

THE DIET THAT MAKES YOU FULLER BUT SLIMMER!

LOSE 1 STONE LIKE X FACTOR'S SAM BAILEY!

The chart topper has revealed the diet secret that helped her slim – and now you can try it too...

Who didn't love watching Sam Bailey's fab transformation on *X Factor*? We were amazed by how fast she slimmed (and a little bit jealous, if we're honest!). Now the latest pictures of the singer, who's lost 3st, show she's even slimmer than ever and the good news is she's revealed her secret.

Gather around ladies, here's the trick... Sam reckons she eats meat first at mealtimes and it fills her up so fast that she ends up leaving some of the carbs.

She explains: "I was out having a meal the other night – I like steak, chips and peas – and I figure that if you eat the meat first and then the peas, you're too full to eat the potatoes. I've done this for a month and gone down another dress size."

Experts agree – studies have shown that when you eat protein, such as meat and fish, your stomach tells your

brain that you're fuller faster than if you were eating carbs, such as bread and pasta), which curbs your appetite and calorie intake.

HOW IT WORKS

We've designed a delicious diet that contains plenty of protein to help you feel fuller, just like Sam.

Simply choose one breakfast, lunch, dinner and two snacks from the mix and match menu (right). Don't forget to drink at least 2 litres of fluid daily, including; water, low-calorie squash, diet drinks and tea and coffee with a splash of semi-skimmed milk, but no booze!

Anything fried should be done in low-fat spray oil. Try the plan for one month to lose up to 1 stone.



Steak and chips is her weakness

The former prison officer was a size 18

I've done it for a month and gone down a dress size!



The singing star has gone from flab to fab

FIRST AUDITION



SLIMMER WINNER

● Please see your GP before starting any new weight loss regime

Now she's 3 stone lighter

BREAKFAST

- ➔ 1 slice of **wholemeal toast** with **low-fat spread** and ½ can of **baked beans** and mini sausages. 1 satsuma.
- ➔ 1 sachet of **Oat So Simple** with **semi-skimmed milk** and topped with half a grated **apple** and a sprinkling of **nuts**.
- ➔ 1 **apple** and 1 **pear**, chopped and topped with 1 **low-fat yoghurt** and a pinch of **seeds**.
- ➔ **Cheese omelette** made with 1 **egg**, 2 **egg whites** and a handful of grated **low-fat Cheddar**. 1 small glass of **orange juice**.

- ➔ 2 slices of **smoked salmon** topped with 1 poached **egg** and drizzled with 1 tbsp **Hollandaise sauce**.
- ➔ 1 medium **egg** and 1 **low-fat sausage** fried with unlimited **mushrooms**. 1 small glass of **semi-skimmed milk**.
- ➔ 1 large grilled **Portobello mushroom** topped with 2 slices of **bacon** and **low-fat grated Cheddar**, served with grilled **tomatoes**. 1 **banana**.



You can still enjoy the good stuff!

LUNCH



A jacket full of goodness



Fruit for a healthy snack

- ➔ 1 **wholemeal roll** filled with 1 slice of **ham** and 1 mashed **egg** with **Dijon mustard**. 1 **apple**.
- ➔ Any **chicken salad** under 350 calories. 1 cup of **low-calorie soup**.
- ➔ 1 can of **lentil soup** with 100g of **cooked tofu** to bulk it out. 2 **Ryvitas** with **low-fat spread**.
- ➔ 1 tin of **tuna in spring water**, mixed with 1 tbsp of **low-fat mayonnaise** and a salad of **lettuce**, **tomatoes**, **cucumber**, **celery** and 1 sliced **avocado**.
- ➔ 1 **burger** sat on one half of a **burger bap** and topped

- with 1 slice of **bacon** and ½ sliced **avocado**. Serve with a salad of **tomatoes**, **cucumber** and **lettuce**.
- ➔ 1 **small jacket potato** topped with 1 small can of **tuna** and a **green salad**.
- ➔ **Vegetarian chilli** made with 1 **onion**, ½ **pepper**, ½ **courgette** and a clove of **garlic**, chopped and cooked in **low-fat spray oil** (add water if needed) until soft. Mix in a small can of **chopped tomatoes**, 120g of **soya mince** and **chilli powder** to taste. Simmer for 15 mins. Serve with 3 tbsp **wholegrain rice**.

DINNER



Steal Sam's meat secret!



Stir things up for a little variety

- ➔ 1 small **steak** with ½ **jacket potato** with **low-fat spread** and a **leafy salad**.
- ➔ 1 **haddock fillet**, 4 **new potatoes** and **salad**. 1 **low-fat yoghurt**.
- ➔ **Chicken stir-fry** made with 1 **chicken breast** and a packet of **stir-fry veg** with a splash of **soy sauce** to taste. 1 **Cup a Soup**.
- ➔ 1 **salmon fillet** with a handful of **potato wedges** and **green beans**.
- ➔ **Veggie stew** made with 100g **tofu chunks**, 2 sticks of chopped **celery**, 2 sliced **carrots**, ½ sliced **leek**, 2 tbsp **lentils**, ½ crushed **garlic clove**, 1 **stock cube** and

- water**. Stew until tender and serve with 1 slice of **wholemeal bread**.
- ➔ **Ham omelette** made with 2 **eggs** mixed with 2 slices of **ham**, chopped, and fried in **low-fat spray oil**. Serve with **salad**. 1 **apple**.
- ➔ **Pork chop** served with a fist size of **mashed potato** and **carrots**. 1 **low-fat yoghurt**.

SNACKS

- ➔ 2 slices of **turkey/ham**
- ➔ 1 saucer of **cooked prawns** drizzled with **lemon**
- ➔ 1 **boiled egg**
- ➔ 1 **low fat yoghurt**
- ➔ 1/3 tub of **low-fat cottage cheese**
- ➔ 1 saucer of **carrot sticks** and **low-fat hummus**
- ➔ 2 sticks of **celery** spread with **peanut butter**
- ➔ 1 small glass of **semi-skimmed milk**