

Week 1 Lose Weight Fast Academy

Sample Meals And Snacks

Breakfast

Omelette with grapefruit

Chicken omelette with an apple

Onion omelette with a banana

Pepper omelette with blueberries

Scrambled egg with salmon and asparagus

Poached egg with a large mushroom and asparagus

Spinach omelette with strawberries

Salmon with poached egg and asparagus and pineapple

Steak with asparagus and blackberries

Turkey mushroom and onion omelette with mango

Steak with brazil nuts and almonds

Prawns and pink grapefruit with wild rocket, dill, olives and avocado

Lunch

Chicken with broccoli and cabbage and blueberries

Tuna with lettuce, tomatoes, cucumber, pepper and an apple

Prawn stir fry with grapefruit

Turkey with sprouts and cauliflower and a pear

Sea bass with lettuce, tomatoes, avocado and spinach and raspberries

Salmon with green beans, asparagus, broccoli and blackberries

Home made chicken, lentils and vegetable broth

Cod with carrots, spinach, cauliflower and kidney beans

Tuna with lettuce, beetroot, spring onions and watercress followed by handful of strawberries

Prawns cooked in garlic with asparagus and broccoli and a orange

Sardines with chickpeas, lemon and parsley

Sea bass cooked in lemon with lentils, spinach, butternut squash, and shallots

Dinner

Steak with broccoli and cauliflower and strawberries

Lamb with cabbage, carrots and green beans and mango

Chicken with sprouts, asparagus, turnip and blackberries

Mackerel with spinach, onions and squash and a orange

Pork with broccoli and sprouts and a kiwi fruit

Beef with sprinkle of cayenne pepper, with turnip, cauliflower, carrots

Mince beef with spring onion, garlic, ginger and chillis wrapped in lettuce

Beef steak with kidney beans, cabbage, sweet potatoes, butternut Squash with cinnamon

Home made vegetable and pork broth with lentils and ginger

Lamb with basil, chickpeas, tomatoes, spinach and aubergine

Duck cooked in orange with red cabbage, carrots, asparagus and a handful of grapes

Halibut cooked in lemon with red beans and courgette followed by strawberries

Mackerel with celery, cucumber and peppers followed by rhubarb

Liver with kidney beans, shallots, red peppers, potatoes cooked in garlic followed by melon

Snacks

Chicken with broccoli

Tuna with lettuce, tomatoes, pepper and onion

Almonds with an apple

1 or 2 boiled eggs

1 or 2 poached eggs

Handful of any kind of nuts or seeds

Any piece of fruit

Turkey with blueberries

Turkey with brazil nuts

Small portion of beef, almonds and a peach

Small portion of crab, Brazil nuts and an orange

Hard boiled egg with lettuce, olives and avocado

Chicken leg , pistachio nuts, pepper sticks and handful of grapes

Hard boiled egg, pepper sticks, asparagus and a handful of strawberries

Tuna and an apple

Small portion of turkey, almonds and a tangerine