





YOUR DAILY MENUS

During the Slimming Period

LOW CALORIE • HIGH PROTEIN



► 1-3 weeks of XL-S Nutrition Days: Daily

| MEAL | Food Type | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--|---|--|---------------------------------------|---|--|--|---|---|
| Breakfast  | Drink | • Tea or Coffee | • Tea or Coffee | • Tea or Coffee | • Tea or Coffee | • Tea or Coffee | • Tea or Coffee | • Tea or Coffee |
| | Dairy Product | • Fromage blanc Light | • 150ml semi-skimmed milk | • Fromage blanc Light | • 150ml semi-skimmed milk | • Plain yoghurt | • 150ml semi-skimmed milk | • Plain yoghurt |
| | Low GI Carbohydrates | • 3 slices of walnut bread | • 30g of cornflakes –no added sugar | • 3 slices of granary bread | • 30g of rice crispies –no added sugar | • 3 slices of wholemeal bread | • 30g of cornflakes – no added sugar | • 30g of mixed cereals –no added sugar |
| | Fruit | • A pear | • A peach | • A few cherries | • Soft red fruit | • A slice of pineapple | • A Nectarine | • 3 Apricots |
| Lunch or Dinner  | Fresh Fruit or Vegetables | • Diced beetroot au vinaigre | • Slices of cucumber with fresh mint | • A slice of watermelon | • Mixed salad: Green vegetables Grapefruit and shrimps | • Orange slices | • A half melon | • Grated carrot with caraway seeds |
| | Main dish | • Grilled cod with lemon and parsley | • Roast beef with broccoli | • Spiced sauté of veal | | • Steamed hake with courgettes | • Chicken casserole with tomatoes and aubergines | • Salmon fillet with dill |
| | Low GI Carbohydrates | • Cherry tomatoes and tagliatelli | • 3 slices of farmhouse bread | • Bowl of Semolina with raisins | • 3 slices of toasted wholemeal bread | • Bowl of Basmati rice | • Spinach and boiled potatoes | |
| | Dairy Product | • Plain yoghurt | • Fromage blanc Light | • Plain yoghurt | • 30g of Fromage frais | • Petit Suisse | • Plain yoghurt | • Petit Suisse |
| Snack  | XL-S Nutrition Light Break | Old-fashioned cocoa flavour drink | Vanilla/Caramel Temptation | Peach flavoured Dairy Delight | Chocolate Temptation | High-protein forest fruit biscuits | Barbecue flavour Savoury Snacks | Chocolate Crunchy-Orange |
| | Dinner or Lunch  | XL-S Nutrition Slimming Meal Supplement | Sunshine purée Vanilla Dessert | Mixed vegetable Purée Coffee Dessert | Leek Velouté Cocoa Dessert | Oriental Soup Vanilla Stracciatella Dessert | Pumpkin & carrot Purée Caramel Dessert with hazelnut slivers | Nine vegetable Soup Coffee Dessert |
| | Fruit or green vegetables | • Fresh melon salad | • Fresh diced mango with raspberries | • Al dente vegetables with coriander | • Green asparagus with plain yoghurt | • Fresh fruit salad | • Steamed fennel with lemon | • Grated apple with cinnamon |
| | Dairy Product | • Petit Suisse | • Cottage cheese | • Petit Suisse | • Fromage blanc | • Petit Suisse | • Fromage blanc Light | |






YOUR DAILY MENUS

Stabilization Period

LOW CALORIE • HIGH PROTEIN



► 1-2 weeks of XL-S Nutrition Days: Every Other Day

| MEAL | Food Type | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|---|--|--|--|---|--|--|--|
| Breakfast  | Drink • Tea or Coffee | • Tea or Coffee | • Tea or Coffee | • Tea or Coffee | • Tea or Coffee | • Tea or Coffee | • Tea or Coffee | • Tea or Coffee |
| | Dairy Product • 150ml semi-skimmed milk | • 150ml semi-skimmed milk | • Fromage blanc Light | • Plain yoghurt | • 150ml semi-skimmed milk | • Fromage blanc Light | • 150ml semi-skimmed milk | • Fromage blanc Light |
| Low GI Carbohydrates  | • 40g of cornflakes – no added sugar | • 40g of cornflakes – no added sugar | • 3 slices of wholemeal bread | • 3 slices of walnut bread | • 40g of rice crispies – no added sugar | • 3 slices of granary bread | • 40g of mixed cereals – no added sugar | • 3 slices of ginger bread |
| | Fruit • 2 kiwi fruit | • 2 kiwi fruit | • A peach | • An orange | • A Nectarine | • Half a grapefruit | • Fresh lychees | • Compote of apple & apricot |
| Lunch or Dinner  | Fresh Fruit or Vegetables • Soya bean salad | • Soya bean salad | • Salad of grated carrot with pineapple | • Diced tomato and cucumber salad | • Rocket salad | • A half melon | • Green salad with beetroot | • Red cabbage salad |
| | Main dish • Roast sirloin with tomatoes | • Roast sirloin with tomatoes | • Cod en papillote with leeks | • Grilled calves' liver with raspberry vinegar | • Filet mignon with mixed vegetables | • Grilled mackerel fillet with tomatoes | • Lapin à la moutarde | • Baked cod steak Green asparagus and saffron tagliatelli |
| | Low GI Carbohydrates • 3 slices of granary bread | • 3 slices of granary bread | • Lightly cooked spaghetti | • Purée of potato and green beans | • 3 slices of granary bread | • Bowl of Basmati rice | • Vegetables à la printinière | |
| Dairy Product • 30g of fromage frais | • 30g of fromage frais | • Plain yoghurt | • Petit Suisse | • 30g of fromage frais | • Plain yoghurt | • Cottage cheese | • Plain yoghurt | |
| Snack  | XL-S Nutrition Light Break | High-protein forest fruit biscuits | Vanilla/Caramel Temptation | Old-fashioned cocoa flavour drink | Chocolate Crunchy-Raisins | Chocolate Temptation | Chocolate Crunchy-Orange | Barbecue flavour Savoury Snacks |
| Dinner or Lunch  | XL-S Nutrition Slimming Meal Supplement | Mixed vegetable purée Vanilla Dessert | Roast turkey with lentil, apple and cos lettuce salad | Pumpkin & carrot Purée Coffee Dessert | Warm salad of cauliflower, broccoli and penne with shrimps | Leek Velouté Chocolate Chip Dessert | Salmon carpaccio with marinated courgettes | Oriental Soup Caramel Dessert with hazelnut slivers |
| | OR Main dish Fruit or green vegetables Dairy Product | • Fresh fruit salad • Fromage blanc Light | • Fromage blanc Light • Petit Suisse | • Forest Fruit • Fromage blanc Light | • Fresh pineapple • Plain yoghurt | • Mango/Passion fruit purée • Fromage frais | • Steamed cherries on a bed of low-fat fromage blanc | • Baked mixed fruit |




YOUR DAILY MENUS

Steady State

LOW CALORIE • HIGH PROTEIN



► 1-2 weeks of XL-S Nutrition Days: Every 3 Days

| MEAL | Food Type | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--|--|--|---|--|--|--------------------------------------|---|--|
| Breakfast  | Drink | • Tea or Coffee | • Tea or Coffee | • Tea or Coffee | • Tea or Coffee | • Tea or Coffee | • Tea or Coffee | • Tea or Coffee |
| | Dairy Product | • 40g of fromage frais | • 150ml semi-skimmed milk | • Plain yoghurt | • 150ml semi-skimmed milk | • Fromage blanc Light | • 150ml semi-skimmed milk | • Fromage blanc Light |
| | Low GI Carbohydrates | • 3 slices of toast | • 40g of cornflakes – no added sugar | • 3 slices of farmhouse bread | • 40g of cornflakes – no added sugar | • 3 slices of granary bread | • 40g of rice crispies – no added sugar | • 3 slices of ginger bread |
| | Fruit | • A peach | • Strawberries | • 3 Apricots | • A Nectarine | • A blood orange | • Fresh mango | • Compote of apple & raspberry |
| Lunch or Dinner  | Fresh Fruit or Vegetables | • A half grapefruit | • Artichoke hearts à la provençale | • Mozzarella & tomato salad with basil | • Salad of grated carrot with lemon | • Lettuce with Granny Smith cubes | • Half an avocado pear | • Red cabbage salad |
| | Main dish | • Fillet of hake à la forestière | • Veal 'en paupiettes' with mixed herbs | • Fillet of duck with peaches | • Fried king prawns with fricassee of fennel | • Rump steak | • Vegetable gratin with ham | • Grilled tuna fish with green peppers |
| | Low GI Carbohydrates | • Garden peas | • Taboulé | • Lightly cooked tagliatelli | • 3 slices of walnut bread | • Lightly sautéed leeks and potatoes | • 3 slices of Wholemeal bread | • Bowl of Basmati rice |
| | Dairy Product | • Plain yoghurt | • Cottage cheese | | • 40g of Roquefort | • Plain yoghurt | • 40g of Fromage frais | • Orange flavoured mousse |
| Snack  | XL-S Nutrition Light Break | Vanilla/Caramel Temptation | Old-fashioned cocoa flavour drink | Barbecue flavour Savoury Snacks | Chocolate Temptation | Peach flavoured Dairy Delight | Chocolate Crunchy-Raisins | High-protein forest fruit biscuits |
| | Dinner or Lunch  | XL-S Nutrition Slimming Meal Supplement OR Main dish | Chicken Velouté Coffee Dessert | 2 boiled eggs | Stuffed courgettes with wild rice | Nine vegetable soup Cocoa Dessert | Smoked salmon with vegetables "en jardinière" | Chicken à l'estragon with steamed broccoli |
| | Fruit or green vegetables | • Baked apple with cinnamon | • Fresh fruit salad | • Raspberries | • Fresh pineapple | • Stewed fruit à la menthe | • Fruits of the Forest | • Ratatouille |
| | Dairy Product | • Fromage blanc Light | • Plain yoghurt | • Fromage blanc Light | • Plain yoghurt | • Petit Suisse | • Stirred yoghurt | • Fromage blanc Light |