



# Fat Loss Feast



## THE READY MEAL PLAN

THIS ONE HAS A DIFFERENT FLF RECIPE EVERY NIGHT OF THE WEEK BUT QUICK BREAKFASTS AND LUNCHES YOU CAN GRAB ON THE GO OR WHACK IN THE MICROWAVE. THIS IS PERFECT FOR PEOPLE WHO ARE SUPER BUSY AND FIND PREP DIFFICULT. AS ALWAYS, THESE ARE JUST EXAMPLE DAYS SO MAKE THIS WORK FOR YOU AND LET ME KNOW IF YOU NEED ANY HELP TWEAKING.

# MONDAY

1,420

Breakfast -  
Porridge Pot with Berries - 250 Calories

Lunch - Healthy Ready Meal - 400  
Calories

Dinner -  
Chinese Beef Stir Fry with 125g of  
microwave rice - 570 Calories

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

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# TUESDAY

1330

Breakfast -  
Porridge Pot with Berries - 250 Calories

Lunch - Healthy Ready Meal - 400  
Calorie

Dinner -  
Sweet Potato Pizza Bites - 480 Calories

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

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# WEDNESDAY

1470

Breakfast -  
Porridge Pot with Berries - 250  
Calories

Lunch - Healthy Ready Meal - 400  
Calorie

Dinner -  
Chicken Katsu - 620 Calories

Snack - Apple and 200g of Pineapple -  
200 Calories

# THURSDAY

1575

Breakfast -  
Chocolate Banana Overnight Oats -  
450 Calories

Lunch - Healthy Ready Meal - 400  
Calorie

Dinner -  
One Pan Chicken Pasta  
- 600 Calories

Snack  
200g blueberries - 100 Calories

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# FRIDAY

1465

Breakfast -  
Chocolate Banana Overnight Oats-  
450 Calories

Lunch - Healthy Ready Meal - 400  
Calorie

Dinner -  
Curried Turkey Burgers - 490 Calories

Snack - 90g Cooked Chicken Tikka  
bits - 125 Calories

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# SATURDAY

1360

Breakfast - Porridge Pot with Berries -  
250 Calories

Lunch -  
Pizza Frittata - 2 servings - 500  
Calories

Dinner -  
Quick Honey Chilli Chicken- 510  
Calories

Snack - 200g blueberries - 100  
Calories



# SUNDAY

1,500

Breakfast - Porridge Pot with Berries -  
250 Calories

Lunch -  
Pizza Frittata - 2 servings - 500  
Calories

Dinner -  
Fajita Bowl - 550 Calories

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

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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.

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 or lower. 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.

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...

# *Chocolate Banana Overnight Oats*

Serves 1

30g oats

15g of Chopped Almonds

150ml Semi Skimmer Milk

1 tbsp Honey

½ banana, chopped

2 tsp cocoa powder

## Method

- Roughly chop the Almonds and put them in a lidded jar.
  - Add the oats.
- Pour over the milk and honey and top with the banana and cocoa powder.
  - Stir and leave overnight in the fridge..

Nutrition-

Calories per serving- 450

# *Porridge Pots*

This one is for sheer ease. For an example, Asda's original porridge pots are 40p and 200 calories. All you have to do is mix with boiling water and you are set. Add some fresh or frozen berries to make it extra healthy. Feel free to play around with the different flavours of these porridge pots but adjust calories accordingly.

# *Healthy Ready Meals*

Again, this one is for sheer ease and is perfect for people who just haven't got time to prep and cook loads of food. These fit into any budget too as you have frozen ones from most supermarkets at around the £1 price range all the way up to fresh ready meals at around £3/5 mark. Most of these ready meals are around 350 calories and if you can, get one that has 'High protein' on the box too.

Cooking from fresh is always best but this option is way better than the excuse of not having time to pick decent choices.

Nourish from Morrisons and Gym Kitchen from Asda are my favourite fresh ones and the morrisons balanced choice frozen range for 99p is decent for the price too.

# *Pizza Frittata*

Serves 4

## Ingredients

10 eggs  
50g of Passata  
2 cloves of Garlic, Finely Chopped  
Half an onion, chopped  
1 Green Pepper, Chopped  
Mushrooms, Diced  
5 Pepperoni circles, 2 diced and 3 whole  
50g low fat grated mozzarella

## Method

- Preheat oven to 180.
- In a pan with a little fry light or oil, gently fry off the onion, Pepper, Mushrooms and diced Pepperoni for around 5 minutes
- Beat 10 eggs in a bowl with a little salt and pepper. Transfer the eggs to a baking dish as well as the filling and stir.
- Cook in the oven for around 10/15 minutes until the top is hard enough for toppings.
- Mix some passata and 2 cloves of chopped garlic together and coat the top. Add whole pepperoni and a handful of low fat cheese. Return to oven until golden brown. Slice and eat or tub up for breakfasts and lunches for next few days.

Nutrition-

Calories per serving- 240



# *Curried Turkey Burgers*

Serves 5

## Ingredients

500g of lean Turkey Mince  
2 tsp Garlic Granules  
1 tsp of Dijon Mustard  
3 tsp of curry powder  
1 tsp of cumin  
Pinch of chilli flakes  
1 Egg yolk  
5 lean bacon rashers - grilled  
Burger salad toppings of your choice  
Multi grain seeded bread bun  
Fry Light

## Method

- Add mince, garlic, curry power, cumin, chilli and egg yolk into bowl and mix..
- Shape into around 5 burgers (good for 2 or 3 days after in fridge)
    - Heat a pan with small amount of oil until hot.
    - Turn down to medium and place burgers in pan.
  - Cook, flipping once or twice until fully cooked through (around 15 minutes if not too thick)

With in a wholemeal seeded bun, filled with a little salad and 1 grilled bacon medallions.

## Nutrition-

Calories per serving- 490 per made up burger

# *Chinese Beef Stir Fry*

Serves 3

## Ingredients

500g of rump steak  
2 tablespoons of flour  
2 teaspoons of Chinese Five Spice  
1 red pepper, thinly sliced  
1 yellow pepper, thinly sliced  
1 red chill, finely chopped  
1 bunch of spring onions, chopped  
2 garlic cloves, crushed  
2cm fresh ginger, finely chopped  
2 tablespoons of tomato puree  
2 tablespoons of white wine vinegar  
2 tablespoons of soy sauce  
2 tablespoons of water  
300g bean sprouts  
1 tablespoons of olive oil

## Method

- Slice the beef into thin strips and put into a bowl with the five spice and flour and stir until the beef is coated
- Heat the olive oil in a large pan over a hot heat and then add beef and cook for 2 or 3 minutes until sealed – cook for a couple of minutes longer if you like your meat well done.  
Remove beef from the pan and set aside
- Meanwhile in another pan heat a little oil over a medium high heat and add the peppers, spring onions, chilli, garlic and ginger then stir fry for 4 minutes
- Add the bean sprouts and continue to stir fry for another 1 minute
- Mix the vinegar, soy sauce, tomato puree and water in a jug. Pour over the stir fry vegetables, increase the heat and bubble for 2 minutes until sauce thickens a little
- Add the beef to the pan and stir until well coated then serve immediately

## Nutrition-

Calories per serving- 400 or 570 with half a bag of long grain microwave rice

# *Sweet Potato Pizza Bites*

Serves 1

## Ingredients

150g Sweet Potato  
4 tbsp of Tomato Puree  
2 cloves of Garlic - Finely Chopped  
1 tsp of Oregano  
A few drops of hot sauce - optional  
30g Low Fat Cheese  
Slice of Ham, sliced into strips  
2 Mushrooms, sliced  
Tbsp Olive Oil

## Method

- Cut Sweet potato into as many 1.5cm (ish) slices as you can.
- Brush both sides with a little oil and place on grease proof paper.
- Put in a pre heated 200c oven for around 10-15 minutes until top started to brown.
- Whilst the bites are in the oven, mix the tomato puree, garlic, oregano and if you're feeling spicy, hot sauce in a bowl.
- Take out of the oven, flip them and start to make your pizza.
- Start with the sauce and then a little ham and mushroom. Finish with a handful of cheese.
- Place back in the oven for about 10-15 minutes again until cheese starts to brown.
- Serve and enjoy.

## Nutrition

Calories per serving- 480

# *Chicken Katsu*

Serves 2

## Ingredients

2 Small Chicken Breasts, flattened slightly  
60g of Panko Breadcrumbs  
1 Egg, whisked  
1.5 tbsp of Curry Powder  
1 tsp of Soy Sauce  
1 Medium Onion, Finely Chopped 2 Cloves of Garlic, Finely Chopped  
400ml of Chicken Stock  
1 tsp of plain flour or Cornflour mixed in with some warm water to make a slurry.  
Spring Onion, chopped  
125g of cooked rice

## Method

In a bowl, whisk an egg and add a tsp of Soy Sauce. In another bowl, put the Panko Crumbs in with salt and pepper.

Put the Chicken Breast in the egg mixture and then in the breadcrumbs. Repeat if you want them extra crispy before putting on a baking tray and cooking in the oven on 180c for 20/25 minutes until crispy and cooked through.

In a pan on a medium heat, add some low cal spray or a little oil and start to gently fry off the onions for around 3 minutes.

Add the Garlic and cook for a further minute or so. Add the curry powder into the pan and a little bit of the stock and stir for another minute.

Add the rest of the stock and then the flour mixture.

Stir well and let simmer until the chicken is down and the sauce thickens enough.

Serves with rice or side of choice. Enjoy and remember, your support helps me so much so every like, comment and share really does help.

Nutrition-

Calories per serving- 620

# *One Pan Chicken Pasta*

Serves 2

## Ingredients

- 2 Small Chicken Breasts
- 1 Tin of Plum Tomatoes
- 2 cloves of Garlic, finely chopped
- 1 handful of fresh basil
- 2 Red Chilli's, finely chopped (Avoid if you don't like spice)
- 1 Red or Yellow Pepper, Chopped in strips
- 1 Vine of Cherry Tomatoes, whole
- 1 Tsp of Oregano
- Splash of Balsamic Vinegar
- 120g of Dried Spaghetti
- Salt and Pepper
- 2 tsp of Smoked Paprika

## Method

- Flatten down the Chicken Breasts and then rub the Smoked Paprika, Salt and Pepper into the Chicken.
- In a pan on medium heat with a little low calorie spray or a little oil, gently cook the chicken for around 5 minutes on one side.
  - Add the Garlic, Cherry Tomatoes, Red Chilli and Red Pepper and stir.
  - After 2 more minutes, flip the Chicken and cook for a further 4/5 minutes before adding a splash of Balsamic and then the tin of tomatoes, squashing the tomato down and stirring in with the rest of the ingredients around the chicken.
- After a few more minutes, make sure the chicken breast is cooked through, plate up and let rest. - Season the sauce and add the oregano, basil and let simmer for 4/5 more minutes. Stir in the pasta and serve with the chicken and side salad.

Calories per serving 600

# *Quick Honey Chilli Chicken*

Serves 2

## Ingredients

250g of Chicken Breast  
3 tbsp of Honey  
Splash of Soy Sauce  
Chilli flakes to taste  
100g of Mange Tout  
100g of Baby corn  
1 tbsp olive oil  
Salt and Pepper

## Method

- Slice chicken into small strips
- Heat oil in a medium pan then start to fry off chicken
- After 4/5 minutes, add the honey, chilli, mange tout, baby corn, Soy Sauce, salt and pepper
- Cook until chicken browns off with the honey and the chicken is cooked through.

## Nutrition-

Calories per serving- 300 or around 510 with 100g of cooked oven chips



# *Fajita Bowl*

Serves 2

## Ingredients

250g Chicken Breasts - Sliced  
1 Red Pepper- Sliced  
1 Green Pepper - Sliced  
1 Red Onion - Sliced  
1 Red Chilli - Sliced  
Half a Lime Juice  
Bowl full of Shredded Lettuce  
2 Tomatoes - Chopped  
2 tsp of Smoked Paprika  
2 tsp of Coriander  
1 tsp of Salt  
1 tsp of Pepper  
1 tsp of Garlic Granules  
Hot Sauce - A few splashes  
1 Avocado - Sliced  
45g of refried beans per portion  
20g of low fat cheese per portion  
Tiny Drizzle of soured cream (optional)  
A little fresh Coriander to dress  
Low cal spray

## Method

- Put the chicken, peppers, onion, chilli, lime juice, hot sauce and spices in a mixing bowl and make sure everything is covered.
- In a medium heat pan, put in a little spray and then put in the mixture.
  - Stir fry for around 10 minutes until chicken is fully cooked.
- When the chicken is nearly cooked, cut and shred some lettuce and layer the bottom of a bowl.
  - Mix in a chopped tomato.
- Now you start layering the bowl. One part avocado, one part refried beans, one part cheese and one part fajita mix.
- Drizzle a little soured cream on top and then a little finely chopped coriander.

## Nutrition-

Calories per serving- 520