



# Weight Loss Meal Plan

A complete guide to transform your nutrition journey

*Created by Chloe*

# Welcome to Your Transformation

## 7 DAY PLANNER:

This meal plan is designed for intermittent fasting (no breakfast) 2 meals per day OR a breakfast option, 3 meals per day.

You may drink tea and coffee (preferably black) during the fasting window. And LOTS of water. If choosing the breakfast option, a list of acceptable breakfasts will be found in the appendix.

Start each day with a cup of warm water with a tablespoon of apple cider vinegar, fresh

lemon juice and a dash of cayenne pepper and turmeric.

In the appendix, you will also find a list of acceptable snacks and suggested supplements that will help you along your weight loss journey.

## TIP

*In the appendix, you will find a list of acceptable snacks and suggested supplements that will help you along your weight loss journey.*

# DAY 1

## LUNCH

- Tuna and Egg Salad
- 1 tin tuna in brine (drained), 2 boiled eggs, mixed salad leaves of choice, half an avocado,
- half a ring of feta, handful cherry tomatoes, sliced onion (optional), olive oil, fresh lemon
- juice, herb salt. Add cayenne pepper for extra fat burning effect.
- SNACK ONE (Around 3pm)

## DINNER

- Roast Chicken Pieces with Roast Veg
- Roast chicken pieces and vegetables in a roasting pan with some olive oil and fresh herbs,
- salt and pepper. Add chili or cayenne pepper for extra 'fat burning' effect.
- Max 3 pieces (depending on size) of roast chicken served with low carb veg. (i.e. no
- potatoes, sweet potato, butternut etc).
- (Can add half an avocado to your veg if you desire)
- SNACK TWO (Before 8pm)

## DAY 2

### LUNCH

- Spinach and Feta Open Omelette with Salad
- For omelette:
  - 2 eggs
  - Big handful of spinach
  - Half a ring of feta
  - Handful of cherry tomato's
- Wilt spinach in a pan with some olive oil then add whisked eggs and crumbled feta. Place lid
- over pan and cook until done. Season with herb salt and some fresh chili or cayenne pepper,
- if you desire.
- For salad:
  - Mixed salad leaves of choice, half an avocado, cucumber, tomatoes, carrots, sprouts, onion
  - (optional), olive oil, fresh lemon juice, season with herb salt.
- SNACK ONE (Around 3pm)

### DINNER

- Soya Stir Fried Chicken
- Stir fry 1-2 (depending on size) chicken breasts with some olive oil, garlic, onion, leaks, and
- soy sauce. Add in stir fry mixed, low carb vegetables and cook until done. Serve as is (NO NOODLES).
- SNACK TWO (Before 8pm)

# DAY 3

## LUNCH

- Baby Spinach, Avocado and Parmesan Salad (light veggie lunch or protein option)
- available)
- Mixed baby spinach leaves with grated parmesan and lots of fresh lemon juice. Add half an
- avocado and some cherry tomatoes. Can add 2 boiled eggs or sliced roast chicken breast if
- you desire.
- SNACK ONE (Around 3pm)

## DINNER

- Grilled Salmon/TROUT and Asparagus with Salad
- Max 2 pieces (depending on size of fillets) of grilled salmon/trout fillet with grilled asparagus
- (as much as you like). Grill fish and asparagus on a roasting pan with a few slices of lemon
- for about 15 minutes (depending how well done you like your fish).
- For salad:
- Mixed salad leaves of choice, half an avocado, cucumber, tomatoes, carrots, sprouts, onion
- (optional), olive oil, fresh lemon juice, season with herb salt.
- SNACK TWO (Before 8pm)

# DAY 4

## LUNCH

- Mushroom, Spinach Avocado and Cucumber Salad
- 2 boiled eggs, baby spinach, sauteed mushrooms (as many as you like), half an avocado,
- cucumber, tomatoes, carrots, sprouts, onion (optional), olive oil, fresh lemon juice, season
- with herb salt. Half a ring of feta (optional).
- SNACK ONE (Around 3PM)

## DINNER

- Chicken and Streamed Green Veg with Basil Pesto, Avocado and Feta
- One large roasted chicken breast served with steamed green vegetables (broccoli, brussels
- sprouts, green beans etc), served with crumbled feta and cucumber, tomatoes and half an
- avocado. Drizzle with a tablespoon of basil pesto and season with herb salt.
- SNACK TWO (Before 8pm)

# DAY 5

## LUNCH

- Smashed Creamy Avo and Scrambled Eggs on Seed Crackers
- Half a smashed avocado with half a ring of feta and herb salt served on top of carb clever
- seed crackers (max 3) topped with 2 scrambled (or hard boiled) eggs.
- SNACK ONE (Around 3pm)

## DINNER

- Honey and Soy Chicken with Steamed Veg
- For Chicken:
- Add 1 big tablespoon of honey to 150ml of soy sauce and a tablespoon of olive oil and mix
- well. Place chicken pieces in a casserole dish and season with salt and pepper. Pour over
- honey and soy mixture and bake on 180 for 45 minutes.
- Serve with steamed low carb veg.
- SNACK TWO (Before 8pm)

# DAY 6

## LUNCH

- Pesto and Chicken Salad
- 1 large chicken breast, mixed salad leaves of choice, handful cherry tomatoes, 1 tablespoon
- basil Pesto, half a ring of feta, half an avocado, cucumber, olive oil, lemon juice. Toss and
- serve.

## DINNER

- Bunless Burgers (max 2)
- For patties:
  - 1 pack beef OR chicken mince, crushed garlic, 1 egg, grated cheddar cheese, salt and
  - pepper. Fry on frying pan until they cooked to your satisfaction.
  - Once cooked, place on top of lettuce cups (Romain works best) top with fresh, sliced tomato
  - and avocado (fresh onion if you like), and top with another lettuce cup. Can add cheddar
  - cheese slices if you desire.
- SNACK TWO (Before 8pm)

**DAY 7**

# APPENDIX

## LIST OF ACCEPTABLE SNACKS

- Handful of dried fruit.
- Handful of mixed nuts.
- 1 large piece of fruit.
- Half an avocado with herb salt.
- Handful of biltong slices.
- Small bowl of popcorn seasoned with herb salt.
- Small fruit salad with plain Greek yoghurt.
- Boiled Egg

## SUPPLEMENTS FOR BLOATING AND WEIGHT LOSS

- Berberine twice a day, 15 minutes before meals.
- Curcumin one to two times a day with meals.
- L Carnitine before workouts.
- Probiotics 1-2 times per day.
- Digestive Enzymes with meals.

## OPTIONAL BREAKFAST IDEAS

- 2 boiled eggs drizzled in olive oil and seasoned with herb salt. Add cayenne pepper
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**REMEMBER TO DRINK WATER!!!**

**Herbal teas such as green tea, dandelion and peppermint tea are also fantastic.**

**Phyto-Cleanse detox tea on the days your tummy is feeling bloated and sluggish. 1 cup at night.**

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