



Fat Loss Feast



1500 ISH CALORIE MEAL PLAN 2

CHANCES ARE YOU WILL BE ON HIGHER CALORIES, FOR EXAMPLE 2000, YOU COULD HAVE A DOUBLE PORTION OF ONE OF THE MEALS BELOW, ADD SOME EXTRA HEALTHY SNACKS IN OR EVEN ADD AN EXTRA MEAL. PLEASE REMEMBER THAT HEALTHY EATING NEEDS TO FIT INTO YOUR LIFESTYLE SO LET US KNOW IF YOU NEED HELP WITH THIS.

MONDAY

1,566

Breakfast -
Summer berries overnight oats
- 312 Calories

Lunch - Cooked Chicken Super Salad -
520 Calories

Dinner -
Pork and Pak Choi Stir Fry
- 574 Calories

Snack - 200g of Pineapple = 160
Calories

TUESDAY

1516

Breakfast -
Summer berries overnight oats
- 312 Calories

Lunch -
Pork and Pak Choi Stir Fry
- 574 Calories

Dinner -
Salmon, Broccoli and Cauliflower Bake - 630
Calories

WEDNESDAY

1490

Breakfast -
Omelette Bites - 420 Calories

Lunch -
Cooked Chicken Super Salad - 520
Calories

Dinner -
Baked Egg Sweet Potatoes
- 370 Calories

Snack - Apple and 100g of Pineapple -
180 Calories

THURSDAY

1383

Breakfast -
Omelette Bites - 420 Calories

Lunch -
Baked Egg Sweet Potatoes
- 370 Calories

Dinner -
Slow cooker Pepper, Tomato and
Chickpea Chilli
- 350 Calories

1/3 Sweet Chilli Chicken Breast Slices
(asda or similar) - 83 Calories
200g of Pineapple = 160 Calories

FRIDAY

1375

Breakfast -
Omelette Bites - 420 Calories

Lunch -
Slow cooker Pepper, Tomato and
Chickpea Chilli
- 350 Calories

Dinner -
Loaded Sweet Potatoes with Fresh Salad
- Calories 480

Snack - 90g Cooked Chicken Tikka
bits - 125 Calories

SATURDAY

1273

Breakfast -
Summer berries overnight oats
- 312 Calories

Lunch -
Pea, Bacon and Mint Soup with
Sandwich thin - 286 Calories

Dinner -
Creamy Chicken, Tomato and Spinach
Penne - 550 Calories

Snack - 90g Cooked Chicken Tikka
bits - 125 Calories

SUNDAY

1,582

Breakfast -

Summer berries overnight oats

- 312 Calories

Lunch -

Creamy Chicken, Tomato and Spinach

Penne - 550 Calories

Dinner -

Cooked Chicken Super Salad - 520

Calories

Snack - 200 Calorie bowl of skinny

popcorn

Remember we can tweak this to make it work for you. You could essentially change every main meal to a healthy ready meal around the same calories and still be on track and losing weight.

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.

Each day is around 1500 or lower. You will most likely be on higher calories so choose a low sugar snack or two to take you up to your calories. The snack guide is good for snack ideas and calories. You could even add an extra meal into your calories if you wanted too.

Eating often and not spiking sugar can really help with the mood swing and reduced energy that skipping meals or snacking on sugary snacks can do.

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...

Summer berries overnight oats

Serves 2

Ingredients:

250ml unsweetened soya milk

100g rolled oats

15g x almonds

50g blueberries

50g blackberries

50g raspberries

½ tsp vanilla extract

2 teaspoons maple syrup

Method:

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

Nutrition per serving:

Calories- 312

Omelette Bites

Calories, 420

Egg Bites - Serves 3

12 Large eggs

A little fry light to line the muffin tins

Sea salt + pepper to taste

Onion, chopped

100g of mushrooms, chopped

50g grated low fat cheese

Method

-Pre-heat oven to 180

-Lightly grease muffin tins with low cal spray

-For 6/8 minutes on a medium heat, gently fry off a chopped onion for a few minutes, then add the mushroom and for the last minute, add the spinach until it wilts down.

-Whisk eggs well in a large bowl, add salt + pepper
Pour the egg evenly into 12 tins and then evenly mix the mixture from the pan.

- Sprinkle the cheese on the top.

-Bake for 20-25 mins, or until eggs are fully cooked through.

Pea, Bacon and Mint soup

Serves 4, 186 Calories, 286 with a sandwich thin to dip.

Pea, Bacon and Mint Soup

Ingredients

500g frozen peas
1 litre of stock
1 onion, chopped
10 lean bacon medallions
1 tablespoon of mint
Fry light
salt and pepper to taste

Method

- Chop bacon into small pieces and finely chop the onion
- In a little low cal spray on a medium heat. brown off the onions for 6/7 minutes. Add in the bacon for a further 4/5 minutes until cooked.
- Add peas and mint and stir for about 30 seconds before adding stock and seasoning
- Bring to a simmer for about 15 minutes
- Remove from heat and blend in either a food processor or with a stick blender

You can freeze left overs for another day.

Slow cooker Pepper, Tomato and Chickpea Chilli

Serves 4

Ingredients:

2x 400g chopped tomatoes
1x vegetable stock
200ml boiling water
1x tsp cayenne pepper
2x tsp smoked paprika
2x tsp cumin
2x tsp dried oregano
2x 400g tins of chickpeas
2x limes
1x chilli or to your taste
4x garlic cloves
2x tbs olive oil
2x red peppers
1x onion
2x carrots
Handful of fresh coriander

Method:

1. Peel and chop the onions, then chop the peppers and carrots roughly to the same size.
2. Mince the garlic, and chop desired amount of fresh chilli to your spice liking. Mix the stock cube with the 200ml of water.
3. Drain the chickpeas until dried.
4. Mix all the ingredients into the slow cooker making sure they are completely combined.
5. Cook on the lowest setting for 8-10 hours
6. Before serving squeeze lime juice into the chilli, place in bowls and sprinkle the roughly chopped coriander.

Nutrition per serving:

Calories- 350

Salmon, Broccoli and Cauliflower Bake

Serves 2

Ingredients:

250g broccoli
200g Cauliflower
200g Potatoes
1x Lemon
250g salmon
5g Fresh Dill
5g Fresh parsley
75g Crème Fraiche
2 Tbsp Water
90g light grated cheese
Half Tbsp Butter

Method:

1. Cut the broccoli and cauliflower into bite sized florets. Fill a large saucepan and fill halfway with salted water. Bring to boil and blanch the broccoli for 2-3 minutes. Drain and set aside.
2. Cut potatoes into thin medallions and blanch in boiling water for 5 mins. Whilst the potatoes are boiling cut the lemon in half, juice one half of the lemon into a small bowl and cut the other half into wedges. Cut the salmon into bite size pieces and add them in a bowl drizzling half the lemon juice and adding salt and pepper and giving a good mix till after bite size salmon pieces are covered. After the potatoes have been blanched. Remove from heat and drain.
3. In a bowl mix together the crème fraiche, dill, parsley, the rest of the lemon juice and the 2 Tbsp of water until creamy.
4. In a preheated oven 200c/400f, grease a baking dish with the butter. Add the potato slices and season with salt and pepper. Then layer the salmon, broccoli and cauliflower on top, followed by the crème fraiche sauce and the cheese.
5. Bake in the oven for approx. 25-30 minutes until golden brown. Serve warm with lemon wedges on the side.

Nutrition per serving:

Calories- 630

Pork and Pak Choi Stir Fry

Serves 2

Ingredients:

300g of Pak Choi
1 x Spring onion
240g Pork mince
1 x Garlic clove
100g Mangetout
200g Egg noodle Nests
150 grams Teriyaki sauce
50 millilitres of water

Method:

1. Prepare the ingredients by washing and thinly slicing the Pak Choi widthways, peel and grate the garlic and trim and slice the spring onion.
2. Heat a large frying pan with a drizzle of oil and add the pork mince breaking it up with a spoon. Brown for roughly 5–6 minutes, drain off any excess fat if necessary.
3. Add the noodles to a boiling pan of water and cook until tender, 4 minutes. Once cooked drain and sieve. To stop the noodles from sticking, run them under cold water. Then set aside.
4. Once the mince is browned stir in the Pak Choi, garlic and mangetout. Stir fry until soft, 1–2 minutes. Stir in the teriyaki sauce and the 50 millilitres of water ensuring everything is well coated.
5. Add the noodles to the mixture, stir together for 1–2 minutes until everything is piping hot. Taste and add any salt and pepper. If you feel it needs it as well as a splash of water if the noodles look a little dry.
6. Serve the stir fry and sprinkle the spring onion on top.

Nutrition per serving:

Calories- 574

Baked Egg Sweet Potatoes

Serves 2

Ingredients:

2x Large sweet potatoes
4x Large Eggs
40g of reduced fat grated cheese
Chives

Method:

1. Preheat the oven to 200c/400f, wash and dry your sweet potatoes. Prick them all over with a fork and place them on a parchment lined baking sheet baking for 1 hour or until soft. Remove and let cool for about 10 minutes or cool enough to handle.
2. Slice each sweet potato in half lengthways, and use a spoon to scoop out the flesh, leave about half an inch around the skin as this will make it sturdier. Put the flesh in a bowl and save for future use.
3. Reduce the oven to 175c/350f, Crack 1 egg into each sweet potato half. Season with salt and pepper and sprinkle each top with a little grated cheese. Place on a baking sheet lined with parchment paper and bake for 15-20 minutes until the white has set. If you like them a little runnier start watching at 12 minutes and remove when your desired level doneness is reached.
4. Serve hot and sprinkle with chives.

Nutrition per serving:

Calories- 370

Cooked Chicken Super Salad

Serves 1

This ones high in protein and packed full of goodness for such a quick salad.

Ingredients

120g of Cooked Chicken Breast, pre packed and cooked is ok.

- A full green salad bag, try to get one with spinach, kale, rocket etc in
 - 2 Tomatoes, chopped
 - 1/4 red onion
 - Half grated Carrot
 - 10g Sunflower Seeds
 - 1 tbsp low fat coleslaw

Method

- Mix it all in a bowl and enjoy

Loaded Sweet Potatoes with Fresh Salad

Serves 2

Ingredients:

2x medium sweet potatoes
2x tsp olive oil
1x garlic clove
100g 50% less fat crème fraiche
10g spring onion
60g grated cheese
60g lettuce
8x cherry tomatoes
¼ cucumber

Method:

1. Preheat the oven to gas 7, 220c/200c fan. Prick the potatoes all over with a fork. Rub with 2 tsp oil, season with salt and pepper and put on a baking tray. Bake for 40 mins or until tender.
2. Halve the potatoes lengthways and set aside to cool for 5 mins, Scoop out the flesh into a bowl. Mash then add the crème fraiche, garlic, spring onion and season with pepper. Return the skins to the tray and fill them with the mixture, adding the top with grated cheese. Bake them for another 10 minutes.
3. While they are cooking make a simple salad with the lettuce, tomatoes and cucumber. Slice the tomatoes in half and cut the cucumber into slices then quarter. Serve the loaded potatoes with the salad on the side.

Nutrition per serving:

Calories- 430

Creamy Chicken, Tomato and Spinach Penne

Serves 4

Ingredients:

300g Penne pasta
450g diced Chicken breast
1x red onion
2x garlic clove
1x tbsp olive oil
1x tin of chopped tomatoes
1tsp dried oregano
2x Tbsp tomato puree
60g philadelphia light
30g parmesan cheese
20g fresh spinach
½ cup of water
Handful of fresh basil

Method:

1. Boil a large pan of water and boil over a high heat. Add the pasta and boil until al dente, 7-10 minutes. Drain the pasta in a colander.
2. While the pasta is cooking, Dice the onion and mince the garlic. Add the chicken to the pan on a medium heat with a little low cal spray.
After 5 minutes,
Add the onion and garlic to the oil a sauté until the onions are soft, 3-5 mins.
3. Add the tin of tomatoes, oregano, salt and pepper and stir to combine. Add the tomato puree and ½ cup of water and stir until it is all incorporated.
4. Turn down the heat and put the philadelphia light in little bits at a time using a whisk until the soft cheese is fully melted in the sauce. Add the parmesan and stir.
5. Add the fresh spinach to the sauce until wilted, 2-3 mins. Once that is all combined, put the drained pasta into the sauce adding a little of the pasta water if a little dry. Taste and add salt and pepper if needed.
6. Add the torn fresh basil to the top and serve.

Nutrition per serving:

Calories- 550