

LOSE WEIGHT AND BOOST YOUR ENERGY

Follow our exclusive **Reveal** diet and you'll drop the pounds and feel instantly revitalised...

Ever heard anyone say they love feeling tired all the time? No, we didn't think so. That's why we asked Fiona Slatter, energy guru to the stars, to come up with an exclusive diet to help you lose weight and give you more energy. Fiona's easy-to-follow plan is based on the principles of traditional Chinese medicine – that 'body energy' travels around the body through specific channels. If it's disrupted for any reason – such as stress or lack of sleep – it will

leave you feeling tired and drained until the channels are 'unblocked'. Disrupted body energy flow can also make it harder for you to lose weight – not least because you're more likely to reach for high-sugar, fattening foods for an instant energy fix. 'Following this plan will reduce food cravings and boost the liver channel – the one that helps you lose weight,' Fiona explains. 'After just a week, you should find yourself not only a good few pounds lighter, but bursting with energy, too.' ■

Breakfast	7.9am
Mid-morning snack	10.30am
Lunch	12.30-1.30pm
Afternoon snack	3.30pm
Evening meal	before 7pm

DO'S AND DON'TS

- On this diet, when you eat is just as important as what you eat, so stick to the meal timetable (left) and your body will get more energy from your food.
- 'Try to get to bed by 10.30pm, too – that's when your liver energy channel goes to work, cleansing your body,' says Fiona. 'You should also swap tea and coffee for herbal tea as caffeine depletes your energy levels.'

Optional extra

THE TREATMENT

As well as following the diet, you could also try The Body Energy Concept treatment, which works by stimulating energy channels using vacuum suction pads (left). It's basically a mechanised version of cupping – as favoured by Gwyneth Paltrow – only it uses points all over the body, not just the back, and you're less likely to end up with those telltale red ring marks. Celebrity fans include Patsy Palmer, who had regular treatments to keep her energy levels up during *Strictly Come Dancing*, and Tamzin Outhwaite, who had sessions in the run-up to her wedding. Treatments cost from £40. To find a therapist near you, call 08456 126 621, or visit www.body-energy.co.uk.

Gwyneth Paltrow



MONDAY
TUESDAY
WEDNESDAY
THURSDAY
FRIDAY
SATURDAY
SUNDAY

Breakfast	Snack	Lunch	Snack	Dinner
1 bowl millet rice flakes (available from health-food shops) served with 1 green apple, chopped, and 200ml semi-skimmed milk.	2 oatcakes topped with 2tsp goat's cheese.	1 wholemeal pitta bread stuffed with 3tsp hummus and rocket. 2 squares 70 per cent cocoa organic chocolate.	Sesame seed and honey bar.	Wrap 1 sweet potato in foil and bake at 180°C until soft (around 1 hour). Slice in half and top with feta cheese, beetroot, diced, and spring onions, chopped. Grill until the cheese has melted. Serve with a green salad.

Breakfast	Snack	Lunch	Snack	Dinner
1 sheep's milk yogurt with 1 pear, chopped, and 1tsp manuka honey.	2 rice cakes topped with sliced tomato and basil.	Seeded bagel with chicken and spinach with 1 handful vegetables, steamed.	Apple and 2tbsp cream cheese.	Prawn stir-fry. Chop ½ red pepper, ½ green pepper and ½ orange or yellow pepper, 2 spring onions and a little ginger. Mix together and allow to stand for 2 mins in 2tsp sesame seed oil. Mix with 100g cooked brown rice. Toss in 1 handful cooked prawns, add soy sauce to taste and top with a sprinkling of sesame seeds. Serve with green salad. Follow with summer fruits and organic ice cream (optional).

Breakfast	Snack	Lunch	Snack	Dinner
Muesli with skimmed milk.	1 fresh mango.	2 slices Dr Karg Organic seeded spelt crisp bread (available from health-food stores) topped with feta cheese.	Home-made skimmed milk banana smoothie.	Mediterranean salmon. Dice 1 red onion, 1 red pepper and 1 courgette. Drizzle with olive oil and bake at 190°C for 20 mins. Wrap 1 salmon fillet in foil and place in the oven with the roasting vegetables. Bake for 10-12 mins. When cooked, mix the roasted vegetables with 1 tin cooked lentils and serve with the salmon.

Breakfast	Snack	Lunch	Snack	Dinner
Rye bread with honey.	Small pot fruit purée with yogurt.	Rocket and spinach salad with 2tsp crumbled goat's cheese, vine tomatoes and 1tbsp olive oil. Serve with 2 oatcakes.	1-2 handfuls summer berries.	Medium-sized tuna fillet, grilled, with asparagus, steamed. Once cooked, season and serve with baby potatoes, boiled and sprinkled with chopped fresh parsley.

Breakfast	Snack	Lunch	Snack	Dinner
Mesa Sunrise Flakes (available from health-food shops) with semi-skimmed milk.	3 plums.	Jacket potato topped with 1 small tin tuna, spring onions, chopped, and butter beans.	Handful mixed nuts.	Honey chicken. Marinate 1 chicken breast for 30 mins in the juice of 1 lime mixed with 2tsp honey, 2tsp soy sauce and 1 tsp grated ginger. Dice the chicken and pan-fry until golden and cooked through. Mix salad leaves with pink grapefruit segments, 1tbsp olive oil and black pepper in a bowl. Top with the chicken and drizzle over the remaining marinade. Glass organic wine (optional). Follow with 6tsp apple purée topped with 3tsp of thick Greek yogurt.

Breakfast	Snack	Lunch	Snack	Dinner
2 poached eggs with mushrooms, grilled, tomatoes and rye bread.	Carrot juice or fruit smoothie.	Watercress soup. Add 1tbsp olive oil to a saucepan, chop 1 white onion and cook until soft but not brown. Add 2 packets watercress, mix with the onion and add 568ml of either organic chicken or vegetable stock and cook for 7 minutes. Blend using a hand-held blender and season.	Handful corn chips with 1tsp hummus.	Prawns, avocado and chilli salad. Mix ½ avocado, diced, ½ red chilli, finely chopped, 1 sprig each of coriander and mint, chopped, the zest and juice of 1 lime, 1tsp olive oil and seasoning. Add 1 handful prawns and mix together. Serve with 2 slices halloumi cheese (1¼cm thick), grilled, and 1 slice French bread.

Breakfast	Snack	Lunch	Snack	Dinner
Sauté 1 handful diced new potatoes in 1tsp olive oil. Serve with 1 slice ham, cabbage, steamed, and a poached egg.	2 chocolate rice cakes.	2 slices roast beef with vegetables and jacket potato. Steam 3 broccoli florets, 1 handful each of broad beans, mangetout and fine beans. Once cooked, run under cold water. Add chopped mint and parsley, drizzle with olive oil and lemon juice, and serve with the beef and potato.	2 cheesy oatcakes.	2 sardines, grilled, with 2tbsp couscous.

Words: Irish Leslie Photos: Anthony Blake, Capital Pictures, Foodpix.co.uk, Goff-inf.com, Retna, Rex Features, Xosure Always consult your doctor before embarking on a weight-loss plan