

This one week meal plan is designed to get your body into fat burning mode quickly and effectively...once you have a look through, you can definitely see that you won't be starving!

You can mix and match the meals, and stay on this plan for as long as you need...it's healthy, balanced and full of gorgeous, sumptuous foods!

Enjoy!

Day 1

Breakfast

Cheesy scrambled eggs (2 eggs), made with 30 g or so of grated cheddar cheese cooked in a generous knob of butter, with stir fried kale and greens

Lunch

Handful strawberries, handful of blueberries, 1 tbsp of clotted cream blended with 1 tbsp of almond butter

Snack

Handful of mixed nuts and/or portion of olives

Dinner

1 generous piece of salmon (around 150 grams), with skin if preferred, topped with cream cheese. Broccoli and leeks



Day 2

Breakfast

Warmed mackerel, handful of mixed berries

Lunch

Half an average size avocado, 30 g stilton and handful of walnuts 1/3 bag mixed salad, 1/3 chopped red pepper, red onion as a salad

Snack

Couple of baby bels cheeses/ or hard boiled egg

Dinner

Roast chicken, cauliflower and broccoli cheese

Day 3

Breakfast

2 slices bacon, 2 fried eggs, stir fried greens

Lunch

Tin tuna and homemade salad dressing (olive oil and balsamic vinaigrette) 1/3 a bag of mixed salad, 1/2 an avocado, jacket potato skin (with the flesh hollowed out) and butter

Snack

Chicken drumstick

Dinner

2 large lamb chops, steamed broccoli and cauliflower, thin gravy

Day 4

Breakfast

2 boiled eggs and butter, mixed berries and cream

Lunch

1/3 pack smoked salmon (70g), feta cheese, olives, 1/3 bag salad, herby cream cheese (30g)

Snack

2 large sticks celery loaded with almond butter or sugar-free peanut butter

Dinner

Your favourite steak, creamy mushroom sauce,* celeriac chips* (you can either fry the celeriac slices in olive oil for about 10 minutes, depending on the size...they will need a little longer than potato chips...or coat them in olive oil and roast in the oven for half an hour)

Day 5

Breakfast

Slices smoked salmon with lemon juice and black pepper, with cheesy buttery scrambled egg (add around 30g in small lumps of your favourite cheddar to the eggs before cooking to make them extra creamy and tasty)

Lunch

Hot cooked meat from your favourite deli, or thick sliced ham/beef etc. if you can't get...half a bag of mixed salad, 1 whole small unsweetened beetroot

Snack

Half an avocado, couple of tbsps of almond butter

Dinner

Bolognese with *courgetti spaghetti* (use a spiraliser to create long strips of courgette to make the spaghetti strings...either fry for 5 minutes or steam for 2 minutes to add to the dish of your choice)

Day 6

Breakfast

Fried round of sausage meat, topped with 1/2 a mashed avocado, and lettuce 'burger'

Lunch

Chicken and bacon salad, using 1/3 bag of salad, 1/3 chopped pepper, spring onions, homemade salad dressing (olive oil and balsamic vinaigrette)

Snack

2 large celery sticks, with large dollops of hummus

Dinner

Tuna steak topped with stilton, stir fried greens

Day 7

Breakfast

Steamed green beans in butter, 1/2 an avocado stuffed with prawns and creamy herb cheese

Lunch

3 Cheese omelette with chunks of feta, grated cheddar and blended herby cream cheese, with red onion and mushrooms

Snack

Handful each of 2 kinds of berries and 1 tbsp cream

Dinner

Home-made chunky coleslaw (chop red cabbage, red onion, red pepper mixed a couple of tablespoons of a good quality mayonnaise, and 2 tsps mustard to taste, add grated cheddar, or maybe prawns or any other tasty ingredient you choose!)

Other simple meal ideas:

- Cauliflower cheese/ cheesy veg bake (you can substitute the milk-based cheese sauce with melted cheese in a warmed cream such as Elmlea)
- Low carb fish pie (substituting the potato topping with mashed buttery celeriac)
- Stuffed red peppers with minced beef, mushrooms and onions, topped with grated cheddar
- Spicy mixed veg, partly steamed then sir-fried in coconut oil and preferred spices
- Large stuffed mushroom with grated cheddar, chopped tomatoes and onion
 - Lamb saag, cooked with tinned spinach and preferred spices
 - Cheesy coleslaw

You can always sprinkle your food with generous amount of seeds such as chia and pumpkin to add even more flavour and crunch. If you prefer your seeds softened, you can add them into your food as it's cooking if you prefer. (I put them in the raw egg mix before scrambling or into gravies and stocks too). An electric slow cooker is great for cooking a whole chicken, or lamb leg with all the veg you need, just bung it all in, in the morning with a couple of inches of gravy and all your veg, and it will be done the minute you walk through the door from work...voila!

Try to play with the idea that breakfast should be treated more like your dinner than a 'grab and go' quick snack. If you're stuck for time in the mornings, you could have leftovers from the day before maybe? Playing around with the rules like this will help you to see your way of eating, and your relationship to your food in a new, refreshing way. More importantly, having a larger breakfast is now proven beyond doubt to be the healthiest way to stop that irresistible craving for food at the other end of the day.

I've kept these meals deliberately simple so you have a really good idea of what a typical day's meals can be for you at first. This is just while you're getting used to the kinds of foods that promote your body's natural fat burning processes. As you get more familiar with the wonderful variety of foods available for you, you can always begin to add your own spin, especially if you enjoy cooking a wide variety of foods. Please do let us know your ideas - I love hearing new recipe ideas from you, and they all help to add to the pleasure of meal times for all of us!



1. Most of the portions will be your 'average' size. You can happily make the protein portion a little larger than you may be used to, as you're not getting calories from carbohydrate, and of course, make friends with the fats!

2. You will find that your appetite will naturally diminish over time as your stomach shrinks. Notice this drop in your appetite, and you do, you can adjust the portions according to how you feel

please do let us know your own meal ideas - I love hearing new recipe ideas from you, and they all help to add to the pleasure of meal times for all of us!

Post them up on the Breakthrough Weight loss page

[@Breakthroughweightloss](#)

You can always email me too at bridgette@breakthrough-weightloss.co.uk if you've got anything you'd like to ask me about this one week starter meal plan (or anything else for that matter!)

Love
Bridgette x