

Rooibos Tea Diet (dietmy.com)

The Rooibos tea diet is a balanced diet with primary focus on raw foods and two litres of rooibos tea per day.



Chilled Rooibos

Prepare chilled Rooibos tea drink in advance, add a little honey and fat free milk to taste.
Cool overnight

About this diet:

Drink Rooibos at least 250ml 30 minutes before each meal (and throughout the day, over two liters per day) - No sugar, low fat or fat free, very little oil (olive or canola), choose raw over cooked, replace where possible - Only three meals or less per day and snack on Rooibos throughout the day.

Breakfasts:

Monday: Shredded whole grain wheat cereal with 1% milk (200 Calories)

Tuesday: One cup of fat-free yogurt (135 Calories)

Wednesday: Boiled egg (70 Calories) and one slice of lightly buttered toast (130 Calories)

Thursday: Fresh fruit salad

Friday: Sardines on slice of toast (200 Calories)

Saturday: Poached egg, slice of fried ham, slice of toast and 15g of grated cheese (250 Calories)

Sunday: Scrambled Eggs & beans

Additional Breakfasts:

Oats porridge with skimmed milk

120grams of bran flakes or corn flakes served with 2% and honey

Lunches:

Monday: Mixed Salad – Calories: 120

Tuesday: Veggie stew (150 Calories)

Wednesday: Chilled beetroot salad (75 Calories per cup)

Thursday: Popcorn (no salt) – Calories: 120

Friday: Boiled Egg (70 Calories) and Whole fresh Tomato (22 Calories per medium tomato)

Saturday: Toasted cheese (no crusts) and tomato – Calories: 125

Sunday: Baked beans on slice of toast – Calories: 125

Additional Lunches:

1/2 Avocado, lettuce & cucumber // Cup of soup // Fresh Orange or Two carrots (diced) //

Whole corn salad (whole corn, diced tomatoes, peppers & onions)

Dinners: (combine veggies option to suit taste and calories)

Monday: Oven fried, almost crispy, low fat sausage 150g (225 Calories), add veggies with cup mashed potatoes (220 Calories per cup) (with 1% milk & no butter)

Tuesday: Rich Broth Soup (Soup package Add 150g cooked Chicken cubes or 150g diced beef cubes as well as 1/2 cup corn per portion mix in fresh Broccoli and other veggies)

Wednesday: Tomato Curry (22 Calories per medium tomato – use two per portion) Use only extra lean mince (200g per raw portion around 250 Calories) 125g Rice (150 Calories)

Thursday: Boiled Potato in skin (130 Calories) with bacon & cheese filling (180 Calories)

Friday: Fried Chicken Fillet slices 200g with mushroom & garlic (250 Calories), 125g Brown Rice (130 Calories per cooked 1/2 cup) and veggies

Saturday: Chicken Breast Strips (165 Calories per 100 grams) zucchini (20 Calories per raw cup), Onion, peppers & tomato stirfry

Sunday: 4x crispy oven fried chicken wings (260 Calories) or fried chicken breast (no skin) with small portion veggies

Additional Dinners:

Grilled hake fillet (or other fish) served on half cup brown lentils boiled in fish stock with veggies

Thinly sliced beef strips (stir fry – with veggies)

Beef stew served with small mixed salad (no rice or other carbs)

Diced Biltong Salad (tomatoes, onions, cucumbers, chopped cabbage & pickles with chopped biltong)

Veggies:

Cabbage (22 Calories per raw cup) // Spinach (7 Calories per raw cup) // Onions (65 Calories per raw cup) // Pumpkin (30 Calories per raw cup) // Carrots (44 Calories per raw cup) // Fried Mushrooms (15 Calories per cup) with garlic (4 Calories per clove) // zucchini (20 Calories per raw cup) //

Tomato & Onion (sauce) (40 Calories per serving) – <https://dietmy.com> for more diets & calculators