TIPS FOR NON-FASTING DAYS

It is important to eat a balanced diet on your non-fasting days so that you don’t undo the hard work you’ve put in on the fast days. This will also ensure that you get a wide range of nutrients and vitamins throughout the week.

EAT A HEALTHY, BALANCED DIET
5 DAYS OF THE WEEK

To achieve a balanced diet, include foods from all five main food groups:

<table>
<thead>
<tr>
<th>Carbs</th>
<th>Choose wholegrain and low-GI varieties</th>
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</thead>
<tbody>
<tr>
<td>Fruit &amp; Veg</td>
<td>Make these a main part of each meal (5-a-day)</td>
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<tr>
<td>Dairy</td>
<td>Select low-fat options, e.g. skimmed milk &amp; diet yogurt</td>
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<tr>
<td>Protein</td>
<td>Choose non-processed options such as eggs, meat, fish, nuts, beans &amp; lentils</td>
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<tr>
<td>Fats</td>
<td>Use vegetable or olive oil in cooking. Limit fatty snacks such as chocolate, crisps, cakes &amp; biscuits</td>
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SNACK SMART

If you are hungry between meals, snacks of yogurt and fruit are ideal as they are low in calories.

**Yogurt Berry Crunch**
- 65 Cals
- 3g Prot
- 1g Fat
- 90g

**Blueberries**
- 32 Cals
- 1g Prot
- 0g Fat
- 80g

**Grapes**
- 50 Cals
- 1g Prot
- 0g Fat
- 80g

**Fruit Yogurt (fat free)**
- 72 Cals
- 6g Prot
- 0g Fat
- 125g

**Greek Yogurt (low fat)**
- 96 Cals
- 9g Prot
- 3g Fat
- 125g

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AIM FOR 3 MEALS A DAY

Have breakfast, lunch and dinner each day. Try not to skip meals. Make sure you space these meals out over the day as they will provide you with energy and help you avoid snacking in between meals.

GET COOKING

Eat fewer processed foods and make cook more meals from scratch. You can easily adapt some of the recipes from the 5:2 Diet Photos book to increase the calories, by adding a small serving of potatoes, rice, bread or pasta to the meal.

- Pork Tenderloin with black bean sauce
  - Cals: 245
  - Prot: 29g
  - Fat: 10g
  - 115g

- Turkey Meatballs in a mediterranean sauce
  - Cals: 245
  - Prot: 41g
  - Fat: 2g
  - 420g

- Noodles (egg)
  - Cals: 191
  - Prot: 7g
  - Fat: 1g
  - 115g

- Jacket Potato (with skin)
  - Cals: 202
  - Prot: 5g
  - Fat: 0g
  - 220g

- Mackerel Salad with beetroot & walnuts
  - Cals: 345
  - Prot: 19g
  - Fat: 25g
  - 245g

- Bap (wholemeal)
  - Cals: 124
  - Prot: 5g
  - Fat: 2g
  - 51g

Total calories:
- Pork Tenderloin with black bean sauce + Noodles (egg) = 436 Cals
- Turkey Meatballs in a mediterranean sauce + Jacket Potato (with skin) = 447 Cals
- Mackerel Salad with beetroot & walnuts + Bap (wholemeal) = 469 Cals
BE TREAT WISE

Include your favourite treat foods in small quantities (and not on every non-fast day!)

Chocolate (milk)

Tortilla Chips

Mini Blueberry Muffin

83 Cals 1g Prot 5g Fat 16g

81 Cals 1g Prot 4g Fat 16g

94 Cals 1g Prot 5g Fat 25g

MOVE MORE

Being active on your non-fasting days is important, as you will be feeling more energetic. There are many ways to incorporate physical activity into your daily routine without needing to go to the gym. Think ahead – plan how you can be more active each day. With a little planning it will be much more likely to actually happen!

Do some gardening, DIY or ‘spring cleaning’

Spend less time sitting – turn off the TV

Use the stairs instead of lifts or escalators

Use the car less & walk instead. Or park your car further away so you have to walk more

Play with the dog

Take the kids to the park