



# THE WEIGHT LOSS GURU



## 'NO NEED TO COOK' MEAL PLAN

# 'NO NEED TO COOK' FOOD PLAN

WEEK 1

	MON	TUE	WED	THUR	FRI	SAT	SUN
BFFAST	1 pot of Greek Yogurt & 1 Plant-based yogurt mixed together, (Fage+Alpro) + 2 tsp mixed seeds/nuts	Chia pot with almond milk, yogurt and prunes	½ avocado + cottage cheese	1 pot of Greek Yogurt & 1 Plant-based yogurt mixed together, (Fage+Alpro) + 2 tsp mixed seeds/nuts	2-3 kippers or haddock or mackerel	Chia pot with almond milk, yogurt and prunes	1 pot of Greek Yogurt & 1 Plant-based yogurt mixed together, (Fage+Alpro) + 2 tsp mixed seeds/nuts
LUNCH large portions	½ sachet Fiid of Chala Masala, ready cooked chicken + vegetables	½ sachet of Fiid, a packet of basil-flavoured tofu and Sainsbury's ready vegetables	Roasted tomato, cauliflower, pepper & tuna bake + cannellini beans	Pan baked gourmet lentils with fresh cherry tomatoes & feta + vegetables	Smoked mackerel fillets with Sainsbury's ready vegetables & Merchant lentils	Sainsbury's vegetable medley with baked cod + cannellini beans + large garden salad	M&S ready bought cauliflower, calamari, cherry tomatoes, 3-bean salad + feta
TEA SNACK	2 pieces of fresh, seasonal fruit	2 pieces of fresh, seasonal fruit	2 pieces of fresh, seasonal fruit	2 pieces of fresh, seasonal fruit	2 pieces of fresh, seasonal fruit	2 pieces of fresh, seasonal fruit	2 pieces of fresh, seasonal fruit
SUPPER	A whole packet of Sweet chilli Tiba brand tempeh	Quorn mince + small serving of kidney beans	Cauldron brand marinated tofu (microwave), add edamame & soy sauce	Smoked salmon & scrambled eggs	One packet of The Grocer brand - Red Lentil Dhal	A whole packet Curried flavour Tiba brand tempeh	Avocado and soy sauce filled with baked lentils and flaked salmon