



CountingEverything.com

Hi there, my name is Brian Jones and this is my collection of Cheats to use while on Exante to minimise any weight loss you are missing out on... See the various Exante plans [HERE](#)



All the dishes that I prepare use low cal oil like this and I do not include this in the total calories **BUT** I do round up to cover the 2-3 Calories that would be added because of it.

If you have to use different oil try wiping up any excess you use with a kitchen roll to limit the amounts you use.

When I mention stock this is the type I use or of course a Vegetarian version of the same make.

This is also the stock I make my daily drinks from so it's always in my cupboard so a lot easier for me to use and simply put it's **GREAT**.



The first thing I need to point out is that going off plan is simply that... You **ARE OFF PLAN**.

You cannot be on TS and eat eggs etc and please remember this as a **LOT** of people stick to the plans 100% and it's a kick in the face to read about people who state they followed the plan 100% but had a few bits of Ham etc... **Simply you went off plan that day**.

Nobody is perfect and circumstances sometimes mean we need a little extra that day and here is a list of **CHEATS** to have that will keep you in Ketosis and also not make too much damage... **BUT** remember it's **ALWAYS** better to avoid additional food to maximise losses.

If you want to keep track I've also made a spreadsheet for you to download and I've placed it on the main site [HERE](#) and this is a **GREAT** tool to help you keep on top of things.

Of course remember and check out my Exante Guide & Recipes section [HERE](#)

Need to get in touch..?

Email: help@countingeverything.com

Mobile: 07984 639 410



CountingEverything.com

Ham & Feta Cheese Salad



20g Asda Four Leaf Salad

50g Mixed Pepper

10g Spring Onion

2 Slices of Cheap Ham

10 Feta Cheese Cubes

Chives

15g Sainsbury's Blue Cheese Dressing

Total = 99 Calories & 4 Carbs



By far this is my recommended dressing and I use this on ALL my salads so any reference to dressings are always this unless stated... It's **AMAZING!**

They are just changing the recipe and new bottles are now 7.95 Calories & 1.1 Carbs per 15g serving

Need to get in touch..?

Email: help@countingeverything.com

Mobile: 07984 639 410



CountingEverything.com

Pepper & Mushroom Omelette



1 Large Egg
25g Mushrooms
25g Mixed Pepper
Chives
Black Pepper

Total = 92 Calories & < 2 Carbs

A bit fiddly to make and to be honest I was probably lucky with this picture
but a **GREAT** snack or a low Calorie Cheat while on TS

NOTE: I'm basing a Large Egg being 80 Calories on average.

Try and use the largest Pan you can and it will thin out to a Pancake size
and this also makes it look a **LOT** larger than it actually is.



CountingEverything.com

Garlic Mushrooms



1 Large Clove of Garlic
150g Mushrooms
2 tbsp RF Crème Fraiche
Chives
Black Pepper

Total = 97 Calories & 3.5 Carbs

Fry off Diced Fresh Garlic in a little Spray Oil and then add Mushrooms and cook until a nice Colour then add Crème Fraiche and cook with Black Pepper for 2-3 minutes on a low heat

NB: Be prepared for your whole house to smell of Garlic 😊



CountingEverything.com

This is based on a Low Calorie, Low Carb Diet... **NOTHING ELSE.**



1 Large Egg

SO many variations with this and
simply a Dieters best friend
80 Calories & 0.5 Carbs



72g Chicken

Buy a small pack and get rid of any skin or
bad bits then portion it to 3-4 smaller pieces
< 100 Calories



1 Slice of Low Cost Ham

Perfect for Salads or to simply fill a gap
of course it's super low cost which is a bonus
Roughly 11-15 Calories per Slice



1 Slice of Roast Beef

A lot of variations and a little higher Calories
but having a couple of these are a great snack
Roughly 30-35 Calories per Slice



1 Babybel "Light"

Perfect for a snack on the go...
I stick 2 in my pocket if away for a while.
42 Calories EACH

These are perfect examples of **GOOD** Cheats if you really have to **GO OFF PLAN**



CountingEverything.com

Tuna, Spring Onion & Mayonnaise Cheat Pots



Once Can Of Tuna (Drained)
15g Spring Onion
2tbsp Lightest Lidl Mayonnaise

Total = 85 Calories & 2 Carbs (PER POT)

Perfect to make up and be eaten with a t-spoon or used to fill half a Pepper for example



These would be 190 Calories & < 7 Carbs **TOGETHER**

Need to get in touch..?

Email: help@countingeverything.com

Mobile: 07984 639 410



CountingEverything.com

Salad Evolution



20g Asda Four Leaf Salad

50g Mixed Pepper

10g Spring Onion

15g Sainsbury's Blue Cheese Dressing

Chives

34 Cal & 4 Carbs - Base Salad

114 Cal & 4.5 Carbs - Base Salad with a Boiled Egg

136 Cal & 4.5 Carbs - Base Salad with a Boiled Egg & 2 Slices of Ham

168 Cal & 4.5 Carbs - Base Salad with a Boiled Egg, Ham & Feta Cheese

I use a base Salad that I can use for meal additions (like adding to an omelette for example) and with a few ingredients it's **VERY** easy to make a **GREAT** meal in little time.

Chicken - Egg - Feta - Ham - Bacon - More Veg - Tuna - Salmon

Adding things like this makes a **GREAT** meal and in general 150-300 Calories

Just ensure you avoid any Extras as things like Dressings & Sauces are full of Calories & Carbs so can add up to your total **VERY** fast



CountingEverything.com

Here's a brief rundown of calorie count and things that can help you make correct choices

3500 Calories = 1lb of fat and using 100 calorie cheats basically mean that you can cheat **EVERY** day and this will mean you will **NOT** lose 1lb of fat every 35 days...

Now you need to make a decision as simply put if you are cheating all the time then the plan you are on is not working so why not look at some of the higher plans and this will take away the cheat factor and then make you not feel terrible all the time for **GOING OFF PLAN**

EXAMPLE:

Doing **Total Solution** and cheating 3-4 days a week means that at the end of the week you see that there is not much difference to your typical weight loss and then the following week you have the mind-set that (it was **OK** last week so I'll do it again)

NOW LOOK AT THIS ON A HIGHER PLAN

Doing **The Man Plan** this means you are allowed 200 calories of pretty much the stuff above **BUT** just because you are allowed 200 Calories doesn't mean you have to have them

This scenario is that in the same timeframe you have 100 calories of additional food and at the end of the week you can look back and know that you were OK 3-4 days of the week but actually you were below budget and 3-4 days of the week you were a Diet God.

Both examples you lost the same amount of weight but one you felt terrible for cheating a few times and the other you felt amazing as you were below budget a few days and **AMAZING** for a few days... Which version wins? No question really!

Now don't get me wrong I'm not saying you should cheat all the time but you need to do what works for you and if you are doing "3 packs per day" and cheating every day then it's time to bin that option and look at something else as it's simply not working for you.

Remember you CANNOT be on TS and eat traditional food... This means you are OFF PLAN that day and although not the end of the world you simply can't have it both ways



CountingEverything.com

This is based on a Low Calorie, Low Carb Diet... **NOTHING ELSE.**



100g Cucumber

Although it doesn't sound like a big snack it's a GREAT option if adding a Low Fat Cheese.

16 Calories & 3.1 Carbs



100g Pickled Onions (roughly 7)

Simply helps get your taste buds going and stops you thinking about things like Chocolate etc.

30 Calories & 5 Carbs



1 Slice of Turkey Breast

Another great filler and a few slices takes the edge off hunger for a few hours

Roughly 15-25 Calories & 0.2 Carbs per Slice

If you want to keep track I've also made a spreadsheet for you to download and I've placed it on the main site [HERE](#) and this is a **GREAT** tool to help you keep on top of things.

Of course remember and check out my Exante Guide & Recipes section [HERE](#)



CountingEverything.com

Useful Links

Monitor Your Weight App



Download from the itunes store [HERE](#)

Download from the play store [HERE](#)

Link Box

[Reviews](#) - [Food Week Recipes](#) - [My Diary](#) - [Calorie Breakdown](#) - [Spreadsheet](#) - [Ideal Calories](#)

[Freebies List](#) - [Noodles & Sauces](#) - [Amnesty Address](#) - [The Protein Works](#) - [Exante Main Site](#)

[Veg List](#) - [Total Solution](#) - [Total Plus](#) - [The Man Plan](#) - [Working Solution](#) - [Simple Solution](#)



Click [HERE](#) to share on Facebook