

YOUR MEAL PLAN

Optimal nutrition based on an algorithm by FastFitness

MEAL STYLE

Mixed (any combination)

CALORIES/DAY

2,888

PREP

Normal

EXCLUSIONS

cream

WEIGHT

Stable

20/10/2022

FastFitness Meal Recipies

Target Calories 2008 Actual Calories 2099

Breakfast

Scrambled omelette toast topper

571 kcal | 10 mins

(1 x 1 portions)

Serves 1



Ingredients for 1

2 eggs
1 tbsp crème fraîche
25g cheddar, grated
small bunch chive, snipped
1 spring onion, sliced
1 tbsp oil
3-4 cherry tomatoes, halved
2 slices crusty bread, toasted

STEP 1

Beat together eggs, crème fraîche, cheese and chives with a little seasoning. Heat oil in a pan, then soften spring onion for a few mins. Add tomatoes and warm through, then pour in egg mixture. Cook over a low heat, stirring, until eggs are just set. Pile over toast.

Lunch

Healthy tuna pasta

916 kcal | 24 mins

(2 x 1 portions)

Serves 2



Ingredients for 2

150g wholemeal penne large leek (200g), halved, and thinly sliced
1tbsp olive oil
160g cherry tomatoes, preferably on the vine
100g can sweetcorn, drained
75g ricotta
160g can tuna in spring water, drained
handful of basil, chopped, plus a few whole leaves to serve

STEP 1: Boil the penne with the leek in a large pan of salted water following pack instructions, until al dente.

STEP 2: Meanwhile, heat the oil in a large pan over a medium-high heat and fry the tomatoes for a few minutes, until they start to burst and soften. Add the sweetcorn and cook for 2-3 mins to heat through. Drain the pasta and leeks, reserving a little of the pasta water. Tip the drained pasta and leeks into the pan with the tomatoes, then toss through the ricotta and tuna.

STEP 3: Season with plenty of black pepper. If you want to loosen the consistency, stir in some of the reserved pasta

Dinner

Mexican fish wraps

1152 kcal | 15 mins

(2 x 1 portions)

Serves 4



Ingredients for 4

finely grated zest and juice of 1 lime
700g skinless white fish fillet, cut into strips
2 egg whites, beaten with a fork
100g coarse fresh breadcrumbs
4 squirts oil spray
200g pot tzatziki
8 small, soft flour tortillas
small wedge iceberg lettuce or white cabbage, shredded

STEP 1

Sprinkle the lime zest over the pieces of fish, then season. Dip the fish into the egg whites, then coat with breadcrumbs and place on a baking sheet. Spray the fish with 2 squirts oil, then grill for 2 mins. Flip them over, spray with more oil, then grill for a further 2 mins until the fish is cooked and the breadcrumbs are golden and crispy.

STEP 2

Squeeze the lime juice into the tzatziki and stir. Warm

MONDAY

Calories 3031 kcal

Snack/Dessert

Chocolate chia pudding

390 kcal | 5 mins

(3 x 1 portions)

Serves 4



Ingredients for 4

60g chia seeds
400ml unsweetened almond milk or hazelnut milk
3 tbsp cacao powder
2 tbsp maple syrup
½ tbsp vanilla extract
cacao nibs, mixed
frozen berries, to serve

STEP 1

Put all the ingredients in a large bowl with a generous pinch of sea salt and whisk to combine. Cover with cling film then leave to thicken in the fridge for at least 4 hours, or overnight.

STEP 2

Spoon the pudding into four glasses, then top with the frozen berries and cacao nibs.

TUESDAY

Calories 3371 kcal

Turkish eggs with red & green butter

641 kcal | 15 mins

(1 x 1 portions)

Serves 4



Ingredients for 4

500g thick natural yogurt
1 garlic clove
splash white wine vinegar
8 eggs
For the butters:
small handful coriander
small handful dill
small handful mint, plus some extra whole leaves to serve, if you like
1 green chilli, roughly chopped, seeds removed if you don't want it too spicy
50g green olives, chopped
200g butter, softened
2 tbsp paprika
½ tbsp Aleppo chilli pepper flakes (pul biber), plus extra to serve
½ lemon, zested
flatbreads or simit (Turkish sesame breads, to serve (see recipe below))

STEP 1

First, make the flavoured butters. Put the herbs, chilli and olives in a small food processor and blitz until finely chopped. Alternatively, chop by hand or bash using a pestle and mortar. Add 100g butter and mix well. In another bowl, mash the remaining 100g butter with the paprika, chilli flakes and lemon zest. Wrap the butters and chill until you need them. Can be made up to five days ahead.

STEP 2

Hot harissa lamb with couscous

1010 kcal | 10 mins

(2 x 1 portions)

Serves 4



Ingredients for 4

4 tbsp harissa paste
300g couscous
100g bag herb salad
4 lamb leg steaks (about 600g/1lb 5oz in total)
2 tbsp demerara sugar

STEP 1

Spoon 1 tbsp harissa into a jug, fill with 400ml boiling water, then pour over the couscous in a large serving bowl. Cover and stand for 5 mins. Fluff with a fork, then empty the salad on top.

STEP 2

Heat a frying pan. Season lamb, then fry for 1 min each side. Mix sugar and remaining harissa together, then spread over the lamb. Cook for 2 more mins on each side, remove from pan and rest for 5 mins. Add a splash of water to the pan,

Turkish eggs with red & green butter

1282 kcal | 15 mins

(2 x 1 portions)

Serves 4



Ingredients for 4

500g thick natural yogurt
1 garlic clove
splash white wine vinegar
8 eggs
For the butters:
small handful coriander
small handful dill
small handful mint, plus some extra whole leaves to serve, if you like
1 green chilli, roughly chopped, seeds removed if you don't want it too spicy
50g green olives, chopped
200g butter, softened
2 tbsp paprika
½ tbsp Aleppo chilli pepper flakes (pul biber), plus extra to serve
½ lemon, zested
flatbreads or simit (Turkish sesame breads, to serve (see recipe below))

STEP 1

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STEP 2

Season the yogurt and add the garlic. Chill for at least 1 hr, or up to a day to infuse.

Pitta pocket

436 kcal | 2 mins

(3 x 1 portions)

Serves 1



Ingredients for 1

½ wholemeal pitta bread
25g cooked skinless chicken breast
¼ cucumber, cut into chunks
4 cherry tomatoes, halved

STEP 1

Fill the pitta half with the chicken breast, cucumber and cherry tomatoes.

Salsa verde baked eggs

536 kcal | 20 mins

(2 x ½ portions)

Serves 2



Ingredients for 2

5 tbsp olive oil
1 tbsp smoked paprika
1 tbsp cumin seeds
400g can cherry tomatoes
200g fresh cherry tomatoes
2 garlic cloves
1 small bunch of parsley
1 small bunch of basil
½ small bunch of mint, leaves picked
2 tbsp capers
1 tbsp Dijon mustard
2 tbsp white wine vinegar
200g baby spinach, washed
4 eggs
½ tbsp chilli flakes (optional)
flatbreads, to serve (optional)

STEP 1

Drizzle 1 tbsp of the olive oil in a frying pan or skillet, and fry the paprika and cumin for 30 seconds over a medium heat. Add the canned tomatoes and fresh tomatoes, bring to the boil, then simmer with a lid on over a medium heat for 5-6 mins until the tomatoes have softened.

STEP 2


Meanwhile, put the garlic, most of the parsley, the basil, mint, capers, mustard, white wine vinegar, 4 tbsp oil and 3 tbsp cold water in a mini food processor and blitz to a smooth paste. Season.

Marmite & gooey cheese crumpet soldiers

842 kcal | 10 mins

(2 x ½ portions)

Serves 1



Ingredients for 1

1 large egg
30g strong grated cheddar
30g grated mozzarella
2 crumpets
15g butter
1-2 tbsp Marmite

STEP 1

Bring a small pan of water to a simmer, add the egg and cook for 5 mins. Meanwhile, combine the cheddar and mozzarella in a bowl. Toast the crumpets, spread with butter and Marmite. Top the crumpets with the cheese mix and grill for 30 seconds or until golden and bubbling. Cut into soldiers and serve with the egg.

Lemon pollock with sweet potato chips

1062 kcal | 10 mins

(2 x ½ portions)

Serves 2



Ingredients for 2

2 garlic clovesFor the chips
2 sweet potatoes (175g/6oz), scrubbed and cut into chips
2 tbsp rapeseed oil , plus extra for the fish
½ tbsp smoked paprika
For the fish & dressing
2 pollock fillets (about 100g/4oz each) ½ unwaxed lemon
2 tbsp extra virgin olive oil 1 ½ tbsp capers , rinsed and chopped
1 tbsp chopped dillFor the broccoli mash
1 leek , chopped
4 broccoli spears (about 200g/7oz)
85g frozen peas handful mint

STEP 1

Heat oven to 200C/180C fan/gas 6. Finely chop the garlic, put half in a bowl for the dressing and set the rest aside for the chips. Toss the sweet potatoes with the oil and spread out on a large baking sheet. Bake for 25 mins, turning halfway through. STEP 2 Put the fish on a sheet of baking parchment on a baking sheet, brush with a little oil, then grate over the lemon zest and season with black pepper. Set aside. STEP 3 Boil the leek for 5 mins, then add the broccoli and cook for 5 mins more. Tip in the peas for a further 2 mins. Drain, return to the pan and blitz with a stick blender to make

WEDNESDAY

Calories 2806 kcal

Minted pea soup

366 kcal | 5 mins

(3 x ⅓ portions)

Serves 4



Ingredients for 4

1 bunch spring onions
good knob of butter
300g frozen minted peas
750ml hot vegetable stock
3 tbsp crème fraîche

STEP 1

Thinly slice the spring onions, reserving some of the green tops for garnish. Heat the butter, fry the spring onions for 1 min until slightly softened. Add the peas and stock, then bring to the boil.

STEP 2

Simmer for 5 mins, then whizz half the soup in a food processor. Return to the pan with the crème fraîche. Reheat gently, taste and add pepper, and salt if it needs it. Ladle into small bowls or cups and saucers.

THURSDAY


Calories 3003 kcal

Walnut & almond muesli with grated ap

570 kcal | 12 mins

(2 x ½ portions)

Serves 4



Ingredients for 4

85g porridge oats
15g flaked almonds
15g walnuts ,chopped
15g pumpkin seeds
1 tbsp ground cinnamon
80g raisins
15g high fibre puffed wheat (we used Good Grain)
4 apples, no need to peel, grated
fortified oat milk , to serve

STEP 1

Put the porridge oats in a saucepan and heat gently, stirring frequently until they're just starting to toast. Turn off the heat, then add all of the nuts, pumpkin seeds, and cinnamon, then stir everything together well.

STEP 2

Tip into a large bowl, stir to help it cool, then add the raisins and puffed wheat and toss together until well mixed. Tip half into a jar or airtight container and save for another day - it will keep at room temperature. Serve the rest in two bowls, grate over 2 apples and pour over some cold cold milk (you can also use regular or preferred non-dairy milk) at the table. Save the other

Nutty chicken grain salad

891 kcal | 8 mins

(1 x ⅓ portion)

Serves 2



Ingredients for 2

2 chicken breasts
250g pouch of mixed grains
100g mixed fruit and nuts
100g hummus
olive oil
green salad , to serve

STEP 1

Put the chicken breasts on a baking tray, drizzle with 1 tbsp olive oil, add seasoning and place under a hot grill for 8 mins or until cooked through. Meanwhile, heat the grains following pack instructions.

STEP 2


Roughly chop the fruit and nuts. Mix with the grains, 1 tbsp olive oil and seasoning to taste. Mix the hummus with 1 tbsp water, ½ tbsp olive oil and some seasoning. Serve the chicken sliced with the grains and drizzle over the hummus dressing.

Mexican fish wraps

1152 kcal | 15 mins

(2 x ½ portions)

Serves 4



Ingredients for 4

finely grated zest and juice of 1 lime
200g skinless white fish fillet, cut into strips
2 egg whites , beaten with a fork
100g coarse fresh breadcrumb
4 squirts oil spray
200g pot tzatziki
8 small, soft flour tortillas
small wedge iceberg lettuce or white cabbage, shredded

STEP 1

Sprinkle the lime zest over the pieces of fish, then season. Dip the fish into the egg whites, then coat with breadcrumbs and place on a baking sheet. Spray the fish with 2 squirts oil, then grill for 2 mins. Flip them over, spray with more oil, then grill for a further 2 mins until the fish is cooked and the breadcrumbs are golden and crispy.

STEP 2


Squeeze the lime juice into the tzatziki and stir. Warm the tortillas according to pack instructions. To assemble the wraps, place a handful of cabbage or lettuce onto the top two-thirds of a tortilla, then rest 3 fish fillets on top with a good dollop

Chocolate chia pudding

390 kcal | 5 mins

(3 x ⅓ portions)

Serves 4



Ingredients for 4

60g chia seeds
400ml unsweetened almond milk or hazelnut milk
3 tbsp cacao powder
2 tbsp maple syrup
½ tbsp vanilla extract
cacao nibs , mixed
frozen berries , to serve

STEP 1

Put all the ingredients in a large bowl with a generous pinch of sea salt and whisk to combine. Cover with cling film then leave to thicken in the fridge for at least 4 hours, or overnight.

STEP 2


Spoon the pudding into four glasses, then top with the frozen berries and cacao nibs.

No-cook chicken couscous

630 kcal | 15 mins

(2 x ½ portions)

Serves 2



Ingredients for 2

100g plain couscous
100g frozen peas
200ml boiling hot stock, chicken or vegetable
200g packet cooked chicken fillets
1 large tomato, chopped
1 tbsp olive oilsqueeze of lemon juice, about a teaspoonful


STEP 1: Tip the couscous into a heatproof bowl with the peas. Pour over the hot stock, cover with a plate to keep the heat in, and soak for 5 minutes.
STEP 2: Tear the chicken into good bite-sized strips, then toss half of it on top of the soaked couscous. Mix in with the chopped tomato, then moisten and flavour with the olive oil and lemon juice. Season to your taste - you probably won't need to add any salt, just some pepper. Divide between two plates and top with the rest of the chicken strips. Drizzle over a little extra olive oil and it's all ready to serve.

Maple-glazed streaky bacon in brioche bun

988 kcal | 20 mins

(2 x ½ portions)

Serves 4



Ingredients for 4

8 rashers streaky bacon
3 tbsp maple syrup
4 eggs
brioche buns, cut in half and toasted
ketchup of choice (we love pomegranate ketchup)

STEP 1: Heat the oven to 200C/180C fan/gas 6. Place the bacon on a rack over a baking sheet. Cook for 10 mins until starting to turn crispy, then remove and brush with maple syrup on both sides. Cook for a further 2-3 mins, or until cooked to your liking.
STEP 2: Fry your eggs and place 1 on the base of each toasted brioche bun. Top with the glazed bacon, a dollop of ketchup and the lid of the bun.

Chilli & garlic leeks with eggs on toast

829 kcal | 15 mins

(1 x ½ portion)

Serves 4



Ingredients for 4

20g pack coriander (leaves and stalks)
3 garlic cloves
½ tbsp each paprika, ground cumin and chilli powder
1 tbsp lemon juice
150ml extra-virgin olive oil
4 x 8oz/200g fresh tuna steaks, each about 2.5cm/1in thick

STEP 1: Put the coriander, garlic, spices and lemon juice into a blender and blitz to a puree. With the motor running, slowly add the olive oil until you get a smooth, thick sauce. Set aside.
STEP 2: Sit the tuna steaks in a non-metallic dish and cover with two-thirds of the sauce. Cover with cling film, then leave to marinate in the fridge for about 20 mins (or for up to 4hrs).
STEP 3: Heat a griddle pan or grill. Shake off any excess marinade, season the tuna steaks, then cook for 2-4 mins, depending on

FRIDAY


Calories 2897 kcal

Tofu scramble

450 kcal | 15 mins

(2 x ½ portions)

Serves 2



Ingredients for 2

1 tbsp olive oil
1 small onion, finely sliced
1 large garlic clove, crushed
½ tbsp turmeric
1 tbsp ground cumin
½ tbsp sweet smoked paprika
280g extra firm tofu
100g cherry tomatoes, halved
½ small bunch parsley, chopped
rye bread, to serve, (optional)

STEP 1: Heat the oil in a frying pan over a medium heat and gently fry the onion for 5-10 mins or until golden brown and sticky. Stir in the garlic, turmeric, cumin and paprika and cook for 1 min.
STEP 2: Roughly mash the tofu in a bowl using a fork, keeping some pieces chunky. Add to the pan and fry for 3 mins. Raise the heat, then tip in the tomatoes, cooking for 3 mins more or until they begin to soften. Fold the parsley through the mixture. Serve on its own or with toasted rye bread (not gluten-free). If you like.

SATURDAY


Calories 2674 kcal

Prawn & egg on toast

504 kcal | 20 mins

(2 x ½ portions)

Serves 4



Ingredients for 4

3 eggs
250g peeled and cooked prawns (defrosted if frozen)
3 tbsp mayonnaise
1 lemon, juiced
4 thick slices white bread
butter, to serve
small bunch of chives, finely sliced, to serve


STEP 1: Bring a medium pan of water to the boil, then carefully lower in the eggs and cook for 9 mins. Remove to a bowl of ice water using a slotted spoon and leave to stand for 10 mins until cold. Peel, then finely chop.
STEP 2: Tip the chopped egg into a bowl along with the prawns. Stir in the mayonnaise and lemon juice, then season with salt and pepper.
STEP 3: Toast the bread, then butter it. Spoon over the prawn and egg

Steak & Vietnamese noodle salad

800 kcal | 25 mins

(2 x ½ portions)

Serves 2



Ingredients for 2

83g brown rice noodles (Clearspring contain no salt) 1/2
rapeseed oil
250g fillet steak
2 carrots, peeled into ribbons½ Chinese cabbage, shredded
4 spring onions, sliced
1 small pack coriander, roughly choppedFor the dressing
1 red chilli, seeds removed and thinly sliced
1 lime, juiced
2 tbsp soft brown sugar
1 tbsp rice wine vinegar
1 garlic clove, finely chopped½ tbsp fish sauce

STEP 1: Mix all the ingredients for the dressing together in a bowl with 1 tbsp water until the sugar has dissolved.
STEP 2: Cook the noodles following pack instructions, then plunge into a bowl of cold water to cool completely. Drain the noodles, then add the carrot, cabbage, spring onion and dressing, and toss to combine.
STEP 3: Heat the oil in a frying pan over a high heat. Season the steak, then cook to your liking, 2-3 mins on each side for medium rare. Leave to rest for 5 mins, then slice. Divide the salad and steak slices between bowls and scatter over some coriander to serve.

Paprika chicken ciabattas

1040 kcal | 15 mins

(2 x ½ portions)

Serves 4



Ingredients for 4

4 skinless chicken breasts
juice 1 lemon
1 tbsp smoked paprika
olive oil, for drizzling
1 ciabatta loaf
1 garlic clove, crushed
4 tbsp mayonnaise
8 romaine lettuces leaves, torn


STEP 1: Cut the chicken breasts in half horizontally and lay each between two sheets of cling film. Bash with a rolling pin until about 1cm thick.
STEP 2: Squeeze lemon juice over the chicken and dust with the paprika. Season with salt and pepper, and drizzle with a little olive oil. Lay on a hot griddle pan or barbecue and cook for 3-4 mins on each side until charred and cooked through.
STEP 3: Halve the ciabatta horizontally and lay cut side down on the

Date & peanut butter dip

330 kcal | 5 mins

(2 x ½ portions)

Serves 2



Ingredients for 2

1 tbsp crunchy peanut butter (30g)
2 dates, finely chopped (10g)
120g bio yogurt
1-2 sticks celery, cut into shorter, thinner lengths
1 green pepper, deseeded and cut into strips

STEP 1: Mash the peanut butter and dates together using a fork, then stir in the yogurt. Divide between two small bowls, or pots with lids for packing into lunchboxes. Will keep covered and chilled for up to three days. Serve with the vegetables for dipping.

Salmon with chilli & lime butter

600 kcal | 20 mins

(2 x ½ portions)

Serves 4



Ingredients for 4

1 tbsp olive oil
4 salmon fillets
knob of butter
6 spring onions, finely sliced
1 large red chilli, halved, deseeded and finely chopped
zest and juice 1 lime
small bunch coriander, chopped

STEP 1

Heat the oil in a large frying pan and cook the salmon skin side down, for about 5-6 mins until the skin is crispy and golden. Turn the salmon fillets carefully, then cook for a further 2 mins. Remove from the pan and set aside.

STEP 2

Tip the butter in the pan and, when melted, add the spring onions, chilli and lime zest to sizzle in the butter for 2 mins, then add the lime juice. Spoon the chilli and lime butter over the salmon. Scatter with the coriander and serve with boiled rice.

Falafel tabbouleh with lemon yogurt

956 kcal | 20 mins

(2 x ½ portions)

Serves 4



Ingredients for 4

16 ready-made falafel
200g couscous
2 large lemons, 1 zested, juice of both
3 tbsp olive oil
bunch spring onions, finely sliced
1 cucumber, halved and sliced
small bunch mint, leaves roughly chopped
large bunch parsley, leaves roughly chopped
150ml tub natural yogurt

STEP 1

Cook the falafels according to pack instructions and boil the kettle. Tip the couscous into a large bowl, pour over 225ml boiling water, cover, then leave to stand for 5 mins until all of the water is absorbed.

STEP 2

Fluff up the couscous with a fork, then stir through the lemon zest, juice from 1½ lemons, olive oil, spring onions, cucumber, mint and three-quarters of the parsley with plenty of seasoning. Tip onto a large platter.

STEP 3

Moroccan-spiced tuna

1246 kcal | 10 mins

(2 x ½ portions)

Serves 4



Ingredients for 4

20g pack coriander (leaves and stalks)
3 garlic cloves
½ tbsp each paprika, ground cumin and chilli powder
1 tbsp lemon juice
150ml extra-virgin olive oil
4 x 8oz/200g fresh tuna steaks, each about 2.5cm/1in thick

STEP 1

Put the coriander, garlic, spices and lemon juice into a blender and blitz to a purée. With the motor running, slowly add the olive oil until you get a smooth, thick sauce. Set aside.

STEP 2

Put the tuna steaks in a non-metallic dish and cover with two-thirds of the sauce. Cover with cling film, then leave to marinate in the fridge for about 30 mins (or for up to 4hrs).

STEP 3

Heat a griddle pan or grill. Shake off any excess marinade, season the tuna steaks, then cook for 2-4 mins, depending on

SUNDAY

Calories 3210 kcal

Herb omelette with fried tomatoes

408 kcal | 10 mins

(2 x ½ portions)

Serves 2



Ingredients for 2

1 tbsp olive oil
3 tomatoes, halved
4 large eggs
1 tbsp chopped parsley
1 tbsp chopped basil

STEP 1

Heat the oil in a small non-stick frying pan, then cook the tomatoes cut-side down until starting to soften and colour. Meanwhile, beat the eggs with the herbs and plenty of freshly ground black pepper in a small bowl.

STEP 2

Scop the tomatoes from the pan and put them on two serving plates. Pour the egg mixture into the pan and stir gently with a wooden spoon so the egg that sets on the base of the pan moves to enable uncooked egg to flow into the space. Stop stirring when it's nearly cooked to allow it to set into an omelette. Cut into four and serve with the tomatoes.

Shopping Ingredients List

n= 179 for the month

<input type="checkbox"/> 100g cherry tomatoes , halved	<input type="checkbox"/> 80g raisins	<input type="checkbox"/> 4 x 8oz/200g fresh tuna steaks, each about 2.5cm/lin t	<input type="checkbox"/> 1 ciabatta loaf
<input type="checkbox"/> 100g coarse fresh breadcrumb	<input type="checkbox"/> 15g butter	<input type="checkbox"/> 4 x 8oz/200g fresh tuna steaks, each about 2.5cm/lin t	<input type="checkbox"/> 1 cucumber , halved and sliced
<input type="checkbox"/> 100g coarse fresh breadcrumb	<input type="checkbox"/> 15g flaked almonds	<input type="checkbox"/> fortified oat milk , to serve	<input type="checkbox"/> 1 green pepper, deseeded and cut into strips
<input type="checkbox"/> 100g frozen peas	<input type="checkbox"/> 15g high fibre puffed wheat (we used Good Grai	<input type="checkbox"/> 150ml extra-virgin olive oil	<input type="checkbox"/> 1 large tomato , chopped
<input type="checkbox"/> 100g hummus	<input type="checkbox"/> 15g pumpkin seeds	<input type="checkbox"/> 150ml extra-virgin olive oil	<input type="checkbox"/> 1 leek , chopped
<input type="checkbox"/> 100g mixed fruit and nuts	<input type="checkbox"/> 15g walnuts ,chopped	<input type="checkbox"/> 150ml tub natural yogurt	<input type="checkbox"/> 1 small bunch of basil
<input type="checkbox"/> 100g plain couscous	<input type="checkbox"/> 25g cheddar , grated	<input type="checkbox"/> 200ml boiling hot stock , chicken or vegetable	<input type="checkbox"/> 1 small bunch of parsley
<input type="checkbox"/> 120g bag herb salad	<input type="checkbox"/> 25g cooked skinless chicken breast	<input type="checkbox"/> 400ml unsweetened almond milk or hazelnut milk	<input type="checkbox"/> 1 tbsp chopped basil
<input type="checkbox"/> 120g bio yogurt	<input type="checkbox"/> 75g ricotta	<input type="checkbox"/> 400ml unsweetened almond milk or hazelnut milk	<input type="checkbox"/> 1 tbsp chopped dillFor the broccoli mash
<input type="checkbox"/> 150g wholemeal penne large leek (200g), halved,	<input type="checkbox"/> 85g frozen peas handful mint	<input type="checkbox"/> 750ml hot vegetable stock	<input type="checkbox"/> 1 tbsp chopped parsley
<input type="checkbox"/> 160g can tuna in spring water, drainedhandful of l	<input type="checkbox"/> 85g porridge oats	<input type="checkbox"/> 2 tbsp rapeseed oil , plus extra for the fish	<input type="checkbox"/> 1 tbsp crème fraîche
<input type="checkbox"/> 160g cherry tomatoes, preferably on the vine	<input type="checkbox"/> 1 large egg	<input type="checkbox"/> 1 tbsp oil	<input type="checkbox"/> 1 tbsp cumin seeds
<input type="checkbox"/> 200g baby spinach, washed	<input type="checkbox"/> 2 egg whites , beaten with a fork	<input type="checkbox"/> 1 tbsp olive oil	<input type="checkbox"/> 1 tbsp Dijon mustard
<input type="checkbox"/> 200g butter , softened	<input type="checkbox"/> 2 egg whites , beaten with a fork	<input type="checkbox"/> 1 tbsp olive oil	<input type="checkbox"/> 1 tbsp ground cinnamon
<input type="checkbox"/> 200g butter , softened	<input type="checkbox"/> 2 eggs	<input type="checkbox"/> 1 tbsp olive oil	<input type="checkbox"/> 1 tbsp ground cumin
<input type="checkbox"/> 200g couscous	<input type="checkbox"/> 3 eggs	<input type="checkbox"/> 1 tbsp olive oilsqueeze of lemon juice , about a teaspo	<input type="checkbox"/> 1 tbsp rice wine vinegar
<input type="checkbox"/> 200g fresh cherry tomatoes	<input type="checkbox"/> 4 eggs	<input type="checkbox"/> 2 tbsp extra virgin olive oil 1 ½ tbsp capers , rinsed an	<input type="checkbox"/> 1 tbsp smoked paprika
<input type="checkbox"/> 200g packet cooked chicken fillets	<input type="checkbox"/> 4 eggs	<input type="checkbox"/> 3 tbsp olive oil	<input type="checkbox"/> 1 tbsp smoked paprika
<input type="checkbox"/> 200g pot tzatziki	<input type="checkbox"/> 4 large eggs	<input type="checkbox"/> 4 squirts oil spray	<input type="checkbox"/> 1-2 sticks celery, cut into shorter, thinner lengths
<input type="checkbox"/> 200g pot tzatziki	<input type="checkbox"/> 8 eggs	<input type="checkbox"/> 4 squirts oil spray	<input type="checkbox"/> 1-2 tbsp Marmite
<input type="checkbox"/> 20g pack coriander (leaves and stalks)	<input type="checkbox"/> 8 eggs	<input type="checkbox"/> 5 tbsp olive oil	<input type="checkbox"/> ½ small bunch of mint, leaves picked
<input type="checkbox"/> 20g pack coriander (leaves and stalks)	<input type="checkbox"/> 1 green chilli , roughly chopped, seeds removed	<input type="checkbox"/> 83g brown rice noodles (Clearspring contain no salt)1 l	<input type="checkbox"/> ½ small bunch parsley , chopped
<input type="checkbox"/> 250g fillet steak	<input type="checkbox"/> 1 green chilli , roughly chopped, seeds removed	<input type="checkbox"/> olive oil	<input type="checkbox"/> ½ tbsp smoked paprika
<input type="checkbox"/> 250g peeled and cooked prawns (defrosted if froz	<input type="checkbox"/> 1 large red chilli , halved, deseeded and finely c	<input type="checkbox"/> olive oil , for drizzling	<input type="checkbox"/> ½ tbsp sweet smoked paprika
<input type="checkbox"/> 250g pouch of mixed grains	<input type="checkbox"/> 1 red chilli , seeds removed and thinly sliced	<input type="checkbox"/> 1 bunch spring onions	<input type="checkbox"/> ½ tbsp turmeric
<input type="checkbox"/> 280g extra firm tofu	<input type="checkbox"/> ½ tbsp Aleppo chilli pepper flakes (pul biber), ½	<input type="checkbox"/> 1 small onion , finely sliced	<input type="checkbox"/> ½ tbsp vanilla extract
<input type="checkbox"/> 300g couscous	<input type="checkbox"/> ½ tbsp Aleppo chilli pepper flakes (pul biber), ½	<input type="checkbox"/> 1 spring onion , sliced	<input type="checkbox"/> ½ tbsp vanilla extract
<input type="checkbox"/> 300g frozen minted peas	<input type="checkbox"/> ½ tbsp chilli flakes (optional)	<input type="checkbox"/> 4 spring onions , sliced	<input type="checkbox"/> ½ wholemeal pitta bread
<input type="checkbox"/> 30g grated mozzarella	<input type="checkbox"/> ½ tbsp each paprika , ground cumin and chilli ½	<input type="checkbox"/> 6 spring onions , finely sliced	<input type="checkbox"/> ¼ cucumber , cut into chunks
<input type="checkbox"/> 30g strong grated cheddar	<input type="checkbox"/> ½ tbsp each paprika , ground cumin and chilli ½	<input type="checkbox"/> bunch spring onions , finely sliced	<input type="checkbox"/> 16 ready-made falafel
<input type="checkbox"/> 400g can cherry tomatoes	<input type="checkbox"/> 1 small pack coriander , roughly choppedFor the di	<input type="checkbox"/> 3 tomatoes , halved	<input type="checkbox"/> 198g can sweetcorn, drained
<input type="checkbox"/> 500g thick natural yogurt	<input type="checkbox"/> small bunch coriander , chopped	<input type="checkbox"/> 3-4 cherry tomatoes , halved	<input type="checkbox"/> 2 carrots , peeled into ribbons½ Chinese cabbage , shredded
<input type="checkbox"/> 500g thick natural yogurt	<input type="checkbox"/> small handful coriander	<input type="checkbox"/> 1 tbsp lemon juice	<input type="checkbox"/> 2 chicken breasts
<input type="checkbox"/> 50g green olives , chopped	<input type="checkbox"/> small handful coriander	<input type="checkbox"/> ½ lemon , zested	<input type="checkbox"/> 2 crumpets
<input type="checkbox"/> 50g green olives , chopped	<input type="checkbox"/> 1 garlic clove	<input type="checkbox"/> ½ lemon , zested	<input type="checkbox"/> 2 slices crusty bread , toasted
<input type="checkbox"/> 60g chia seeds	<input type="checkbox"/> 1 garlic clove	<input type="checkbox"/> 2 large lemons , 1 zested, juice of both	<input type="checkbox"/> 2 tbsp capers
<input type="checkbox"/> 60g chia seeds	<input type="checkbox"/> 1 garlic clove , crushed	<input type="checkbox"/> juice 1 lemon	<input type="checkbox"/> 2 tbsp demerara sugar
<input type="checkbox"/> 700g skinless white fish fillet, cut into strips	<input type="checkbox"/> 1 garlic clove , finely chopped½ tbsp fish sauce	<input type="checkbox"/> 1 lime , juiced	<input type="checkbox"/> 2 tbsp maple syrup
<input type="checkbox"/> 700g skinless white fish fillet, cut into strips	<input type="checkbox"/> 1 large garlic clove , crushed	<input type="checkbox"/> finely grated zest and juice of 1 lime	<input type="checkbox"/> 2 tbsp maple syrup
<input type="checkbox"/> 2 pollock fillets (about 100g/4oz each) ½ unwaxe	<input type="checkbox"/> 2 garlic cloves	<input type="checkbox"/> finely grated zest and juice of 1 lime	<input type="checkbox"/> 2 tbsp paprika
<input type="checkbox"/> 1 tbsp crunchy peanut butter (30g)	<input type="checkbox"/> 2 garlic clovesFor the chips	<input type="checkbox"/> zest and juice 1 lime	<input type="checkbox"/> 2 tbsp paprika
<input type="checkbox"/> 2 dates, finely chopped (10g)	<input type="checkbox"/> 3 garlic cloves	<input type="checkbox"/> frozen berries , to serve	<input type="checkbox"/> 2 tbsp soft brown sugar
<input type="checkbox"/> 4 broccoli spears (about 200g/7oz)	<input type="checkbox"/> 3 garlic cloves	<input type="checkbox"/> frozen berries , to serve	<input type="checkbox"/> 2 tbsp white wine vinegar
<input type="checkbox"/> 4 lamb leg steaks (about 600g/1lb 5oz in total)	<input type="checkbox"/> 1 lemon, juiced	<input type="checkbox"/> 2 sweet potatoes (175g/6oz), scrubbed and cut into chi	<input type="checkbox"/> 3 tbsp cacao powder

Athletes Meal Cheat Sheet 🍴

Usual Calories per day 2888
Actual 2999

	CALORIES		NUTRITION	
Monday	Low cal day?	<input type="checkbox"/>	Any	<input checked="" type="checkbox"/>
Tuesday	Low cal day?	<input type="checkbox"/>	Any	<input checked="" type="checkbox"/>
Wednesday	Low cal day?	<input type="checkbox"/>	Any	<input checked="" type="checkbox"/>
Thursday	Low cal day?	<input type="checkbox"/>	Any	<input checked="" type="checkbox"/>
Friday	Low cal day?	<input type="checkbox"/>	Any	<input checked="" type="checkbox"/>
Saturday	Low cal day?	<input type="checkbox"/>	Any	<input checked="" type="checkbox"/>
Sunday	Low cal day?	<input type="checkbox"/>	Any	<input checked="" type="checkbox"/>

MACROS
Keto (10% carbs 20% protein 70% fat)
Low fat (60% carbs 20% protein 15% fat)
High Protein (30% carbs 45% protein 25% fat)
Balanced (50% carbs 25% protein 25% fat)
Keto+Protein (5% carbs 30% protein 65% fat)
Keto2 (20% carbs 30% protein 50% fat)
Low Carb (15% carbs 25% protein 65% fat)

Week 1 **Monday** normal day

Calories 031 kcal **3031**

Breakfast adv Normal

Looking for meals without cream

Scrambled omelette toast topper



(1 x portion)

571 kcal | 10 mins

Description

Jazz up a snack of scrambled eggs on toast with a few flavoursome additions

Lunch adv Skip altogether

Looking for meals without cream

Healthy tuna pasta



(2 x portions)

918 kcal | 24 mins

Description

Try our quick and easy healthy tuna pasta. It's comforting, but also packed with three of your five-a-day and can be doubled to feed a family

Dinner adv Normal

Looking for meals without cream

Mexican fish wraps



(2 x portions)

1152 kcal | 15 mins

Description

Kids can grab one of these yummy fish wraps on the go, a great low-fat snack

Snack adv Normal

Looking for meals without cream

Chocolate chia pudding



(3 x portions)

390 kcal | 5 mins

Description

Make a tasty, healthy chocolate pudding in just five minutes. It's low-calorie and vegan, too, and the chia seeds are a great source of omega-3 fatty acids

Tuesday normal day

Calories 371 kcal **3371**

Breakfast adv Normal

Turkish eggs with red & green butter



(1 x portion)

641 kcal | 15 mins

Description

Serve poached eggs on a bed of garlicky yogurt, topped with a herbed or spiced butter. Try them with Turkish simit bread for a filling brunch

Lunch adv Skip altogether

Hot harissa lamb with couscous



(2 x portions)

1010 kcal | 10 mins

Description

Simple ingredients turned into a quick supper that's good enough for guests

Dinner adv Normal

Turkish eggs with red & green butter



(2 x portions)

1282 kcal | 15 mins

Description

Serve poached eggs on a bed of garlicky yogurt, topped with a herbed or spiced butter. Try them with Turkish simit bread for a filling brunch

Snack adv Normal

Pitta pocket



(3 x portions)

438 kcal | 2 mins

Description

A low-fat, healthy snack with chicken, tomatoes and cucumber under 150 calories, and it takes just minutes to prepare

Wednesday normal day

Calories 306 kcal **3206**

Breakfast adv Normal 0.1842 532.2

Prep Time

Salsa verde baked eggs



(2 x portions)

536 kcal | 20 mins

Description

Dunk flatbreads into these salsa verde baked eggs to soak up the lovely juices. Healthy and low in calories, it takes just 15 minutes to make

Lunch adv Skip altogether

Dinner

Marmite & gooey cheese crumpet soldiers



(2 x portions)

842 kcal | 10 mins

Description

Add a twist to a breakfast or teatime classic - toast mazzarella and strong cheddar topped crumpets and cut into strips, then dunk into a runny egg

Dinner adv Normal

Current Weight

Lemon pollock with sweet potato chips & broccoli mash



(2 x portions)

1062 kcal | 10 mins

Description

This healthy supper is super speedy - top lettuce leaves with cooked chicken, colourful vegetables and a peanut and sweet chilli sauce

Snack adv Normal

Current Weight

Minted pea soup



(3 x portions)

366 kcal | 5 mins

Description

Superhealthy - counts as 1 of 5-a-day

Thursday normal day

Calories 303 kcal **3003**

Breakfast adv Normal

Walnut & almond muesli with grated apple



(2 x portions)

570 kcal | 12 mins

Description

Prepare your own delicious homemade cereal that is nutritionally-dense, naturally sweetened and super satisfying thanks to the healthy fats from nuts and seeds

Lunch adv Skip altogether

Nutty chicken grain salad



(1 x portion)

891 kcal | 8 mins

Description

If you're looking for a salad to fill you up, give this easy chicken salad a go. Made with just a handful of ingredients it's perfect when you're short on time

Dinner adv Normal

Mexican fish wraps



(2 x portions)

1152 kcal | 15 mins

Description

Kids can grab one of these yummy fish wraps on the go, a great low-fat snack

Snack adv Normal

Chocolate chia pudding



(3 x portions)

390 kcal | 5 mins

Description

Make a tasty, healthy chocolate pudding in just five minutes. It's low-calorie and vegan, too, and the chia seeds are a great source of omega-3 fatty acids

Friday normal day

Calories 897 kcal **3897**

Breakfast adv Normal

No-cook chicken couscous



(2 x portions)

630 kcal | 15 mins

Description

A cheap and healthy way to get more fibre and vitamin C into your diet

Lunch adv Skip altogether

Maple-glazed streaky bacon in brioche bun



(2 x portions)

986 kcal | 20 mins

Description

A classic combination of bacon and maple syrup in a toasted brioche bun, topped with a runny egg for the ultimate breakfast or brunch indulgence

Dinner adv Normal

Chilli & garlic leeks with eggs on toast



(1 x portion)

829 kcal | 15 mins

Description

Fried eggs on toast becomes a bit special with a few extra ingredients. A great dish for brunch, lunch or supper and it takes just 15 minutes to make

Snack adv Normal

Tofu scramble



(2 x portions)

450 kcal | 15 mins

Description

Try our date and peanut butter dip for a healthy snack. This sweet dip works really well with crisp veg, and you could use coconut yogurt to make it vegan

Saturday normal day

Calories 674 kcal **3674**

Breakfast adv Normal

Prawn & egg on toast



(2 x portions)

504 kcal | 20 mins

Description

Meet your new favourite brunch recipe: quick and easy prawn and egg mayonnaise on toast. Sprinkle with chives to finish

Lunch adv Skip altogether

Steak & Vietnamese noodle salad



(2 x portions)

800 kcal | 25 mins

Description

Serve up this healthy steak and noodle salad for supper and nourish your body with nutrients as well as energy from complex carbs

Dinner adv Normal

Paprika chicken ciabattas



(2 x portions)

1040 kcal | 15 mins

Description

Turn an open sandwich into a filling and easy meal, with this fast and flavoursome recipe

Snack adv Normal

Date & peanut butter dip



(2 x portions)

330 kcal | 5 mins

Description

Try our date and peanut butter dip for a healthy snack. This sweet dip works really well with crisp veg, and you could use coconut yogurt to make it vegan

Sunday normal day

Calories 210 kcal **3210**

Breakfast adv Normal

Salmon with chilli & lime butter



(2 x portions)

600 kcal | 20 mins

Description

This speedy midweek supper is low in fat but big on flavour. Ready in just 20 minutes, the chilli, lime zest, spring onions and coriander give it Thai appeal

Lunch adv Skip altogether

Falafel tabbouleh with lemon yogurt



(2 x portions)

936 kcal | 20 mins

Description

A platter salad that's perfect for the whole family to share

Dinner adv Normal

Moroccan-spiced tuna



(2 x portions)

1246 kcal | 10 mins

Description

Jazz up tuna with Moroccan spices for a super fast meal

Snack adv Normal

Herb omelette with fried tomatoes



(2 x portions)

408 kcal | 10 mins

Description

Make a perfect, protein-rich brunch or breakfast for two people. This healthy omelette can be on the table in just 10 minutes, served with juicy tomatoes

Week 1