

# 7 DAY WEIGHT LOSS PLAN



Follow this eating plan for 7 days to get your healthy eating back on track.

## DAY 1 - MONDAY

### *Breakfast*

WHOLEMEAL BAGEL  
COTTAGE CHEESE  
ORANGE

### *Lunch*

VEGETABLE SOUP  
(POTATO, ONION, LEEKS  
& CAULIFLOWER)

### *Dinner*

BAKED SALMON  
STEAK WITH HERBS,  
SWEET POTATO  
& GREEN BEANS.  
COOKED IN BUTTER

### *Snack*

PEANUT BUTTER  
& CELERY STICKS

## DAY 2 - TUESDAY

### *Breakfast*

MUSHROOM &  
TOMATO OMELETTE, 2 EGGS  
GRAPES

### *Lunch*

LARGE SALAD  
WITH EXTRA  
VIRGIN OLIVE OIL

### *Dinner*

TURKEY, GREEN BEANS,  
BROCCOLI & BASMATI RICE.  
DRIZZLED WITH  
EXTRA VIRGIN OLIVE OIL  
& CHOICE OF HERBS

### *Snack*

FRUIT & NUTS

## DAY 3 - WEDNESDAY

### *Breakfast*

PORRIDGE WITH  
SKIMMED MILK  
ALMOND & BRAZIL NUTS

### *Lunch*

TUNA/CHOICE OF FISH  
FILLET WITH BASMATI  
RICE & PEAS

### *Dinner*

GAMMON STEAK  
WITH BOILED/POACHED EGG,  
PINEAPPLE, PEAS  
& BOILED POTATOES

### *Snack*

CARROT &  
CUCUMBER STICKS  
WITH HOUMOUS

## DAY 4 - THURSDAY

### *Breakfast*

FRUIT SMOOTHIE  
(YOUR CHOICE OF FRUIT)

### *Lunch*

TUNA STUFFED PEPPERS  
WITH ROAST VEGETABLES  
& EXTRA VIRGIN  
OLIVE OIL

### *Dinner*

GRILLED SEA BASS  
WITH BROWN RICE, SPINACH  
& GREEN BEANS

### *Snack*

VEGETABLE SOUP

## DAY 5 - FRIDAY

### *Breakfast*

BOILED EGGS  
& ASPARAGUS SPEARS  
APPLE

### *Lunch*

GRILLED CHICKEN  
WITH LETTUCE, CUCUMBER  
, CELERY, RED ONION  
& TOMATOES

### *Dinner*

STEAK WITH BROCCOLI  
& SWEET POTATO

### *Snack*

COUSCOUS

## DAY 6 - SATURDAY

### *Breakfast*

MUESLI WITH  
SKIMMED MILK  
WATERMELON

### *Lunch*

WHOLEGRAIN WRAP,  
CHICKEN BREAST,  
COTTAGE CHEESE,  
LETTUCE, CUCUMBER  
& TOMATO

### *Dinner*

CHEAT MEAL

### *Snack*

SMALL SALAD

## DAY 7 - SUNDAY

### *Breakfast*

PINEAPPLE,  
CASHEWS NUTS & ALMONDS  
WHOLEGRAIN TOAST  
& COTTAGE CHEESE

### *Lunch*

GRILLED CHICKEN WITH  
SWEET POTATO  
MASH & STEAMED  
VEGETABLES

### *Dinner*

COUSCOUS WITH BUTTER  
& ROASTED VEGETABLES

### *Snack*

COTTAGE CHEESE  
& RYVITA/BROWN  
RICE CAKE