



# Fat Loss Feast



1600 ISH CALORIE PLAN THAT IS IS PACKED FULL OF VITAMINS THAT HAVE BEEN SHOWN TO HELP WITH MENOPAUSE.

ALL TRACKED FOR YOU AND TWEAKS BELOW. I ALSO USED THE BUDGET RANGES OF INGREDIENTS WHEN POSSIBLE

LET ME KNOW IF YOU NEED HELP TWEAKING AND REMEMBER TO ADD A SNACK OR EXTRA MEAL IF YOU ARE ON HIGHER CALORIES.

# MONDAY

1,589

Breakfast -  
Strawberry Overnight Oats - 350 Calories

Lunch - 4 Way Folded Wrap - Tuna Melt  
- 420 Calories

Dinner -  
Italian Herb Chicken - 560 Calories

Snack - 200g of Pineapple - 100 Calories  
Aldi Chocolate Protein Yog - 159  
Calories

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# TUESDAY

1690

Breakfast -  
Apricot Overnight Oats - 380 Calories

Lunch - Italian Herb Chicken - 560  
Calories

Dinner -  
Pork Chop and Roast Veg - 650 Calories

Snack - 200g of Pineapple - 100 Calories

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# WEDNESDAY

1610

Breakfast -  
Strawberry Overnight Oats- 350  
Calories

Lunch - Pork Chop and Roast Veg -  
650 Calories

Dinner -  
Quick and Easy Salmon 510 Calories

Snack - 200g of Pineapple - 100  
Calories

# THURSDAY

1600

Breakfast -  
Apricot Overnight Oats - 380 Calories

Lunch -  
Quick and Easy Salmon- 510 Calories

Dinner -  
Turkey Breast and Broccoli Pesto  
Spaghetti - 640 Calories

Snack  
Orange - 70 Calories

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# FRIDAY

1540

Breakfast -  
Strawberry Overnight Oats - 350  
Calories

Lunch - Turkey Breast and Broccoli  
Pesto Spaghetti - 640 Calories

Dinner -  
Seabass with Rosemary Butter- 480  
Calories

Snack - Orange - 70 Calories

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# SATURDAY

1660

Breakfast -  
Apricot Overnight Oats - 380 Calories

Lunch -  
Seabass with Rosemary Butter- 480  
Calories

Dinner -  
BBQ Stone baked Pizza - 700 Calories  
This is from Asda as an example

Snack - 200g of Pineapple - 100  
Calories

# SUNDAY

1520

Breakfast -  
Strawberry Overnight Oats - 350  
Calories

Lunch -  
Lunch - 4 Way Folded Wrap - Tuna  
Melt - 420 Calories

Dinner -  
Slow Cooker Chilli - 750 Calories

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Remember we can tweak this to make it work for you. You could essentially change every main meal to another healthy ready meal around the same calories and still be on track and losing weight without doing any cooking.

If you want to make it even more budget friendly, you swap some of the meals to something like Asda's essential ready meal range with a balanced side salad with similar calories.

This is just an example of how an average week could look to someone around 1600 calories.

Although this is all tracked for you, ingredients from place to place can slightly differ.

We also could have made it healthier and even more packed with super foods but then it becomes even less sustainable for many so finding that balance is key. If you can, add a leafy green side salad to as many meals as you can with a low fat dressing. This will only boost the calories a little whilst giving you even more essential nutrients.

Each day is around 1600. You will most likely be on higher calories so snack or two to take you up to your calories. The snack guide in the guides is good for snack ideas and calories. You could even add an extra meal into your calories if you wanted too.

The shopping list will be the ingredients of the recipes you are going to make below.

Make healthy eating fit into your lifestyle.

Recipes below...

# *Strawberry Overnight Oats*

## Ingredients:

250ml unsweetened soya milk  
100g porridge oats  
15g chopped walnuts  
50g Strawberries, chopped  
10g of flaxseed  
0.5 tsp of Cinnamon  
2 teaspoons honey

## Method:

- 1.The night before combine all ingredients, cover and refrigerate overnight.
- 2.Serve cold the next morning.

## Nutrition-

Calories per serving- Serves 2 and around 350 calories per serving

# *Apricot Overnight Oats*

## Ingredients:

250ml unsweetened soya milk  
100g porridge oats  
15g chopped walnuts  
50g blueberries  
10g of flaxseed  
1 Apricot, chopped into small chunks  
2 teaspoons honey  
Dash on Vanilla Extract

## Method:

- 1.The night before combine all ingredients, cover and refrigerate overnight.
- 2.Serve cold the next morning.

## Nutrition-

Calories per serving- Serves 2 and around 380 calories per serving

# *Italian Herb Chicken*

Serves 2

## Ingredients

x2 tsp of Olive Oil  
300g of Chicken Breast  
1 tsp of Ready Made Italian Seasoning or sprinkle with dried Oregano and Basil  
1 Red Onion, chopped  
3 Cloves of Garlic, chopped  
Sprinkle of chilli flakes  
1 tin of chopped tomato  
full bag of baby spinach leaves, around 180g  
Salt and Pepper  
125g of cooked long grain rice per serving

## Method

Heat the a tsp of oil in a pan on a medium heat and gently cook down the onions for around 4/5 minutes. Add in the garlic and chilli for another 3/4 minutes.

Add in the tomato, salt and pepper and simmer for 15 minutes.

Whilst the sauce is simmering, heat the second tsp of oil in a pan. Flatten your chicken breast, season with salt and pepper and the Italian seasoning. Pan fry the chicken for around 6/8 minutes both sides, until browned and cooked through.

Before serving, add the spinach to the pan and let wilt down and warm through.

Serve with 125g of cooked long grain rice

## Nutrition

Calories per serving- Serves 2 and around 560 calories per serving

# *Pork Chop and Roast Veg*

## Ingredients

2 Pork Chops  
x2 tsp olive oil  
1 Red Onion, chopped into big chunks  
250g of Carrots, chopped length ways  
3 garlic cloves, crushed and finely chopped  
250g of Parsnips, peeled and chopped length ways  
100g Brussels sprouts, chopped in half  
2 tbsp of honey  
1 tbsp dijon mustard  
Salt and Pepper  
Leafy Green Salad to serve

Heat the oven to 180

Mix the chopped veg in a oven dish with the olive oil, salt, pepper and mustard. Roast for around 25 minutes.

As the vegetables are starting to brown, rub the pork chops with a tsp of oil, some pepper and a drizzle of honey. Pan fry for around 60 seconds either side, adding colour to the pork chop.

Take out the veg, add another tbsp of honey over the veg and mix well whilst adding the pork in with the veg and cook for another 10/15 minutes until veg is roasted and pork is cooked through.

Serve with a big leafy green side salad.

Enjoy

Nutrition-

Calories per serving- Serves 2 and around 650 calories per serving



# *Quick and Easy Salmon*

200/250g of Salmon Fillets  
15g of Salted Butter  
2 large garlic cloves, finely chopped  
x2 Lemon Slices  
Black Pepper  
1 tsp dried Parsley  
250g of Broccoli  
400g of new potatoes

## Method

Heat the Oven to 180.

In some foil, add the salmon to the foil and rub with the pepper, parsley and garlic. Add the lemon slices and butter on top and wrap. Put in an oven dish and bake for around 15 minutes or until cooked through.

Whilst the salmon is cooking, boil the new potatoes and broccoli.

Serve and make sure any excess sauce in the tray is poured over your broccoli and potatoes

## Nutrition-

Calories per serving- Serves 2 and around 510 calories per serving

# *Turkey Breast and Broccoli Pesto Spaghetti*

## Ingredients

300g of Turkey Breast Steak, chopped into thin strips  
1 tsp of Smoked Paprika  
150g dried wholemeal spaghetti  
One head of broccoli snapped into smaller bits.  
Handful of Basil Leaves  
15g of grated Parmesan  
1 garlic clove, finely grated  
2 tbsp extra virgin olive oil and a tsp of olive oil  
1 tbsp lemon juice  
Salt and Pepper

## Method

Cook the Spaghetti as pack instructs.

Boil the Broccoli until it starts to turn soft.

Place the broccoli in a blender/processor, add the basil, 10g of Parmesan, garlic, olive oil and lemon juice and blend. Add salt and pepper to taste.

Heat a pan with a tsp of oil. Season the turkey steaks with salt, pepper and a tsp of smoked paprika and stir fry until brown and cooked through.

Add the sauce and turkey to the pasta and add 5g of grated Parmesan to the top.

## Nutrition-

Calories per serving- Serves 2 and around 640 calories per serving e.

# *4 Way Folded Wrap - Tuna Melt*

Serves 1

- 1 Wrap
- 1 small tin of Tuna in Spring Water
  - 1 tbsp of Low Fat Mayo
  - Some chopped red onion
  - 30g of low fat cheese

## Method

- From the bottom of the wrap, cut a slit halfway up.
- In one quarter, add the Tuna and then above add the Mayo, the quarter to the side of that add the Onions and then the last quarter add the low fat cheese.
- Fold each side. place on a tray and put in a pre heated oven on 180 for 10 minutes, turning it half way through.

Nutrition-

Calories per serving- 420

# *Seabass with Rosemary Butter*

Serves 2

## Ingredients

2 sea bass fillets, around 100g each  
400g new potatoes, mostly cooked  
4 sprigs fresh rosemary, 2 for the seabass and 2 for the butter  
20g of salted butter  
Zest and Juice of half a lemon  
A small handful of finely chopped flat leaf parsley or 1 tbsp of dried  
1 tbsp of olive oil  
salt and pepper

## Method

Preheat the oven to 200c.

Score the skin of the Seabass with a knife and push sprigs of rosemary into the seabass and then rub a tsp of olive oil onto the skin.

Put the grill on a medium heat and grill each side for around 6 minutes>

Whilst the fish is grilled, mix the butter, parsley, chopped rosemary, juice and zest of lemon in a bowl and boil your new potatoes.

Serve with the butter melting over the potatoes and seabass.

## Nutrition-

Calories per serving- Serves 2 and around 480 calories per serving

# *Slow Cooker Chilli*

## Ingredients

500g of Beef Mince\*  
2 large onions, finely chopped  
3 large garlic cloves, finely chopped  
2 tbsp mild chilli powder  
2 tsp ground cumin  
2 tsp dried oregano  
Large bottle of tomato passata  
1 low sodium beef stock cube  
1 red pepper, chopped  
1 green pepper, chopped  
2 x 400g cans of kidney beans, drained  
125g of cooked long grain rice per serving  
For ease, buy a chilli seasoning mix instead of the spices above.

## Method

Put on a medium heat. Gently fry off the onions for a few minutes before adding the garlic, herbs and spices.

Add the mince in chunks and cook until the mince starts to brown.

Put the slow cooker on medium and tip the pan into it. Add the passata, peppers, beans and stock cube and stir. Cook for 4/5 hours on medium and enjoy with 125g of cooked rice per portion.

## Nutrition-

Calories per serving- Serves 5, around 750 calories per portion with rice and around £1.20 per serving

\*Calories are a little higher as I used the calories for the higher fat cheaper pack of Mince. 5% mince would greatly reduce calories.