



# Fat Loss Feast



5 FREE RECIPES

# *Healthy ish*

Fat Loss Feast is all about making healthy eating fit into a normal hectic and busy lifestyle. We know that if every meal is a plate of grilled chicken, broccoli and rice, it won't be long before you end up ordering a takeaway.

Below are a selection of some healthy recipes to try out. Recipes like the Lasagne maybe won't be 100% healthy but by weighing our your cheese, using lean mince and sensible portion control, can easily be added into a sensible and balanced diet and also get some excellent weight loss results as the calories per portion are excellent.

Sustainable over 'perfect' every day of the week!!



# *Honey Salmon Skewers*

Serves 4

## Ingredients

100ml of reduced salt soy sauce  
A pinch of balsamic Vinegar  
3 tbsp of honey  
0.5 tsp Onion Powder  
2.5cm piece fresh root ginger, peeled, grated  
2 Tomatoes  
1 Green Pepper  
4 x 150g salmon fillets, cut into cube

## Method

Mix the soy, honey, balsamic, onion powder and ginger in a bowl.  
Put salmon chunks in and marinate for 1 hour. Put onto skewers  
with chopped veg  
Grill on a high heat for around 4/5 minutes or until cooked.

Serves with a big fresh salad

## Nutrition

Calories per serving- 500

# *Spicy Chinese Chicken*

Serves 2

## Ingredients

200g boneless chicken thighs, chopped into small strips  
2 tbsp light soy sauce  
2 tbsp tomato purée  
Around 100ml of water or stock  
1 tbsp rice vinegar  
1 tbsp hot chilli flakes  
1 tbsp of Chinese 5 spice  
Tbsp of honey  
2 cloves of garlic, crushed  
Low Cal Spray  
2 spring onions, chopped  
1 red pepper, chopped  
1 Large Carrot, grated  
1 Broccoli head, cut into little florets

## Method

- Mix the soy sauce, tomato puree, water and rice wine vinegar in a a bowl.
- In a medium pan with a spray, chuck in the garlic, onions and chilli flakes, pepper, carrot and broccoli heads and stir fry for around 4 minutes.
  - Add in the chicken and stir until starting to brown.
  - Add in the 5 spice and Honey, stir for another few minutes.
- Add the sauce on top and fry off for around 5/8 minutes until chicken is cooked.
  - It should cook fast as you've chopped it fairly small.

## Nutrition-

Calories per serving- 260 per portion and 455 if serves with 125g of uncle bens egg fried rice

# *Lucy's Lasagne*

Serves 6

To make the Bolognese

750g 5% beef mince

1 onion, finely chopped

1 pepper, diced

1 carrot, diced or grated if you can't be bothered (guilty!)

2 tins plum tomatoes

3 cloves of garlic

1 tbsp balsamic vinegar

1 tbsp Worcester sauce

1 beef stock cube

Dried basil and oregano (I don't measure but it's probably 0.5tbsp of each maybe a little more)

Fry off onion, garlic, pepper and carrot. I use splashes of water instead of oil just keep topping it up as it dries out

Add mince and break up with spoon, cook until brown

Add everything else, breaking up tomatoes then leave on low-medium for as long as you like it tastes better the longer it's left.

To make the Bechamel

50g plain flour

50g butter

500ml milk (I used whole as that's what we get in for the kids)

Melt butter and add in flour. Whisk together and cook off for 2 mins. Slowly add milk stirring each time and bring to the boil, stirring continuously. It takes maybe 3-4 mins.

Take off heat when thickened

Assemble with lasagne sheets and top with 100g reduced fat cheddar. I do bolognese lasagne bolognese lasagne bolognese lasagne bechamel cheese.

I used 240g dried lasagne sheets and that was enough for a big lasagne dish.

Calories per serving 580

# Crispy Honey Chilli Chicken

Serves 4

## Ingredients

385g of Chicken Breasts, cut into small cubes

6 tbsp of Honey

100g of Breadcrumbs

1 Egg, whisked

180g of Tenderstem Broccoli

1 Spring Onion

1 Thumbnail size of Ginger, grated

3 Cloves of Garlic, finely chopped

1 Red Chilli, chopped (optional)

2 tbsp light soy sauce

Salt and Pepper

## Method

1 - Get 2 bowls, the first with a whisked egg and the second with the breadcrumbs. Take the chicken, put into egg mixture and then fully coat with the breadcrumbs before putting onto a baking tray. Season with salt and pepper and then oven cook on 190c for 20 minutes.

2 - In a pan, lightly sauté the garlic and Chilli for around 3/4 minutes before adding the ginger for another few minutes. Add in the honey and soy sauce and simmer. If you want a thicker sauce, add a little cornflour mixed with warm water into the pan.

Let gently simmer until chicken is cooked.

3 - Bring a pan to the boil and cook the broccoli for around 6/8 minutes.

4 - When the chicken is done, take out of the oven and put into a big bowl with the sauce and toss until fully coated.

## Nutrition-

Calories per serving- 330 or around 530 with 100g of cooked oven chips

# *Homemade Nando's*

# *Chicken*

Serves 2

## Ingredients

300g Chicken Breasts  
Red and Orange Pepper, Chopped

## Marinade

6 Red Chilli's, Chopped  
3 Cloves of Garlic  
Salt  
Pepper  
2 tsp Smoked Paprika  
2 tsp Oregano  
1 tsp Garlic Powder  
1 tsp Chilli Flakes  
1 tsp White Wine Vinegar  
3 tbsp Lime Juice  
Chicken Stock, 100ml

## Method

1 - Throw in all of the marinade ingredients into a food processor and blend.

2 - Pour over chicken breast and chopped peppers and marinade 4+ hours if you can. Don't worry If you haven't got that time, leave it for 10 minutes if you are in a rush.

3 - In a little oil or low cal spray, fry off the chicken for a few minutes until each side is brown.

4 - Transfer to oven dish with pepper and rest of marinade and mix. Roast at 180 for around 25 minutes until chicken is cooked through.

6 - Serves with 125g of uncle bens spicy rice per serving.

## Nutrition-

Calories per serving- 550 including the 200 calories for the rice.