

## Kick-Start A Healthy Summer With BBC Good Food's Summer Diet Plan

Friday 30 May, 2014

Following the success of January's free 28-day Healthy Diet Plan, [bbcgoodfood.com](http://bbcgoodfood.com), the UK's leading food website, is launching a Summer Diet Plan to help you slim down, achieve glowing skin and boost energy with the help of an original 9-day plan full of delicious breakfasts, lunches and dinners.

Those who sign up before the 12th June will receive regular motivation in the form of newsletters packed with tips and advice on how to make the most of the plan, as well as access to Q&As; with experts including author Jennifer Irvine, nutritional therapist and Food Doctor founder Ian Marber and BBC Good Food's cookery team and nutrition advisers.

Experts advise that a healthy diet should be balanced and followed all year round with this nine day plan designed to kick-start healthy habits and help you to quickly see the benefits of healthy eating. The plan was written by author and Pure Package founder Jennifer Irvine and overseen and tested by BBC Good Food's cookery team and nutritionist, Kerry Torrens.

The nine days are split into three stages, each with a specific goal. Jennifer explains how the plan works and what you can expect over the nine days:

### Day 1-3: De-bloat

"Bloating is a common side effect of an unhealthy diet, usually triggered by refined carbohydrates and sugar. Eliminating these foods will tackle bloat and prepare your body for an overall cleanse."

Plenty of whole-grains keep you feeling full, while yogurt will help reset the balance of good bacteria in your digestive system, making sure your food is better absorbed."

### Day 4-6: Glowing skin

"Our largest organ needs proper nurturing and nourishment from within. Fatty acids (particularly omega 3), Vitamin E and Vitamin C are essential for its care and maintenance. These meals are packed with ingredients rich in these fats and nutrients, such as oats, spinach, nuts, seeds, salmon and avocado."

### Day 7-9: Boost energy and metabolism

"These last three days are designed to leave you feeling refreshed, energetic and body-aware. The recipes focus on stabilising and balancing your blood-sugar levels with protein-rich snacks meals that include protein. Combined with good (unsaturated and polyunsaturated) fats, this slows down the release of sugars into the blood and leaves you feeling satiated, but not overly full. "

Sign up to the Summer Diet Plan now

(<http://www.bbcgoodfood.com/howto/guide/bbc-good-foods-summer-diet-plan>) and you will be sent the plan and a shopping list on 12th June so you can begin your diet on the 14th June.

-Ends-

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