



Time for a REALITY CHECK! There is no amount of training that can reverse the effects of a BAD DIET. If you REALLY want to lose weight, then you need to clean up your nutrition and start fuelling your body with what it NEEDS, rather than what you WANT.

In this FREE meal plan I am going to show you EXACTLY what to eat for an entire week to lose those EXCESS POUNDS.

# Weight Loss Meal Plan

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## Meal Plan

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Fruit smoothie	Porridge with blueberries	Fruit Smoothie	Porridge with blueberries	Fruit Smoothie	Scrambled eggs with spinach, mushrooms and cherry tomatoes	Avocado with poached eggs, cherry tomatoes and mushrooms
Mid-morning snack	Handful of almonds	Apple	Handful of almonds	Banana	Handful of almonds	Apple	Handful of almonds
Lunch	Grilled chicken breast with brown rice and broccoli	Tuna and kidney bean salad	Grilled salmon fillet with brown rice and green beans	Tuna and kidney bean salad	Grilled chicken breast with brown rice and broccoli	Sweet Potato with feta, cheese and asparagus	Grilled salmon fillet with brown rice and green beans
Afternoon snack	Carrot sticks	Handful of almonds	Cucumber sticks	Carrot sticks	Apple	Handful of almonds	Cucumber sticks
Dinner	Chicken casserole	Sweet potato with feta cheese and asparagus	Chicken casserole	Chicken casserole	Steak with broccoli, carrots and green beans	Avocado salad	Chicken salad

Recipe	Ingredients	Method
Fruit smoothie	1 banana (chopped), <sup>1/3</sup> pack of strawberries, handful of blueberries, handful of spinach, splash of almond milk	<ol style="list-style-type: none"> <li>1. Blitz fruit and spinach in a blender</li> <li>2. Add almond milk to taste</li> </ol>
Porridge	50g porridge oats, handful of blueberries, 200ml almond milk	<ol style="list-style-type: none"> <li>1. Heat porridge oats and almond milk on a low heat until cooked</li> <li>2. Add blueberries</li> </ol>
Scrambled egg with spinach, mushrooms and cherry tomatoes	2 eggs, handful of spinach, 4 mushrooms (chopped), <sup>1/4</sup> pack of cherry tomatoes, 2 knobs of butter	<ol style="list-style-type: none"> <li>1. Crack and beat eggs in a bowl then add to pan with butter</li> <li>2. Fry mushrooms, spinach and cherry tomatoes with butter</li> <li>3. Season to taste</li> </ol>
Avocado with poached eggs, cherry tomatoes and mushrooms	<sup>1/2</sup> Avocado, 2 eggs, <sup>1/4</sup> pack of cherry tomatoes, 4 mushrooms (chopped), knob of butter, salt and pepper	<ol style="list-style-type: none"> <li>1. Poach eggs in water for 4 minutes</li> <li>2. Lightly fry mushrooms and cherry tomatoes with butter</li> <li>3. Peel avocado and cut into chunks</li> <li>4. Season to taste</li> </ol>
Chicken casserole	6 Chicken thighs, 2 leeks (chopped), 1 swede (cubed), 2 carrots (chopped), 450ml chicken stock, 1 can chopped tomatoes, mixed herbs, salt and pepper	<ol style="list-style-type: none"> <li>1. Cook chicken thighs in a splash of oil in an oven proof dish until they are starting to go brown on the outside.</li> <li>2. Add leeks and fry for another 2-3 minutes</li> <li>3. Add swede and carrots and fry for another 2-3 minutes.</li> <li>4. Add chopped tomatoes, chicken stock and sprinkle in some of the mixed herbs, salt and pepper.</li> <li>5. Cook in the oven for 1 hour, or until the chicken is fully cooked</li> <li>6. Season to taste</li> </ol>
Chicken with rice and broccoli	1 Chicken breast, 75g brown rice, <sup>1/3</sup> of head of broccoli, salt and pepper, chilli flakes	<ol style="list-style-type: none"> <li>1. Simmer rice for 30 minutes in shallow water, add more water if needed throughout</li> <li>2. Sprinkle chilli flakes onto chicken breast and grill for 15-20 minutes, turning regularly</li> <li>3. Boil broccoli for 10 minutes</li> <li>4. Season to taste</li> </ol>
Salmon with rice and green beans	1 Salmon fillet, 75g of brown rice, <sup>1/3</sup> pack of green beans, chilli flakes, salt and pepper, chilli flakes	<ol style="list-style-type: none"> <li>1. Simmer rice for 30 minutes</li> <li>2. Sprinkle chilli flakes onto salmon fillet and grill for 15-20 minutes, turning regularly</li> <li>3. Boil broccoli for 10 minutes</li> <li>4. Season to taste</li> </ol>

Recipe	Ingredients	Method
Tuna and kidney bean salad	$\frac{1}{2}$ Can of tuna in water, $\frac{1}{2}$ can of kidney beans, $\frac{1}{3}$ lettuce (shredded), $\frac{1}{4}$ pack of cherry tomatoes, $\frac{1}{3}$ cucumber (chopped), splash of olive oil, splash of balsamic vinegar, salt and pepper	<ol style="list-style-type: none"> <li>1. Drain tuna and kidney beans and place in a bowl</li> <li>2. Mix in salad ingredients and add the olive oil, balsamic vinegar</li> <li>3. Season to taste</li> </ol>
Sweet Potato with feta cheese and asparagus	1 sweet potato, 50g feta cheese, $\frac{1}{2}$ pack of asparagus, salt and pepper	<ol style="list-style-type: none"> <li>1. Bake sweet potato for 45 minutes</li> <li>2. Grill asparagus for 3 minutes</li> <li>3. Sprinkle feta cheese over potato</li> <li>4. Season to taste</li> </ol>
Steak with, broccoli, carrots and green beans	8oz Steak, $\frac{1}{3}$ broccoli, $\frac{1}{2}$ carrot, $\frac{1}{3}$ pack of green beans, dash of olive oil, salt and pepper	<ol style="list-style-type: none"> <li>1. Season steak and then fry steak in oil to desired cook</li> <li>2. Boil vegetables for 10 minutes</li> </ol>
Chicken salad	1 Chicken breast, $\frac{1}{2}$ red pepper, $\frac{1}{3}$ lettuce, $\frac{1}{3}$ cucumber, $\frac{1}{4}$ pack of cherry tomatoes, splash of olive oil, splash of balsamic vinegar, salt and pepper	<ol style="list-style-type: none"> <li>1. Grill chicken breast for 15-20 minutes</li> <li>2. Roast red peppers for 20-25 minutes</li> <li>3. Mix salad ingredients in a bowl with the chicken and peppers when cooked</li> <li>4. Add olive oil and balsamic vinegar and season to taste</li> </ol>

### Shopping list:

3 chicken breasts

6 chicken thighs

2 Salmon fillets

1 8oz steak

1 Pack of feta cheese

1 Can of tuna

2 Avocados

1 Head of broccoli

2 Sweet potatoes

3 Carrots

2 Leeks

1 Swede

1 Can of chopped tomatoes

1 Can of kidney beans

2 Packs of cherry tomatoes

2 Cucumbers

1 Red pepper

1 Pack of mushrooms

1 Pack of green beans

1 Pack of asparagus

1 Pack of brown rice

5 Bananas

3 Apples

1 Pack of strawberries

1 Pack of blueberries

1 Bag of porridge oats

500ml of almond milk

1 Pack of raw almonds

Olive oil

Balsamic vinegar

Chilli flakes

Mixed herbs

Chicken stock cubes

1 pack of butter