

# ReliSlim

## Dear patient

### Congratulations on taking your first step towards a healthier you!

ReliSlim is an effective, low dosage appetite suppressant, that has been aiding patients for over 30 years with their weight loss efforts.

Our Slim Sensibly 7-Step Programme, in conjunction with ReliSlim was designed to foster sustainable weight loss through healthy lifestyle changes. The program emphasises the importance of a balanced diet and regular physical activity, guiding you to make small, achievable adjustments that can lead to significant long-term results.

Please connect with our team of experts on our consumer line, Facebook, WhatsApp or our website [www.slimsensibly.co.za](http://www.slimsensibly.co.za).

We are here to support you on your journey to a healthier, happier you!

## The Slim Sensibly Team



\* Weighing yourself too often is counter productive as weight loss is not a linear process

Each tablet contains 20 mg of d-Norpseudoephedrine hydrochloride.



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QUICK LINKS

## BREAKFAST

### Option 1: Oats

2 heaped tablespoons of Raw Oats powder (cooked = 1 cup)

#### Add:

- Cinnamon and/or cacao powder (to taste)
- 1 heaped teaspoon of seeds: chia and/or flaxseed  
Consider apple sauce, dates or xylitol as sugar alternatives.
- 1 flat teaspoon of peanut butter or butter.

### Option 2: Protein breakfast

2 eggs – different preparation methods e.g. boiled or poached

#### Choose ONE of the following healthy sides:

- Vegetables from the free vegetable list
- ½ can of legume (beans) – this can be made into a relish by adding onion, peppers, tomatoes and curry powder.
- 1 slice of Low GI bread or
- 1 fruit portion of choice (120 grams) e.g.: small punnet of berries or strawberries, 1 small grated apple or 2 slices of pineapple

### Option 3: Yogurt and muesli

- small tub of yogurt with
- 2 tablespoons of muesli (try the Woolworths Carb Clever option or Tia's brown bag which is sugar free) with
- 1 teaspoon of chia seeds added as additional fibre

### Option 4: Low GI bread

1 slice of Low GI seeded bread with

#### Choose a healthy side:

- ½ small avocado pear with a free vegetable
- Moderately spread peanut butter (1 teaspoon full) or
- 40 g (matchbox size) of white cheese with tomato slices or
- Moderately spread fish paste with cucumber slices or any other vegetable

#### Snack - choose ONE of the following:

- Fruits – aim to include 1-2 fruits per day (max of 120 grams)
- A handful of nuts (30 grams)
- 100 ml (small tub) of yogurt
- 30 grams lean biltong
- Extra: choose a free vegetables from the list.

## LIGHT MEAL OF THE DAY

### Option 1: Build a salad

#### Choose a protein:

A can of tuna (120 grams drained) or a can of salmon (120 grams) or chicken breast (120 grams)

#### Add salad ingredients:

lettuce, cucumber, bell peppers, carrot sticks, snap peas and baby spinach or any other type of vegetable (see free vegetables list) and

#### Add a choice of a healthy fat:

- ¼ ring of crumbled feta cheese or
- ½ small avocado pear or
- Matchbox size of mozzarella cheese (30 grams) – cubed or
- 4 olives AND

#### Optional extra:

1 tablespoon of a lite dressing or balsamic vinegar

### Option 2: Carb Clever wrap

1 small carb friendly wrap with

#### Choose a healthy protein:

- 1 small chicken breast (90 grams) or
- 2 slices of cold meat (Pastrami or Silverside) or
- 2 boiled eggs or
- ½ small can of tuna with

#### Choose one of the following healthy fats:

- ½ small avocado pear or
- 30 grams of white cheese e.g.: Mozzarella or
- 1 teaspoon of lite mayonnaise or
- ¼ ring of feta crumbled

Extra: free vegetables from list

#### Free vegetables list (about ½ of your plate)

Asparagus	Cauliflower	Lettuce
Baby Marrow	Celery	Mushroom
Beetroot	Cucumber	Onion
Bell Pepper	Egg Plant	Peas
Broccoli	Green beans	Rocket
Cabbage	Spring Onion	Spinach
Carrot	Kale	

#### Starchy vegetables (about ¼ of your plate)

Butternut	Legumes
Corn	Patato with green
Gem squash	beans / spinach /
Oven roasted veg	carrot
Pumpkin	
Sweet Patoto	

## MAIN MEAL OF THE DAY

### 120g cooked protein

- Chicken fillet or
- Meat: lean cuts of red meat e.g.: steak or
- Lean mince meat or
- Pork (remove all visible fat) or
- Fish (aiming to have fish about 2 x per week and often pink flesh fish e.g.: Salmon or Trout)

#### Add starch (100gram in value weighed - choose only one)

- 1 small sweet potato or
- 3 baby potatoes or
- 1 small potato or
- ½ small butternut or
- a cup of mashed butternut or pumpkin or
- 1 corn on the cob or
- 1 cup of corn

\*avoid white starches mostly e.g.: pasta, rice, couscous, pap

#### Add vegetables (free vegetables list)

Choose any possible vegetables as available – the more – the better

– no limitation on type or portion sizes (this would be the starches as shown on the plate model below)

#### Add salads

Any salads e.g. green salad – add a lot of fresh; different coloured salad ingredients e.g. lettuce, rocket, tomato, coloured peppers, diced beetroot, carrots, red cabbage, sprouts, olives etc.

Snack between meals(optional) choose one

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#### Healthy Fats

Avocado  
Seeds  
Nuts  
Olives  
Oil (olive, coconut & avocado oil)

#### Lean Protein (about ¼ of your plate)

Chicken breast  
Extra lean mince  
Lean pork  
Lean steak  
Legumes  
Mutton  
Fish  
(aim 2x per week)