



# Personal Meal Planner For MRS JONES

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## WELCOME to your weekly meal planner.

Your plan has been personalised to work with your ultimate goal that you stated in your questionnaire.

I would like to stress that this is not another faddy diet. The plan is designed to get you into good health and eating nutritious and well balanced foods.(vital for a healthy heart and digestive system) Along the way you will naturally lose weight or gain weight dependent on your goal and plan.

What I want is for you to achieve life time eating habits that will make you feel great and promote lasting good health. I feel if you follow the plan you will notice a major change in your health.

### The Meal Plan

The weekly plans are simple to follow and offer you a wide choice of recipes that are quick and easy to follow.

You may find that you have to make certain changes to your diet, for example if you normally skip breakfast; you are going to have to make the effort to fit this into your day.

Remember the plan is flexible; this is the key to long term success.

If you want to change recipe ingredients, go for it! It's all about fitting into your busy lifestyle and finding the right foods that work for you.

I do not put the calorie and fat content on your plans as I want you to realise that healthy eating is not about counting calories. Its about balance and moderation, you do not need to weigh or read fat labels all the time. I will hopefully educate you as to what is a good fat and what is healthy food.

Your plan has been created to reflect your daily calorie.

I have a database that contains all the nutritional information for all the recipes and I create the plans based on this information.

### Food Variety

I understand and believe that we all need variety in our diet. Your plan is designed to cover as many different meals as possible; at the same time I have tried to keep the food groups the same to save you wasting food and to cut done on the cost per week.

### Snacks

Snacks are an important part of your meal plan, as they will keep your energy levels up and stop you from feeling hungry and picking at the wrong type of food. They will also prevent you from overeating at your next meal.

Many of you may only eat three big meals a day, you will need to try and change this.

Fuelling up frequently on the right food ensures that a steady supply of glucose enters the bloodstream to be converted to energy.

The snacks I put in your plan are FLEXIBLE, should be quick, easy and only a small portion. You do not have to eat all the snacks I mention; they are there to guide you. For example if I say apple and a pear for a snack you may only want to eat the pear. It's your choice.

The snacks I have chosen in your plan are from good fats (Essential fats) that are needed in your diet, such as nuts and seeds.

If you are the type of person who likes to snack on crisps or chocolate, I don't believe in depriving yourself of this, just insure that the fat content is no higher than 4grams per 100g and you don't eat these types of food every day as a snack.



## Shopping List

You will find a shopping list at the end of each week with all the foods you require. If you are well stocked the plan will be easier to follow and you have no excuse for straying into shops buying unsuitable alternatives at the last minute.

Make sure you read each recipe first as you may decide to make a change to certain ingredients. The shopping list is a guide and you will need to add the foods from the recipe "Power Snacks" as these are your choice.

## Principle & Education

Healthy eating is the key to a successful healthy lifestyle. It doesn't have to be difficult; just remember the basics:

- Variety & Balance are the key
- Eat plenty of Fruit & Vegetable
- Eat fish twice a week
- Fill up on Fibre
- Cut down your salt intake
- Only drink alcohol in moderation
- Exercise at least 3 times a week

If you want to learn more about Essential Fats and Why Snack. Please visit our website [www.totallyfitsupplies.co.uk](http://www.totallyfitsupplies.co.uk) where you will find articles on these subjects.

## Eating Out

Eating out can still be enjoyable and I don't believe that you should spend the night worrying about what you are eating. Try and get a good mixture of protein and carbohydrate and avoid foods that are pure carbohydrate, such as pizza and pasta. Make the right choices (For example, in a Chinese restaurant, order steamed rice not fried rice) and remember that if you don't allow the occasional treat, you are likely to fail your diet plan.

## Chocolate

Almost everyone asks about chocolate. Many people crave this food more than any other. Popular brands are made up of fats and sugar so it's not something that we recommend you eat regularly. Recently you may have read that eating chocolate that contains more than 70 percent cocoa is better for you. I believe that these types of chocolate bars are far more satisfying and they offer lower sugar and fat, the higher the bean content. So if you feel the urge, buy a small bar, or only have a few chunks and stick with 70 percent cocoa variety.

After your first month of healthy eating, I will contact you again. This will be to discuss how you found the plan and how your goal is progressing. I can then make recommendations for the next month, create a new plan or incorporate your favorite recipes into a plan of your choice.

**G**ood Luck with your plan and your goal. You are about to enter into the world of healthy eating.

***If you really don't like a particular food that I have included please do let me know, I can remove this and recommend something else! I would also love to hear from you, any suggestions or comments or successes with your plan. Please email us [info@totallyfitsupplies.co.uk](mailto:info@totallyfitsupplies.co.uk).***

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# SAMPLE PLAN :WEIGHT LOSS



## MEAL PLAN: Week 1



	Breakfast	Snack	Lunch	Snack	Dinner	Snack *
<b>MONDAY</b>	Porridge drizzled with honey	Handful of brazil & cashew nuts	Homemade Houmous & snacks & Low fat yoghurt <i>See Recipe</i>	Choice of power snack <i>See Recipe</i>	Couscous Salad <i>See Recipe</i>	
<b>TUESDAY</b>	Branflakes top with banana	Protein Bar*	1 Pitta stuff with prawns mixed in fromage frais & slices of tomato. Apple & Pear	2 Slices of Malt loaf	Simple fritta <i>See Recipe</i>	
<b>WEDNESDAY</b>	Porridge drizzled with honey top with a few seeds	2 slices of Malt loaf	1 Pitta stuff with grated cheese add raw onion, pepper & cucumber Low fat yoghurt & Grapes	Choice of power snack <i>See Recipe</i>	Chicken & Avocado salad <i>See Recipe</i>	
<b>THURSDAY</b>	Banana & Yoghurt 1 slice of toast with either marmite or marmalade	Protein Bar*	Pasta Salad Low fat yoghurt & Slice of malt loaf <i>See Recipe</i>	Handful of brazil nuts	Spaghetti Carbonara <i>See Recipe</i>	
<b>FRIDAY</b>	Branflakes top with banana	Pear & Cashews	Egg mayo (use fromage frais) with tomato on wholemeal bread Apple & Low fat yoghurt	Grapes	Sweet pork & chill stir fry <i>See Recipe</i>	
<b>SATURDAY</b>	Large bowl cut apples , pears, grapes & banana top with natural yoghurt	2 slices of malt loaf	Toast 2 pitta bread , cut into slices & serve with Houmous Low fat yoghurt & Apple	Protein Shake*	Goan chicken curry <i>See Recipe</i>	
<b>SUNDAY</b>	Yoghurt with Fresh Pear <i>See Recipe</i>	Handful of brazils & Apple	Sweet potato jacket potato fill with fromage frais, spring onion & small amount black pepper	Protein Shake*	Chicken breast & roast veg <i>See Recipe</i>	

\* These are optional Snacks. If you still feel hungry. We have left some blank for your own idea's.

\* Easy Body protein bars come in 6 tasty flavours

\*Easy Body protein shakes come in 4 tasty flavours



## Yoghurt with Fresh Pear

### Ingredients

200ml natural yoghurt

2 ripe pears, cored & chopped into bite-sized pieces

2 tablespoons sunflower seeds

2 tablespoons pumpkin seeds



### Serves 2

- ✎ Combine the yoghurt with the pear and divide into two portions
- ✎ Sprinkle a tablespoon each of the seeds over the top of each portion

### Serve

# SHOPPING LIST



Fruit & Veg	Tins & Bottles	Nuts, Seeds & Grains
Apples Bananas Pears Grapes 3 Orange pepper 3 Yellow pepper 2 Red pepper 1 Green pepper Bunch Spring onions Rocket salad Garlic 2 Lemons 2 Red onion 1 Carrot Cucumber 2 Courgettes 3 Sweet potatoes Pack of cherry toms 2 White onions 2 Green chills 1 red Ginger Button mushrooms Coriander Watercress(optional) Avocado x 2	Honey 1 tin coconut milk 1 tin chopped toms 1 Tin chickpeas Tin of pineapple	Large pack of cashew nuts Medium pack of brazil nuts Small pack of sesame,pumpkin,sunflower Pack of pine nuts 2 Packs of flavoured couscous or 1 pack Packet of pasta twists Pack of spaghetti 1 Small pack of Quinoa
	Spices	
	Jar of garam masala 1 Jar bay leaves 1 jar Chinese 5 spice 1 jar cayenne pepper 1 jar of ground cumin Dijon mustard Sweet chilli sauce 1 Jar of herbs de province 1 Jar ground turmeric Vegetable stock 1 Jar ground coriander	Oils
		Sesame oil Soy sauce Olive oil
		Meat
		Packet of bacon (10 strips or more) Stir fry pork 2 Packs of chicken breasts
	Dairy	EXTRAS
	Your choice low fat yoghurts Eggs 2 x Fromage frais Cheddar cheese Large tub low fat natural yoghurt Tub of your choice of spread	Soreen malt loaf Salad dressing (such as French)
		Fish
		Prawns(Fresh or Frozen)
	Bread & Cereal	
	Porridge Branflakes Wholemeal bread Pitta bread	