



HEALTHHAVEN

THE WEIGHT LOSS ONE

A week's worth of meals, to be followed for one month

Tailored plan maintaining a calorie deficit - without compromising on food taste, quality or appeal.

DAY 1 - SEPTEMBER 21

09:00 : OATS

Ingredients

100g x steel-cut oats
240ml x non-dairy milk alternative
(Optional) Cinnamon powder to taste

Total Calories: 424 kcal

CHO: 74

PRO: 16

SUGAR: 1

UNS-FAT: 8

SAT-FAT: 3

DAY 1 - SEPTEMBER 21

13:00 : CHILI CON CARNE

Ingredients

1 /2 x onion
40g x red peppers
15g x Tomato purée
100g x extra lean beef mince
80g x can red kidney beans
1/2 x tbsp chilli powder

Total Calories: 309 kcal

CHO: 27
PRO: 28
SUGAR: 4
UNS-FAT: 1.5
SAT-FAT: 3

DAY 1 - SEPTEMBER 21

18:30 : 'SORT-OF CHEATING' BURGER

Ingredients

1 x wholemeal bun
1 x black bean patty
Salt and Pepper to taste
(Optional) 1 x tbsp yoghurt servings
1 x serving spinach

Total Calories: 347 kcal

CHO: 46
PRO: 27
SUGAR: 7
UNS-FAT: 4
SAT FAT: 0

DAY 1 - SEPTEMBER 21

DAILY SUMMARY

Total Calories: 1,080 kcal

CHO: 147

PRO: 71

SUGAR: 12

UNS-FAT: 14

SAT FAT: 6

DAY 2 - SEPTEMBER 22

09:00 : AVOCADO TOAST

Ingredients

1 x slice wholegrain bread
1 x boiled or scrambled eggs
1/4 x avocado
2 x cups spinach

+ coffee/tea (Black)

Total Calories: 249 kcal

CHO: 13
PRO: 13
SUGAR: 4
UNS-FAT: 19
SAT-FAT: 4

DAY 2 - SEPTEMBER 22

13:00 : TERIYAKI SALMON STIR FRY

Ingredients

1/8 x cup teriyaki sauce
1 x table spoon sesame oil
1/2 x clove garlic
1/4 x pound salmon fillet
4 x ounces mushrooms
1/2 x head broccoli
1/2 x tablespoon sesame seeds

Add the salmon to the other ingredients in a large skillet, then let simmer for 10 mins.

Total Calories: 403 kcal

CHO: 24
PRO: 7
SUGAR: 7
UNS-FAT: 18
SAT FAT: 4

DAY 2 - SEPTEMBER 22

18:30 : FRUIT, NUT AND CITRUS CHOP'D SALAD

Ingredients

- 2 x cups spinach
- 1 x tablespoon cold pressed oil (olive oil or pine nut oil)
- 100g x diced grilled/pan-fried chicken breast
- 1/2 x cup sun-dried tomatoes
- 1 x orange

Chop, dice and mix all the ingredients together, then toss with the cold pressed oil to mix. Add the orange slices to the mix at the end

Total Calories: 344 kcal

CHO: 30
PRO: 18
SUGAR: 29
UNS-FAT: 2
SAT-FAT: 2

DAY 2 - SEPTEMBER 22

DAILY SUMMARY

Total Calories: 996 kcal

CHO: 67

PRO: 38

SUGAR: 40

UNS-FAT: 39

SAT FAT: 10

DAY 3 - SEPTEMBER 23

09:00 : AVOCADO TOAST

Ingredients

1 x slice wholegrain bread
1 x boiled or scrambled eggs
1/4 x avocado
2 x cups spinach

+ coffee/tea (Black)

Total Calories: 249 kcal

CHO: 13
PRO: 13
SUGAR: 4
UNS-FAT: 19
SAT-FAT: 4

DAY 3 - SEPTEMBER 23

13:00 : CAVOLO NERO AND CHORIZO WANDER MIX

Ingredients

1/2 x tablespoon cold pressed oil
1/2 x chorizo sausage link, diced
1 x garlic clove, sliced
1/2 x cup sun-dried tomatoes
150g x cavolo nero spinach
1 x teaspoon lemon juice
1 oz x whole cream

Add the oil to a sauté pan and fry for 3-4 mins, adding garlic for 1 min. Then, remove chorizo and add cavolo nero in parts. When added, add 1 tablespoon of water for 3 mins. Then remove the lid and fry for 5-6mins

Total Calories: 422 kcal

CHO: 14
PRO: 16
SUGAR: 3
UNS-FAT: 23
SAT-FAT: 11

DAY 3 - JUNE 24 - LOW CARB

18:00 : BEETROOT, FETA AND MIXED NUT SALAD

Ingredients

1/2 x beets
1 x tablespoon red wine vinegar
1 x tablespoon extra virgin olive oil
1/4 x cup walnuts
1/2 x arugula
1 x oz goats cheese

Total Calories: 399 kcal

CHO: 4
PRO: 32
SUGAR: 3
UNS-FAT: 24
SAT-FAT: 3

DAY 3 - SEPTEMBER 23

DAILY SUMMARY

Total Calories: 1,070 kcal

CHO: 41

PRO: 61

SUGAR: 10

UNS-FAT: 66

SAT-FAT: 18

DAY 4 - SEPTEMBER 24

09:00 : BANANA AND NUT BUTTER SMOOTHIE

Ingredients

100g x full fat Greek yoghurt
1 x banana
1 x tablespoon peanut/almond/cashew butter
(Optional) 1 x scoop protein powder
(Optional) ice

Blend it all together and hey presto - done in 30s

+ coffee/tea (Black)

Total Calories: 394 kcal

CHO: 18
PRO: 22 (42 with protein powder)
SUGAR: 18
UNS-FAT: 13
SAT-FAT: 5

DAY 4 - SEPTEMBER 24

13:00 : COURGETTE BOLOGNESE

Ingredients

82g x turkey mince
1/2 x onion, diced
1/2 x garlic clove, chopped
1 x large carrot, diced
50g x mushrooms, diced
1 x tablespoon tomato purée
1 x large courgette
100g x chopped tomatoes
(Optional) basil

1. Add turkey mince to pan with the olive oil and stir until brown. Set aside.
2. Cook onions on pan for 8-10 mins. Add garlic and carrots and cook for 5 mins until tender. Re-add the turkey mince and tomato purée. After, add the chopped tomatoes. Add 1 can of water, and lower heat when starts to boil.
3. Add spiralized courgette to a pan with remaining oil and until tender. Add basil + seasoning then add bolognese on top

Total Calories: 302 kcal

CHO: 5
PRO: 27
SUGAR: 9
UNS-FAT: 7
SAT-FAT: 2

DAY 4 - SEPTEMBER 24

18:00 : KETO LAMB KOFTAS

Ingredients

4 x oz ground lamb
Cilantro
Ground ginger
Mixed spices
1 x tablespoon olive oil
Salt and pepper to taste
Mixed salad / as much as you like

Total Calories: 483 kcal

CHO: 2
PRO: 19
SUGAR: 3
UNS-FAT: 30
SAT-FAT: 13

DAY 4 - SEPTEMBER 24

DAILY SUMMARY

Total Calories: 1,179 kcal

CHO: 25
PRO: 68 (++) with protein powder)
SUGAR: 30
UNS-FAT: 50
SAT-FAT: 20

DAY 5 - SEPTEMBER 25

09:00 : BAGEL TIME

Ingredients

- 1 x wholemeal bagel
 - 2 x tablespoons spreadable cream cheese (Philadelphia light?)
 - 100g x slice smoked salmon
 - Lemon juice to taste
 - Parsley to taste
 - Pepper to taste
- + coffee/tea (Black)

Total Calories: 380 kcal

CHO: 33
PRO: 28
SUGAR: 7
UNS-FAT: 8
SAT-FAT: 4

DAY 5 - SEPTEMBER 25

13:00 : QUINOA AND GRAIN SALAD

Ingredients

1oz x halloumi
75g x quinoa
1/2 x small red onion
1 x bundle radishes
20g x baby rocket
20g x chopped pecans
1 x cup broccoli florets

Total Calories: 401 kcal

CHO: 31
PRO: 12
SUGAR: 20
UNS-FAT: 24
SAT-FAT: 2

DAY 5 - SEPTEMBER 25

18:00 : TERIYAKI STIR FRY

Ingredients

- 1 x tablespoon veg oil/cold pressed oil
- 1 x cup broccoli florets
- 100g x diced chicken breast
- 2 x cloves garlic
- 3 x tablespoons cup soy sauce
- 1/2 x tablespoons honey
- salt and pepper to taste
- 1/8 x cup chicken stock

Total Calories: 377 kcal

CHO: 8
PRO: 30
SUGAR: 18
UNS-FAT: 15
SAT-FAT: 2

DAY 5 - SEPTEMBER 25

DAILY SUMMARY

Total Calories: 1,158 kcal

CHO: 72

PRO: 49

SUGAR: 45

UNS-FAT: 47

SAT-FAT: 8

DAY 6 - SEPTEMBER 26

09:00 : SPICED SCRAMBLED EGGS

Ingredients (2 servings, calories per serving)

1 x chopped onion
1 x chopped chili
4 x eggs
1 x tablespoon butter
Dash of milk
Coriander to taste

Start with the chilli and onion simmering with the butter. Then stir in the beaten eggs and milk and you're good to go

+ coffee/tea (Black)

Total Calories: 236 kcal

CHO: 3
PRO: 16
SUGAR: 3
UNS-FAT: 12
SAT-FAT: 6

DAY 6 - SEPTEMBER 26

13:00 : BEETROOT, FETA AND MIXED NUT SALAD

Ingredients

1/2 x beets
1 x tablespoon red wine vinegar
1 x tablespoon extra virgin olive oil
1/4 x cup walnuts
1/2 x arugula
1 x oz goats cheese

Total Calories: 399 kcal

CHO: 4
PRO: 32
SUGAR: 3
UNS-FAT: 24
SAT-FAT: 3

DAY 6 - SEPTEMBER 26

18:00 : PENNE ARRABIATA

Ingredients

100g x wholemeal penne pasta, boiled
1 x tablespoon cold pressed oil
1 x cup steamed broccoli
0.5 x cup chopped tomatoes
Italian seasoning / salt + pepper to taste

Total Calories: 337 kcal

CHO: 36

PRO: 11

SUGAR: 8

UNS-FAT: 11

SAT-FAT: 2

DAY 6 - SEPTEMBER 26

DAILY SUMMARY

Total Calories: 972 kcal

CHO: 43

PRO: 49

SUGAR: 14

UNS-FAT: 37

SAT-FAT: 11

DAY 7 - SEPTEMBER 27 - CHEAT DAY

WHATEVER YOU LIKE, WHENEVER YOU WANT IT

Total Calories: Dont want to know

CHO: OUCH
PRO: OUCH
SUGAR: OUCH
UNS-FAT: OUCH
SAT-FAT: OUCH