalee – Lost 5st
 "I lost weight to get married and felt so amazing at my wedding."



Richard
 Lost
 4st 9lbs



Beckie – Lost 4st 7lbs
 "Exante really does change lives so quickly. I only wish I did it years ago."



Natalie
 Lost 3st



Colin – Lost 7st 7lbs
 "It's a very easy diet to follow, with such a variety of products so you don't get bored."



Lisa
 Lost
 2st



Melanie – Lost 3st 4lbs
 "Exante has given me confidence, and I look forward to the future as a new me."

What can you achieve in 28 Days?

Here are just some of the results our amazing challengers have seen so far!

Enjoy an **EXCLUSIVE** eBook 35% discount*

Simply visit exantediet.com and enter the code at the checkout.

Code: SPRING35

*Terms and conditions apply.

28 day meal plan

Week 1

| | Breakfast | Lunch | Dinner | Snack |
|-----------|---|---|--|--|
| Monday | Quark Pancakes with Lemon | exante Chocolate Orange Shake | exante Mushroom Soup | Spiced Parsnip Crisps |
| Tuesday | exante Strawberry Jam & Yogurt Bar | Vegetable Frittata | exante Red Thai Chicken Soup | Apple, Peanut Butter and Granola Slices |
| Wednesday | exante Cherries and Berries | exante Tomato & Mascarpone Soup | Lamb Koftas with Beetroot Dip | Greek Yoghurt Chocolate Mousse |
| Thursday | exante Maple Syrup Porridge | exante Cookies and Cream Bar | exante Chicken Fajitas | Spicy Roast Chickpeas |
| Friday | exante Diet Cheese & Bacon Breakfast Eggs | exante Toffee, Nut and Raisin Bar | Spring Soup with Pesto | exante Chocolate Protein Wafer |
| Saturday | exante Toffee Caramel Shake | exante Honeycomb Shake | Turkey Katsu | Courgette Cake |
| Sunday | exante Maple Syrup Pancakes | exante Chicken & Leek Soup | Thai Green Port Lettuce Cups | exante Peanut Butter Bar |

Week 2

| | Breakfast | Lunch | Dinner | Snack |
|-----------|---|--|---|---|
| Monday | exante Macaroni and Cheese | exante Chocolate Shake | exante Indian Daal Pot Meal | Spicy Roast Chickpeas |
| Tuesday | exante Vanilla Shake | exante Beef and Black Bean Pot Meal | exante Double Chocolate Chip Cookie | Greek Yoghurt Chocolate Mousse |
| Wednesday | Dippy Eggs with Parma Ham Wrapped Asparagus | exante Raspberry and White Chocolate Bar | exante Sweet and Sour Noodles | Spiced Parsnip Crisps |
| Thursday | exante Diet Cheese & Bacon Breakfast Eggs | exante Creamy Coconut Shake | Vegetable Frittata | exante Goosey Chocolate Pudding |
| Friday | exante Cherries and Berries | exante Tomato & Basil Soup | Sweet & Sour Chicken | exante Cherry and Almond Bar |
| Saturday | exante Chocolate Orange Bar | exante Toffee Caramel Shake | Pasta Carbonara with Fresh Peas, Asparagus | Apple, Peanut Butter and Granola Slices |
| Sunday | exante Creamy Coconut Shake | exante Chicken Fajitas | exante Cherries and Berries Shake | exante Chocolate Mint Cookie |

28 day meal plan

Week 3

| | Breakfast | Lunch | Dinner | Snack |
|-----------|--|--|--|--|
| Monday | exante Banana Shake | exante Macaroni and Cheese | Lamb Koftas with Beetroot Dip | Spicy Roast Chickpeas |
| Tuesday | exante Apple & Cinnamon Porridge | Vegetable Frittata | exante Vegetable Soup | Courgette Cake |
| Wednesday | exante Maple Syrup Pancakes | exante Lemon Bar | Thai Green Port Lettuce Cups | exante Cookies and Cream Shake |
| Thursday | exante Strawberry Jam & Yogurt Bar | exante Banana Shake | exante Beef Chilli with Rice | Apple, Peanut Butter and Granola Slices |
| Friday | exante Apple & Cinnamon Porridge | exante Chicken & Leek Soup | Turkey Katsu | exante Peanut Butter Bar |
| Saturday | exante Maple Syrup Pancakes | Sweet & Sour Chicken | exante Lemon Bar | Spiced Parsnip Crisps |
| Sunday | Quark Pancakes with Lemon | exante Chocolate Shake | exante Red Thai Chicken Soup | Courgette Cake |

Week 4

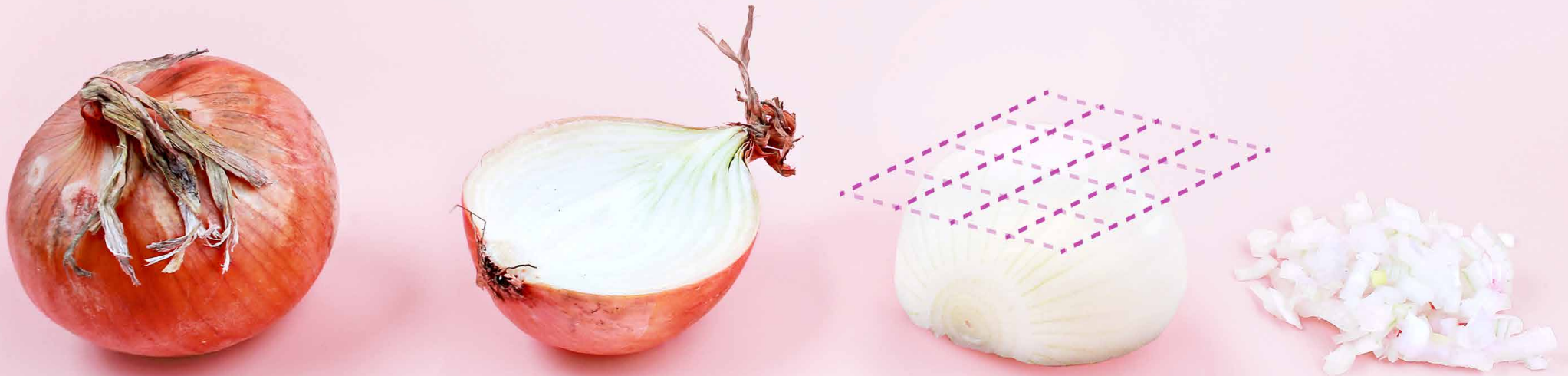
| | Breakfast | Lunch | Dinner | Snack |
|-----------|--|--|--|--|
| Monday | exante Apple & Cinnamon Porridge | exante Pasta, Ham and Mushroom Soup | exante Honeycomb Shake | Greek Yoghurt Chocolate Mousse |
| Tuesday | exante Maple Syrup Pancakes | exante Strawberry Shake | Lamb Koftas with Beetroot Dip | exante Goopy Chocolate Pudding |
| Wednesday | exante Creamy Coconut Shake | exante Strawberry Jam & Yogurt Bar | Spring Soup with Pesto | Apple, Peanut Butter and Granola Slices |
| Thursday | exante Porridge | exante Pasta, Ham and Mushroom Soup | exante Lemon Bar | Spicy Roast Chickpeas |
| Friday | exante Lemon Bar | exante Banana Shake | Pasta Carbonara with Fresh Peas, Asparagus | exante Chocolate Mint Cookie |
| Saturday | exante Strawberry Jam & Yogurt Bar | exante Tomato & Basil Soup | Vegetable Frittata | Courgette Cake |
| Sunday | Dippy Eggs with Parma Ham Wrapped Asparagus | exante Chocolate Orange Bar | exante Beef Chilli with Rice | Spicy Roast Chickpeas |

How to

Chop an Onion

Mastering the most basic of cooking skills can help make preparing healthy meals simple, fast and enjoyable.

Here at Exante, we have developed our 'How To' series, to help you build your confidence in the kitchen. Practice your skills while making our healthy recipes and you'll be a master chef in no time!



1

Cut the onion in half

2

Remove the peel

3

Cut from top to bottom
then from left to right

4

Now you are all diced
and ready to go



Supercharge

Your Shopping Trip

One of the biggest hurdles many have when it comes to eating right and living well is resisting temptation whilst navigating the supermarket shelves. With offers galore and a maze of aisles, it can be so easy to fall into the trap of throwing the loudest and most colourful sweet treats into your basket. If supermarkets scream stress and a stop gap between sweetie purchases, check out our handy hints for supercharging the shop.

Dinner time a la carte

If time is of the essence, it may be helpful to get into the routine of making a menu for the week. Discover healthy alternatives for your favourite takeaway in our Fakeaway series and try to go meat free one day a week.

Make sure nothing's missed with a list

Menu is ready for the week, now it's time to look in the cupboards to see what you need. Guessing will mean you have twice of one thing and not enough of another, so setting a clear list will mean you only stick to what you need. This will mean that you have only the good stuff coming home with you, no weight loss sabotages here! It will also mean

you are not buying anything you don't need, thereby saving your shopping spends.

No shopping on an empty stomach

Trailing around a supermarket on an empty stomach will leave you susceptible to popping naughty treats in your trolley. Plan ahead and eat a meal or a light snack before your shop so you are not contending with the food choices of a growling tummy whilst you are making healthy choices for the week.



Healthy Recipes

Step into Spring and eat in technicolour

It's our mission to bring you vibrant, exciting ideas that fit into your lifestyle, from breakfast through to dinner.

Are you 'pinging' unhealthy microwave meals high in calories and salt? Instead, you could put together these fast, fresh and nourishing meals that cook in less time than you think.

Our *breakfast and lunches* are nutritionally balanced and will keep your energy levels up, preventing you from getting hunger pangs and reaching for high-calorie snacks. By prepping these delicious *low calorie snacks* in advance, you'll avoid sugary, unhealthy treats at home and work.

Share your favourite recipes @exantediet





Quark pancakes with lemon

Rise and shine to a healthy plate of 'lighter' pancakes made with Quark instead of high fat buttermilk. Quark is available in most supermarkets and cuts the calories by half! Squeeze with lemon and enjoy at their best...warm!

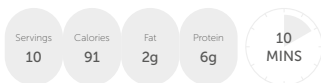
Ingredients

½ cup Quark
 2 eggs, separated
 ¾ cup (185ml) milk
 1 tsp vanilla bean paste (or extract)
 1 cup (150g) whole wheat flour
 1½ tsp baking powder
 pinch salt
 Exante Butterscotch syrup, to serve

"Quark has 14g protein per 100g, that's double the protein of Greek yoghurt"

Method

- Place Quark, egg yolks (set aside the whites in a separate bowl) milk and vanilla into a mixing bowl and whisk together.
- Stir in flour and baking powder until just combined. Add a pinch of salt into the egg whites, and whisk until they're foamy.
- Fold the egg whites into the batter.
- Put a large, heavy based non-stick pan on a medium heat.
- Ladle in heaped spoonfuls of batter into the pan (about ¼ cup) and cook until bubbles appear on the surface of the pancake. Flip and cook until golden brown.
- Drizzle with lemon juice or Exante syrup.



Dippy eggs with Parma ham wrapped asparagus

Swap bread for crunchy spring asparagus wrapped in Parma ham to make a nutritious low carb, high protein wonder breakfast that's a firm family favourite!

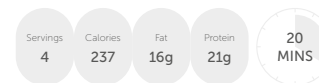
Ingredients

12 medium asparagus stalks
 6 slices of Parma ham or thinly sliced ham
 8 eggs
 olive oil
 salt & pepper

"The perfect dippy yolk takes 5-6 minutes"

Method

- Preheat your oven to 200°C/180°C fan/ Gas 6 and line a baking tray with parchment paper.
- Snap off the woody ends of each asparagus and discard. Wrap asparagus stalks in Parma ham, place on to baking sheet and drizzle with a little olive oil. Roast for 10 minutes or until ham is crispy.
- While the asparagus is roasting, start cooking your eggs. Bring a large pot of water to a boil and using a slotted spoon, gently lower in the eggs. Simmer for 6 minutes.
- Once cooked, cut off the tops and place into egg cups. Serve with asparagus soldiers and salt & pepper to taste.





Vegetable frittata

This is a really nutritious light lunch or brunch that can be enjoyed hot or cold. Fill your frittata with loads of veggies, and add some of your favourites too.

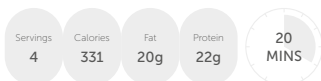
Ingredients

1 tbsp olive oil
 2 cloves garlic, finely chopped
 8 eggs
 2 tbsp water
 Handful of spinach leaves
 10 cherry tomatoes, halved
 3 spring onions, finely sliced
 100g feta, crumbled
 20g basil leaves
 Balsamic vinegar

"This dish is great the next day too"

Method

- Preheat your grill on high.
- Heat 1 tbsp olive oil on low in an ovenproof, non-stick pan and gently fry garlic for 2 mins until slightly golden.
- Using a whisk, beat 8 eggs with 2 tbsp water.
- Add spinach, cherry tomatoes and spring onions to the pan and fry until golden.
- Gently pour in the eggs and crumbled Feta and basil and cook until the eggs are 80% set. Then, put under the grill for 5 mins or until the eggs have set and it's golden brown on top.
- Drizzle with a little Balsamic vinegar.



Spring soup with pesto

Soups are a great way to get your five-a-day. Our vibrant version contains all the joys of Spring, with fresh flavours like tomato, basil and pesto.

Ingredients

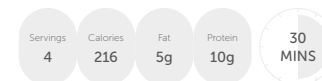
2 leeks, washed and chopped
 100g green beans, cut into lengths
 1 large courgette, diced
 1.2L hot vegetable stock
 3 vine-ripe tomatoes
 400g can cannellini beans
 1 nest vermicelli noodles

For the pesto

25g pack fresh basil
 1 garlic clove, crushed
 25g pistachio nuts
 2 tbsp olive oil

Method

- Heat olive oil on a medium heat in a medium pan and fry the leeks until softened.
- Add green beans and courgette, then pour in vegetable stock and season to taste. Cover and simmer for 5 mins.
- Meanwhile, to make the pesto: put the basil, garlic, pistachios and ½ tsp salt in a food processor and blitz until smooth.
- In the soup pan, stir in tomatoes, cannellini beans and vermicelli, and then simmer for 5 mins until the veg is tender.
- Stir in half the pesto. Ladle into bowls and serve with a dollop of pesto spooned on top.





Spiced parsnip crisps

Transform the humble parsnip into a crunchy and nutritious snack you can enjoy any time of the day. The spiciness of the paprika will naturally bring out the sweetness of the parsnips.

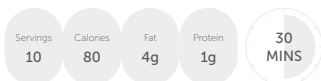
Ingredients

600g parsnips, thinly sliced
 2 tbsp olive oil
 ½ tsp ground cumin
 ½ tsp ground coriander
 Pinch smoked paprika
 Salt and pepper

Method

- Preheat oven to 160°C/140°C fan/Gas 3.
- Using a mandolin or peeler, slice the parsnips into very thin rounds and pat dry with kitchen paper, tip into a bowl and drizzle with oil. Toss with smoked paprika and season well.
- Arrange parsnips on one even layer on two baking sheets and roast in the oven for 20-25 minutes, turning frequently, until golden at the edges.
- Carefully transfer the crisps to kitchen paper to drain excess oil. They will crisp up as they cool. Serve warm or cold.

“Choosing spices like paprika is healthier than adding salt”



“Prepped in advance, these are great for a snack on-the-go to fuel a busy day.”

Apple, peanut butter and granola slices

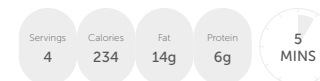
This recipe is an inventive way of incorporating fruit into your diet. Add a little peanut butter for texture and granola for crunch – both high in fibre and protein.

Ingredients

2 small apples, cored and cut crosswise into 1/2-inch thick rounds
 1 teaspoon lemon juice (optional)
 3 tablespoons peanut or almond butter
 2 tablespoons chocolate chips or cacao nibs
 3 tablespoons low sugar granola

Method

- Start by brushing the apples slices with lemon juice to keep them from turning brown.
- Spread one side of half of the apple slices with peanut or almond butter then sprinkle with chocolate chips and granola.
- Top with remaining apple slices, pressing down gently to make the sandwiches.



Spicy roast chickpeas

When roasted, chickpeas take on the flavour and texture of nuts, making them a fun snack at only 76 Kcals and 1g fat per serving.

Ingredients

2 cans chickpeas, low-sodium or no added salt, drained
1 tbsp olive oil
Pinch each of paprika and cayenne pepper

Method

- Preheat oven to 180°C/160°C fan/Gas 4 and line a baking tray with baking paper.
- Drain and rinse the chickpeas thoroughly and use paper towels to dry them off as much as possible.
- Toss the chickpeas with olive oil until all the chickpeas are well coated.
- Spread the chickpeas out in an even layer on the baking tray.
- Roast the chickpeas in the oven for 20 to 30 minutes, stirring them every 10 minutes. A few chickpeas may pop – that's normal. The chickpeas are done when golden and slightly darkened, dry and crispy on the outside, and soft in the middle.
- Toss the chickpeas with the spices and stir to coat evenly.
- Serve while the chickpeas are still warm and crispy. They will gradually lose their crispiness as they cool, becoming addictively chewy.

"These are crisp, spicy little nibbles that you can feel good about munching"

Servings
4

Calories
76

Fat
1g

Protein
5g

30
MINS





Greek yoghurt chocolate mousse

Everyone needs a little chocolate from time to time, so we've created a light chocolaty pud that's only 98 kcals per serving!

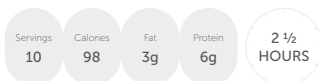
Ingredients

180ml milk
100g dark chocolate
500ml Greek yogurt
1 tbsp honey or maple syrup
½ tsp vanilla extract

Method

- Pour milk into a saucepan, add the dark chocolate and gently melt on a medium heat, being careful not to let it boil.
- Once the chocolate and milk have fully combined, add the honey and vanilla extract and mix well.
- Spoon Greek yogurt into a large bowl and pour the chocolate mixture on top. Mix together well before transferring to individual bowls, ramekins or glasses.
- Chill in the fridge for 2 hours. Serve with some fresh raspberries.

"It's a little indulgence without the cream and calories"



"If you're craving cake, treat yourself to our veggie cake with half the calories per slice."

Courgette cake

Ingredients

200g butter
300g whole wheat flour
2 tsp bicarbonate of soda
250g jar of sugar free apricot jam
500g courgette, grated
1 tsp vanilla essence
Splash of milk
2tsp ground cinnamon

Method

- Preheat your oven to 180°C/ 160°C fan/Gas 4.
- Cream your butter and two thirds of your sugar free apricot jam together in a large bowl, until light and fluffy. Add vanilla essence and a splash of milk.
- Grate your courgettes and stir in with flour and bicarbonate of soda. Stir thoroughly again.
- Grease a 20cm cake tin and pour the mixture in.
- Bake in the centre of the oven for approximately 30 minutes, or until golden brown and an inserted skewer comes out clean.
- Allow to cool before removing from the tin and slice in two.
- Spread the remainder of your sugar free apricot jam inside. Sprinkle on top with ground cinnamon and slice.



Fake always

*Taking the guilt away
from your takeaway*

Step away from that takeaway menu!

It might be the easiest option sometimes, but as you know fast foods can completely derail your diet. We have the solution to those moments of temptation so now you can enjoy your favourites as a healthy fakeaway!





Lamb koftas with beetroot dip

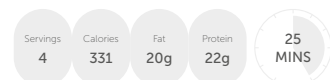
An alternative way to enjoy lamb Middle-Eastern style. These spicy koftas are paired with a cool beetroot dip and are perfect for a delicious, nutritious weekend dinner.

Ingredients

1 tbsp olive oil
 1 medium onion, finely chopped
 65g parsnip, peeled and grated
 250g Scotch lamb mince
 ½ tsp ground cumin
 ½ tsp ground coriander
 ½ tsp freshly ground black pepper

For the beetroot dip

250g Cooked Beetroot
 1 x 400g tin cooked chickpeas, drained
 3 garlic cloves, crushed
 2 tbsp lemon juice
 ½ tsp ground cumin
 2 tbsp tahini



Method

- Add olive oil to a frying pan over a medium heat and fry the onion and grated parsnip for 5 minutes until soft.
- Remove from the heat and tip into a food processor. Add the rest of the ingredients, apart from the oil and blitz until smooth.
- Carefully use your hands to form the lamb mince into koftas. This is done by placing a heaped tablespoon of the mixture into your palm and closing your hands. Wet your hands in cold water to make this easier.
- Fry the koftas in a dry pan for 10 minutes, turning every couple of minutes until cooked right through.
- To make the dip, blitz all the beetroot dip ingredients in a food processor. Serve with Lamb koftas.



Thai green pork lettuce cups

An explosion of flavours from the East placed into a lettuce cup. We all love Thai food, but our cups contain half the calories and fat of big curries.

Ingredients

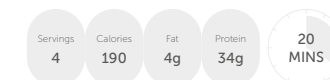
1 tbsp olive oil
 1 piece fresh root ginger, peeled and grated
 2 garlic cloves, crushed
 2 red chillies, deseeded and finely sliced
 500g low fat pork mince
 2 tbsp fish sauce
 Juice of 1 lime
 2 lime leaves, finely shredded

To serve

Iceberg or Little Gem lettuce leaves
 Handful of mint, roughly chopped
 Handful of toasted peanuts, roughly chopped
 2 spring onions, finely sliced
 1 lime, cut into wedges

Method

- Heat olive oil in a large frying pan on a medium heat.
- Fry the ginger, garlic and chillies for 1 min.
- Add the pork mince and cook on a high heat until golden brown, breaking it up with a wooden spoon as you go.
- Add fish sauce, lime juice and shredded lime leaves, then cook everything down.
- Tip the mince into a serving bowl and serve with lettuce leaves for wrapping, peanuts for scattering and lime wedges for squeezing.



Spaghetti with fresh peas & asparagus

Celebrate the coming of Spring the Italian way with our healthy version of a calorific pasta dish. This recipe uses in season ingredients that are packed with essential vitamins.

Ingredients

| | |
|---|-----------------------------|
| 400g whole wheat spaghetti pasta | 100g spinach, wilted |
| 2 tbsps fresh peas | 1 tbsp olive oil |
| 2 tbsps sugar peas | Pinch of salt and pepper |
| 3 asparagus tips | 2 eggs |
| 1 sweet onion, diced | 50g parmesan (optional) |
| 100g mixed mushrooms, sliced or quartered | Lemon zest (optional) |
| | Parsley, chopped (optional) |

Method

- Bring a large pot of water to boil with a pinch of salt.
- In a skillet, add olive oil and sauté the onion until tender over a medium-high heat.
- Turn the heat down to medium; add mushrooms, salt and pepper and sauté until golden and tender.
- Next, add wilting greens and sauté, stirring often until just wilted. Set aside.
- Meanwhile, whisk two eggs in a small bowl. Set aside.
- When the large pan of water comes to a boil, add the spaghetti and stir. Turn the heat down and cook until spaghetti is cooked to al dente.
- Add the fresh peas, sugar peas and asparagus to the boiling spaghetti pot and cook for one minute. Drain pasta and vegetables. Return to the pot and turn heat off.
- Pour egg/mushroom mixture over the pasta and gently stir to coat the pasta. Add cracked pepper.
- Place on a platter or bowl and sprinkle with parmesan, lemon zest and parsley.



Servings
4

Calories
285

Fat
6g

Protein
14g

30
MINS

Turkey katsu

A katsu from that well-known chain of restaurants can be around 1000 calories, our low calorie version using turkey is easy to recreate at home and packs all the flavours of Japan.

Ingredients

| | |
|--|---|
| 1 tbsp olive oil | 1 kg turkey steaks |
| 1 onion, finely chopped | 2 tbsp wholegrain flour |
| 1 garlic clove, crushed | 1 egg, beaten |
| 1 tbsp mild curry powder | 50g breadcrumbs |
| 1 tbsp cornflour | 30g wholemeal rice, to serve (optional) |
| 1 tbsp low-sugar tomato ketchup | 20g coriander, roughly chopped |
| 1 tbsp soy sauce | |
| 1 chicken stock cube, dissolved in 400ml boiling water | |
| 1 tsp Garam masala | |

Method

- Preheat the oven to 200C/180C fan/Gas 6.
- Heat olive oil in a saucepan, add the onion and garlic and sweat over a medium heat for 8 minutes until soft.
- Add curry powder, cornflour, ketchup and soy sauce and slowly add the hot stock, stirring continuously.
- Simmer for 20 mins until the sauce resembles the thickness of single cream. Stir through the Garam masala.
- Meanwhile, sprinkle the turkey with the plain flour, dip in the egg then coat with the breadcrumbs.
- Place on a baking tray lined with baking parchment and roast in the oven for 20 to 25 minutes until the turkey is cooked through and the breadcrumbs are golden. Cut into strips.
- Cook the rice (optional) according to packet instructions and serve with the turkey strips drizzled with katsu sauce and a sprinkle of coriander.

Servings
6

Calories
367

Fat
6g

Protein
61g

1
HOUR



"Turkey steak is perfect for making Katsu and is low in saturated fat."

Sweet & sour chicken

One the nation's favourite takeaway picks is Sweet and Sour. The name 'sweet' gives it away as the poorest option you could choose from the paper menu. Our guilt-free version isn't packed with any hidden sugars.

Ingredients

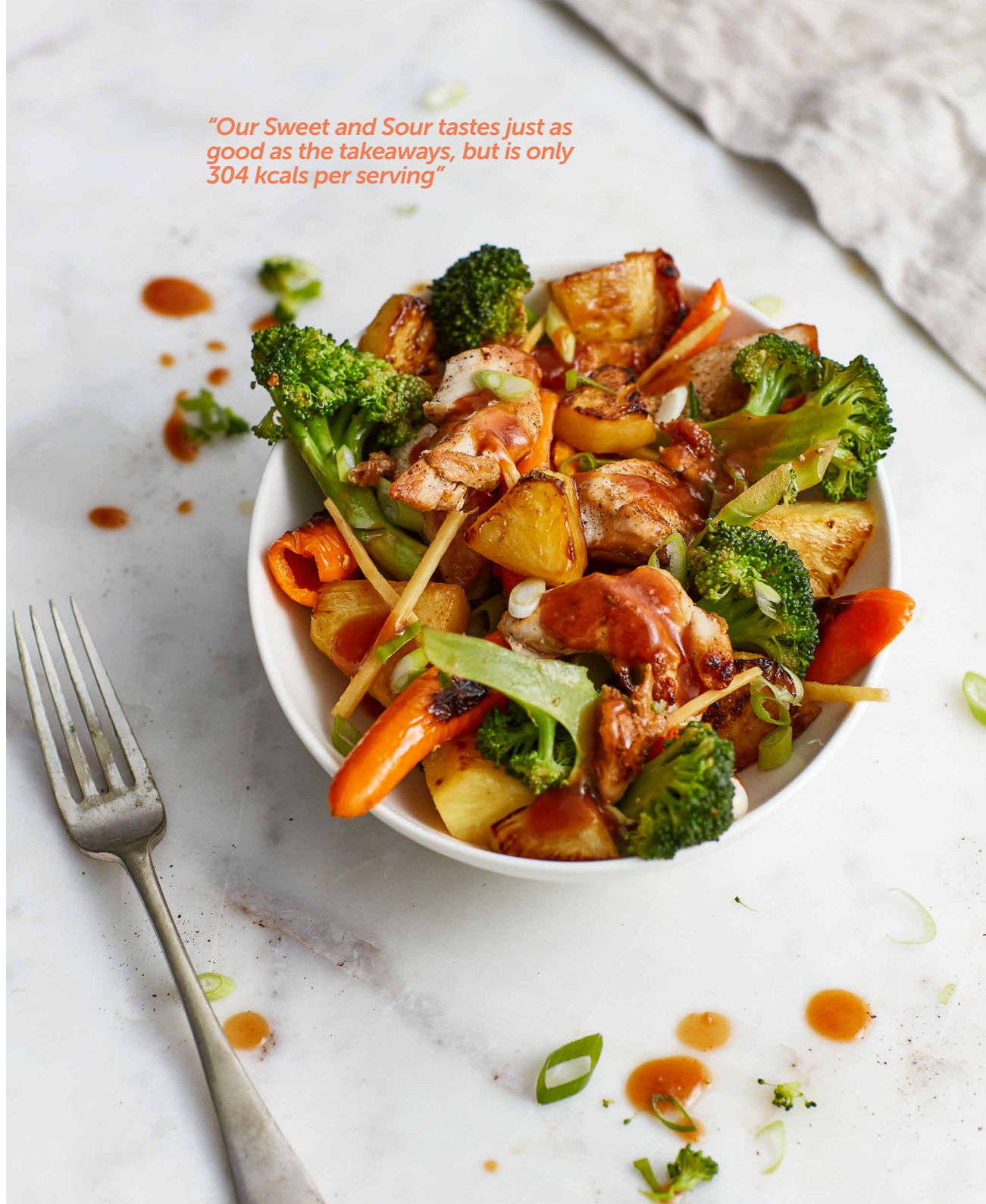
| | |
|---|-------------------------------------|
| 1 raw boneless skinless lean chicken breast, cut into bite-sized pieces | 1 tbsp cornflour |
| ½ tsp salt | 3 tbsp seasoned rice vinegar |
| ½ tsp. black pepper | 1 tbsp low-sugar ketchup |
| ½ broccoli, chopped | 1 tbsp reduced-salt soy sauce |
| 1 red bell pepper, chopped | ½ tsp garlic, chopped |
| 2 celery stalks, chopped | ¼ tsp, red chilli, crushed |
| 1 can pineapple chunks in juice (not drained) | ½ tsp ground ginger |
| | 1 tbsp olive oil |
| | 30g cauli rice (to serve, optional) |

Method

- Bring a large skillet or wok sprayed with nonstick spray to medium-high heat on the stove. Season chicken with salt and black pepper and place in the skillet/wok.
- Stirring occasionally, cook until chicken is no longer pink on the outside, about 3 minutes. Add broccoli florets, bell pepper, celery, and 2 tbsp. of water to the skillet/wok. Cover and cook until veggies are tender, about 8 minutes.
- Meanwhile, to make the sauce, drain the juice from the canned pineapple into a small nonstick pot. Add cornstarch and stir to dissolve. Add vinegar, ketchup, soy sauce, garlic, crushed red pepper, and ginger. Mix thoroughly. Bring to medium-high heat on the stove. Stirring frequently, cook until thickened, about 3 minutes.
- To the skillet/wok, add pineapple chunks, bean sprouts, and sauce. Mix well. Continue to cook and stir until sprouts have softened and chicken is fully cooked, about 4 minutes.

Servings 4
Calories 190
Fat 4g
Protein 34g
25 MINS

"Our Sweet and Sour tastes just as good as the takeaways, but is only 304 kcals per serving"



Weighing Yourself

Stepping on the scales is especially challenging when we're on a diet and hoping for significant weekly weight losses. So, we've created an effective 'weighing yourself' plan and a few extra tips on how to measure weight loss success in many other ways. Try our Midweek, Morning, Mindfulness plan.



Midweek

Daily, weekly, weekend? Picking the best day and how often can have a measurable effect on our weight loss efforts. We wouldn't recommend weighing in daily as our weight typically fluctuates around 4-5 pounds in a single day. For a more accurate picture, it's best to weigh once a week, preferably on the same day and time before you eat breakfast. Avoid weekends and Mondays.

Recent studies suggest that we weigh heavier after weekends – which, of course, will make us feel pretty deflated. Instead, try weighing in on a Thursday for midweek motivation! You've managed to eat healthy after the weekend, and any number (good or not so good) will motivate you to stay on track with your diet and exercise plan over the next weekend!

Morning

There are some of us who want to weigh ourselves all the time – after spin class, before eating a salad – hoping the number is lower than an hour ago. This gives us a very inaccurate perception of our progress.

Weighing in the morning means we've been resting and fasting, so our body weight will be in its truest form. If you're weighing at random times, try recording some morning readings and see the difference on the scales – we promise you'll be converted to a morning person.

Mindfulness

If the scales isn't showing a magic number at every weigh in, don't be disheartened. Your weight on the scales is only a number, it doesn't reflect what you're really achieving by choosing a new healthy lifestyle. Instead of focusing on the numbers, look at your body composition in the mirror or take transformation photos to see the differences!

Are you feeling more toned since you've increased your yoga sessions? Does your face seem slimmer? All these small changes to your body are important in your weight loss journey in the long term. What about your general wellbeing too? Do you have more energy? Is your skin glowing?

Be mindful of these small (but equally amazing) changes and reward yourself! Soon you'll find yourself feeling happier about the little and big numbers on the scales.

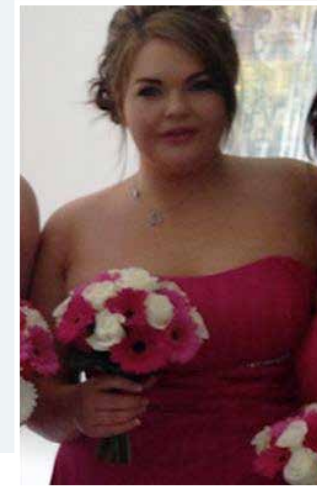
Slimmer of the Month *January*

Start weight:
15st 13lbs

Current weight:
11st 2lbs

Start clothing:
size 18-20

Current clothing:
size 12



Say hello to Laura...

Since our Slimmer of the Month competition opened in January we've received hundreds of entries with some amazing transformations. It's been truly inspiring to see your weight losses and to read your journey. Voted by YOU, our January winner was Laura from Glasgow. With the help of our Total Solution plan, Laura lost over 4st and went down a fabulous 5 dress sizes!

It was a visit to the doctors that sparked Laura's Exante journey...

Laura's journey started after the doctor weighed her and said very bluntly that she was obese with high blood pressure. She knew something had to change.

Laura followed our Total Solution plan which was simple and effective for her. She chose three products daily and saw amazing weekly weight losses on the scale!

"Losing weight with Exante was easy and effective"

For Laura, Exante was so easy to follow, and with a huge variety of products available it fitted into her lifestyle perfectly.

Whats next?

Laura has set herself new goals and aims to lose more weight on our Flexi Solution.

Become our Slimmer of the Month

Lost weight with Exante? We'd love to hear from you! If you'd love to be our Slimmer of the Month and be in with the chance of winning a holiday, as well as a photoshoot and a fabulous monthly prize, share your story with us today!

How it works:

- [Visit our Slimmer of the Month page and click ENTER](#)
- Submit before and after photos, plus your weight loss story
- Entries close at the end of the month and we select the finalists
- We announce the finalists and you'll be able to start voting for your favourite (it could be you)



**SLIMMER
OF THE MONTH
ENTER NOW**

- Voting closes and a winner will be announced on our website and social on the last day of the month.
- Each monthly winner will have the chance of winning a cash prize or vouchers, and be entered into a draw to win a holiday.

Slimmer of the Month february

Meet Mike...

Mike's life has changed dramatically since losing weight. Before Exante, he was constantly tired and wasn't motivated to do anything. Now he's full of energy and has a completely new wardrobe – going from a size XXL to L/M and from a 50 inch waist to a 36 inch waist!

“My life has changed dramatically since losing weight. Now I'm full of energy and looking for things to do, I'm able to do a lot more in the day than before”

Q: What motivated you to make a change?

A: I wanted to be healthier and feel better about myself.

Q: How did the products fit into your life?

A: Really well, I have a busy manual job, cleaning for 6-8 hours a day.

Q: What kept you motivated?

A: Not only has my body changed but before my skin was poor and spotty, now it's cleared up and glowing!

Q: What were your favourite Exante products?

A: Mint Chocolate Shake, Spaghetti Bolognese and Chocolate Shake.

Start weight:

20st

Current weight:

13st

Weight loss:

7st*



Q: How has your life changed since losing weight?

A: My life has changed dramatically since losing weight as before I was constantly tired and wasn't motivated to do anything. Now I'm full of energy and looking for things to do, I'm able to do a lot more in the day than before. I've a complete new wardrobe, I have gone from XXL to L/M and from a 50 inch waist to a 36 inch waist.

Q: Would I have you recommended Exante to a friend?

A: Yes!



7

Ways to treat yourself that's NOT food related

When we're happy, sad, excited or mad, food plays a massive role in compensating for our emotions. We call it 'treating ourselves' and it often makes us feel guilty afterwards. But, research has found that treating yourself during a diet can actually help you stay motivated.

How you treat yourself doesn't have to be big but it has to be all about you. It can be as small as a mud mask, manicure, or even a trip to the cinema. So, if you're trying to make a healthy life change, try treating yourself and incorporating a little 'you time' into your weekly routine.

Stuck for ideas? We asked everyone at Exante HQ to tell us how they treat themselves as a reward for living a healthy life.



Carla | Looks after her skin

"Once a week I apply natural masks to moisturise and keep my skin fresh and away from wrinkles. I choose oats as it's an excellent option for natural masks."



Sophie A | Curls up with a book

"The best is curling up on a rainy day with a good book and escaping into my own imagination for a few hours, pure bliss!"



Meg | Walks her puppy

"How I treat myself after a hectic week at work is to spend my weekends outside walking my puppy, or snuggled up on the sofa with her (she doesn't hog the blanket)"



Nicole | Switches off

"A freebie and food free treat to myself is shutting off my phone and watching my favourite TV show in peace (currently Call the Midwife). It's a luxury to not be contactable and 'off the grid' for an hour or so."



Lotty | Likes a Bath Bomb

"Every Sunday evening I have a stress-free soak in the bath with an amazing Lush bath bomb. It helps me relax before a busy week ahead."



Sophie B | Catches up on Corrie

"There's nothing better than making a healthy bowl of porridge with a cup of tea and sitting in bed on a Sunday morning watching the Coronation Street Omnibus."



Elena | Relaxes with incense

"On Friday evenings I sometimes burn sandalwood or lavender incense to relax while lying down in bed at the end of the day."

5 ways to discover

exante online

Website

Visit exantediet.com where you can find out about all our diet plans, discover new products and enter our competitions, including Slimmer of the Month.

Twitter

Got a health or fitness question? Follow and tweet us @exantediet and ask us anything! We also share competitions, giveaways, articles and diet tips.

Blog

Visit our blog where we're always sharing expert diet tips and the latest trends in health and fitness. If you have a question you'd love for us to answer on our blog, get in touch on social.

Facebook

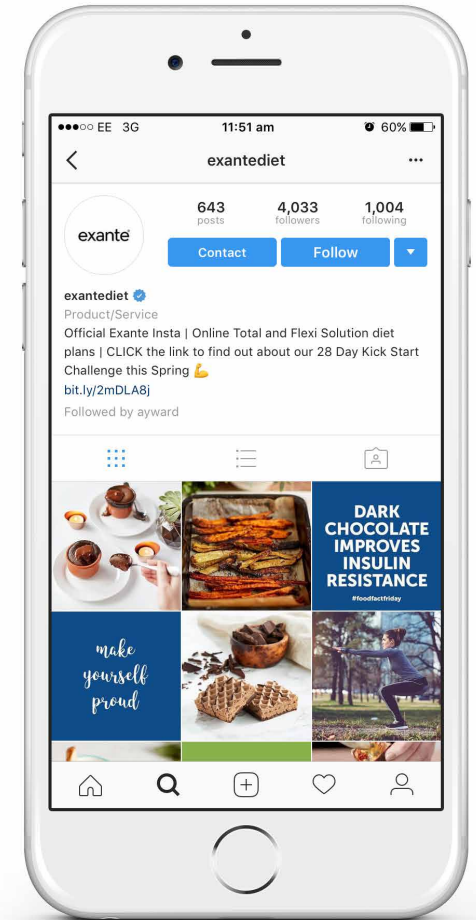
Like our Facebook page and you'll have access to the latest from Exante, including new products, articles, recipes and weight loss stories. Join our close knit community and get support every step of your weight loss journey.

Instagram

Head over to our Instagram @exantediet and be inspired by our healthy recipes, transformations and motivational quotes. Plus, use the hashtag #exantediet to see hundreds of weight loss journeys from our very own customers.

Get in touch

We love seeing your photos, following your weight loss journey and answering your questions. Whether you're an Instagrammer, prefer to Tweet or you're a Facebook Fan, we'd love to hear from you.





What a Nutritionist really eats in a week

Want to know exactly what a super healthy expert eats? We asked Charlotte Cliffe, 24, Nutritionist and Health Blogger to keep a food diary for 7 days to find out spoiler alert: ice cream included!



MONDAY

7am

Hot water and lemon

8.30am

Greek yoghurt with blueberries and pomegranate seeds

12pm

Vegetable Frittata

4pm

Exante Vanilla Shake blended with ice

6.30pm

Salmon with broccoli and sweet potato



TUESDAY

7am

Black Coffee

8.30am

Greek yoghurt with strawberries

12pm

Chicken super grain salad

4pm

Apple, peanut butter and granola slices

6.30pm

Thai green pork lettuce cups



WEDNESDAY

6.30am

Coffee with almond milk

8.30am

Dippy eggs with Parma ham wrapped asparagus

12pm

Exante Chocolate Shake blended with ice and espresso

4pm

Exante Cookies and Cream bar

6.30pm

Lamb Koftas with beetroot dip



THURSDAY

6.45am

Hot water and mint

7.30am

Exante Protein Porridge

12pm

Avocado on seeded bread

4.30pm

Celery and carrot sticks with hummus

7pm

Sweet and sour chicken



FRIDAY

7.45am

Flat white with soy

8.30am

Poached egg on sourdough

11.30am

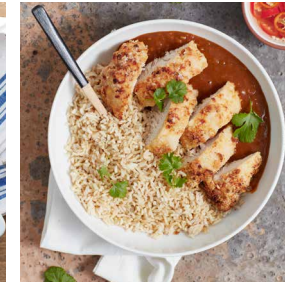
Spring Soup with pesto

4pm

Spiced parsnip crisps

6.30pm

Exante Mushroom Pasta



SATURDAY

9am

Grilled bacon sandwich on wholegrain toast

1pm

Roasted Chickpeas

5pm

Turkey Katsu

7.30pm

A scoop of 1 Ingredient Banana Ice Cream



SUNDAY

8.30am

Quark pancakes with lemon

11am

Celery and carrot sticks with hummus

5pm

Spaghetti with fresh peas and asparagus

7pm

Greek yoghurt chocolate mousse

What's coming up in the....

Summer

Edition

- In season Summer ingredients
- Low calorie recipes for your Summer BBQ
- Packing a healthy family picnic
- Summer holiday survival guide
- Travel tips on a diet
- Low sugar iced drinks

Sign up to our emails

To join in all the fun and get additional content on the latest products, recipes and discounts, make sure you sign up to our emails.

We are quarterly!

Every season we'll be bringing the latest news, products, recipes and healthy living tips to help with your weight loss journey.

You'll also find additional content on our blog at exantediet.com/blog where we share diet tips and the latest trends in health and fitness.

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