

Weekly meal plan for intermittent fasting beginners

Recipes and shopping list included



Welcome to our one week Meal Plan for women!

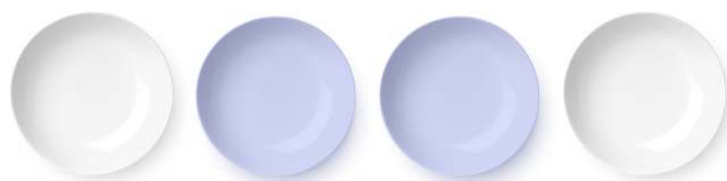
2 and 2

Meals and snacks
each day



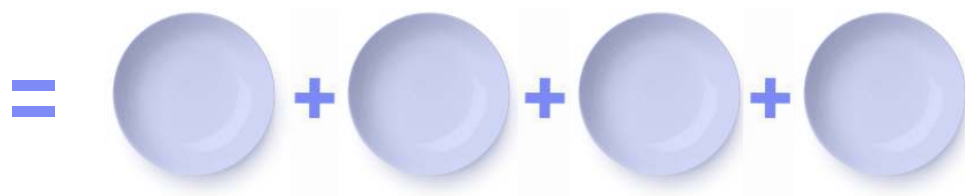
16:8 and 14:10

Best used with these
fasting schedules



1400–1500

A recommendation
of calories per day



Reminder

If using this meal plan within your IF routine, remember to eat all meals and snacks within your eating window.

During fast hours, ensure you drink enough calorie-free liquids – like still or sparkling water, black coffee, or tea.

Meal plan

Monday

Meal 1

English muffin with nut butter, sliced berries & chia seed (345 kcal)

Meal 2

Spaghetti marinara with broccoli (500 kcal)

Snacks x2

Cumin tortilla with mint yogurt dip (150 kcal)

Edamame protein pot (200 kcal)

7oz low-fat milk (95 kcal)



Tuesday

Meal 1

Chilled overnight chia pudding (400 kcal)

Meal 2

Tex-Mex stuffed peppers (500 kcal)

Snacks x2

Lettuce boats with shrimp salad (200 kcal)

Sliced apple and nut butter (320 kcal)



Wednesday

Meal 1

Huevos Rancheros (450 kcal)

Meal 2

Crockpot chicken noodle soup (324 kcal)

Snacks x2

Yogurt crunch with fresh berries (330 kcal)

Roasted chickpeas (180 kcal)

7oz low-fat milk (95 kcal)

Thursday

Meal 1

Buckwheat berry
pancakes (450 kcal)

Meal 2

Chipotle chicken quinoa
burrito bowl (505 kcal)

Snacks x2

Cheese and tomato
omelette wrap (200 kcal)

Frozen yogurt (345 kcal)

Friday

Meal 1

Avocado & egg toast
with spinach (460 kcal)

Meal 2

Rainbow vegetable stir-
fry with prawns (450 kcal)

Snacks x2

Nut butter banana bites
(250 kcal)

Refried bean quesadillas
(300 kcal)

7oz low-fat milk (95 kcal)



Saturday

Meal 1

Egg-white & veggie
scramble with turkey
bacon (300 kcal)

Meal 2

Salmon poke bowl
(550 kcal)

Snacks x2

Chicken avocado & salad
wrap roll-ups (300 kcal)

Hummus + pitta
(280 kcal)

7oz low-fat milk (95 kcal)



Sunday

Meal 1

Oatmeal with poached
pear and nut butter
(350 kcal)

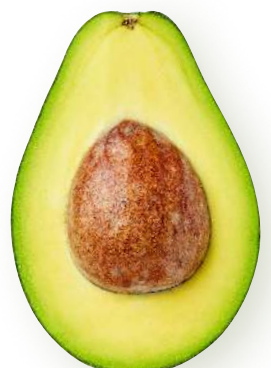
Meal 2

Turkey, bean & veg chili
(500 kcal)

Snacks x2

Smoothie (250 kcal)

Tuna cucumber cups
(150 kcal)



Shopping list

Cupboard

Whole-wheat grains

Spaghetti, noodles, muffin, tortilla, pita, rice, bread, oats, buckwheat flour



Seeds

Chia seeds, flaxseeds, mixed seeds +optional (sesame seeds)



Canned food

Black beans, chickpeas, sweetcorn, tomatoes, tuna



Other

Nuts of your choice (e.g. pecans, walnuts, hazelnuts, cashews, etc.)

Nut butter of your choice (e.g. peanut butter, almond butter, etc.)

Quinoa

Reduced-salt vegetable broth

Jalapeño

Spices you love



Oil and sauces, condiments

Reduced-salt soy sauce, canola oil, extra virgin olive oil



Protein

Chicken

Turkey bacon

Ground turkey meat

Salmon

Shrimp

Eggs

Low-fat yogurt

Low-fat milk

Low-fat cheddar cheese

Hummus



Fresh/frozen

Onion

Garlic

Carrot

Avocado

Tomatoes

Bell peppers

Cucumber

Lettuce

Edamame beans

Spinach

Celery

Red cabbage

Spring onion

Broccoli

Berries

Banana

Pear

Apple

Lemon

Lime

Mint

Other fresh herbs you love
(e.g. parsley, cilantro, or basil)



Meal N°1

Monday



English muffin with nut butter and sliced berries

 Serves
1

 Cook time
<5 mins

Method

1. Toast English muffin and spread nut butter on each half.
2. Arrange sliced berries on top, then sprinkle with cinnamon and chia seeds.

Ingredients

Whole-wheat English muffin, halved (1 pcs)
Nut butter (1 tbsp)
Handful of berries, sliced
Pinch of ground cinnamon
Chia seeds (1 tsp)

Meal N°2

Monday



Spaghetti marinara with broccoli



Serves
2



Cook time
25 mins



Method

1. Cook spaghetti according to package instructions (note package, not packet), then drain.
2. Meanwhile, heat 1 tsp of oil in a skillet over low/medium heat. Once hot, add the onion and cook until it starts turning translucent (about 5 minutes).
3. Add the garlic, passata and oregano to the pan. Stir gently, and leave to simmer for 10-12 minutes. Add a splash of water if you want the sauce to loosen.
4. Heat the remaining oil in a skillet over medium/high heat and add the broccoli, frying for 5 minutes.
5. Add the prawns and cook until pink (1-2 minutes). Spoon this mixture and the cooked spaghetti into the marinara sauce and stir together.
6. Stir through fresh herbs and sprinkle with chili flakes before serving.

Ingredients

- Raw prawns (7 oz)
- Whole-wheat uncooked spaghetti (6 oz)
- Onion, diced (1/2 pcs)
- Garlic cloves, minced (2 pcs)
- Tomato passata (2 cups)
- Handful of broccoli
- Canola oil (2 tsp)
- Dried oregano (1 tsp)
- Chili flakes (1/2 tsp)
- Handful of fresh herbs

Snack N°1

Monday



Cumin tortilla with mint yogurt dip



Serves
2



Cook time
10 mins

Method

1. Preheat oven to 400°F.
2. Spray tortilla with the oil and top with cumin seeds. Cut into small triangle wedges and place on a tray in the oven for 10 minutes.
3. Make the yogurt dip by mixing the yogurt, cucumber, garlic, lemon juice, and mint together.
4. Dip tortilla wedges into the yogurt and enjoy any excess dip with celery sticks or carrot.

Ingredients

Whole-wheat tortilla (1 pcs)
Grated cucumber (1/4 cup)
Garlic clove, minced (1 pcs)
Optional: celery sticks (2),
carrots (2)
Olive oil spray
Low-fat natural yogurt
(4 tbsp)
Lemon juice (1/2 tsp)
Cumin seeds (1 tsp)
Handful of fresh mint
leaves, chopped

Snack N°2

Monday



Edamame protein pot

Method

1. Boil eggs for 4-6 minutes. Peel, then cut into quarters.
2. Add the edamame beans to the boiling water and cook for 5 minutes, until softened - then drain.
3. Add all of the ingredients to a bowl and serve.

 Serves
1

 Cook time
10 mins

Ingredients

Edamame beans, fresh or frozen (removed from their pods) (1/2 cup)

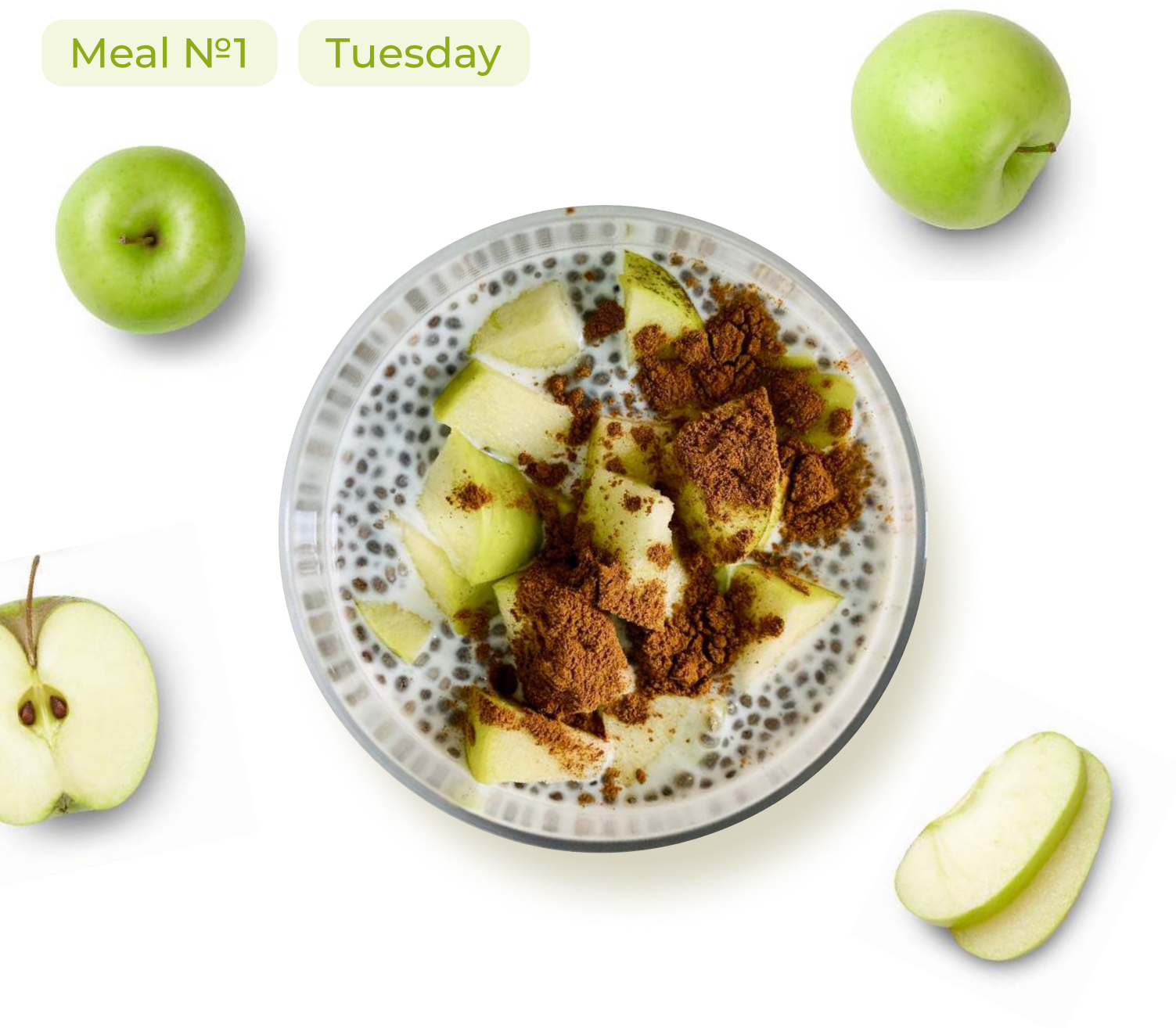
Egg, boiled and quartered (1 pcs)

Lime juice (1/4 tsp)

Chili flakes (1/2 tsp)

Meal N°1

Tuesday



Chia pudding with chopped apple

 Serves
1

 Cook time
5 mins

Method

1. Add the oats, milk, yogurt, chia seeds and vanilla extract to a glass container. Mix with a fork until evenly combined.
2. Place it in the fridge for at least 2 hours to thicken up.
3. When ready to eat, top with the diced apple, nuts and cinnamon. Add a splash of milk for a less-thick consistency.
4. Store in the refrigerator, covered, for up to 5 days.

Ingredients

- Rolled oats (1/3 cup)
- Low-fat milk (1/2 cup)
- Low-fat Greek yogurt (1/2 cup)
- Handful of diced apple
- Chia seeds (1 tbsp)
- Vanilla extract (1/4 tsp)
- Nut of your choice (1 tbsp)
- Pinch of cinnamon

Meal N°2

Tuesday



Tex-Mex stuffed peppers



Serves
2



Cook time
45 mins

Method

1. Preheat the oven to 200°C/390°F.
2. Meanwhile, heat the oil in a frying pan over medium heat. Add the onion, garlic and chili flakes and cook for 5 minutes, until onion turns translucent.
3. Add the rice, cumin, paprika and coriander and stir together.
4. Pour in the vegetable broth and passata (they know it's tomato by now), cover with a lid and simmer for 20 minutes.
5. Stir in the black beans and sweetcorn (lose to heat through).
6. Place bell peppers on a baking dish, fill with the rice/bean mixture and top with cheese. Bake for 20 minutes.
7. Remove from the oven, spoon the yogurt on top of each pepper.
8. Squeeze over some lime juice before serving.

Ingredients

- Whole-wheat rice (1/2 cup)
- Reduced-salt vegetable broth (1/2 cup)
- Black beans, drained and rinsed (1 can - 7 oz)
- Bell peppers, halved and deseeded (2 pcs)
- Onion, diced (1/2 pcs)
- Canned sweetcorn (2 oz)
- Low-fat cheese, grated (2 oz)
- Low-fat natural yogurt (2 tbsp)
- Lime, juiced (1/4 pcs)
- Tomato passata (1/2 cup)
- Garlic clove, minced (1 pcs)
- Canola oil (1 tbsp)
- Chili flakes (1/4 tsp)
- Ground cumin (1/2 tsp)
- Smoked paprika (1/2 tsp)
- Ground coriander (1/2 tsp)



Snack N°1

Tuesday

Lettuce boats with shrimp salad



Serves
1



Cook time
<5 mins



Method

1. Add the shrimp, mayonnaise, lemon juice, chili flakes, celery, spring onion, cucumber, and fresh herbs to a bowl and mix thoroughly.
2. Spoon the shrimp mixture into the lettuce leaves and enjoy.

Ingredients

- Cooked shrimp (3 oz)
- Low-fat mayonnaise (1 tbsp)
- Celery stick, diced (1 pcs)
- Spring onion, diced (1 pcs)
- Cucumber, diced (1/4 cup)
- Lemon juice (1/4 tsp)
- Chili flakes (1/4 tsp)
- Romaine lettuce leaves (2 pcs)
- Handful of fresh herbs



Snack N°2

Tuesday

Sliced apple and nut butter



Serves
1



Cook time
<5 mins

Ingredients

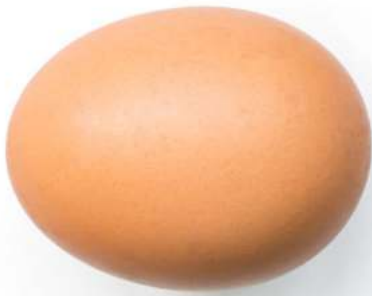
- Medium apple (1 pcs)
- Unsalted nut butter (1 tbsp)
- Nuts of your choice (1 tbsp)

Method

1. Slice apple into thin wedges.
2. Spoon nut butter onto your plate and top with crushed nuts.
3. Dip apple into nut butter. Enjoy!

Meal N°1

Wednesday



Huevos Rancheros



Serves
1



Cook time
<10 mins

Method

1. Heat the oil in a frying pan over a medium heat. Add the onion, chili flakes, garlic, cumin, coriander, tomatoes, and beans, then simmer for 5 minutes.
2. Form a well in the middle and break an egg in. Place a lid on the pan and cook for 2-3 minutes until the egg white has set – but the yolk is still runny.
3. Spoon mixture onto your tortilla, squeezing over the lime juice and garnishing with fresh herbs.

Ingredients

- Whole-wheat tortilla (1 pcs)
- Egg (1 pcs)
- Onion, diced (1/4 pcs)
- Chopped tomatoes (1/2 can - 7 oz)
- Black beans (1/2 can - 7 oz)
- Chili flakes, diced (1/4 tsp)
- Canola oil (1 tsp)
- Garlic clove, minced (1 pcs)
- Ground cumin (1/2 tsp)
- Ground coriander (1/2 tsp)
- Lime juice (1 tsp)
- Handful of fresh herbs

Meal N°2

Wednesday



Chicken noodle soup



Serves
4



Cook time
40 mins



Method

1. Heat the oil in a large pot over a medium heat.
2. Add the onion, carrots, celery, garlic, thyme, and rosemary and cook for 5 minutes.
3. Add the chicken, bay leaf, plus 4 cups boiling water. Increase the heat to a boil, then reduce heat and partially cover and simmer for 20 minutes.
4. Once the chicken is opaque, remove it from the pan, and shred using 2 forks.
5. Return chicken to pan along with the spaghetti and sweetcorn. Cover and cook for 5-10 minutes.
6. Wilt in the spinach leaves and garnish with fresh herbs before serving.

Ingredients

- Canola oil (1 *tbsp*)
- Chicken breast (1 *lb*)
- Whole-wheat spaghetti, snapped (10 *oz*)
- Onion, diced (1 *pcs*)
- Carrots, diced (2 *pcs*)
- Celery sticks, sliced (2 *pcs*)
- Garlic cloves, minced (2 *pcs*)
- Canned sweetcorn (4 *oz*)
- Dried thyme (1/2 *tsp*)
- Dried rosemary (1/2 *tsp*)
- Bay leaf (1 *pcs*)
- Handfuls spinach (2 *pcs*)
- Handful of fresh herbs

Snack N°1

Wednesday

Yogurt crunch with fresh berries



Serves
1



Cook time
<5 mins



Method

1. Spoon yogurt into a bowl and mix in the berries.
2. Top with nuts and flaxseed – and you're done!

Ingredients

- Low-fat yogurt (*1/2 cup*)
- Handful of your favorite berries
- Nuts of your choice (*1 tbsp*)
- Milled flaxseed (*1 tsp*)



Snack N°2

Wednesday

Roasted chickpeas



Serves
2



Cook time
30 mins

Ingredients

- Chickpeas, drained, rinsed, and patted dry (*1 can - 15 oz*)
- Canola oil (*1 tbsp*)
- Cumin seeds (*1 tsp*)
- Smoked paprika (*1 tsp*)
- Ground coriander (*1 tsp*)
- Lemon juice (*1 tsp*)
- Chili flakes (*1/4 tsp*)

Method

1. Preheat oven to 400F.
2. Mix all ingredients into a bowl, then pour into a baking dish and arrange into a single layer.
3. Pop in the oven and roast for 20-30 minutes until crunchy, shuffling everything around the dish halfway through. Enjoy your crunchy snack!

Meal N°1

Thursday



Buckwheat berry pancakes

 **Serves**
2 (4 pancakes)

 **Cook time**
15 mins

Method

1. Mash the banana in a bowl with a fork.
2. Add the flaxseed and milk to the banana and stir until evenly combined.
3. Add the buckwheat flour, cinnamon, vanilla extract, and salt, then stir mix together.
4. Heat the oil in a skillet over a medium/high heat. Once hot, add a spoon of pancake batter. When bubbles start to form at the pancakes' surface, flip over and cook 3 further minutes.
5. Stack your pancakes and spread a thin layer of nut butter on the top one. Finish by topping with the yogurt, berries, and nuts.

Ingredients

Ripe banana (1 pcs)
Milk (1/2 cup)
Buckwheat flour (1/3 cup)
Canola oil (1 tsp)
Milled flaxseed (1 tsp)
Pinch of salt
Ground cinnamon (1/4 tsp)
Vanilla extract (1/4 tsp)

Toppings

Nut butter (1 tsp)
Low-fat yogurt (1 tbsp)
Handful of sliced berries
Nuts of your choice (1 tsp)

Meal N°2

Thursday



Chipotle chicken quinoa burrito bowl



Serves
2



Cook time
30 mins

Method

1. Brush the chicken with olive oil, lime zest, and juice. Place in an oven-proof, shallow dish and let rest for 15 minutes.
2. Place the quinoa in a pot and cover with the vegetable broth. Simmer for 10-15 minutes with the lid on, until the liquid has been absorbed.
3. Meanwhile, preheat the grill to a medium/high heat. Grill the chicken for 10 minutes, flipping over halfway through. Cut the cooked chicken into chunks.
4. Add the chicken, onion, fresh herbs, black beans, sweetcorn, tomatoes and jalapeño to the quinoa and toss to combine. Finally, add lime juice.
5. Spoon into your bowl and arrange the sliced avocado at the side.

Ingredients

- Chicken breast (1/2 lb)
- Quinoa, rinsed under cold water (1/2 cup)
- Reduced-salt vegetable broth (1 cup)
- Onion, diced (1/2 pcs)
- Black beans, drained and rinsed (1/2 can - 7 oz)
- Canned sweetcorn (2 oz)
- Cherry tomatoes, halved (10 pcs)
- Jalapeño slices (6 pcs)
- Avocado, sliced (1 pcs)
- Olive oil (1 tbsp)
- Lime, juice and zest (1/2 pcs)
- Handful of fresh herbs

Snack N°1

Thursday



Cheese and tomato omelette wrap



Serves
1



Cook time
5 mins

Method

1. Heat the oil in a frying pan over a medium heat.
2. Whisk eggs and milk together until light and fluffy.
3. Pour egg mixture into the pan and swirl so the egg coats the base. Leave to cook for 3 minutes, then flip the omelette over before adding a layer of cheese. Cook for a further 1 minute.
4. Remove omelette from the pan, top with the tomatoes, spinach, and fresh herbs.
5. Roll omelette into a wrap, halve, and enjoy!

Ingredients

- Oil (1 tsp)
- Eggs (2 pcs)
- Low-fat milk (1 tsp)
- Cheese, grated (1 oz)
- Cherry tomatoes, halved (4 pcs)
- Handful of spinach leaves
- Handful of your favorite fresh herbs

Snack N°2

Thursday



Frozen yogurt

 **Serves**
1

 **Cook time**
<5 mins

Method

Blend all ingredients together and serve right away.

Ingredients

Your favorite frozen berries
(1/2 cup)

Vanilla extract (1 tsp)

Lime, juiced (1/2 pcs)

Low-fat yogurt (1/2 cup)

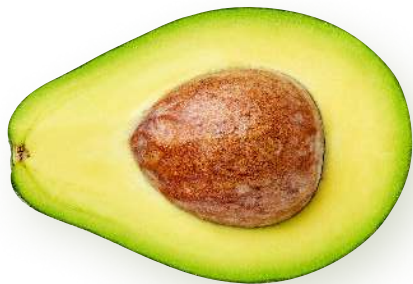
Flaked nuts (1 tsp)

Optional: handful of fresh
mint leaves, chopped



Meal N°1

Friday



Avocado & egg toast with spinach



Serves
1



Cook time
10 mins

Method

1. Heat 1 tsp oil in a skillet over a medium heat.
2. Add the spinach and garlic, cover with a lid and saute for 8-10 minutes. Then, squeeze over the lemon juice.
3. Meanwhile, heat the remaining oil in a non-stick frying pan over a medium heat. Crack eggs into the pan and cook 3-4 minutes until the white is set.
4. Toast bread to your liking, then spread with the mashed avocado.
5. Spoon the spinach onto the avocado toast, then top with the eggs and finish with a sprinkle of chili flakes.

Ingredients

Handful of wilted spinach
Eggs (2 pcs)
Whole-wheat toast (1 slice)
Avocado, mashed (1/2 pcs)
Oil (2 tsp)
Garlic clove, minced (1 pcs)
Squeeze of lemon juice
Chili flakes (1/4 tsp)

Meal N°2

Friday



Rainbow vegetable stir-fry with prawns



Serves
2



Cook time
15 mins

Method

1. Boil noodles according to package instructions, then drain and set aside.
2. Meanwhile, heat the oil in a wok over a medium/high heat.
3. Add the garlic, chili flakes, spring onion, and shrimp to the pan. Stir fry for 3 minutes, then remove from the pan and set aside.
4. Then, add the bell pepper, carrot, broccoli, and edamame beans. Fry for 3-5 minutes, stirring frequently.
5. Add the remaining ingredients to a small jug and whisk together to make a dressing.
6. Pour the cooked noodles and dressing into your frying pan and combine before plating up. Add optional garnish.



Ingredients

- Whole-wheat noodles (7 oz)
- Shrimp (3.5 oz)
- Spring onions, sliced (2 pcs)
- Bell pepper, sliced (1 pcs)
- Carrot, diced (1 pcs)
- Broccoli (1 cup)
- Edamame beans (1/2 cup)
- Oil (1 tbsp)
- Garlic clove, minced (1 pcs)
- Chili flakes (1/2 tsp)
- Lime, juiced (1/2 pcs)

Optional garnish

- Sesame seeds (1 tbsp)
- Reduced-salt soy sauce (1 tbsp)
- Handful of your favorite fresh herbs

Snack N°1

Friday



Nut butter banana bites



Serves
2 (6 bites)



Cook time
20 mins (+ cooling)

Method

1. Preheat oven to 350F.
2. Mash the banana in a bowl.
3. Stir in the nut butter, oats, cinnamon, and vanilla extract and mix together with a spoon.
4. Line a baking tray and spoon 6 scoops.
5. Place baking tray in the oven and bake for 15 minutes.
6. Allow the bites to cool for at least 10 minutes, then enjoy served hot or cold, with a spoonful of yogurt.
7. Store in an airtight container for up to 3 days.

Ingredients

Large banana (1 pcs)
Unsalted nut butter (1 tbsp)
Rolled oats (1 cup)
Cinnamon (1/2 tsp)
Vanilla extract (1/2 tsp)
Low-fat Greek yogurt (2 tbsp)

Snack N°2

Friday



Refried bean quesadillas



Serves
2



Cook time
<15 mins

Method

1. Heat oil in a skillet over medium heat.
2. Add the onion and fry for 5 minutes until softened.
3. Add the garlic, cumin, and paprika and fry for 1 minute.
4. Add the beans in, using a potato masher to mash as you go along.
5. Spoon mixture onto one half of the tortilla, top with the cheese and tomatoes, then fold the tortilla over.
6. Return tortilla to your frying pan and cook for 2 minutes on each side until crispy on the outside and the cheese begins to melt. Cut in half and serve warm.

Ingredients

- Oil (1 tsp)
- Whole-wheat tortilla (1 pcs)
- Black beans, drained and rinsed (1/2 can)
- Onion, diced (1/2 pcs)
- Cheese, grated (2 oz)
- Cherry tomatoes, diced (10 pcs)
- Garlic clove, minced (1 pcs)
- Ground cumin (1 tsp)
- Smoked paprika (1 tsp)

Meal N°1

Saturday



Egg-white & veggie scramble with turkey bacon



Serves

1



Cook time

10 mins



Method

1. Heat 1 tsp oil in a skillet over a medium heat.
2. Add the turkey bacon rashers and fry for 8-10 minutes, flipping over every 2 minutes until crispy and brown.
3. Add in the tomatoes, flipping over half-way through.
4. Heat the remaining oil in a smaller skillet.
5. Whisk egg white and milk together until light in color.
6. Add spinach to your hot pan and allow to wilt for 2 minutes. Then, pour the egg mixture into the pan, stir frequently, and cook for 2 minutes. Turn the heat off and allow the eggs to continue cooking for 1 minute, until light and fluffy.
7. Serve your scramble on a plate and sprinkle with chili flakes.

Ingredients

- Olive oil (2 tsp)
- Rashers turkey bacon (2 pcs)
- Tomato, halved (1 pcs)
- Egg whites (2 pcs)
- Low-fat milk (1 tsp)
- Handfuls of spinach (2 pcs)
- Chili flakes (1/4 tsp)

Meal N°2

Saturday



Salmon poke bowl



Serves
2



Cook time
15 mins (+ cooling)



Method

1. Cook the rice according to package instructions. Can serve warm or allow to cool.
2. Add the cucumber, red cabbage, spring onion, edamame beans, carrot, and avocado to a bowl.
3. Spoon the rice into your bowl and add your toppings: salad vegetables, salmon, and optional sesame seeds.
4. Stir dressing ingredients together and pour over your poke bowl

Ingredients

- Brown rice (*1/2 cup*)
- Cucumber, sliced into moon shapes (*1/2 pcs*)
- Red cabbage, shredded (*1/2 cup*)
- Spring onion, sliced (*1 pcs*)
- Edamame beans (*1 cup*)
- Carrot, grated (*1 pcs*)
- Avocado (*1/2 pcs*)
- Skinless salmon fillet, cubed to 1" pieces (*7 oz*)
- Optional: sesame seeds (*1 tsp*)

Dressing

- Reduced-salt soy sauce (*1 tbsp*)
- Olive oil (*1/2 tsp*)
- Lime, juiced (*1 pcs*)
- Chili flakes (*1 tsp*)

Snack N°1

Saturday

Chicken salad wrap roll-ups

 Serves 1

 Cook time 15 mins



Method

1. Add the chicken and yogurt to a bowl and mix together.
2. Add onion and tomatoes to the bowl and stir again.
3. Spoon onto lettuce leaves, roll up, and you're done!

Ingredients

Cooked chicken, shredded (3 oz)
1 tsp low-fat yogurt (1 tsp)
Cherry tomatoes, halved (4 pcs)
Red onion, sliced (1/4 pcs)
Romaine lettuce leaves (2 pcs)



Snack N°2

Saturday

Hummus + pitta

 Serves 1

 Cook time <5 mins

Ingredients

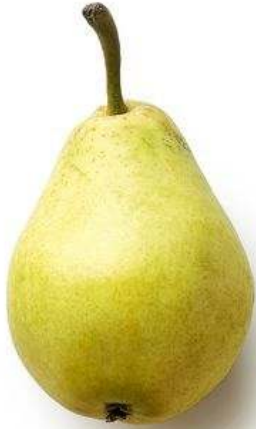
Whole-wheat mini pita bread (1 pcs)
Hummus (1 tbsp)
Handful of romaine lettuce leaves, shredded
Cucumber slices, diced (5 pcs)
Pepper, diced (1/2 pcs)
Cherry tomatoes, halved (4 pcs)

Method

1. Toast the pita bread to your liking.
2. Halve the pita length-ways. Spread hummus evenly in pita halves, then stuff with the salad leaves, cucumber, pepper and tomatoes.

Meal N°1

Sunday



Oatmeal with poached pear and nut butter



Serves
1



Cook time
10 mins

Method

1. Add the oats, milk, and vanilla extract to a saucepan and bring to a low to medium heat. Cook for 10 minutes, stirring frequently until the oatmeal thickens to a creamy consistency.
2. Meanwhile, place the water, lemon rind/juice, and cinnamon to a saucepan and bring to a boil. Reduce heat to summer, add the pear, then cover and cook for 5 minutes until the pear is tender.
3. Spoon your nut butter and seeds over the oatmeal along with the poached pear.

Ingredients

- Rolled oats (1/3 cup)
- Low-fat milk (1 cup)
- Pear, peeled, halved, and de-cored (1 pcs)
- Vanilla extract (1/4 tsp)
- Water (2 cups)
- Lemon, rind, and juice (1/2 pcs)
- Ground cinnamon (1 tsp)
- Nut butter (1 tsp)
- Mixed seeds (1 tsp)

Meal N°2

Sunday



Turkey, bean & veg chili



Serves
2



Cook time
45 mins



Method

1. Cook the rice according to package instructions.
2. Meanwhile, add oil to a pan over a medium heat.
3. Add the onion and pepper and cook for 5 minutes until translucent.
4. Add in the garlic and turkey, breaking apart with a wooden spoon and cooking until browned.
5. Next, add the cayenne pepper, smoked paprika, cumin, and oregano and stir together.
6. Pour in the canned tomatoes and beans, along with a splash of water. Bring to a gentle simmer and cook for 20 minutes.
7. Add sweetcorn to the pan.
8. Serve your chili with a side of rice, squeezing lime juice over the chili and garnishing with herbs.

Ingredients

- Oil (1 *tbsp*)
- Onion, diced (1/2 *pcs*)
- Pepper, diced (1 *pcs*)
- Lean ground turkey (7 *oz*)
- Canned tomatoes (7 *oz*)
- Black beans (1 *can - 15 oz*)
- Rice (1/2 *cup*)
- Canned sweetcorn (2 *oz*)
- Garlic clove, minced (1 *pcs*)
- Chili flakes (1/4 *tsp*)
- Smoked paprika (1 *tsp*)
- Ground cumin (1 *tsp*)
- Dried oregano (1/2 *tsp*)
- Lime juice (1 *tsp*)
- Handful of your favorite fresh herbs

Snack N°1

Sunday

Strawberry spinach smoothie

 Serves
1

 Cook time
<5 mins



Method

1. Blend all the ingredients together, add ice if required, enjoy!



Ingredients

Frozen strawberries (1/2 cup)

Spinach (1 cup)

Low-fat milk (1 cup)

Low-fat yogurt (1 cup)

Vanilla extract (1/2 tsp)

Oats (1 tbsp)

Banana (1/2 pcs)

Snack N°2

Sunday

Tuna cucumber cups

 Serves
2

 Cook time
<5 mins

Ingredients

Tuna, drained (1 can)

Low-fat yogurt (1 tsp)

Lemon juice (1/2 tsp)

Cucumber, diced (1/4 pcs)

Spring onion, diced (1 pcs)

Carrot, cut into strips (1 pcs)

Bell pepper, cut into strips
(1/2 pcs)

Method

1. In a bowl, mix together the tuna and yogurt with a fork.
2. Add the lemon juice, cucumber, and spring onion and mix again.
3. Spoon this mixture into 2 cups, then throw in your vegetable sticks and use the tuna as a dip.