

The

cameo[®]

Diet

Cameo: Nature's hidden health treasure to help you lose the festive excess.



Calorifically flexible for those wanting to maintain 500, 1000 or 2500kcal diets, the easy to follow plan allows you to take control of which dishes you want to eat for the day. The Cameo diet is a nutritious plan that fits into hectic lifestyles, so is simple to follow and easy to prepare.



An apple a day, they say. But how many of us actually do it? Maybe we've not been adventurous enough? Maybe we haven't been shown delicious and smart ways of adding apples into our diets. This wonderful fruit, rich in vitamin C, fibre, water and phytonutrients is getting a new lease of life with the Cameo Diet.

How to follow the Cameo Diet

When following the Cameo Diet, there are two things to consider:

1/ How many calories do I wish to eat in one day?

2/ Which meals shall I choose? Calorie content is listed for each meal. This makes it completely flexible. You are in charge of how many, and which meals you want based on how many calories you're eating. There's also an 'adding in extras' section so you can top up on calories if you need to.

3/ Each meal is formed on a 'Cameo' base. This is common to all meals suggested. This makes it simple to remember, easy to shop for and quick to prepare. It might even inspire you to add in your own extras, creating your own Cameo recipes.

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Breakfast & Smoothies

Cameo Breakfast - Base

Take a Cameo apple: Peel, finely chop and place in a saucepan with the juice of one lemon. Cook until soft.



Cameo Smoothie Options

1/ To your Cameo smoothie base, add in 100ml cordial of your choice; raspberry ginger, lemon and blend. (185kcal)

2/ Blend your Cameo smoothie cupful of ice cubes, with a 150ml apple juice. (225kcal)

3/ Blend your Cameo smoothie base with 100ml fresh orange juice and blend with water. (190kcal)

4/ Take two scoops of plain vanilla ice-cream and top with your Cameo smoothie base (230kcal)

Cameo Breakfast Options

1/ Use the puree formed with 150g low fat natural yoghurt, with a teaspoon of honey (225kcal)

2/ Use the puree formed as a topper on a slice of wholemeal toast (185kcal)

3/ Take one shop-bought large flat pancake. Use half of the Cameo puree and mix with a pinch of cinnamon and fresh or ground ginger to taste. Spread onto the pancake. Dust with icing sugar to taste (220kcal)

4/ Use the puree you have made and add to porridge that you have made with water. (237kcal)

5/ Cook a bagel (keep half for later) and top with the Cameo puree mix (207kcal)



Cameo Smoothie - Base

Use a peeled, diced Cameo apple, with the juice of one lemon, and puree with half a banana (150kcal).





Diet Main Courses

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Cameo Main Course- Base

Use half a peeled, diced Cameo apple. Quarter five cherry tomatoes and chop half a medium-sized onion. Chop and dice half a medium red pepper (135 kcals).



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Cameo Main Course Options

1/ Place half a bag of rocket salad on a plate. Grate one carrot and add your cherry tomatoes, onion and red pepper. Dress with one tablespoon of olive oil. Add the Cameo apple amongst the other vegetables.
*Add 28g tuna or chicken. (196kcals)

Note: Adding dressing made with 2 teaspoons olive oil and 1 tablespoon of balsamic vinegar will add 97kcals.

2/ Place your Cameo Main Dish base into a frying pan and fry with one tablespoon of olive oil. Add garlic to taste. Add a sprinkle of fresh basil. Serve the pan mixture on top of 60g baguette. (273kcals)

**Turn over for
more delicious
cameo recipes**

Main Courses Continued...



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3/ Into a frying pan, place 56g (2oz) of lean white fish and poach with water until cooked.

Add your Cameo Main Dish base, plus a pinch of cumin, a pinch of paprika, some fresh coriander and a pinch of cinnamon.

Add garlic to taste.

Add your diced Cameo apple and cook until it's nicely brown and is coated with the spices.

4/ Into a frying pan, place 2oz (56g) of tofu with one teaspoon of olive oil.

Once thoroughly cooked through, add your Cameo Main Dish base.

Add in half a teaspoon of curry powder or alternatively, add a pinch of ground cumin, pinch of ground coriander, pinch of turmeric, and a pinch of ground ginger (or any combination) and black pepper. You might want to add a tiny amount of mustard, as you prefer. (257kcal)

5/ Into a frying pan, place bean sprouts (a good handful) thinly stripped sections of carrot (small carrot), 5 sliced medium button mushrooms.

Add your Cameo Evening Dish base.

Add a teaspoon of sesame oil.

Add Chinese 5 spice (or a pinch of ground star anise, ground fennel seeds, ground cloves, white pepper and salt. (206kcal)

