# Fat Loss Feast



1500 ISH CALORIE MEAL PLAN 1
IF YOU ARE 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.

Breakfast -**Apple Oats** - 330 Calories

Lunch - Tuna Super Salad - 400 Calories

**MONDAY** 

1,430

Dinner -

Lamb Koftas with 1 wholemeal pitta mint yoghurt

- 500 Calories

Snack - 200g of Pineapple - 100 Calories 200g blueberries - 100 Calories

Breakfast -

Apple Oats

- 350 Calories

Lunch -

Lamb Koftas with 1 wholemeal pitta mint yoghurt

- 500 Calories

Dinner -

Cowboy beans on toast - 466 Calories

Snack - 200g blueberries - 100 Calories

**TUESDAY** 1416

> Breakfast -Omelette Bites - 420 Calories

> > Lunch -

Lunch - Tuna Super Salad - 400

Calories

Dinner -

Baked Lemon and Garlic Cod Parcels

- 440 Calories

Snack - Apple and 200g of Pineapple -200 Calories

WEDNESDAY 1460

Breakfast -Omelette Bites - 420 Calories

Lunch -Lunch - Tuna Super Salad - 400 Calories

THURSDAY

Dinner -Veggie Pesto Bake - 400 Calories

Snack - 90g Cooked Chicken Tikka bits - 125 Calories 200g blueberries - 100 Calories

> Breakfast -Omelette Bites - 420 Calories

> > Lunch -Veggie Pesto Bake - 400 Calories

FRIDAY

Dinner -Cowboy beans on toast - 466 Calories

Snack - 90g Cooked Chicken Tikka bits - 125 Calories

Breakfast -Apple Oats - 350 Calories

SATURDAY 1265

Hummus and dips - Calories 275 200g of Pineapple - 100 Calories

Lunch -

Dinner -Sprout, Sweet Potato and Bacon Hash - 440 Calories

> Snack - 200g blueberries - 100 Calories

# Breakfast -Breakfast Fruit Pizza - 330 Calories

SUNDAY 1,370 Lunch -Sprout, Sweet Potato and Bacon Hash - 440 Calories

Dinner Dinner - Tuna Super Salad - 400
Calories

Snack - 200g blueberries - 100 Calories 200g of Pineapple - 100 Calories

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...

# Apple Oats

Serves 1
Ingredients

1 x apple peeled, cored and finely diced
30g rolled oats
200ml unsweetened almond milk
1/4 tsp ground cinnamon
A little vanilla extract
Pinch of salt
1 tbsp Honey

# Method

- 1. Add the apple into a pan with a splash of water and cook for 5 minutes until soft.
- 2. Add the Oats, Almond milk, vanilla, cinnamon, salt and maple syrup.
- 3. Cook and stir for 5-10 minutes until thick and cooked.
- 4. Serve with your desired toppings. I recommend some frozen berries.

Nutrition-

# 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.

# Breakfast Fruit Pizza

Serves 2

Ingredients

For the base:

50g oats
60g banana
1 tbsp Honey
1 tbsp oil
1 tsp ground cinnamon

For the Topping (suggestion):

200g low fat Greek Yoghurt 70g fresh berries (mixture of strawberries, raspberries & blueberries) 30g banana

## Method

- 1. Pre-heat the oven to 180c.
- 2. Add the oats to a food processor and blend into a fine flour.
  - 3. Add the remaining base ingredients to the food processor and blend again to combine. Add a little water if needed.
  - 4. Line a baking tray with baking paper. Transfer the base mixture to the baking tray, making sure it's evenly spread out and pressed down firmed.
  - 5. Bake the base in the oven for 10–12 minutes so it's lightly browned. Allow to cool completely.
- 6. Once the base is cool, spread your yoghurt over the top of the base and top with fresh berries and banana or toppings of your choice.

Nutrition-

# Sprout, Sweet Potato and Bacon Hash

## Serves 2

# Ingredients

1 x tbsp olive oil
240g Sweet Potatoes, Diced (Skin On)
50g red onion
150g brussels sprouts, sliced
200g turkey bacon, chopped
Salt and pepper
2 x tsp paprika
2 x egg
100g Spinach

## Method

1.Dice the sweet potato up into small chunks.

- 2.Heat the oil in a hot frying pan, add the potato chunks and cook for 15 minutes until they soften. Stir frequently.
- 3.Turn down the heat to medium and add the red onion, sprouts and spinach and cook for 5 minutes.
  - 4.Then add the bacon, paprika, salt and pepper and continue to cook over a medium heat stirring often until the potatoes and sprouts are tender.
  - 5.Once softened make a well in the middle of the mixture,6.Crack the egg and cook until the white is cooked but the yolk is runny.

Nutrition-

# Veggie Pesto Bake

#### Serves 4

## Ingredients

1 x aubergine
1 x courgette
3 x peppers, red yellow and orange
1 x red onion
1 x medium sweet potato
250g cherry tomatoes
1 x tbsp dried oregano
100g Grated mozzarella
100g green pesto
100g crusty bread
1 x tbsp olive oil
2 x garlic cloves, minced

## Method

- 1. Preheat the oven to 180c
- Chop the sweet potato, aubergine, courgette, peppers, red onions into large chunks of around the same size.
- Add the chopped veg into a deep baking tray and add the dried oregano and salt and pepper. Add a scatter of chilli flakes if you like a little heat.
- 4. Give it all a good mix making sure the vegetables are fully coated then add the cherry tomatoes and then put in the middle shelf for 35 minutes.
- 5. While that is cooking, chop the bread into small crouton sized chunks, add to a bowl and pour the olive oil and garlic and give a good mix till all the bread is covered with the oil and garlic.
  - 6. Once the tray bake has been in for 35 minutes, remove from the oven and add the bread to the tray. Tear the mozzarella into small chunks and add evenly on top. Finally spoon the pesto on evenly and bake for another 10–15 minutes.

Nutrition-

# Baked Lemon and Garlic Cod Parcels

## Serves 1

# Ingredients

1 x 180g cod fillet
120g Potato
1 x Tbsp Olive Oil
1 x Garlic Clove, Crushed
1/2 x Lemon
100g Asparagus
60g Tenderstem Broccoli
1 x Tsp Fresh Parsley
Pinch Salt & Pepper

## Method

- Preheat your oven to 180 degrees for a fan oven or gas mark 6 for gas.
  - 2. Finely slice the potatoes, and par boil for 10 minutes until they start to soften.
  - 3. Lay the potato slices followed by your vegetables and cod onto a sheet of foil or greaseproof paper.
- 4. Slice the Broccoli lengthways then Cut the slices of lemon and lay them onto the cod, then squeeze over the juice of the remaining piece of lemon. Drizzle over the olive oil, as well as the crushed garlic, parsley and season with salt and pepper.
- 5. Wrap the fish, vegetables and potatoes in the paper/foil to form a parcel. Then cook for 25–30 minutes, until your fish is cooked through.

Nutrition
Calories per serving- 440

# Lamb Koftas With Mint Yoghurt Sauce

Serves 4

Ingredients

For the Koftas:
500g Lamb mince
3 garlic cloves, crushed
1 white onion, chopped
2 tsp ground cumin
2 tsp ground coriander
1 tbsp olive oil

For the sauce:
100g Fat Free natural yoghurt
½ juiced lemon
5 fresh chopped mint leaves
½ clove of garlic, crushed

# Method

- 1. Heat a saucepan add ½ tbsp of oil, add the chopped onion and crushed garlic until soft and golden. Once cooked transfer into a large bowl.
- 2. Add the lamb mince, cumin, coriander to the bowl with the onion mixture and season with salt and pepper.
- 3. Using your hands make 8 evenly sized patties with the meat mixture, place on plate and put in fridge to firm up for 30 minutes.
- 4. While the koftas are in the fridge, make your mint sauce. Add the yoghurt, mint, lemon juice and ½ clove of garlic to a small bowl and stir until combined.
- 5. Place a pan on a medium-high heat and add the remaining oil to the pan. Cook the koftas 5 minutes on each side, ensuring they are cooked in the middle.
  - 6. Serve with salad or in a warm pitta.

Nutrition-

Calories per serving- 500 with small Pitta

# Tuna and Broccoli Salad

# Serves 1

# Ingredients

1 Tin of Tuna in spring water, Drained

- A full green salad bag, try to get one with spinach, kale, rocket etc in
  - Handful of chopped tomatoes
  - Handful of fresh parsley, chopped
  - 150g of Broccoli, cut into small florets
- A little Low Fat dressing of choice or lemon and a tbsp of olive oil, salt and pepper

# Method

- Put the Broccoli in a microwave safe bowl, put
   5/6 tbsp water in the bowl, put a microwave safe plate on top and cook on full power for 3/5 minutes.
- Put the rest of the ingredients in a bowl and mix.

Enjoy

400 Calories

# Cowboy Beans on Toast

Serves 1

Ingredients

200g x Cannellini beans
½ x tbsp olive oil
1 x tsp smoked paprika
120g x passata
40g x diced red onion
1 x tbsp maple syrup
1 x slice of seeded bread

## Method

- Add the oil, diced red onion into a saucepan and cook until soft.
- 2. Add the smoked paprika and stir for 30 seconds, then add the maple syrup and passata and simmer for roughly 5 minutes.
- 3. Add the drained beans and simmer for a further 5 minutes.
- 4. Just before the beans are done, toast a thick slice of seeded brown bread. Once toasted serve with the beans on top.

Nutrition-

# Homemade Hummus with Dippers

Serves 3

Ingredients

1 x carrot
1 x cucumber
1 x pepper
1 x 400g tin of chickpeas, drained and rinsed
1 x tbsp of tahini
2 x garlic cloves
1 x juiced lemon
1 x tbsp of olive oil

## Method

- Chop the carrot, cucumber and pepper into small thin slices and put aside.
  - 2. Add the rest of the ingredients to a food processor or blender.
- Blitz all the ingredients till you get a nice smooth consistency, if you think it needs to be creamier add 1 tbsp of the chickpea water.
  - 4. Serve in a bowl with the drizzle of olive oil and serve with the chopped veg.

Nutrition-