

# Free 1 Week Diet

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>B r e a k</b>	Spinach handful 2 egg omelette 5 Cherry tomatoes 1 tbsp Crème Fraiche  <b>Total Calories 315</b>	1 cup porridge Full fat milk 2 cups ½ diced apple Grated whole nutmeg 1 tsp honey  <b>Total Calories 650</b>	4 tbsp cannellini beans, mushrooms x5 cherry tomatoes 2 slices wholegrain toast + butter  <b>Total Calories 430</b>	1 cup porridge Full fat milk 2 cups Blitz ½ banana Small handful Berries  <b>Total Calories 670</b>	2 Poached eggs ½ avocado 1 slice wholegrain toast  <b>Total Calories 440</b>	Handful fresh berries 4 tbsp yoghurt Toasted hazelnuts 1tbsp chia seeds  <b>Total Calories 340</b>	x5 tbsp plain yogurt, small handful nuts, small bunch grapes 1 slice wholegrain toast  <b>Total Calories 365</b>
<b>L u n c h</b>	2 cups wholegrain rice 3 tbsp Black beans, green beans & yellow pepper  <b>Total Calories 580</b>	Soup 6 tbsp lentils & butternut squash 1 clove garlic ½ onion  <b>Total Calories 250</b>	1 Fish cake 1 handful watercress 3 tbsp hummus  <b>Total Calories 320</b>	1 chicken breast 1 handful mixed leaf salad, 1 tbsp Siracha, 2 tbsp crème fraiche 5 tbsp chickpeas <b>Total Calories 450</b>	3 tbsp quinoa, x3 broccoli florets, 2tbsp red pepper, 100g diced halloumi  <b>Total Calories 655</b>	140g tuna steak Handful mixed salad leaves 6 tbsp cooked lentils 3 tbsp grated carrot <b>Total Calories 460</b>	100g diced halloumi 5 tbsp cooked pearl barley, 1 handful spinach 4 tbsp peas <b>Total Calories 453</b>
<b>S n a c k</b>	3 tbsp Guacamole x1 wholemeal pitta bread  <b>Total Calories 150</b>	x2 Boiled eggs 3 tbsp peanut butter  <b>Total Calories 430</b>	4 tbsp plain yogurt, handful chopped nuts, ½ diced pink lady apple  <b>Total Calories 380</b>	x2 Boiled eggs 3 tbsp peanut butter  <b>Total Calories 430</b>	5 tbsp cottage cheese 3 tbsp toasted seeds 1 handful grapes  <b>Total Calories 330</b>	3 tbsp Guacamole x1 wholemeal pitta bread 1 boiled egg  <b>Total Calories 225</b>	5 tbsp cottage cheese x2 Siracha, 2 tbsp cooked chopped courgette, grated carrot & 1 slice wholegrain toast <b>Total Calories 300</b>
<b>D i n n e r</b>	1 Fillet Sea Bass 2 tbsp each courgette & carrot 5 tbsp cooked lentils  <b>Total Calories 378</b>	1 cup cooked quinoa 1 chicken breast 2 tbsp chopped aubergine, raw carrot, sweetcorn & red pepper  <b>Total Calories 350</b>	150g sliced pork tenderloin 2 tbsp courgettes, carrots, red pepper 1 cup wholegrain rice  <b>Total Calories 430</b>	Wholegrain pasta 4 tbsp chopped aubergine, 3 tbsp peas 1 Fillet Sea bass 3 tbsp pesto  <b>Total Calories 630</b>	1 Salmon fillet 1 handful green beans x5 sweet potato wedges 3 tbsp hummus  <b>Total Calories 420</b>	x2 chicken thighs 4 tbsp cannellini beans, large handful spinach, 4 tbsp chopped mushrooms & onions  <b>Total Calories 455</b>	150g sliced pork 5 tbsp cooked chickpeas ½ canned tomato, ½ small onion, 2 tbsp aubergine  <b>Total Calories 355</b>

**The aim of this 1 week diet is to provide meal ideas behind making healthier food choices**  
**The quantities are NOT appropriate for all**



## 1 So Why These Foods?

**Meets nutrient requirements** – Consists of vitamins, B vitamins, amino acids & minerals

**Colourful vegetables** – contain phytonutrients which aids our immune system

**Low in sugar content** – prevents blood sugar spikes & subsequent energy crashes

**Adequate fibre levels** – improves gut health & the digestive system

**Minimally processed** – food in its natural form & with no E Nos, trans fats & sugars

## 2 Useful Cooking Tips

### Salad dressing options

Mustard – Olive oil with chopped chives/parsley & lemon juice

White wine vinegar – Olive oil – chopped capers & plain yoghurt

Balsamic vinegar – Olive oil with chopped parsley

**Make your own chicken, fish & veg stocks** – it's simple, puts trimmings to good use & reduces food waste

**Buy the best ingredients affordable** – the better the ingredients the more flavoursome & nutrient dense

**Where possible cook from scratch** – being aware of what's in the food you eat

**Cook in bulk** – a few hours on a weekend afternoon can last all week

**Use of herbs & spices** – have a multitude of health benefits & take meals to the next level

**Cook difference foods** – variation is hugely important to prevent nutrient deficiencies

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## What next?

**Looking to gain weight**

**Lose weight**

**Improve your health**

**Understand more about your nutrition**

This can be easy, inexpensive, hugely rewarding & it can change your body shape for the better

Start by signing up to the **30-day program** which will get you started & used to cooking frequent meals then get in touch to discuss a more detailed & bespoke dietary program when needed

