

SUCCESSFUL PCOS WEIGHT LOSS STRATEGIES

HOW TO SHED EMBARRASSING, UNHEALTHY FAT FOREVER.
YOUR 1 WEEK COMPLETE MEAL PLAN & SHOPPING LIST FOR
SIMPLE, PCOS FRIENDLY TASTY RECIPES



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www.ConquerYourPCSNaturally.com

Successful PCOS Weight Loss Food & Recipe Plan

Welcome!

It's time to start your weight loss journey!

Let's look at some important notes before we get started...

Everyone has different tastes and different requirements. We have created this food plan with this in mind.

The calories and carbohydrates listed at the bottom of each recipe are per serve. These figures are not listed to encourage you to count calories or overly concern yourself about each number. They are simply a guide should you wish to swap one recipe for another.

For an average woman with the aim of weight loss, a daily intake of approximately 1,200 – 1,500 calories and less than 80 grams of carbohydrates per day is suitable. Knowing this, you can make changes to this weekly plan easily.

This plan also allows space for you to add in additional low Glycaemic Load (GL) foods like fresh baby spinach, lettuce, carrots, sweet corn, peaches, tuna etc.

To find out more about which foods have a low GL, head to:
www.GlycemicIndex.com

I can't wait to hear about your success,

Enjoy!



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Successful Weight Loss Weekly Meal Plan

Day	Breakfast	Lunch	Dinner	A.M. Snack	P.M. Snack
Day 1	Broccoli Quiche with Ham, Roasted Tomato with Rosemary and Garlic	Lentil Soup with Broccoli Florets	Grilled Scallops with Marinated Asparagus	Trail Mix of Roasted Cashews, Raisins and Acai Berries	1 Large Boiled Egg sprinkled with curry powder
Day 2	Asparagus and Stewed Tomato Frittata	Roasted Chicken Salad with Blueberries, Sliced Apple and Cider Vinaigrette	Salad Greens with Roasted Beets and Shaved Almonds	Homemade Strawberry and Mint Popsicles and an apricot	100gm Fresh Tuna
Day 3	Marinated Vegetable Omelet with Salad Greens	Grilled Chicken with Fresh Salsa, Guacamole and Lime	Stew of Curried Cauliflower, Chestnuts and Carrot	Eggplant 'Caviar' with Celery Sticks	Berry mix
Day 4	Cajun Scrambled Eggs with Black Beans and Tomato	Chicken Skewers with Roasted Garlic and Ginger Sauce	Pan Seared Turkey Cutlets with Roasted Garlic and Market Mushrooms	Strawberry Salad with Mint, Peanut and Agave Syrup	1 Large Boiled Egg sprinkle with curry powder
Day 5	Quinoa, Herb & Pomegranate Salad	Sautéed Shrimp with Bell Pepper and Hearts of Palm	Baked Sole in Lime Sauce with Roasted Asparagus	Sliced Apple with Aromatic Peanut Butter Dip	Carrot & celery sticks & hummus
Day 6	Hard Boiled Eggs with Smoked Salmon, Wilted Spinach with Sautéed Mushrooms, Avocado	Moroccan Spiced Chickpea Stew	Curried Vegetable Salad wrapped in Rice Paper	Celery with Almond Butter & Pumpkin Seeds – 3 pieces	Berry mix
Day 7	Poached Egg with Roasted Sweet Potatoes Scented with Cinnamon and Orange	Kale Soup with Vegetable Broth, Squash and Sliced Red Onion	Poached Shrimp with Asian Green Bean Salad	Raw Broccoli Florets with Roasted Garlic-Artichoke Dip	100gm Fresh Tuna

Successful Weight Loss Weekly Meal Plan

Daily Calorie & Carb Counts

Day One: Total Daily Calories 1275 & Carbs 79

Day Two: Total Daily Calories 1056 & Carbs 73

Day Three: Total Daily Calories 1487 & Carbs 86

Day Four: Total Daily Calories 1406 & Carbs 79

Day Five: Total Daily Calories 1429 Carbs 85

Day Six: Total Daily Calories 1161 Carbs 89

Day Seven: Total Daily Calories 1103 Carbs 78

A Piece Of Fruit And A Small Handful Of Nuts Make A Wonderful Fast Snack

Apple	Calories 65	Carbs 17
Banana	Calories 105	Carbs 27
Guava	Calories 112	Carbs 24
Strawberries 1 cup, halved	Calories 49	Carbs 12
Blueberries 1 cup	Calories 84	Carbs 21
Prickly pear	Calories 42	Carbs 10
Apricot 1	Calories 17	Carbs 4
Cherries (sweet, raw)	Calories 87	Carbs 22
Mandarin	Calories 64	Carbs 16
Grapes 1 cup	Calories 62	Carbs 16
Honey Dew Melon (1 cup diced)	Calories 61	Carbs 15
Kiwi Fruit	Calories 56	Carbs 13
Mango	Calories 135	Carbs 35
Nectarine	Calories 69	Carbs 16
Orange	Calories 86	Carbs 22
Watermelon (1 cup diced)	Calories 46	Carbs 11
Nuts, such as almonds – 28gm	Calories 163	Carbs 6

Successful Weight Loss Week One Shopping List

Meat and Fish

Chicken Breasts	- 12 pieces (4 ounces, 112 grams each)	Smoked Salmon	- 8 ounces, 250grams
Eggs (large)	- 50 pieces	Sole	- 16 ounces, 500 grams
Ham (diced)	- 4 ounces, 115 grams	Tuna	- 200 grams
Scallops	- 16 ounces, 500 grams	Turkey Cutlets	- 16 ounces, 500 grams
Shrimp	- 32 ounces, 1 Kilogram		

Vegetables

Arugula (Rocket)	- 4 cups, 1 Liter	Iceberg Lettuce	- 1 Head
Asparagus	- 2 Bunches	Jalapeno	- 1 Piece
Avocado	- 2 Pieces	Kale	- 1 Bunch (4 cups needed, 1 Liter)
Basil (Fresh)	- 1 Bunch	Lettuce, Green Leaf	- 3 Heads
Beets (Beetroot)	- 4 Pieces	Mint	- 1 Bunch
Broccoli	- 3 Heads	Onion	- 4 Piece (yellow or red)
Butternut Squash (Pumpkin)	- 1 Piece	Parsley	- 1 Bunch
Button Mushrooms	- 4 cups, 1 Liter	Radicchio	- 1 Piece
Carrots	- 1 Large Bag (5 pounds, 2kg)	Plum (Roma) Tomatoes	- 12 Pieces
Cauliflower	- 2 Heads	Rosemary	- 1 Bunch
Celery	- 2-3 Heads	Shallot	- 10 Pieces
Cherry Tomatoes	- 30 Pieces	Spinach	- 4 Quarts, 1 Liter
Cilantro (Coriander)	- 1 Bunch	Scallions (Spring Onions)	- 6 Pieces
Cucumber	- 2 Pieces	Sugar Snap Peas	- 4 cups, 1 Liter
Eggplant (Aubergine)	- 1 Piece	Sweet Potato	- 2 pieces
Garlic	- 3 Bulbs	Tarragon	- 1 Tablespoon, 15 ml
Ginger Root	- 1 Piece	Thyme	- 1 Bunch
Green Beans	- 4 Cups, 1 Liter	Tomato (large)	- 3 Pieces
Green Bell Pepper (Green Capsicum)	- 1 Piece	Zucchini (Courgette)	- 1 Piece
Red Bell Pepper (Red Capsicum)	- 4 Piece		

Fruits and Nuts

Acai Berries	- 1/4 Cup, 60ml	Lemon	- 8 Pieces
Apricot	- 1 Piece	Lime	- 6 Pieces + 1
Granny Smith Apples (or similar)	- 4 Pieces	Orange	- 1 Pieces
Gala Apples (or similar)	- 4 Pieces	Pineapple	- 1/2 Cup, 125ml
Blackberries	- 56 gm (2 ounce)	2.5 oz pine nuts	
Blueberries	- 2 1/2 cups	1 pomegranate, seeds removed	
Almonds	- 1 Ounce, 30 grams	Raisins	- 1/2 Cup
Cashews	- 8 Ounces, 240 grams	Raspberries	- 56 gm (2 ounce)
Chestnuts	- 8 Pieces	Strawberries	- 24 Pieces
Kiwi	- 2 Pieces		

Successful Weight Loss Week One Shopping List

Meat and Fish

Agave Syrup	- approx. 1/4 Cup, 60ml	Paprika	- 2 teaspoons, 10ml
Almond butter	- 2 tbs	Peanut Butter	- 1 Cup, 250ml
Artichokes (Canned)	- 4 Pieces	(Natural & Gluten Free)	- 2 Tablespoons, 30ml
Bay Leaf	- 2 leaves	Black Pepper	- 2 Ounces, 60 grams
Beef Broth	- 1/2 Cup, 125ml	Pine Nuts	
Black Beans	- 1 Cup, 250ml	Pumpkin Seeds	
Balsamic Vinegar	- 1/4 Cup, 60ml	Quinoa 5 oz,	- 140 grams
Capers	- 2 Tablespoons, 30ml	Rice Paper	- 4 Pieces
Chicken Broth	- 5 Quarts, 5 Liters	Roasted Red Pepper	- 1/4 Cup, 60ml
Chickpeas	- 2 Cups, 500ml	Sea Salt, as needed	
Cider Vinegar	- 1/4 Cup, 60ml	Sesame Seeds	- 1 Tablespoon, 15ml
Cinnamon	- Approx. 3 Tablespoons, 45ml	Sesame Oil	- 1 Tablespoon, 15ml
Clove	- 1/4 teaspoon, 1ml	Soy Milk (Non-GM)	- 2 Cups, 500ml
Coconut Milk	- 2 cups, 750ml	Soy Sauce (Gluten Free)	- 1/4 Cup, 60ml
Sherry Cooking Wine	- 1/4 Cup, 60ml	Sunflower seeds	- 56gm (2 ounce)
Coriander Seeds	- 1 teaspoon, 5ml	Tomato Paste	- 1 Tablespoon, 15ml
Curry Powder	- 3 Tablespoons, 30ml	Stewed Tomatoes	- 4 Cups, 1 Liter
Dijon Mustard	- 1 Tablespoon, 15ml	Vanilla Extract	- 1 Tablespoon, 15ml
Hearts of Palm	- 4 pieces	White Vinegar	- 1/4 Cup, 60ml
Hummus	- 1 container (great as a little snack!)	Vegetable stock (gluten free)	- 1/2 cup
Olive Oil	- 1 Bottle	Yellow Lentils	- 1 Cup, 250ml
Oregano	- 1 Tablespoon, 15ml		

There are certain items it's always handy to stock in your pantry. These are useful in many recipes, when you are stuck for ideas and many have a long shelf life.

- Almond Meal
- Almond Milk
- Balsamic Oil
- Coconut Milk
- Eggs
- Herbs & Spices, like Chili, Cinnamon, Paprika, Tumeric
- Lentils
- Nuts, Plain (a variety of your favourites)
- Olive Oil, Extra virgin
- Pepper
- Sea salt
- Stocks (gluten free)

Successful Weight Loss Weekly Meal Plan Recipes

Breakfast

Broccoli Quiche with Ham, Roasted Tomato with Rosemary and Garlic

Serves Four People

Ingredients

- Muffin Baking Sheet
- 8 pc Eggs, whisked
- ¼ cup Soy Milk (60ml)
- 1 cup Broccoli, chopped (240ml)
- 4 ounces cup Ham, diced (112grams)
- Salt and Pepper to Taste
- ¼ cup Roasted Red Pepper, diced (60ml)
- 1 teaspoon Thyme, freshly chopped (5ml)
- ½ teaspoon Olive Oil (2.5ml)
- 1-2 cups Sugar Snap Peas (250-500ml)
- 2 pc Large Tomato
- 2 sprigs Rosemary
- 4 pc Garlic, thinly sliced

Cooking Instructions

1. Preheat an oven to 325°F (160°C). Place the olive oil in the muffin mold. Using a paper towel, grease four muffin forms.
2. Line a baking sheet with aluminum foil. Cut the tomato in half horizontal, then place the tomato halves on the baking sheet, cut side up. Top the tomatoes with the rosemary, garlic, salt and pepper. Place in the oven and roast for 20 minutes.
3. Bring a small pot of water to a boil. Once the water boils, cook the broccoli for one minute. Once slightly tender, remove from the water and reserve on the side. Next, cook the sugar snap peas for four minutes, or until tender. Remove from the water and reserve in a warm place until service.
4. In a large bowl, whisk together the eggs and soy milk. Once mixed, add the ham, broccoli, roasted red pepper, freshly chopped thyme, salt and pepper. Mix well then pour into the muffin forms. If the quiche mixture does not fit in four forms, grease as many forms as needed and continue to fill the pan.
5. Place the quiches in the oven and bake until the egg is completely cooked. Once cooked, remove from the oven and place on four plates. Top with the snap peas and serve warm.

Calories 241 Carbohydrates 14

Successful Weight Loss Weekly Meal Plan Recipes

Breakfast

Asparagus and Stewed Tomato Frittata

Serves Four People

Ingredients

- 8 pc Eggs
- ½ cup Asparagus, chopped (125ml)
- 1 medium Shallot, chopped
- 1 clove Garlic, chopped
- 1 ½ cup Stewed Tomatoes (250ml)
- 1 teaspoon Olive Oil (5ml)
- 2 cups Spinach (500ml)
- Salt and Pepper to Taste

Cooking Instructions

1. Preheat an oven to 425°F.
2. In a medium sized non-stick, oven safe sauté pan, heat the olive oil to medium high heat. Add the garlic and chopped shallot and cook until they turn tender, around 30 seconds. Next, add the asparagus and reduce the heat to medium. Cook the asparagus for two minutes, and then add the spinach. Cook the mixture for three to four minutes.
3. While the asparagus and spinach is cooking in the pan, prepare the egg mixture. Place the white eggs in a mixing bowl along with ½ of the stewed tomato. Add salt and pepper as desired. Whisk the mixture, and then add to the sauté pan. Turn the heat off, and allow the eggs to cook until the sides begin to solidify. .
4. Place the egg frittata in the oven and bake until the mixture is fully cooked, around 12 to 15 minutes. While the eggs are cooking, heat the remaining stewed tomatoes in a small cooking pot till warm. Once cooked, remove from the oven and place on a plate. Top with the stewed tomatoes and serve warm.

Calories 188 Carbohydrates 9

Successful Weight Loss Weekly Meal Plan Recipes

Breakfast

Marinated Vegetable Omelet with Salad Greens

Serves Four People

Ingredients

- 8 pc Egg
- $\frac{1}{4}$ cup Soy Milk (60ml)
- 1 Tablespoon Olive Oil (15ml)
- 1 cup Leftover Marinated Vegetables (250ml)
- 8 pc Fresh Basil, chopped
- Salt and Pepper to Taste

For the Salad Greens:

- 6 cups Salad Greens (1.5L)
- 12 pc Cherry Tomatoes
- 1 cup Cucumber, diced (250ml)
- 1 pc Shallot, small
- 1 teaspoon Fresh Thyme, chopped (5ml)
- 1 Tablespoon Olive Oil (15ml)
- 1 teaspoon Red Wine Vinegar (5ml)
- $\frac{1}{2}$ teaspoon Soy Sauce (2.5ml)

Cooking Instructions

1. In a small mixing bowl, combine the egg, soy milk, basil, salt and pepper.
2. Place a medium sized non-stick pan on the stove. Add $\frac{1}{4}$ Tablespoon of Olive Oil to the pan and heat over medium high heat.
3. Pour $\frac{1}{4}$ of the egg mixture into the pan, and reduce the heat to low. Allow the egg to solidify on the bottom, and then add the marinated vegetables. Fold the omelet, and continue to cook until the egg is fully cooked.
4. Repeat this process until you have made four omelets. If needed, keep the omelets warm by placing them on a backing sheet lined with wax paper. Place the pan in your oven, set to a low temperature.
5. While the omelets are cooking, prepare the salad. Place the salad greens in a large bowl. Cut the cherry tomatoes in half, and dice the cucumber. Chop the shallot and thyme. Add the olive oil, vinegar and soy sauce to the bowl. Mix well then place the salad on four plates. Place the omelets on the plates and serve warm.

Calories 294 Carbohydrates 9

Successful Weight Loss Weekly Meal Plan Recipes

Breakfast

Cajun Scrambled Eggs with Black Beans and Tomato

Serves Four People

Ingredients

- 8 pc Eggs
- ¼ cup Soy Milk (60ml)
- 1 cup Black Beans, cooked (250ml)
- 2 pc Plum (Roma) Tomatoes, diced
- ¼ teaspoon Salt (1ml)
- ½ teaspoon Oregano, dried (2.5ml)
- ½ teaspoon Paprika (2.5ml)
- ¼ teaspoon Cayenne Pepper (1ml)
- ½ teaspoon Black Pepper, ground (2.5ml)
- 1 pc Bay Leaf
- 1 pc Shallot, diced
- 2 cloves Garlic, chopped
- 1 pc Carrot, finely diced
- 1 pc Celery, finely diced
- 1 pc Red Bell Pepper, chopped
- 1 teaspoon Olive Oil (5ml)

Cooking Instructions

1. Cook the black beans according to the instructions on the package.
2. In a medium sized bowl, whisk together the eggs and soy milk until homogenous. Chop the shallot, garlic, carrot, celery and red bell pepper. Diced the plum tomatoes.
3. In a medium sized cooking pot, heat the olive oil to medium high heat. Add the shallot, garlic, carrot, celery and red pepper and cook for three minutes. Next, add the salt, oregano, paprika, cayenne and black pepper. Cook the mixture for an additional minute.
4. Reduce the heat to medium low then add the tomato and black beans to the pan. Next, add the bay leaf and the egg. Continue to stir the mixture until the egg begins to solidify, around five to eight minutes. Once the eggs are scrambled, remove from the pan and serve warm.

Calories 364 Carbohydrates 40

Successful Weight Loss Weekly Meal Plan Recipes

Breakfast

Quinoa, Herb & Pomegranate Salad

Ingredients

- 5 oz quinoa
- ½ cup vegetable stock
- 2.5 oz pine nuts
- 1 pomegranate, seeds removed
- small handful fresh mint, chopped
- small handful fresh coriander, chopped
- 1 lime, juiced
- extra-virgin olive oil

Direction

Cook the quinoa according to pack instructions adding the vegetable stock cube to the boiling water. Leave to cool, and then break up with a fork.

Meanwhile, toast the pine nuts in a dry frying pan until lightly golden. Mix the pine nuts, pomegranate seeds, herbs, lime juice and 4 tbsp oil through the quinoa.

Variations: Add chopped dried apricots instead of the pomegranate. Or try adding some cooked shredded chicken.

Calories 160 Protein 5 g Sugars 7 g Carbohydrate 9 g Fat 12 g Fiber 3 g

Successful Weight Loss Weekly Meal Plan Recipes

Breakfast

Hard Boiled Eggs with Smoked Salmon, Wilted Spinach with Sautéed Mushrooms, Avocado

Serves Four People

Ingredients

- 8 pc Eggs, whole
- 8 ounces Smoked Salmon (250 grams)
- 4 cups Spinach (1 Liter)
- 2 cloves Garlic, chopped
- 1 pc Shallot, chopped
- 1 Tablespoon Olive Oil (15ml)
- 2 cups Market Mushrooms, cleaned and chopped (500ml)
- 1 teaspoon Fresh Thyme, chopped (5 ml)
- 1 whole Avocado
- 2 Tablespoons Capers (30ml)
- 1 pc Lemon, cut into wedges
- Salt, Pepper and Capers to Taste

Cooking Instructions

1. Place the eggs in a medium sized cooking pot and cover them with at least one inch (2.5cm) of water. Place the eggs on the stove and bring the water to a boil. Once the water boils, remove the pan from the heat and allow to sit for 12 minutes. Next, remove the eggs from the water and peel. Once peeled, cut the eggs into quarters and reserve on the side.
2. Heat the olive oil in a medium sized sauté pan. Add the garlic, shallot and thyme and cook until the shallots are translucent, around one minute. Next, add the mushrooms and cook until they begin to brown on the outside, around three to four minutes. Once the mushrooms begin to brown, reduce the heat to low and add the spinach. Continue to cook until the spinach is fully wilted.
3. While the spinach-mushroom mix is cooking, dice the inner avocado meat. Lightly chop the capers.
4. Place the spinach-mushroom mix on four plates. Top with the smoked salmon, followed by the quartered eggs and avocado. Sprinkle the capers around the plate and serve with a lemon wedge.

Calories 346 Carbohydrates 10

Successful Weight Loss Weekly Meal Plan Recipes

Breakfast

Poached Egg with Roasted Sweet Potatoes Scented with Cinnamon and Orange

Serves Four People

Ingredients

- 4 pc Eggs
- 8 cups Water (2 Litres)
- ½ teaspoon White Vinegar (2.5ml)
- ¼ teaspoon Salt (1ml)
- 2 pc Sweet Potato
- ¼ teaspoon Cinnamon (1ml)
- 1 teaspoon Olive Oil (5ml)
- 1 pc Orange, zested and juiced
- 1 pc Shallot, chopped
- 1 pc Garlic, chopped

Cooking Instructions

1. To start, prepare the sweet potatoes. Preheat an oven to 325°F (160°C). Peel the sweet potatoes then cut the vegetable into cubes around ½ inch in size (1cm). Once cut, place the sweet potatoes in a baking pan. Next, chop the shallot and garlic. Zest the orange then juice. Place the cinnamon, olive oil, orange zest, shallot and garlic in the baking pan. Mix well, and then place in the oven. Bake until the sweet potatoes are tender, around 25 minutes. Once cooked, remove from the oven and add the orange juice. Mix well and reserve in a warm place.

2. To prepare the eggs, place the water, salt and vinegar in a medium sized cooking pot. Heat the water over high heat until the water begins to boil. Once boiling, reduce the heat until the water reaches a gentle simmer. Crack an egg and place in a small bowl. Next, gently place the egg in the water. Allow the egg to form an egg white shell, and then baste the egg in water. Continue to cook until the egg is slightly soft in the middle, around five minutes.

Calories 168 Carbohydrates 21

Successful Weight Loss Weekly Meal Plan Recipes

Lunch

Lentil Soup with Broccoli Florets

Serves Four People

Ingredients

- 1 Tablespoon Olive Oil (15ml)
- 1 pc Red Onion, chopped
- ½ cup Celery, chopped (125ml)
- ½ cup Carrot, diced (125ml)
- 2 pc Garlic, finely chopped
- 4 cups Vegetable or Chicken Broth (1 Liter)
- 1 cup Lentils (250ml)
- 1 cup Stewed Tomatoes (250ml)
- 1 Tablespoon Balsamic Vinegar (15ml)
- 2 cups Broccoli, florets (500ml)
- Salt and Pepper to Taste

Cooking Instructions

1. To prepare the lentil soup, heat the olive oil to medium high heat in a large cooking pot. Add the chopped onion, celery, garlic and carrot and cook for 3 minutes. Next, add the lentils and continue to cook for thirty seconds. Add the vegetable broth, broccoli and stewed tomatoes. Bring the mixture to a boil then reduce the heat to low. Cover the mixture and cook on a low simmer until the lentils are tender, around 25 minutes.
2. Serve the soup warm or chill for a future meal.

Calories 212 Carbohydrates 31

Successful Weight Loss Weekly Meal Plan Recipes

Lunch

Roasted Chicken Salad with Blueberries, Sliced Apple and Cider Vinaigrette

Serves Four People

Ingredients

- 4 pc Chicken Breast
- 3 sprigs Fresh Thyme
- 2 sprigs Fresh Rosemary
- 1 Tablespoon Olive Oil (15ml)
- Salt and Pepper
- 4 cups Red or Green Leaf Lettuce (1 Liter)
- 4 cups Baby Spinach (1 Liter)
- 1 pc Radicchio
- 1 Tablespoon Fresh Parsley, chopped (15ml)
- 1 ½ cups Blueberries (375ml)
- 2 pc Apples, finely sliced
- ¼ cup Olive Oil (60ml)
- 3 Tablespoons Cider Vinegar (45ml)
- 1 teaspoon Agave Syrup (5ml)
- 1 teaspoon Soy Sauce (5ml)

Cooking Instructions

1. To start, cook the chicken. Preheat an oven to 350°F (175°C). While the oven is heating, line a baking pan with aluminum foil. Place the chicken on the foil then top with the Tablespoon of olive oil, salt, black pepper, rosemary and thyme. Mix the ingredients then place in the oven. Roast the chicken until fully cooked, around 12 to 15 minutes. Once cooked, remove from the oven and slice.
2. While the chicken is cooking, prepare the salad. In a large mixing bowl, combine the leaf lettuce, baby spinach, radicchio and parsley. Mix well then place the salad on four plates. Slice the apples then place on top of the salad greens. Top the dish with the blueberries followed by the roasted chicken.
3. Finally, make the vinaigrette. In a small bowl, combine the olive oil, cider vinegar, agave syrup and soy sauce. Mix well then serve with the salad.

Calories 451 Carbohydrates 26

Successful Weight Loss Weekly Meal Plan Recipes

Lunch

Grilled Chicken with Fresh Salsa, Guacamole and Lime

Serves Four People

Ingredients

For the Grilled Chicken:

- 4 pc Chicken Breasts
- 2 Tablespoons Olive Oil (30ml)
- 1 Tablespoon Lemon Juice (15ml)

- 2 Tablespoons Fresh Thyme, chopped (30ml)
- Salt and Pepper to Taste
- 4 cloves Garlic, chopped

For the Salsa:

- 8 pc Plum Tomatoes
- 1 pc Jalapeno, finely diced
- 2 pc Garlic, finely chopped
- 1 pc Shallot, finely diced

- 2 Tablespoons Cilantro, chopped (30ml)
- 1 pc Lemon, juiced
- 1 dash Tabasco Sauce
- Salt and pepper to Taste

For the Guacamole:

- 1 pc Avocado
- 1 pc Lime, juiced

- 1 Tablespoon Cilantro, chopped (15ml)
- Salt and Pepper to Taste

Cooking Instructions

1. Prepare the salsa. Dice the plum tomatoes and place in a medium sized bowl. Next, cut the jalapeno in half then remove the seeds. Finely dice the jalapeno. Mince the garlic and shallot and add to the bowl along with the jalapeno. Chop the cilantro, lemon juice, Tabasco, salt and pepper. Mix well then reserve on the side.
2. Prepare the guacamole. Peel the avocado and discard the skin and seed. Place the meat in a small bowl along with the lime juice, cilantro, salt and pepper. Using a spoon, mash the mixture until it resembles a smooth guacamole.
3. Prepare the chicken for the grill. Place the chicken breasts in a large bowl along with the olive oil, lemon juice, garlic, thyme, salt and pepper. Mix well. While the chicken is marinating, heat a grill to medium high heat. Grill the chicken until fully cooked, around 10 to 15 minutes.
4. Place the chicken on a plate and top with the salsa. Place the guacamole on top of the salsa and serve immediately.

Calories 385 Carbohydrates 16

Successful Weight Loss Weekly Meal Plan Recipes

Lunch

Chicken Skewers with Roasted Garlic and Ginger Sauce

Serves Four People

Ingredients

- 4 pc Chicken Breasts (4 ounces each, 112 grams)
- $\frac{1}{4}$ cup Peanut Butter (60ml)
- 1 cup Coconut Milk (250ml)
- 1 cup Water (250ml)
- 2 pc Lime, juiced
- 1 Tablespoon Soy Sauce (15ml)
- 2 Tablespoons Ginger, finely minced (30ml)
- 8 pc Roasted Garlic
- 16 pc Bamboo Skewers

Cooking Instructions

1. In a small cooking pot, combine the peanut butter, water, coconut milk, lime juice, roasted garlic, soy sauce and ginger. Heat the mixture over medium high heat until the sauce reaches a gentle simmer. Reduce the heat to low and continue to cook for ten minutes.
2. Cut the chicken breast into long pieces. Place the bamboo skewers through the chicken pieces. Place the chicken in a shallow baking pan then add $\frac{1}{2}$ of the sauce to the pan. Mix well then allow the chicken to marinate for 20 minutes. Reserve the remaining sauce on the side to serve as a dipping sauce.
3. Heat a grill to medium heat. If you do not have a grill, preheat a broiler. Grill the chicken until golden brown on each side. Once cooked, brush a small amount of sauce on the outside of the chicken. Place on four plates and serve with the remaining sauce. Serve with a simple salad if desired.

Calories 448 Carbohydrates 10

Successful Weight Loss Weekly Meal Plan Recipes

Lunch

Sautéed Shrimp with Bell Pepper and Hearts of Palm

Serves Four People

Ingredients

- 24 pc Shrimp, cleaned
- 1 pc Red Bell Pepper
- 1 pc Green Bell Pepper
- 2 pc Scallion, chopped
- 1 Tablespoon Ginger, finely minced (15ml)
- 1 Tablespoon Sesame Oil (15ml)
- 1 teaspoon Soy Sauce (5ml)
- ½ teaspoon Sesame Seeds (2.5ml)
- 4 pc Hearts of Palm
- ½ Tablespoon Rice Wine Vinegar (7.5ml)
- ½ cup Pineapple, finely diced (125ml)
- 1 ½ cups Sugar Snap Peas (375ml)
- 1/3 cup Water (80ml)

Cooking Instructions

1. Chop the red and green bell peppers into pieces, which are around 1 inch (2.5ml) in size. Finely mince the ginger and chop the scallion. Cut the hearts of palm into quarters and finely dice the pineapple.
2. Bring a small pot of water to a boil on the stove. Once the water boils, add the sugar snap peas and cook until tender, around five minutes. Once cooked, remove from the water and lightly chop the peas.
3. In a large sauté pan, heat the sesame oil to medium high heat. Add the shrimp and cook until they begin to slightly brown on the bottom. Once browned, turn the shrimp. Add the scallion and ginger and cook for thirty seconds. Next, add the red and green bell peppers. Continue to cook for one minute.
4. Add the pineapple, sugar snap peas and hearts of palm. Mix well then add the soy sauce, sesame seeds, water and rice wine vinegar. Cover the cooking pan and reduce the heat to low. Continue to cook the mixture for five minutes. Once cooked, remove from the stove and serve on four plates.

Calories 408 Carbohydrates 12

Successful Weight Loss Weekly Meal Plan Recipes

Lunch

Moroccan Spiced Chickpea Stew

Serves Four People

Ingredients

- 2 cups Chickpeas, cooked (500ml)
- 4 cups Vegetable Broth (1 Litre)
- 1 Tablespoon Olive Oil (30ml)
- ¼ cup Red Onion, chopped (60ml)
- 2 cloves Garlic, chopped
- 1 cup Carrot, diced (250ml)
- ½ cup Celery, chopped (125ml)
- Salt and Pepper to Taste
- 1 cup Stewed Tomatoes (250ml)
- 1 Tablespoon Fresh Cilantro, chopped (15ml)
- 1 teaspoon Lemon Juice (5ml)
- 1 Tablespoon Moroccan Spice Blend (see below for recipe) (15ml)

Moroccan Spice Mixture:

- 1 teaspoon Cumin, ground (5ml)
- 1 teaspoon Ginger, ground (5ml)
- ½ teaspoon Cinnamon, ground (2.5ml)
- ½ teaspoon Coriander, ground (2.5ml)
- ½ teaspoon Cayenne Pepper (2.5ml)
- ½ teaspoon Allspice, ground (2.5ml)
- ¼ teaspoon Cloves, ground (1ml)

Cooking Instructions

1. Chop the red onion, garlic, carrot, celery and basil. Mix the spices in a small bowl. Juice the lemon.
2. In a medium sized cooking pot, heat the olive oil to medium high heat. Add the carrot, garlic, red onion and celery. Mix well and cook for one to two minutes. Next, add the Moroccan spice blend. Continue to cook the stew for another minute or two.
3. Add the chickpeas, vegetable broth, stewed tomatoes and fresh cilantro. Mix well then bring to a slight simmer. Once simmering, reduce the heat to low and cover the pot. Cook for fifteen minutes. Once cooked, remove from the heat and add the lemon juice. Mix well then serve in four soup bowls.

Calories 253 Carbohydrates 36

Successful Weight Loss Weekly Meal Plan Recipes

Lunch

Kale Soup with Vegetable Broth, Squash and Sliced Red Onion

Serves Four People

Ingredients

- 1 bunch Kale, chopped (around 4 cups, 1 liter)
- 6 cups Vegetable or Chicken Broth (1.5L)
- 1 pc Butternut Squash, peeled and diced
- 1 pc Shallot, chopped
- 2 cloves Garlic, chopped
- 1 teaspoon Thyme, chopped (5ml)
- 1 Tablespoon Olive Oil (15ml)
- 2 ounces Pine Nuts (60 grams)
- ½ cup Red Onion, sliced (125ml)

Cooking Instructions

1. In a large cooking pot, heat the olive oil to medium high heat. Add the shallot, garlic and thyme to the cooking pot and cook for one minute. Next, add the diced butternut squash. Reduce the heat to medium low and continue to cook for three to four minutes. Next, add the kale, pine nuts and the broth. Bring the mixture to a simmer then continue to cook for 10 minutes, or until the squash is tender.
2. Once cooked, place the soup in four large soup bowls. Finely sliced the red onion then top the soup with the fresh onion. Serve warm or chill the soup for future use.

Calories 264 Carbohydrates 24

Successful Weight Loss Weekly Meal Plan Recipes

Dinner

Grilled Scallops with Marinated Asparagus

Serves Four People

Ingredients

- 12 pc Scallops (16 ounces, 500 grams)
- 1 bunch Asparagus
- 1 Tablespoon Fresh Tarragon, chopped (15ml)
- 2 pc Lemon
- 1 pc Shallot, small
- 1 teaspoon Parsley, chopped (5ml)
- ¼ teaspoon Black Pepper, ground (1ml)
- 2 Tablespoons Olive Oil (30ml)

Cooking Instructions

1. In a medium sized cooking pot, bring 8 cups of water to a boil. Once the water begins to boil, add the asparagus. Cook the asparagus until tender, around 6 minutes. Once cooked, strain the asparagus from the water. Place the asparagus in a large bowl.
2. Juice one lemon and finely dice the shallot. Chop the tarragon and parsley. Place the lemon juice, shallot, 1 Tablespoon Olive Oil, black pepper, tarragon and parsley in the bowl. Mix well and reserve on the side.
3. Cook the scallops. Place the remaining olive oil in a large sauté pan and bring to high heat. Once the oil begins to smoke, add the scallops. Cook until the scallops begin to brown on the bottom (around 90 seconds). Once browned, turn the scallops and continue to cook for one to two minutes.
4. Place the scallops on four plates and top with the asparagus. Serve immediately.

Calories 163 Carbohydrates 5

Successful Weight Loss Weekly Meal Plan Recipes

Dinner

Salad Greens with Roasted Beets and Shaved Almonds

Serves Four People

Ingredients

- 4 pc Beets, medium sized (yields 2 cups, 500ml)
- 1 teaspoon Olive Oil (5ml)
- ½ teaspoon Salt (2.5ml)
- ½ teaspoon Black Pepper (2.5ml)
- 4 Tablespoons Almonds, shaved (60ml)
- 4 cups Red Leaf or Green Leaf Lettuce, chopped (1 Litre)
- 4 cups Baby Spinach (1 Litre)
- 3 cups Arugula (750ml)
- 1 Tablespoon Parsley, chopped (15ml)
- 2 teaspoons Fresh Mint, chopped (10ml)
- 16 pc Cherry Tomatoes
- 1 pc Cucumber, diced
- 1 pc Carrot, grated
- 1 pc Orange, segmented
- 2 Tablespoons Olive Oil (30ml)
- 1 Tablespoon Red Wine Vinegar (15ml)
- 1 teaspoon Soy Sauce (5ml)

Cooking Instructions

1. To start, roast the beets. Preheat an oven to 350°F (175°C). Remove the leaves from the beets and discard. Wash the beets under cold water for thirty seconds then place in a baking pan. Add the 1 teaspoon of olive oil, ½ teaspoon Salt and ½ teaspoon Black Pepper. Mix well. Using a fork, poke a few holes in each beet. Cover the baking pan with aluminum foil then place in the oven. Cook until the beets are tender, around 30 minutes. Once cooked, remove from the oven and allow to cool. Once cooled, peel the beets then dice, slice or quarter the beets as desired.
2. While the beets are cooking, prepare the salad and salad dressing. In a large bowl, combine the leaf lettuce, baby spinach, arugula, mint and parsley. Mix well then reserve on the side. In a small bowl, combine the remaining olive oil, red wine vinegar and soy sauce. Mix well then reserve on the side. Finally, diced the cucumber, grate the carrot and peel the orange.
3. Place the salad greens on four plates. Top each salad with the roasted beets. Top the salad with the almonds, cherry tomatoes, cucumber, carrot and orange. Serve the dressing on the side.

Calories 201 Carbohydrates 20

Successful Weight Loss Weekly Meal Plan Recipes

Dinner

Stew of Curried Cauliflower, Chestnuts and Carrot

Serves Four People

Ingredients

- 3 cups Cauliflower, florets (750ml)
- 4 cups Vegetable or Chicken Broth (1 Litre)
- 1 Tablespoon Olive Oil (15ml)
- 1 pc Shallot, finely chopped
- 2 pc Scallion, chopped
- 1 teaspoon Ginger, finely minced (5ml)
- 8 pc Chestnuts, roasted
- 2 pc Carrot, large, diced
- 2 sprigs Thyme
- 2 teaspoons Yellow Curry Powder (10ml)
- 2 pc Plum Tomatoes

Cooking Instructions

1. Cut the cauliflower into small florets. Chop the shallot, scallion and ginger. Dice the plum tomatoes and carrots.
2. Heat the olive oil in a medium sized cooking pot to medium high heat. Once the oil is hot, add the shallot, scallion, curry powder and ginger. Cook the mixture for thirty seconds, making sure to constantly stir. Next, add the carrot and chestnuts. Cook for thirty seconds then add the broth. Bring the mixture to a simmer then reduce the heat to low.
3. Once the soup begins to simmer, add the cauliflower florets, tomatoes and thyme. Continue to cook the soup on low heat for 15 minutes.
4. Once cooked, serve the soup warm.

Calories 166 Carbohydrates 23

Successful Weight Loss Weekly Meal Plan Recipes

Dinner

Pan Seared Turkey Cutlets with Roasted Garlic and Market Mushrooms

Serves Four People

Ingredients

- 4 pc Turkey Cutlets (4 ounces each, 112 grams)
- 1 Tablespoon Olive Oil (15ml)
- Salt and Pepper to Taste
- 8 pc roasted Garlic
- 2 cups Mushrooms, sliced (500ml)
- 1 teaspoon Fresh Thyme, chopped (5ml)
- ½ cup Beef Broth (125ml)
- ¼ cup Sherry Wine (60ml)

Cooking Instructions

1. Slice the mushrooms and chop the thyme. If you cannot find roasted garlic in your supermarket, place a piece of aluminum foil on a baking sheet. Place the garlic on the aluminum foil along with a small amount of olive oil, salt and pepper. Mix well, and then cover the aluminum foil. Place in an oven and cook on low heat until roasted.
2. In a large sauté pan, heat the olive oil to medium high heat. Add the turkey cutlets and cook until brown on the bottom. Once browned, turn the turkey and continue to cook until brown on the bottom. Once fully brown, remove from the pan and reserved on the side.
3. Next, add the mushrooms and thyme to the pan. Cook for one minute, and then add the sherry wine. Allow the wine to reduce by ½, and then add the beef broth and roasted garlic. Mix well then place the turkey cutlets back in the pan. Allow the mixture to reach a slight simmer then reduce the heat to low. Cover the pan and continue to cook until the turkey is well done.

Calories 258 Carbohydrates 5

Successful Weight Loss Weekly Meal Plan Recipes

Dinner

Baked Sole in Lime Sauce with Roasted Asparagus

Serves Four People

Ingredients

- 4 filet Sole (4 ounces each, 112 grams)
- 2 pc Lemon
- 1 cup Chicken Broth (250ml)
- 1 bunch Asparagus
- 1 pc Red Pepper
- Salt and Pepper to Taste

Cooking Instructions

1. Preheat an oven to 375°F (190°C).
2. Peel the asparagus. Slice one lemon, juice the second. Cut the bell pepper into very thin slices.
3. Line a baking sheet with aluminum foil. Place the fish on the baking sheet and top with the sliced lemons. Mix the asparagus and bell pepper then place around the fish. Top the baking pan with salt and pepper, then add the broth and lemon juice.
4. Place the mixture in the oven and cook until the asparagus is roasted and the fish is fully cooked. Remove from the oven and divide the recipe into four equal portions. Serve warm.

Calories 346 Carbohydrates 6

Successful Weight Loss Weekly Meal Plan Recipes

Dinner

Curried Vegetable Salad wrapped in Rice Paper

Serves Four People

Ingredients

- 4 pc Rice Paper Wraps
- Water as Needed
- 2 cups Cauliflower (500ml)
- 1 pc Shallot, medium
- 2 pc Garlic, chopped
- 1 Tablespoon Olive Oil (15ml)
- 2 teaspoon Curry Powder (10ml)
- 2 pc Scallions
- 1 pc Red Bell Pepper
- 1 pc Zucchini
- 4 pc Iceberg Lettuce
- 1 pc Tomato, sliced

Cooking Instructions

1. Chop the shallot, scallions, red bell pepper and garlic. Cut the cauliflower into small florets and dice the zucchini.
2. Next, prepare the curried vegetables. Heat the olive oil in a large cooking pot to medium high heat. Add the garlic, scallions, shallot and red bell pepper. Cook the mixture for one minute, making sure to constantly stir the vegetables. Next, add the cauliflower and zucchini. Add $\frac{1}{4}$ cup of water to the pan and cover. Allow the vegetables to cook until the cauliflower is tender, around 5-8 minutes. Once cooked, remove from the stove and strain the vegetables.
3. Next, prepare the rice wraps. In a large bowl filled with warm water, soak one rice paper wrap for 15-20 seconds (until the rice paper wrap turns soft and malleable). Once soft, remove the rice paper from the water and dry. Next, place the rice paper on a cutting board.
4. Finally, thinly slice the tomato and shred the Iceberg lettuce. Place the lettuce and tomatoes on the rice paper followed by the curried vegetables. Wrap the rice paper and serve immediately.

Calories 104 Carbohydrates 16

Successful Weight Loss Weekly Meal Plan Recipes

Dinner

Poached Shrimp with Asian Green Bean Salad

Serves Four People

Ingredients

- 16 pc Shrimp (32 ounces, 1 Kg)
- 1 pc Bay Leaf
- 6 pc Black Pepper, whole
- 1 teaspoon White Vinegar (5ml)
- 4 cups Green Beans (1 Litre)
- 4 pc Roasted Garlic, chopped
- 2 Tablespoons Soy Sauce (30ml)
- 2 teaspoons Sesame Oil (10ml)
- 1 Tablespoon Rice Wine Vinegar (15ml)
- 1 pc Lime, juiced
- 1 Tablespoon Cilantro, chopped (15ml)

Cooking Instructions

1. In a medium sized cooking pot, bring 8 cups of water to a boil. Once boiling, add the bay leaf, vinegar and black pepper. Mix well then add the shrimp. Remove the cooking pot from the stove and allow the shrimp to slowly cook in the broth for 8 to 10 minutes. Once cooked, remove from the water and reserve on the side.
2. In another cooking pot, bring 8 cups of water to a boil. Once the water boils, add the green beans to the pot and cook until tender, around 4 to 5 minutes. Once cooked, remove from the water and place in a bowl.
3. To the bowl add the chopped cilantro, lime juice, rice wine vinegar, sesame oil, soy sauce and chopped garlic. Mix well then place the green beans on four plates. Top each plate with 4 shrimp and serve with a lime wedge if desired.

Calories 382 Carbohydrates 10

Successful Weight Loss Weekly Meal Plan Recipes

Morning Snacks

Trail Mix of Roasted Cashews, Raisins and Acai Berries

Serves Four People

Ingredients

- 1 cup Roasted Cashews, unsalted (250ml)
- 3/4 cup Raisins (180ml)
- ½ cup Acai Berries (125ml)
- ¼ teaspoon Cinnamon (1ml)
- Calories 353 Carbs 28

Cooking Instructions

1. Place all the ingredients in a bowl and mix well. Place in four small bowls or bags and serve as needed.

Successful Weight Loss Weekly Meal Plan Recipes

Morning Snacks

Homemade Strawberry and Mint Popsicles

Serves Four People

Ingredients

- 4 pc Popsicle Sticks
- 2 pc Kiwi, peeled and diced
- 8 pc Strawberry
- 1 Tablespoon Agave Syrup (15ml)
- 1 teaspoon Mint, chopped (5ml)
- ¼ teaspoon Cinnamon (1ml)
- ½ cup Water (125ml)
- 1 pc Lemon, zested

Cooking Directions

1. Place the kiwi, strawberry, agave syrup, mint, cinnamon, water and lemon zest in a blender. Blend on high speed until a smooth paste forms.
2. Place the mixture in a popsicle form. Next, place the popsicle sticks in the form. Place in the freezer and chill until fully solid, at least two hours. Once fully frozen, serve chilled.

Calories 55

Carbohydrates 14

Apricot Calories 17 Carbohydrates 4

Successful Weight Loss Weekly Meal Plan Recipes

Morning Snacks

Eggplant 'Caviar' with Celery Sticks

Serves Four People

Ingredients

- 1 pc Eggplant
- ¼ cup Red Onion, chopped (60ml)
- 1 teaspoon Fresh Thyme, chopped (5ml)
- 1 teaspoon Fresh Rosemary, chopped (5ml)
- 1 Tablespoon Olive Oil (15ml)
- 2 Tablespoons Tomato Paste (30ml)
- 2 teaspoons Red Wine Vinegar (10ml)
- 2 Tablespoons Fresh Basil, chopped (30ml)
- 1 pc Garlic, Chopped
- ¼ teaspoon Salt (1ml)
- ½ teaspoon Black Pepper (2.5ml)
- 12 pc Celery Stalks

Cooking Directions

1. Preheat an oven to 325°F (160°C).
2. Cut the eggplant lengthwise in half then place on a baking sheet lined with aluminum foil (cut side up). Top the eggplant with the red onion, thyme, rosemary, salt, pepper and olive oil. Place the baking sheet in the oven and cook until tender, around 25 minutes.
3. Peel the eggplant and place in a food processor with the tomato paste, vinegar, basil, salt, pepper and garlic. Blend until a thick puree forms in the food processor.
4. Allow the eggplant caviar to cool. While the eggplant caviar is cooling, prepare the celery sticks. Cut the celery stalks into thirds, giving 12 sticks to each person. Place the eggplant caviar in four small bowls and serve with the celery sticks.

Calories 88 Carbohydrates 12

Successful Weight Loss Weekly Meal Plan Recipes

Morning Snacks

Strawberry Salad with Mint, Peanut and Agave Syrup

Serves Four People

Ingredients

- 16 pc Strawberries
- 2 Tablespoons Agave Syrup (30ml)
- 1 Tablespoon Fresh Mint, chopped (15ml)
- ½ cup Peanuts, unsalted (125ml)
- 1 teaspoon Vanilla Extract (5ml)
- ¼ teaspoon Cinnamon (1ml)
- 1 teaspoon Lime Juice (5ml)

Cooking Directions

1. Cut the strawberries into quarters. Place the cut strawberries in a bowl along with the agave syrup, chopped mint, peanuts, vanilla extract, cinnamon and lime juice. Mix well then allow to marinate for 10 to 15 minutes.
2. Place the strawberry salad in four small bowls and serve. Otherwise, place the strawberry salad in a storage container and reserve in the refrigerator until needed.

Calories 259 Carbohydrates 23

Successful Weight Loss Weekly Meal Plan Recipes

Morning Snacks

Sliced Apple with Aromatic Peanut Butter Dip

Serves Four People

Ingredients

- 4 pc Granny Smith Apples
- ½ cup Peanut Butter (120ml)
- 1 cup Coconut Milk (250ml)
- ½ cup Water (120 ml)
- 1 pc Lime, juiced
- 1 Tablespoon Soy Sauce (gluten free) (15ml)
- 2 Tablespoons Ginger, finely minced (30ml)
- 1 teaspoon Ground Coriander Seed (5ml)
- ¼ teaspoon Clove, ground (1ml)
- ½ teaspoon Cinnamon, ground (5ml)

Cooking Directions

1. Combine the peanut butter, coconut milk, water, lime juice, soy sauce, coriander, clove, cinnamon and ginger. Cook the mixture over medium heat until the sauce reaches a simmer. Reduce the heat to low and continue to cook for ten minutes.
2. While the aromatic sauce is cooking, slice the apples into thin slices. If needed, place the apple slices in a bowl of lemon water in order to keep them from browning.
3. Once the sauce is ready, remove from the heat and place in four small bowls. Place on a plate along with the sliced apple and serve.

Calories 438 Carbohydrates 37

Successful Weight Loss Weekly Meal Plan Recipes

Morning Snacks

Celery with Almond Butter & Pumpkin Seeds

Ingredients

- 3 sticks of celery
- 2 tsp almond butter
- 2 tbsp pumpkin seeds

Directions

Simply fill between the celery with almond butter and place pumpkin seeds on top.

A perfect filling early morning snack before a workout or on the run. Almond butter is an excellent source of protein and heart –healthy polyunsaturated and monounsaturated fat. It also contains vitamin E, which is a great antioxidant.

1 wedge: Calories 16 Protein 50 g Cholesterol 0 mg Carbohydrate 3 g Fat .17 g Fiber 1.6 g
Sodium 3mg

3 wedges: Calories 48 Carbohydrates 9

Successful Weight Loss Weekly Meal Plan Recipes

Morning Snacks

Raw Broccoli Florets with Roasted Garlic-Artichoke Dip

Serves Four People

Ingredients

- 4 cups Broccoli Florets (1 Litre)
- 8 pc Roasted Garlic
- 4 pc Artichokes, cooked
- ½ cup Vegetable Broth (125ml)
- 1 Tablespoon Dijon Mustard (15ml)
- 1 Tablespoon Olive Oil (15ml)
- 1 Lemon, juiced
- Salt and Pepper to Taste

Cooking Directions

1. Place the roasted garlic, artichokes, vegetable broth, Dijon mustard, lemon juice, salt and pepper in a blender. Blend on high speed until a thick puree forms. Once homogenous, remove from the blender and reserve on the side.
2. Cook the broccoli florets. Bring 8 cups of water to a boil in a medium sized cooking pot. Once the water boils, add the broccoli and cook until tender, around 4 to 5 minutes. Once cooked, remove the broccoli florets and allow to cool in the refrigerator for 15 to 20 minutes.
3. Once the broccoli is chilled, place on four plates. Place the dip in four small bowls and serve.

Calories 143 Carbohydrates 23

Successful Weight Loss Weekly Meal Plan Recipes

Afternoon Snacks

Large Boiled Egg sprinkled with curry powder

Serves One Person

Simply hard boil 1 egg, de-shell and let cool. Then cut in halves and sprinkle with curry powder

Calories 77 Carbohydrates 1

Tuna

Serves One Person

Either buy tinned tuna (provided it is BPA-free) or fresh tuna.

100gm Fresh Tuna

Calories 144 Carbohydrates 0

Berry Plus Mix Calories 390 Carbs 20

Serves One Person

Ingredients

Simply mix:

- Blueberries 28 grams (1 ounce) – Calories 16 Carbs 4
- Raspberries 28 grams. (1 ounce) – Calories 15 Carbs 3
- Blackberries 28 grams (1 ounce) – Calories 12 Carbs 3
- Walnuts 28 grams (1 ounce) – Calories 183 Carbs 4
- Sunflower seeds 28grams (1 ounce) – Calories 164 Carbs 6

Total Calories 390 Carbohydrates 20

Carrot & Celery Sticks With Hummus Calories 77 Carbs 11

Serves One Person

- 1 medium carrot (61 grams) sliced Calories 25 Carbs 6
- 1 medium stalk celery (40 grams) sliced Calories 6 Carbs 1
- Hummus 1 ounce (28 grams) Calories 46 Carbs 4