**OBESITY**

**First option;**

Breakfast Options:

Day 1:

- Veggie omelet made with egg whites, spinach, tomatoes, and mushrooms.

- Whole-grain toast.

- Fresh fruit salad.

Day 2:

- Greek yogurt topped with berries and a sprinkle of granola.

- Hard-boiled egg.

- Green tea.

Day 3:

- Oatmeal made with rolled oats, almond milk, and cinnamon.

- Sliced banana and a tablespoon of almond butter.

- Herbal tea.

Day 4:

- Whole-grain cereal with low-fat milk or plant-based milk.

- Mixed nuts and seeds.

- Fresh orange juice.

Day 5:

- Spinach and mushroom scramble (using egg whites or egg substitute).

- Whole-wheat English muffin with a thin layer of avocado.

- Freshly brewed coffee.

Day 6:

- Protein smoothie made with unsweetened almond milk, a scoop of protein powder, spinach, and mixed berries.

- Whole-grain toast with a thin spread of peanut butter.

- Herbal tea.

Day 7:

- Quinoa breakfast bowl with cooked quinoa, diced apples, raisins, and a sprinkle of cinnamon.

- Low-fat plain yogurt.

- Green tea.

Lunch Options:

Day 1:

- Grilled chicken breast salad with mixed greens, cherry tomatoes, cucumber, and balsamic vinaigrette.

- Whole-grain roll.

Day 2:

- Quinoa and black bean salad with diced bell peppers, red onion, and lime vinaigrette.

- Steamed broccoli.

Day 3:

- Turkey and vegetable wrap with whole-wheat tortilla, lettuce, tomatoes, and mustard.

- Fresh fruit.

Day 4:

- Grilled salmon with roasted sweet potatoes and steamed asparagus.

- Side salad with mixed greens, cherry tomatoes, and a light dressing.

Day 5:

- Vegetable stir-fry with tofu or lean beef, served over brown rice.

- Vegetable soup.

Day 6:

- Whole-grain pasta with marinara sauce, sautéed spinach, and grilled chicken breast.

- Caesar salad (light dressing).

Day 7:

- Lentil soup with a side of mixed greens and lemon dressing.

- Whole-grain bread.

\*\*Dinner Options:\*\*

Day 1:

- Baked chicken breast with roasted Brussels sprouts and quinoa.

- Mixed green salad with lemon vinaigrette.

Day 2:

- Grilled shrimp skewers with steamed broccoli and brown rice.

- Garden salad with light dressing.

Day 3:

- Baked cod with lemon and herbs, served with roasted sweet potatoes and grilled asparagus.

- Spinach salad with cherry tomatoes and balsamic dressing.

Day 4:

- Turkey meatballs in marinara sauce, served with whole-grain pasta and steamed green beans.

- Mixed green salad.

Day 5:

- Grilled flank steak with roasted cauliflower and quinoa.

- Caesar salad (light dressing).

Day 6:

- Baked salmon with quinoa pilaf and steamed broccoli.

- Tomato and cucumber salad with balsamic dressing.

Day 7:

- Vegetable stir-fry with tofu or lean beef, served over brown rice.

- Miso soup.

Remember to adjust portion sizes according to individual needs and preferences. It's also essential to stay adequately hydrated throughout the day by drinking plenty of water.

**Second option;**

**Day 1: Monday**

**Breakfast: Banana Yogurt Pots**

**Nutrition**

* Calories – 236
* Protein – 14g
* Carbs – 32g
* Fat – 7g

**Prep time:** 5 minutes

**Ingredients (for 2 people)**

* 225g /⅞ cup Greek yogurt
* 2 bananas, sliced into chunks
* 15g / 2 tbsp walnuts, toasted and chopped

**Instructions**

1. Place some of the yogurt into the bottom of a glass. Add a layer of banana, then yogurt and repeat. Once the glass is full, scatter with the nuts.

**Lunch: Cannellini Bean Salad**

**Nutrition**

* Calories – 302
* Protein – 20g
* Carbs – 54g
* Fat – 0g

**Prep time:** 5 minutes

**Ingredients (for 2 people)**

* 600g / 3 cups cannellini beans
* 70g / ⅜ cups cherry tomatoes, halved
* ½ red onion, thinly sliced
* ½ tbsp red wine vinegar
* small bunch basil, torn

**Instructions**

1. Rinse and drain the beans and mix with the tomatoes, onion and vinegar. Season, then add basil just before serving.

**Dinner: Moussaka**

**Nutrition**

* Calories – 577
* Protein – 27g
* Carbs – 46g
* Fat – 27g

**Prep time + cook time:** 30 minutes

**Ingredients (for 2 people)**

* 1 tbsp extra virgin olive oil
* ½ onion, finely chopped
* 1 garlic clove, finely chopped
* 250g / 9 oz lean beef mince
* 200g can / 1 cup chopped tomatoes
* 1 tbsp tomato purée
* 1 tsp ground cinnamon
* 200g can / 1 cup chickpeas
* 100g pack / ⅔ cup feta cheese, crumbled
* Mint (fresh preferable)
* Brown bread, to serve

**Instructions**

1. Heat the oil in a pan. Add the onion and garlic and fry until soft. Add the mince and fry for 3-4 minutes until browned.
2. Tip the tomatoes into the pan and stir in the tomato purée and cinnamon, then season. Leave the mince to simmer for 20 minutes. Add the chickpeas halfway through.
3. Sprinkle the feta and mint over the mince. Serve with toasted bread.

Top of Form

Bottom of Form

**Day 2: Tuesday**

**Breakfast: Tomato and Watermelon Salad**

**Nutrition**

* Calories – 177
* Protein – 5g
* Carbs – 13g
* Fat – 13g

**Prep time + cook time:** 5 minutes

**Ingredients (for 2 people)**

* 1 tbsp olive oil
* 1 tbsp red wine vinegar
* ¼ tsp chilli flakes
* 1 tbsp chopped mint
* 120g / ⅝ cups tomatoes, chopped
* ½ watermelon, cut into chunks
* 50g / ⅔ cup feta cheese, crumbled

**Instructions**

1. For the dressing, Mix the oil, vinegar, chilli flakes and mint and then season.
2. Put the tomatoes and watermelon into a bowl. Pour over the dressing, add the feta, then serve.

**Lunch: Edgy Veggie Wraps**

**Nutrition**

* Calories – 310
* Protein – 11g
* Carbs – 39g
* Fat – 11g

**Prep time + cook time:** 10 minutes

**Ingredients (for 2 people)**

* 100g / ½ cups cherry tomatoes
* 1 cucumber
* 6 Kalamata olives
* 2 large wholemeal tortilla wraps
* 50g / ¼ cups feta cheese
* 2 tbsp hummus

**Instructions**

1. Chop the tomatoes, cut the cucumber into sticks, split the olives and remove the stones.
2. Heat the tortillas.
3. Spread the houmous over the wrap. Put the vegetable mix in the middle and roll up.

**Dinner: Spicy Tomato Baked Eggs**

**Nutrition**

* Calories – 417
* Protein – 19g
* Carbs – 45g
* Fat – 17g

**Prep time + cook time:** 25 minutes

**Ingredients (for 2 people)**

* 1 tbsp olive oil
* 2 red onions, chopped
* 1 red chilli, deseeded & chopped
* 1 garlic clove, sliced
* small bunch coriander, stalks and leaves chopped separately
* 800g can / 4 cups cherry tomatoes
* 4 eggs
* brown bread, to serve

**Instructions**

1. Heat the oil in a frying pan with a lid, then cook the onions, chilli, garlic and coriander stalks for 5 minutes until soft. Stir in the tomatoes, then simmer for 8-10 minutes.
2. Using the back of a large spoon, make 4 dips in the sauce, then crack an egg into each one. Put a lid on the pan, then cook over a low heat for 6-8 mins, until the eggs are done to your liking. Scatter with the coriander leaves and serve with bread.
3. **Day 3: Wednesday**
4. **Breakfast: Blueberry Oats Bowl**

**Nutrition**

* Calories – 235
* Protein – 13g
* Carbs – 38g
* Fat – 4g

**Prep time + cook time:** 10 minutes

**Ingredients (for 2 people)**

* 60g porridge oats
* 160g Greek yogurt
* 175g blueberries
* 1 tsp honey

**Instructions**

1. Put the oats in a pan with 400ml of water. Heat and stir for about 2 minutes. Remove from the heat and add a third of the yogurt.
2. Tip the blueberries into a pan with the honey and 1 tbsp of water. Gently poach until the blueberries are tender.
3. Spoon the porridge into bowls and add the remaining yogurt and blueberries.

**Lunch: Carrot, Orange and Avocado Salad**

**Nutrition**

* Calories – 177
* Protein – 5g
* Carbs – 13g
* Fat – 13g

**Prep time + cook time:** 5 minutes

**Ingredients (for 2 people)**

* 1 orange, plus zest and juice of 1
* 2 carrots, halved lengthways and sliced with a peeler
* 35g / 1 ½ cups rocket / arugula
* 1 avocado, stoned, peeled and sliced
* 1 tbsp olive oil

**Instructions**

1. Cut the segments from 1 of the oranges and put in a bowl with the carrots, rocket/arugula and avocado. Whisk together the orange juice, zest and oil. Toss through the salad, and season.

**Dinner: Salmon with Potatoes and Corn Salad**

**Nutrition**

* Calories – 479
* Protein – 43g
* Carbs – 27g
* Fat – 21g

**Prep time + cook time:** 30 minutes

**Ingredients (for 2 people)**

* 200g / 1 ⅓ cups baby new potatoes
* 1 sweetcorn cob
* 2 skinless salmon fillets
* 60g / ⅓ cups tomatoes
* 1 tbsp red wine vinegar
* 1 tbsp extra-virgin olive oil
* Bunch of spring onions/scallions, finely chopped
* 1 tbsp capers, finely chopped
* handful basil leaves

**Instructions**

1. Cook potatoes in boiling water until tender, adding corn for final 5 minutes. Drain & cool.
2. For the dressing, mix the vinegar, oil, shallot, capers, basil & seasoning.
3. Heat grill to high. Rub some dressing on salmon & cook, skinned side down, for 7-8 minutes. Slice tomatoes & place on a plate. Slice the potatoes, cut the corn from the cob & add to plate. Add the salmon & drizzle over the remaining dressing.
4. **Day 4: Thursday**
5. **Breakfast: Banana Yogurt Pots**
6. **Lunch: Mixed Bean Salad**

**Nutrition**

* Calories – 240
* Protein – 11g
* Carbs – 22g
* Fat – 12g

**Prep time + cook time:** 10 minutes

**Ingredients (for 2 people)**

* 145g / ⅘ cups jar artichoke heart in oil
* ½ tbsp sundried tomato paste
* ½ tsp red wine vinegar
* 200g can / 1 cup cannellini beans, drained and rinsed
* 150g / ¾ cups tomatoes, quartered
* handful Kalamata black olives
* 2 spring onions, thinly sliced on the diagonal
* 100g / ⅔ cups feta cheese, crumbled

**Instructions**

1. Drain the jar of artichokes, reserving 1-2 tbsp of oil. Add the oil, sun-dried tomato paste and vinegar and stir until smooth. Season to taste.
2. Chop the artichokes and tip into a bowl. Add the cannellini beans, tomatoes, olives, spring onions and half of the feta cheese. Stir in the artichoke oil mixture and tip into a serving bowl. Crumble over the remaining feta cheese, then serve.

**Dinner: Spiced Carrot and Lentil Soup**

**Nutrition**

* Calories – 238
* Protein – 11g
* Carbs – 34g
* Fat – 7g

**Prep time + cook time:** 25 minutes

**Ingredients (for 2 people)**

* 1 tsp cumin seeds
* pinch chilli flakes
* 1 tbsp olive oil
* 300g /2 cups carrots, washed and coarsely grated
* 70g / ⅓ cup split red lentils
* 500ml / 2 ¼ cups hot vegetable stock
* 60ml / ¼ cup milk
* Greek yogurt, to serve

**Instructions**

1. Heat a large saucepan and dry fry the cumin seeds and chilli flakes for 1 minute. Scoop out about half of the seeds with a spoon and set aside. Add the oil, carrot, lentils, stock and milk to the pan and bring to the boil. Simmer for 15 minutes until the lentils have swollen and softened.
2. Whizz the soup with a stick blender or in a food processor until smooth. Season to taste and finish with a dollop of Greek yogurt and a sprinkling of the reserved toasted spices.
3. **Day 5: Friday**
4. **Breakfast: Tomato and Watermelon Salad**
5. **Lunch: Panzanella Salad**

**Nutrition**

* Calories – 452
* Protein – 6g
* Carbs – 37g
* Fat – 25g

**Prep time + cook time:** 10 minutes

**Ingredients (for 2 people)**

* 400g / 2 cups tomatoes
* 1 garlic clove, crushed
* 1 tbsp capers, drained and rinsed
* 1 ripe avocado, stoned, peeled and chopped
* 1 small red onion, very thinly sliced
* 2 slices of brown bread
* 2 tbsp olive oil
* 1 tbsp red wine vinegar
* small handful basil leaves

**Instructions**

1. Chop the tomatoes and put them in a bowl. Season well and add the garlic, capers, avocado and onion. Mix well and set aside for 10 minutes.
2. Meanwhile, tear the bread into chunks and place in a bowl. Drizzle over half of the olive oil and half of the vinegar. When ready to serve, scatter tomatoes and basil leaves and drizzle with remaining oil and vinegar. Stir before serving.

**Dinner: Med Chicken, Quinoa and Greek Salad**

**Nutrition**

* Calories – 473
* Protein – 36g
* Carbs – 57g
* Fat – 25g

**Prep time + cook time:** 20 minutes

**Ingredients (for 2 people)**

* 100g / ⅗ cup quinoa
* ½ red chilli, deseeded and finely chopped
* 1 garlic clove, crushed
* 2 chicken breasts
* 1 tbsp extra-virgin olive oil
* 150g / ¾ cup tomatoes, roughly chopped
* handful pitted black kalamata olives
* ½ red onion, finely sliced
* 50g / ½ cup feta cheese, crumbled
* small bunch mint leaves, chopped
* juice and zest ½ lemon

**Instructions**

1. Cook the quinoa following the pack instructions, then rinse in cold water and drain thoroughly.
2. Meanwhile, toss the chicken fillets in the olive oil with some seasoning, chilli and garlic. Lay in a hot pan and cook for 3-4 minutes each side or until cooked through. Transfer to a plate and set aside
3. Next, tip the tomatoes, olives, onion, feta and mint into a bowl. Toss in the cooked quinoa. Stir through the remaining olive oil, lemon juice and zest, and season well. Serve with the chicken on top.
4. **Day 6: Saturday**
5. **Breakfast: Blueberry Oats Bowl**
6. **Lunch: Quinoa and Stir Fried Veg**

**Nutrition**

* Calories – 473
* Protein – 11g
* Carbs – 56g
* Fat – 25g

**Prep time + cook time:** 30 minutes

**Ingredients (for 2 people)**

* 100g / ⅗ cup quinoa
* 3 tbsp olive oil
* 1 garlic clove, finely chopped
* 2 carrots, cut into thin sticks
* 150g / 1 ⅔ leek, sliced
* 1 broccoli head, cut into small florets
* 50g / ¼ cup tomatoes
* 100ml / ¼ cup vegetable stock
* 1 tsp tomato purée
* juice ½ lemon

**Instructions**

1. Cook the quinoa according to pack instructions. Meanwhile, heat 3 tbsp of the oil in a pan, then add the garlic and quickly fry for 1 minute. Throw in the carrots, leeks and broccoli, then stir-fry for 2 minutes until everything is glistening.
2. Add the tomatoes, mix together the stock and tomato purée, then add to the pan. Cover and cook for 3 minutes. Drain the quinoa and toss in the remaining oil and lemon juice. Divide between warm plates and spoon the vegetables on top.

**Dinner: Grilled Vegetables with Bean Mash**

**Nutrition**

* Calories – 314
* Protein – 19g
* Carbs – 33g
* Fat – 16g

**Prep time + cook time:** 40 minutes

**Ingredients (for 2 people)**

* 1 pepper, deseeded & quartered
* 1 aubergine, sliced lengthways
* 2 courgettes, sliced lengthways
* 2 tbsp olive oil
* **For the mash**
* 400g / 2 cups haricot beans, rinsed
* 1 garlic clove, crushed
* 100ml / ½ cup vegetable stock
* 1 tbsp chopped coriander

**Instructions**

1. Heat the grill. Arrange the vegetables over a grill pan &brush lightly with oil. Grill until lightly browned, turn them over, brush again with oil, then grill until tender.
2. Meanwhile, put the beans in a pan with garlic and stock. Bring to the boil, then simmer, uncovered, for 10 minutes. Mash roughly with a potato masher. Divide the vegetables and mash between 2 plates, drizzle over oil and sprinkle with black pepper and coriander.
3. **Day 7: Sunday**
4. **Breakfast: Banana Yogurt Pots**
5. **Lunch: Moroccan Chickpea Soup**

**Nutrition**

* Calories – 408
* Protein – 15g
* Carbs – 63g
* Fat – 11g

**Prep time + cook time:** 25 minutes

**Ingredients (for 2 people)**

* 1 tbsp olive oil
* ½ medium onion, chopped
* 1 celery sticks, chopped
* 1 tsp ground cumin
* 300ml / 1 ¼ cups hot vegetable stock
* 200g can / 1 cup chopped tomatoes
* 200g can / 1 cup chickpeas, rinsed and drained
* 50g / ¼ cup frozen broad beans
* zest and juice ½ lemon
* coriander & bread to serve

**Instructions**

1. Heat the oil in a saucepan, then fry the onion and celery for 10 minutes until softened. Add the cumin and fry for another minute.
2. Turn up the heat, then add the stock, tomatoes, chickpeas and black pepper. Simmer for 8 minutes. Add broad beans and lemon juice and cook for a further 2 minutes. Top with lemon zest and coriander.

**Dinner: Spicy Mediterranean Beet Salad**

**Nutrition**

* Calories – 548
* Protein – 23g
* Carbs – 58g
* Fat – 20g

**Prep time + cook time:** 40 minutes

**Ingredients (for 2 people)**

* 8 raw baby beetroots, or 4 medium, scrubbed
* ½ tbsp sumac
* ½ tbsp ground cumin
* 400g can /2 cups chickpeas, drained and rinsed
* 2 tbsp olive oil
* ½ tsp lemon zest
* ½ tsp lemon juice
* 200g / ½ cup Greek yogurt
* 1 tbsp harissa paste
* 1 tsp crushed red chilli flakes
* mint leaves, chopped, to serve

**Instructions**

1. Heat oven to 220C/200C fan/ gas 7. Halve or quarter beetroots depending on size. Mix spices together. On a large baking tray, mix chickpeas and beetroot with the oil. Season with salt & sprinkle over the spices. Mix again. Roast for 30 minutes.
2. While the vegetables are cooking, mix the lemon zest and juice with the yogurt. Swirl the harissa through and spread into a bowl. Top with the beetroot & chickpeas, and sprinkle with the chilli flakes & mint.