

The Harcombe Diet

stop counting calories & start losing weight

The Harcombe Diet – Phase 2 for Planners

Phase 2 for planners has been designed to give you balance and variety in a weekly plan, which you can repeat week after week for as long as you need to lose weight.

This 7-day menu plan is the purest version of The Harcombe Diet. It assumes that you have Candida, wheat Food Intolerance and Hypoglycaemia and excludes the foods that you should avoid for each of these.

This 'pure' version of the diet also shows how to have snacks in-between fat and carb meals, so that you don't mix fats and carbs. It is ideal to try and avoid snacks, and get used to eating three large meals a day, but the following has allowed for snacks morning and afternoon, if you feel you can't do this without snacks.

The shaded lines below are fat meals and the non-shaded lines are carb meals. You can swap in any fat or carb meal, from the flexi list, whenever you like, to add variety and to avoid something that you may not like. You can add any carb starters or desserts from the flexi list to carb meals and add any fat starters or desserts from the flexi list to fat meals. Please remember that, other than the pieces of fruit specified, quantities are unlimited.

(R) indicates that a recipe for this is available, if you want one, in "Stop Counting Calories & Start Losing Weight: The Harcombe Diet."

DAY 1:

Breakfast	Bacon & Eggs
AM snack	Natural Live Yoghurt (NLY)
Lunch	Salade Niçoise (R)
PM Snack	1-2 pieces of (lower sugar) fruits
Dinner	Butternut squash curry & brown rice (R)

DAY 2:

Breakfast	Porridge with water (or skimmed milk, if no dairy intolerance)
AM snack	1-2 pieces of (lower sugar) fruits
Lunch	Roasted Vegetable Salad (R)
PM Snack	NLY
Dinner	Roast chicken (R) with vegetables & salad

DAY 3:

Breakfast	NLY & Sunflower seeds
AM snack	Hard-boiled egg and/or NLY
Lunch	Chef's salad (R)
PM Snack	1-2 pieces of (lower sugar) fruits
Dinner	Brown rice & stir-fry vegetables (& Tofu – optional)

DAY 4:

Breakfast	Brown rice cereal
AM snack	1-2 pieces of (lower sugar) fruits
Lunch	Baked potato & low fat cottage cheese or low fat natural Live Yoghurt or ratatouille (R)
PM Snack	NLY
Dinner	Pork or Lamb chops or salmon steaks with vegetables & salad

DAY 5

Breakfast	Scrambled eggs (R) (with milk, if no dairy intolerance)
AM snack	NLY
Lunch	Baked, poached, grilled, fried or steamed fish & vegetables
PM Snack	1-2 pieces of (lower sugar) fruits
Dinner	Rice pasta in 15 min tomato sauce (R)

DAY 6

Breakfast Porridge with water (or skimmed milk, if no dairy intolerance)

AM snack 1-2 pieces of (lower sugar) fruits

Lunch Char-grilled vegetables (R) & brown rice

PM Snack NLY

Dinner Steak & Mixed Grill or a large fish like trout or mackerel

DAY 7

Breakfast Plain or ham omelette (with cheese, if no dairy intolerance)

AM snack NLY

Lunch Roast lamb, pork, beef or chicken. Selection of vegetables

PM Snack 1-2 pieces of (lower sugar) fruits

Dinner Vegetarian chilli & brown rice (R)

The Harcombe Diet – Phase 2 for Vegetarian Planners

Phase 2 for Vegetarian planners, like the Phase 2 for non-Vegetarian planners, assumes that you have Candida, wheat Food Intolerance and Hypoglycaemia and excludes the foods that you should avoid for each of these. Please remember that, other than the pieces of fruit specified, quantities are unlimited.

This 'pure' version of the diet also builds in snacks and it plans fat and carb meals in the right order, so that not mixing fats and carbs is sorted for you. It is ideal to try and avoid snacks, and get used to eating three large meals a day, but the following has allowed for snacks morning and afternoon.

The shaded lines below are fat meals and the non-shaded lines are carb meals. You can swap in any fat or carb meal, from the flexi list, whenever you like, to add variety and to avoid something that you may not like. You can also add any carb starters or desserts from the flexi list to carb meals and add any fat starters or desserts from the flexi list to fat meals.

(R) indicates that a recipe for this is available, if you want one, in "Stop Counting Calories & Start Losing Weight: The Harcombe Diet."

DAY 1:

Breakfast Porridge with water (or skimmed milk, if no dairy intolerance)

AM snack 1-2 pieces of (lower sugar) fruits

Lunch Stuffed Peppers/Tomatoes (R)

PM Snack Natural Live Yoghurt

Dinner Egg & Asparagus bake (R)

DAY 2:

Breakfast Scrambled eggs (R)

AM snack Natural Live Yoghurt

Lunch Four cheese Salad (R)

PM Snack 1-2 pieces of (lower sugar) fruits

Dinner Stir-fry vegetables & brown rice

DAY 3:

Breakfast Puffed rice cereal

AM snack 1-2 pieces of (lower sugar) fruits

Lunch Baked potato & low fat cottage cheese or low fat natural Live Yoghurt or ratatouille (R)

PM Snack Natural Live Yoghurt

Dinner Cheesy leeks (R)

DAY 4:

Breakfast	Natural Live Yoghurt & Sunflower seeds
AM snack	Hard-boiled egg and/or crudités
Lunch	Omelette (R) & Salad
PM Snack	1-2 pieces of (lower sugar) fruits
Dinner	Butternut squash curry & brown rice (R)

DAY 5

Breakfast	Porridge with water (or skimmed milk, if no dairy intolerance)
AM snack	1-2 pieces of (lower sugar) fruits
Lunch	Char-grilled vegetables (R) & brown rice
PM Snack	Natural Live Yoghurt
Dinner	Aubergine boats (R)

DAY 6

Breakfast	Plain omelette (with cheese, if no dairy intolerance)
AM snack	Natural Live Yoghurt
Lunch	Cauliflower cheese (R)
PM Snack	1-2 pieces of (lower sugar) fruits
Dinner	Vegetarian chilli & brown rice (R)

DAY 7

Breakfast	Fruit platter with low fat Natural Live Yoghurt and/or cottage cheese
AM snack	2 oat biscuits (oats, oil & salt – no other ingredients)
Lunch	Rice pasta in 15 min tomato sauce (R)
PM Snack	Hard-boiled egg and/or crudités
Dinner	Four cheese Salad (R)
