

The Diet Plate - South Africa

The Diet Plate - SA

The Diet Plate Range

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Hate to diet? Love to cook? Canâ€™t be bothered to weigh your food portions or count your calories? Whether you like to eat English, French, Italian, Asian or Vegetarian dishes you can now follow your favourite recipes and still lose weight!

Take a look at the innovative weight management system called The Diet PlateÂ®. The Diet PlateÂ® System , created by Kay Illingworth, is the World's first, original Portion Control method of weight management. It literally takes all the guesswork out of maintaining a healthy balanced diet whilst losing weight.

The Diet Plate Complete System

R550.00

This is the complete weight management system, packed into just one box. Choose any combination of a Diet Plate and a Calorie Controlled Breakfast Bowl. [\[Product Details...\]](#)

The Family Pack

R850.00

Two Diet Plates and a Calorie Controlled Breakfast Bowl for the family. [\[Product Details...\]](#)

The Female Plate

R300.00

The Diet Plate for women with less than 30 kg to lose. [\[Product Details...\]](#)

The Kilojoule Controlled Breakfast Bowl
R300.00

The Kilojoule Controlled Breakfast Bowl. [\[Product Details...\]](#)

The Magic! Plate
R300.00

A Healthy Eating Plate for children. [\[Product Details...\]](#)

The Male Plate
R300.00

The Diet Plate for men, boys over eleven years old and also women who have more than 30kg to lose.
[\[Product Details...\]](#)

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