



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

1,569

Breakfast -
Chocolate Orange Greek Yoghurt Bowl -
370 Calories

Lunch - Quick Tuna Sarnie - 420
Calories

Dinner -
Parmesan Chicken and Kale - 520
Calories

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

TUESDAY

1600

Breakfast -
Super Berry Yoghurt Bowl - 350 Calories

Lunch - Parmesan Chicken and Kale -
520 Calories

Dinner -
Beef Curry - 630 Calories

Snack - 200g of Pineapple - 100 Calories

WEDNESDAY

1500

Breakfast -
Chocolate Orange Greek Yoghurt Bowl
- 370 Calories

Lunch - Beef Curry - 630 Calories

Dinner -
Chicken Tikka with Spinach and
Almonds - 400 Calories

Snack - 200g of Pineapple - 100
Calories

THURSDAY

1570

Breakfast -
Super Berry Yoghurt Bowl - 350
Calories

Lunch -
Chicken Tikka with Spinach and
Almonds- 400 Calories

Dinner -
Slow Cooker Chilli - 750 Calories

Snack
Orange - 70 Calories

FRIDAY

1610

Breakfast -
Chocolate Orange Greek Yoghurt Bowl
- 370 Calories

Lunch - Slow Cooker Chilli - 750
Calories

Dinner -
Spicy Chicken Thigh and Almond
Salad- 420 Calories

Snack - Orange - 70 Calories

SATURDAY

1500

Breakfast -
Super Berry Yoghurt Bowl - 350
Calories

Lunch -
Spicy Chicken Thigh and Almond
Salad- 420 Calories

Dinner - Quick Avocado and Bacon
Salad - 630 Calories

Snack - 200g of Pineapple - 100
Calories

SUNDAY

1700

Breakfast -
Chocolate Orange Greek Yoghurt Bowl
- 370 Calories

Lunch -
Lunch - Quick Avocado and Bacon
Salad- 630 Calories

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

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 1500/1600. 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...

Yoghurt Bowl Breakfasts

This is quick, easy, tasty and full of goodness as well as a good source of protein from the yoghurt.

For these I used the 500g asda essential range low fat yoghurt, asda brand oats as well as essential brand dark chocolate and fruit to dramatically reduce the price.

Chocolate Orange Greek Yoghurt Bowl - 370 Calories

Put 30g of rolled oats in a bowl and then add 250g of low fat natural yoghurt before layering with one peeled fresh orange and grate 15g of 80% dark chocolate over.

Super Berry Yoghurt Bowl - 350 Calories

Put 30g of rolled oats in a bowl and then add 250g of low fat natural yoghurt before layering with 30g each of raspberries and strawberries and grate 15g of 80% dark chocolate over.

Parmesan Chicken and Kale

Serves 2

Ingredients

x2 tsp of Olive Oil
300g of Chicken Breast, chopped
1 medium Onion, chopped
3 Cloves of Garlic, chopped
Sprinkle of chilli flakes
300ml made up Chicken Stock
2 handfuls of Kale, stems removed and chopped
Salt and Pepper
50g grated Parmesan
125g of cooked long grain rice per serving

Method

Heat 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 before adding the kale and stock. Simmer.

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

Once the chicken is cooked and the sauce slightly reduced down, mix in chicken, add in the Parmesan for a few minutes and serve

Serve with 125g of cooked long grain rice

Nutrition

Calories per serving- Serves 2 and around 520 calories per serving

Beef Curry

Ingredients

tblsp Olive Oil
450g of lean diced beef
1 large onion, roughly chopped
4 carrots, sliced then halved
2 garlic cloves, crushed
Thumbnail sized piece ginger, grated
1 red chilli, finely chopped
3 tsp of curry powder
tblsp of coriander leaf
400g tin of chopped tomatoes
100ml beef stock
400ml can of coconut milk *
3 big handfuls of washed spinach
125g long grain rice per person

Method

Heat a tblsp oil in a pan on medium heat. Brown the diced beef for a few minutes, season and transfer to the slow cooker. Add a little more spray to the pan and cook the onions and carrots for 6-8 minutes, looking to soften them and not brown them too much.

Add the garlic, ginger, curry powder and coriander. Stir well and cook for a further 1 minute. Whack it all in the slow cooker with the stock and tomatoes.

Cook on a medium heat for 4/5 hrs. Stir in the coconut milk and cook for another 30 minutes, adding the cornflour slurry if you want to thicken it.

Calories per serving- Serves 4, around 630 calories per portion with rice

Chicken Tikka with Spinach and Almonds

300g Chicken Breast, cubed
150g 0% Greek yogurt
2 tablespoons of Tikka Powder
Juice of half a lime
1 teaspoon of sea salt
Full bag of spinach
20g of Almonds
2 cloves of garlic, finely chopped
1 tsp of olive oil

Method

- Mix together yogurt, lime juice, salt and Tikka powder in a bowl
 - Add the chicken pieces and stir together until the chicken is coated
 - Cover and refrigerate for at least an hour but preferably overnight
 - Remove from fridge half an hour before cooking and slot onto skewers
- Grill under a medium grill for 10-15 minutes, turning regularly until cooked through. You could also put them off the skewer on a lined oven dish and oven cook.

Whilst the chicken is cooking, wilt down the spinach by putting in into a pan with a little water and lid on a medium heat, drain and put spinach in a bowl. Heat a tsp of oil in a medium pan and add in the almonds and garlic for around 3\4 minutes, gently toasting the almonds and cooking the garlic. Add in the spinach and season.

- Serve and if you want a dressing, mix a few tablespoons of low fat mayo with a little chopped garlic, salt and pepper for a little garlic dip.

Nutrition-

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

Spicy Chicken Thigh and Almond Salad

Ingredients

4 Skinless and Boneless chicken thighs
2 tbsp fish sauce
Salt and Pepper
3 garlic cloves, crushed
2 red chilies, finely chopped
1 tbsp of Honey for chicken
2 tsp of olive oil
3 tbsp lime juice
Tbsp of Honey for dressing
1 cucumber, halved and thinly sliced
Small handful fresh mint leaves
4 spring onions, sliced finely
20g of flaked almond
125g of cooked sticky rice per serving

Method

- For the spicy chicken thighs, mix the fish sauce, salt, pepper, garlic, chilies and honey together in a bowl.
 - In a separate bowl, pour half the marinade over the chicken thighs.
 - Cover and refrigerate for 20 minutes. Keep the rest of the marinade for later.
- For cucumber and almond salad, make a dressing by adding the lime juice and honey to the reserved marinade and stir before adding the cucumber, mint, spring onions, almonds and the dressing until well combined.
 - Remove the chicken thighs from the marinade, shaking off any excess.
- Fry the chicken thighs in the oil in a large frying pan over medium-high heat for 3-4 minutes on each side, or until cooked through.
 - Slice the chicken and place on the salad

Nutrition-

Calories per serving- Serves 2 and around 400 calories per serving.

Quick Avocado and Bacon Salad

Serves 2

8 lean bacon medallions
2 Little Gem lettuce, chopped
1 Red Pepper, Chopped
80g of avocado, sliced
2 squeezes of lemon juice
Tbsp of olive oil
2 clove of garlic, crushed and chopped
1 tsp Dijon mustard

Method

This one is quick, grill Bacon, chop ingredients and mix the dressing and drizzle over salad.

Nutrition-

Calories per serving- Serves 2, around 630 calories per portion

Quick Tuna Sarnie

Serves 1

Ingredients

2 Sandwich Thins
1 Tin of Tuna in Spring Water
1 tbsp of low fat mayo
1/2 Red Onion, chopped
Handful of baby spinach

Method

- Mix the Tuna in a bowl with the finely chopped red onion and mayo. Add a little baby spinach to each thin and add half the mixture to each sandwich. Wrap in foil and your sarnie is ready to go.

Nutrition-

Calories per serving- 420

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.