

THE LEGGERA

5:2 MEAL PLAN

We asked our nutritionist, Juliette Kellow, for advice on how you could manage a fasting day, if you are doing the 5:2 diet and are out and about. Here's her suggestion:

BREAKFAST

Six strawberries topped with a small pot of fat-free fruit yoghurt

(total 80 calories)

LUNCH

The PizzaExpress Leggera Superfood Salad: baby spinach and seasonal mixed leaves, roasted butternut squash, beetroot, light baby mozzarella, avocado, pine kernels, cucumber, lentils and fresh basil finished with balsamic syrup

(total 295 calories)

DINNER

A small pack of mixed vegetables (such as beansprouts, red peppers, cabbage, carrot, red onion, bamboo shoots, water chestnuts) stir fried in a teaspoon of sunflower oil

(total 125 calories)

TOTAL INTAKE FOR THE DAY: 500

But please remember, this level of calories is not recommended as being suitable for a daily regime, outside of the 5:2 programme. For sensible and healthy weight loss, Juliette would advise having around 1,500 calories a day to help you lose 1lb a week

