

30 days of FAT LOSS **7 DAY MEAL PLANNER**



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7 BREAKFASTS



Breakfast Courgette Pancakes

Serves 1



Ingredients

- 1 medium size courgette
- 1 medium size spring onion
- 1 large egg
- Salt to taste
- Pepper to taste
- 2 tablespoons coconut oil for frying

Method

1. Grate courgette into a small bowl.
2. Finely chop 1 spring onion and mix with the courgette.
3. Combine 1 large egg into the bowl and mix thoroughly adding salt and pepper to taste.
4. Heat oil in frying pan and spoon 3 mounds of the courgette mixture into the pan and fry until lightly browned, pressing down to flatten. Flip pancake till browned on both sides

Almond Pancakes

Serves 1-2



Ingredients

- 1 cup almond flour
- 2 eggs
- 3-4 tbsp of coconut milk
- 1 vanilla pod, split and scraped seeds out
- 1 tbsp of ground cinnamon
- Coconut oil

Method

1. Mix eggs, coconut and vanilla in a bowl and whisk together.
2. Sift in almond flour and cinnamon.
3. Heat a large pan over a medium heat; add a tsp of coconut oil to the pan and add pancake batter in small rounds, quickly turning the pan around to spread the pancake.
4. Cook until brown on the underside, about 45 seconds and then flip to brown other side

Sha Bang Eggs

Serves 1

Ingredients

2 eggs, beaten. 1 small avocado peeled, pitted, and diced. 1 red pepper, seeded and diced. 1/2 small red onion, peeled and chopped. 1/2 tomato, diced. Fresh baby spinach leaves. Handful fresh cooked prawns. 1 tsp coconut oil. 1-2 cloves garlic, peeled and minced. A combination of the following fresh herbs, washed and chopped: parsley, basil, sage, tarragon, dill, or chives. Sea salt and pepper to taste.

Method

In a large wok, sauté the onion, bell pepper, and garlic in oil. When the onions are soft, add the eggs, prawns, avocado, tomato, and spinach. Continue cooking on medium heat until eggs are cooked and scrambled, then add herbs. Season if needed.

Homemade Muesli

Serves 1-2

Ingredients

- 1lb Gluten free Porridge Oats
- 1 cup Flaked Almonds (or mixed nuts to preference)
- ½ cup Flax seeds
- 1 cup coconut milk

Method

1. Mix all of the dry ingredients together in a big bowl with coconut milk and leave until all the liquid is absorbed by the oats. Spread the mix thinly across a baking tray and toast in a low heated oven until lightly browned and fully dried.
2. Serve with coconut milk when cooled.

Fruit and Nut Bowl

Ingredients

- 1 Teaspoon ground cinnamon
- 1/2 Teaspoon ground ginger
- 2 Teaspoons coconut oil
- 1/2 Cup coconut shredded
- 1 Mango chopped
- 1/4 Cup blueberries
- 1/4 Cup Strawberries
- 1/4 Cup chopped pecans
- 1/4 Cup chopped walnuts
- 2 Tablespoons flax seeds

Method

Mix all ingredients together into a bowl and chill before serving.

Banana and Cinammon Omelette

Serves 1

Ingredients

- 1 chopped up banana
- 3 whole eggs
- 2 tbps cinnamon
- 1 tbps olive oil

Method

1. Heat the oil in pan on a medium heat then add the chopped banana. Heat until they soften.
2. While the banana is warming, beat the 3 eggs in a bowl.
3. Pour the eggs over the banana.
4. When the omelette is almost cooked sprinkle the cinnamon over the top to serve.

Asparagus Egg Soldiers

Serves 1



Ingredients

- 2 Large free range/organic eggs
- 4 asparagus spears
- 1 teaspoon of coconut oil
- Sea salt
- Black pepper

Method

1. Boil enough water in a pan to cover the eggs by 1 cm.
2. Once boiled, place the eggs gently into the water to avoid cracking - boil for 5 minutes for a soft consistency.
3. While eggs are boiling heat the oil in a frying pan and cook the asparagus spears for 2-3 min.
4. Place your eggs in an eggcup and serve asparagus soldiers to dip, season if need be.

7 Lunches



Sweet Potato Mess

Serves 1



Ingredients

- 1 sweet potato
- 40g fresh goats cheese
- 1 fresh red chili chopped finely
- Handful parsley leaves chopped finely
- Handful of baby spinach
- 6 cherry tomatoes
- Extra Virgin Olive oil
- Balsamic vinegar
- Coconut oil
- Pine nuts

Method

1. Preheat oven at 180c for 20mins.
2. Chop sweet potato in half and place on a baking tray Cover sparingly with 2-3 teaspoons of coconut oil and place in oven for 25-30mins.
3. Once potatoes are cooked place on a chopping board cover in chopped parsley, chilli, goats cheese etc and pour 2 large tablespoons of olive oil over. Using a large kitchen knife chop up potato mix from all angles until mixed together. Serve with baby spinach and tomatoes.

Broccoli and Mint Soup

Serves 2



Ingredients

- 1 large onion, diced
- 1tbs coconut oil
- 1 head of broccoli
- 3 cups chicken or vegetable stock
- Small bunch of mint leaves, shredded

Method

1. Fry onion in a large pan with oil on medium heat until softened.
2. Add broccoli and stock and simmer for 10-15minutes or until broccoli has softened. Cool slightly.
3. Place in a food processor with mint leaves or use an electric blender to form a smooth texture.
4. Heat to serve.

Herb Meatballs with Spicy Tomato Sauce

Serves 4



Ingredients

- 500g minced beef
- ½ onion
- ½ cup fresh basil
- ½ cup fresh parsley
- 1 cup spinach
- 4 medium eggs
- ½ cup almond flour
- 1 tbsp dried oregano
- 4 cloves garlic
- 1 tbps of Himalayan Rock salt or Celtic Sea salt and freshly ground black pepper to taste

Spicy tomato sauce

- 1 large onion, finely chopped
- 2 tsp coconut oil
- Salt and freshly ground black pepper
- 1 garlic clove, peeled and finely chopped
- 1 tsp paprika
- A pinch of chilli flakes
- 2x 400g cans of chopped tomatoes
- 1 bay leaf

Method

1. Preheat your oven to 180C or Gas Mark 4.
2. Blend onion, herbs, garlic and spinach in a food blender.
3. Combine all the ingredients in a bowl and mix well with your hands.
4. Season the mixture to taste with sea salt and freshly ground black pepper.
5. Make small balls the size of golf balls and place them apart on a baking tray, then place them in the preheated oven to cook for about 30 minutes or until browned.

To make the sauce:

1. Place the onion in a heavy bottomed pan with the coconut oil and season with salt and pepper. Cover with a lid and fry gently over a low heat until soft and sweet.
2. Add the garlic, paprika and chilli flakes and fry for a further 30 seconds, stirring constantly.
3. Add the tomatoes and bring to a simmer. Simmer the sauce for 20 minutes. Liquidise until smooth. Pass the sauce through a sieve, back into the pan. Taste and add seasoning as necessary.

Prawn, Mango and Avocado Salad



Ingredients

- 12 Large Cooked Prawns
- 1 Mango – Peeled and chopped
- 1/4 Cucumber – finely chopped
- ½ Avocado, chopped
- 20g unsalted plain cashews
- 1 teaspoon Olive Oil
- Juice of a Half a Lime
- Chilli Flakes

Method

1. Combine lime juice, oil and chilli flakes together
2. Mix all other ingredients together in a bowl and dress with oil mixture.
3. Serve on a big bed of watercress and spinach
4. Season if needed.

Chicken Wraps with Pesto-Yoghurt Dressing

Serves 2

Ingredients

- 2 Skinless chicken breasts, cut into strips
- 1 small tomato, sliced 1 tablespoon fresh oregano leaves
- 1 or 2 large leaves Romano lettuce
- Coconut Oil

Dressing

- 1/3-1/2 cup plain, active-culture yoghurt
- 1 tablespoon coarsely chopped pine nuts or walnuts
- 1 clove garlic, peeled
- 2 tablespoons olive oil 1 cup fresh basil leaves shredded
- pinch of sea salt

Method

1. Heat the olive oil in a skillet and add the chicken strips and oregano. Cook the chicken thoroughly, then set aside.
2. Put the pine nuts/walnuts and the garlic into the food processor or blender until finely minced. Add the olive oil and pulse several times. Add in the basil, yoghurt, and salt. Pulse until thoroughly mixed.
3. Lay the lettuce leaf flat on a plate. Spread the whole of the leaf with the dressing and then assemble your chicken and tomato slices. Wrap, secure with a toothpick and serve.

Chicken, Quinoa and Mango Salad

Serves 1



Ingredients

- 1/2 Cup cooked quinoa
- 1 Cooked chicken breast
- 1 Mango chopped
- Half a red pepper chopped
- Half a red onion, peeled and chopped
- Handful of mixed spinach, rocket & watercress
- Handful of fresh mint, chopped
- 2 Teaspoon of fresh lemon juice

Method

Combine all of the ingredients in a bowl (except chicken) and squeeze the juice from a fresh lemon over the ingredients. Slice up the chicken and mix through.

Stuffed Peppers



Ingredients

- 1 Cup of Cooked Quinoa (follow directions on packet)
- 2 Red Onions, Chopped
- 2 Tomatoes, Chopped
- 1 Red Pepper, Chopped
- 1 Clove Garlic, Crushed
- 4 tbsp of lemon juice
- 2 Large Red Peppers
- Coconut oil
- Extra Virgin Olive Oil

Method

1. Pre-heat the oven to 200 degrees.
2. Heat the coconut oil in a pan. Fry off onions, garlic and chopped pepper for 2 minutes then add in quinoa and cook for further 1 min.
3. Cut the tops of the peppers and de-seed.
4. Stuff the peppers with the warm mixture, place in a dish, cover with foil and cook in the oven for 20-25mins.
5. Drizzle olive oil in peppers once cooked and serve.

7 Dinners



Salt n Chilli Squid

Serves 2



Ingredients

- Coconut Oil for frying
- 2 Tablespoons Coconut Flour
- 2 Teaspoons Paprika
- 1 Teaspoon Chilli Powder
- Pinch of Himalayan Sea Salt
- 500g Squid
- 1 Clove Garlic, Crushed
- 1 Red Chilli, Chopped
- 1 Spring Onion, Sliced

Method

1. Place all ingredients except coconut oil and squid into a freezer bag then shake to mix.
2. Slice the squid thinly then drop into the bag, shake until fully coated.
3. Heat coconut oil in a deep pan and fry in batches until golden brown, around 2 minutes.
4. Dry squid on kitchen paper and sprinkle chopped chilli, garlic and spring onion over.
5. Serve with a green salad and lemon wedges.

Coconut chicken

Serves 4



Ingredients

- 300ml coconut milk
- 2 tbsp tomato puree
- 1 tbsp (or to taste) dried crushed chilli
- 2 tbsp ground almonds
- 2 tsp turmeric
- 2 tsp garam masala
- 2 tsp cumin
- 4 chicken breast fillets, cut into bite size pieces
- 2 onions, chopped
- 2 cloves garlic, crushed or finely chopped
- 2tbsp Coconut oil
- 4 tbsp fresh coriander

Method

1. Mix the coconut milk with the tomato puree, chili, almonds, turmeric, garam masala, cumin and 1tbsp water. Add the chicken and coat all of the pieces. Cover with cling film and refrigerate for at least 1 hour
2. Cook the onions and garlic in 1 tsp of coconut oil until soft.
3. Remove the chicken from the marinade, add to the pan with the onion and cook for 2 mins, covered over a low heat. Add the marinade and the remaining oil and cook for 15-20 mins.
4. Stir in the fresh coriander and serve.

Jessie's Dhesi Chicken Curry

Serves 4

Ingredients

- 2 Onions, chopped finely
- 150g Button Mushrooms, wiped and halved
- 1 Red Pepper, sliced
- 4 cloves of garlic, crushed
- 1 red chilli, chopped
- 1 tbsp Ginger powder
- 1 tbsp Himalayan Rock salt
- 1 ½ tbsp Garam Masala
- 6-8 medium tomatoes (Blended)
- 1 tbsp Turmeric
- Fresh Coriander, torn
- 3 chicken thighs
- 4-6 chicken drumsticks
- 1 ½ tbsp Coconut oil



Method

1. Add Coconut oil to skillet or Large Pan.
2. Once melted add onion and garlic until browned.
3. Stir in ginger, chillies, tomatoes, tumeric, garam masala and salt.
4. Allow to simmer for 3 minutes.
5. Add Chicken and coat chicken with ingredients.
6. Cook on slow heat for at least 30 – 45 minutes.
7. Add mushrooms and peppers and cook for a further 5 minutes.
8. Finish with a sprinkle of torn coriander.

Chilli Chicken with Chickpea Mash

Serves 4

Ingredients

- 4 skinless chicken breasts
- 1 tbsp olive oil
- 8 tsp harissa (chilli) paste

Chickpea mash

- 2 tbsp olive oil
- 2 garlic cloves, crushed
- 1 x 400g tin chickpeas (no salt or sugar added)
- 4 tbsp rice or almond milk
- 3 tbsp chopped fresh coriander



Method

1. Make shallow cuts in each chicken breast. Place chicken in a dish and brush with the olive oil and coat both sides of each breast with the harissa paste. Season and cover the dish with foil and marinate in the fridge for at least 30 mins.
2. Preheat oven to 220 C/425 F/gas mark 7. Transfer the chicken breasts to a roasting tin and roast for about 20-30 mins until they are cooked through.
3. Meanwhile make the chickpea mash. Heat the oil in a saucepan and gently fry the garlic for a minute, then add the chickpeas and milk and heat through for a few minutes. Transfer to a blender or food processor and puree till smooth.
4. Season to taste and add the fresh coriander.
5. To serve divide the chickpea mash up between 4 and top with 1 chicken breast and garnish with coriander. Add a portion of green veg or green salad.

Griddled Kingfish Thai Green Curry

Serves 4

Ingredients

- 1 Small Butternut Squash, peeled, deseeded and cut into bite-size pieces
- 2 teaspoons Thai Green Curry Paste (see below)
- 1 Garlic clove, peeled and finely chopped
- 1 tablespoon Thai fish sauce
- Juice of one Lime
- 400 ml Coconut Milk
- 2 tablespoons finely chopped Coriander
- 400 g Broccoli, cut into small florets
- 400 g Sugar Snap Peas
- 4×100 g White Fish Fillets
- Coconut Oil



Method

1. Oven temperature of 180 degrees, gas mark 6.
2. Tip the squash into a nonstick roasting tray and roast with 1 tablespoon of coconut oil, in the oven for 15/20 minutes until soft.
3. Remove from the oven and set aside.
4. Heat the oil in a wok or large heavy based pan. Add the curry paste and garlic and cook for two minutes over a low heat. Add the fish sauce, lime juice, coconut milk and coriander and bring to just below boiling.
5. Tip in the broccoli and sugar snap peas, bring to the boil. Reduce the heat, add the fish and simmer for 5 to 6 minutes or until fish is cooked through.

Thai Green Curry Paste

Ingredients

- 2 handfuls fresh coriander (leaves and stems)
- 2 small shallots
- 4 cloves garlic
- 1 to 2 jalapeno peppers, seeded (or 1 to 2 teaspoons crushed red chili flakes)
- 1-inch Chunk of fresh ginger, peeled
- 1/2 tsp lime zest
- 1 tsp sea salt, or to taste
- 1/4 to 1/2 Cup water
- 1 Can full fat coconut milk

Method

1. Place all ingredients into a blender and blend until smooth. Pour into a small pot and simmer for about 10 to 15 minutes, uncovered.

Pesto Turkey Burger

Serves 4

Ingredients

- 400g turkey mince
- 8 sun-dried tomatoes
- 1 sweet red pepper, coarsely chopped
- 1 shallot, coarsely chopped
- 3 Tbsp walnut pesto (see below)
- sea salt
- freshly ground black pepper



Method

1. In a large bowl, place the turkey.
2. Combine sun-dried tomatoes, red pepper, and shallot in a food processor and pulse until finely chopped. Add to turkey mixture.
3. Add pesto to turkey and mix all ingredients well with your hands to combine. Season with salt and pepper.
4. Form into medium sized patties and refrigerate until ready to grill.
5. Preheat grill to medium.
6. Grill burgers for approximately 5 minutes on each side or until cooked through.

Walnut Pesto

- 100g walnuts
- 1 clove garlic
- ½ tsp salt
- ¼ tsp pepper
- 3 cups fresh basil leaves
- extra virgin olive oil to blend

1. Put the walnuts, garlic, salt and pepper in the food processor and pulse until coarsely ground. Add the basil and pulse a couple of times. With the food processor on, drizzle in the olive oil until your desired consistency is reached.

Spanish Meatballs

Ingredients

- 500g organic lean minced beef
- 1 large organic or free range egg
- 2 400g tins of chopped tomatoes
- 2 organic beef stock cubes
- 1 litre of boiling water
- Dried Herbs de Provence (or a good selection of dried mixed herbs)
- 1 white onion, finely sliced
- 1 garlic clove, finely sliced, extra virgin olive oil or coconut oil, salt and • ground black pepper



Method

1. Mix the mince with the egg and half the onion chopped. Season with 1 stock cube and black pepper.
2. Roll the mixture with your hands into ping pong sized balls and fry in oil until almost cooked (the meatballs can still be slightly pink in middle as they are going to simmer in the sauce). Be sure to turn them around now and again so they cook evenly.
3. Take the meatballs out and put them on a plate to rest.
4. Drain all but 1 tablespoon of oil in the pan, retaining the bits of meat that are left in the bottom of the pan.
5. Add the rest of the chopped onion and some finally chopped garlic and sauté for a further 2 minutes until golden.
6. Add the 2 tins of chopped tomatoes and a good sprinkling of mixed herbs.
7. Add in the water and crumble in the final stock cube. Season with salt and pepper if required.
8. Simmer for about 10-15 minutes until the sauce thickens a little.
9. Add the meatballs and mix them well with the tomato sauce. Let them cook for another couple of minutes.

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