

The five-day plan

Lose 5lb in five days!

Celebs On Sunday's teamed up with Hollywood nutritionist Christine to bring you this exclusive diet. Lose up to 5lb in five days - without going hungry!

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
TIP OF THE DAY	Read all the meals, then pick your favourites - you don't have to stick to the plan exactly. Swap any meal for any other, but eat four a day, all roughly of equal size.	Even if you're not hungry four hours after meal two, eat at least half of the meal to get your metabolism humming.	It's tempting to snack in the evenings, so if you do want a pudding, go for a fat-free hot chocolate like Cadbury's Highlights Milk Chocolate, £2.82 instead. No, it's not the same, but it's only 44 calories.	If you're not used to chopping veg it can take hours. Have a big cutting up session at the weekend, then save them in Tupperware containers. Less prep during the week!	Need something you can grab on the go? Try a pack of six sushi rolls and some edamame beans. You can find them in supermarkets and it's a great healthy lunch or afternoon snack.
BREAKFAST	TROPICAL GREEK YOGURT Mix one small pot of Total 0% (fat-free) Greek yogurt with a small tin of pineapple chunks, 1 small banana and 2 tbsp of flaked almonds. 	PEANUT BUTTER ON TOAST 2 slices wholemeal toast, spread with natural peanut butter. 1 small apple sliced and sprinkled with cinnamon. 	OATMEAL & BERRIES Prepare 90g of dry oats according to the package directions. Add a handful of blueberries, a handful of strawberries and some skimmed milk and a scoop of protein powder (any brand will work, available from health food shops - read the label and look for one high in protein and low in carbs. Egg white and whey powders are usually better than soy or hemp.) Top with 1tbsp of flaked almonds. 	YOGHURT AND BERRIES Mix 225g of low-fat cottage cheese with a low-fat vanilla yogurt, a small handful of blueberries and a pinch of flaked almond or chopped walnuts. 	SCRAMBLED EGGS WITH CHOPPED TOMATO AND ONION Saute half a spring onion in a pan coated with cooking oil spray. Separate the egg whites from the yolks, add the whites to the pan, stirring, to scramble them. When the eggs are nearly done add a chopped tomato and serve on a slice of wholemeal toast. Have with a small glass of orange juice. 
LUNCH	SUBWAY SANDWICH Order a 12in double turkey sub sandwich, no cheese, but whatever veggies you like (or make it yourself at home). Eat half now and save the rest. If you're hungry, have a packet of Walkers Baked Crisps. 	GRILLED CHICKEN BREAST SANDWICH Sliced chicken breast on two slices of wholemeal bread, spread with low-fat mayo and as much mustard, lettuce, tomato or peppers as you can fit in. Also have one nectarine. 	CHEESE STUFFED BAKED POTATO Bake (or microwave) a baking potato, then stuff with 40g fat-free cottage cheese, 30g of low-fat mozzarella cheese and a handful of steamed broccoli. 	CHRISTINE'S FAVOURITE CHEESEBURGER Make a burger out of 115g minced turkey and grill on both sides. Cut a wholemeal burger bun in half and toast the facing sides. Put the burger on the lower half and top with mustard, ketchup, red onion, lettuce and fat-free cheddar. Have a slice of watermelon for pudding. 	SICK OF CHOPPING VEG? Take a break and have a low-fat diet meal from the supermarket. 'I don't recommend frozen meals as a daily habit, but once in a while is OK. Look for one with at least 20g of protein and 5g or less of fat per serving,' says Christine. We like Tesco Healthy Living Ready Meals, from £2. 
AFTERNOON COUSIN	SUBWAY SANDWICH Finish off your sandwich, plus a small apple. 	GREEK YOGURT AND GRANOLA Take a small pot of Total 0% (fat-free) Greek yogurt and add a small handful of raspberries, a handful of low fat granola and 1tsp honey. 	APPLE CINNAMON CHEESE Mix a pot of low-fat cottage cheese with 2tbsp of unsweetened apple sauce, a sprinkling of crushed walnuts, cinnamon and 1tbsp of honey. 	TURKEY BAGEL Fill a toasted wholemeal bagel with two slices of low-fat turkey and 1tbsp fat-free cream (or cottage) cheese, red onions, tomato and lettuce. 	FRUITSHAKE Whizz up 2 small bananas, 2 cups of water, 10 ice cubes, 1tbsp peanut butter and 1 scoop of protein powder in a blender for about 60 seconds. 
DINNER	TERIYAKI CHICKEN Marinade a chicken breast in 3tbsp of teriyaki sauce then grill. Serve with 3tbsp brown rice and steamed broccoli. 	RED SAUCE PASTA Stir-fry 60g turkey mince in 1tbsp olive oil, with green beans and peppers and half a tin of chopped tomatoes. Serve with 60g (uncooked weight) of wholemeal pasta and, if you like, a sprinkling of reduced-fat Parmesan cheese. Make a green side salad and serve with a low-fat dressing. 	CHICKEN KEBABS WITH MEDITERRANEAN COUSCOUS Grill two skewers of cubed chicken breast, onion, mushroom and red pepper. Use an olive oil spray, like Fry Light Sunflower Oil Spray, £1.85, to moisten them before cooking. Prepare 170g couscous, then mix in two chopped tomatoes, 1tbsp chopped basil and 30g low-fat mozzarella cubes. 	PRAWN STIR-FRY Stir-fry a handful of sugar-snap peas, half a red pepper, half a shredded carrot and three halved spring onions in 1tsp of olive or sesame oil for two minutes. Add 90g prawns and cook for a further 3-4 minutes. Serve with 60g of rice noodles, cooked. 	BBQ CHICKEN WITH BAKED BEANS AND SWEETCORN Grill one skinless chicken breast and serve with a small tin of baked beans and half a boiled corn-on-the-cob. 