

Weight Loss Meal Plan

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.

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

CHEAT MEAL!

Lunch or dinner... you decide.

MEAL 2:

Chicken and Hummus Salad

1 roast chicken breast, mixed salad leaves of your choice, tomatoes, cucumber, tablespoon hummus, half an avocado, olive oil and fresh lemon juice. Toss and serve.

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 to help with 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:

- 2 boiled eggs drizzled in olive oil and seasoned with herb salt. Add cayenne pepper for extra fat burning effect.
- Cup of mixed berries and nuts with Greek yoghurt.
- Bowl of plain fruit.
- Gluten free seed crackers with avocado and 2 scrambled eggs.

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.