



7 day weight loss meal plan

~1500 calories

	MON	TUES	WED	THURS	FRI	SAT	SUN
Breakfast	Strawberry overnight oats	Yoghurt breakfast bowl	Scrambled eggs with mushrooms and spring onions	Chia and pumpkin seed pudding	Yoghurt breakfast bowl	Scrambled eggs with mushrooms and spring onions	Smoked salmon and eggs frittata
Lunch	Spanish omelette	Tuna pitta sandwich	Greek chicken and rice bowl	Roast chicken with veggies	Tuna pitta sandwich	Spanish omelette	Roast chicken with veggies
Dinner	Ricotta chicken pasta	Chicken couscous salad	Breaded salmon with quinoa and asparagus	Prawn and quinoa salad	Chicken couscous salad	Ricotta chicken pasta	Prawn and quinoa salad
Snack	Apple slices with almond butter	Boiled egg	Cottage cheese with apple	Apple slices with almond butter	Fruit smoothie	Greek yoghurt	Boiled egg
Cals	1442 kcal	1451 cal	1482 cal	1548 cal	1517 cal	1513 cal	1473 cal

Ingredients and nutritional info:

Breakfast

MEAL	INGREDIENTS	METHOD	PROTEIN	FATS	CARBS	CALS
Yoghurt breakfast bowl	180 g low fat Greek yoghurt, 150 g blueberries, 15 g walnuts, 1 tbsp pumpkin seeds, 2 tsp honey	Serve the Greek yoghurt in a bowl and add the berries, walnuts, and pumpkin seeds. Drizzle the honey on top.	23.5 g	16.7 g	39.3 g	370
Strawberry overnight oats	1/2 cup rolled oats, 1/2 cup unsweetened almond milk, 1/2 cup chopped strawberries, 1/4 cup Greek yogurt, 1 tsp honey, 1/2 tsp vanilla extract	Place all ingredients in a container and stir until combined. Seal with a lid and place in the fridge overnight (or for a couple hours). In the morning drizzle with honey and enjoy!	9 g	4 g	40 g	236
Scrambled eggs with mushrooms and spring onions	2 large eggs, 50 g sliced mushrooms, 20 g sliced spring onions, 1 tsp olive oil, 1/4 medium avocado, 1x slice wholemeal toast	Heat the oil in a frying pan at medium heat, add the mushrooms and spring onions and cook for 5 minutes. Add the scrambled eggs and cook until firm. Serve with toast topped with avocado.	20.7 g	24.8 g	26.1 g	387
Chia and pumpkin seed pudding	200 ml soya milk, 15 g chia seeds, 2 tbsp pumpkin seeds, 1x small banana	Add the milk in a cup and add chia and pumpkin seeds. Let it sit for 10 mins or overnight. Add the chopped banana when you are ready to eat.	15.6 g	20 g	29.9 g	338
Smoked salmon and eggs frittata	60 g smoked salmon, 1x large egg, 50 g rocket salad, 1 tsp extra virgin olive oil, 1x slice wholemeal toast	Add the olive oil in a pan and cook the smoked salmon until light pink, then add the scrambled eggs and cook until the egg is firm. Serve on wholemeal toast topped with rocket leaves.	26.8 g	20.6 g	20.8 g	366

Ingredients and nutritional info:

Lunch

MEAL	INGREDIENTS	METHOD	PROTEIN	FATS	CARBS	CALS
Spanish omelette	3 eggs, 100 g potatoes, 100 g courgette, 50 g onion, 3 tsp extra virgin olive oil	Steam the potatoes until soft and set aside. Heat the oil in a frying pan and cook the onions and courgette. Add the potatoes and the eggs and cook for a few more minutes.	21.9 g	30.5 g	23.3 g	445
Tuna pitta sandwich	1x wholemeal pitta bread,100 g tinned tuna, 5 tsp mayonnaise, 20 g chopped spring onions, 100 g mixed salad leaves	Mix together the tuna, mayonnaise and spring onion. Serve in the pitta bread with the mixed salad leaves.	34.9 g	18.2 g	38.8 g	450
Roast chicken with veggies	130 g chicken (legs or thighs), 150 g bell peppers, 1x small red onion, 150 g courgettes, 3 tsp extra virgin olive oil, 130 g white potatoes	Pre-heat oven to 180°C. In an oven dish add the oil and chicken. Add the chopped vegetables and potatoes, adding any seasoning of your choice. Cook in the oven for 40 minutes, until the chicken is cooked through and vegetables are softer.	30.1 g	21 g	43.1 g	472
Greek chicken and rice	100 g chicken thighs, 1x lemon, 1 tsp extra virgin olive oil, 1/4 red onion, 1x garlic clove, 40 g long-grain rice, 200 ml chicken broth, 10x green olives, 10 g feta cheese, 50 g green beans, seasonings*	Preheat oven to 180°C. Add seasonings and lemon zest to the chicken, sear until browned and set aside. Sauté onion and garlic until translucent. Add rice and sauté for 1 more minute. Add the chicken broth and bring the mixture to a simmer. Add the juice of the zested lemon. Place the chicken on top and cook in the oven for 20-25 minutes. Remove and add the olives, feta and parsley. Serve with the green beans.	25.2 g	20.1 g	50.1 g	447

* We used half a teaspoon of dried oregano and garlic powder, 1 tablespoon of freshly chopped parsley, and salt & pepper to taste

Ingredients and nutritional info:

Dinner

MEAL	INGREDIENTS	METHOD	PROTEIN	FATS	CARBS	CALS
Breaded salmon with quinoa and asparagus	80 g salmon fillet, 25 g breadcrumbs, 100 g quinoa, 100 g asparagus, 1 tsp extra virgin olive oil	Rub some oil on the salmon fillet and coat in breadcrumbs. Bake or air fry for 10-12 mins. Serve with the cooked quinoa and steamed asparagus.	28.5 g	18.8 g	44.4 g	450
Chicken couscous salad (double portion)	100 g chicken, 120 g cous cous, 70 g cherry tomatoes, 2 tbsp hummus, 100 g cucumber, 50 g mixed leaf salad, 2 tsp extra virgin olive oil	Cook the cous cous according to the instructions and place in a large bowl. Cook the chicken in a frying pan adding in herbs or spices of your choice. Combine all the ingredients and season.	31.1 g	17.9 g	40.6 g	443
Minced beef meatballs with rice and broccoli (double portion)	100 g minced beef, 200 g tinned tomatoes, 45 g wholegrain rice, 120 g broccoli, 1 tsp extra virgin olive oil	Heat oil in a frying pan and add the meatballs. Cook until the outside has turned golden brown. Add the tomatoes and simmer until you have a thick sauce. Meanwhile steam the broccoli and cook the rice. Serve everything together.	28 g	18.5 g	45.5 g	450
Prawn and quinoa salad	120 g king prawns, 1/2 medium onion, 2x garlic cloves, 4 tsp extra virgin olive oil, 100 g red pepper, 100 g yellow pepper, 70 g green beans, 100 g quinoa	Steam the green beans and cook the quinoa according to instructions and set aside. Sauté the onion and garlic in olive oil. Add the peppers and cook for 5 minutes. Add the prawns and cook them on both sides. combine and serve with the steamed green beans.	24.2 g	23.3 g	43.5 g	447
Ricotta chicken pasta (double portion)	40 g chicken breast, 30 g lean bacon, 30 g ricotta cheese, 2 tsp parmesan cheese, 1x garlic cloves, 1 tsp olive oil, 60 g fusilli pasta, 2 tbsp lemon juice, lemon zest, 50 g spinach, seasonings*	Cook the bacon in olive oil and chop into small pieces. Season the chicken and sear until fully cooked. Boil boil the pasta. saving some pasta water. Whisk together the reserved pasta water, ricotta cheese, lemon juice and zest and 1/2 the grated parmesan in a large bowl until smooth. sauté the crushed garlic until fragrant. Add the ricotta mixture and cook until the sauce is thicker. Add the pasta, chicken and bacon and stir.	31.8 g	18 g	47.3 g	470

Ingredients and nutritional info:

Snacks

SNACK	INGREDIENTS	PROTEIN	FATS	CARBS	CALS
Fruit smoothie	½ frozen banana, 1/2 cup blueberries, 1 peeled orange (diced), 1 Tbsp coconut thread, 1 cup almond milk, 2–3 ice cubes	4.2 g	13.4 g	39.2 g	254
Boiled egg	1x large egg, 1 tsp mayonnaise, 1x slice wholegrain toast	10 g	9 g	17.8 g	188
Apple with almond butter	1 medium apple, 32 g almond butter	7 g	18 g	31 g	291
Cottage cheese with apple	120 g cottage cheese, 1x medium apple	13.3 g	5.2 g	23.4 g	198
Greek yoghurt	4 tbsp full fat Greek yoghurt, 2 tbsp pumpkin seeds, 100 g blueberries	11.8 g	13.1 g	13.3 g	211