

High Fibre, lose weight Day 1



MEAL PLAN – HIGH FIBRE, LOSE WEIGHT DAY 1

Food Name	Quantity (In g)	Measure	Energy(Kcal)	Carbohydrate	Protein	Fat	Fibre
BREAKFAST							
Blackberries	32	2x Average Portion	8.3	1.6	0.29	0.06	2.1
Orange	40	1x Small	16.7	3.7	0.28	0.08	0.6
Porridge made with low fat milk	220	1x Medium portion	211	27.3	11	6.4	1.8
Tea with semi-skimmed milk	260	1x mug	17.2	1.8	1.3	0.52	0
		Meal Total	253kcal	34.5g	12.9g	7g	4.5g
LUNCH							
		1x NHS serving					
Avocado	70	(1/2 Avocado)	133	1.3	1.3	13.7	2.4
Carrots	120	1x large carrot	43	9	0.6	0.48	4.7
Cheese Feta (reduced/low fat)	30	1x 5 1cm cubes	55	0.3	6.3	3.2	0
		1x medium					
Red Pepper	160	pepper	35.5	6.9	1.3	0.32	3.5
Quinoa (cooked)	100	1x Small Portion	104	17.4	4.7	1.7	2.4
Tomatoes	130	1x average sized	19.4	3.9	0.65	0.13	1.3
Water	500	1x average bottle	0	0	0	0	0
		Meal Total	390kcal	38.8g	14.9g	19.4g	14.3g
EVENING MEAL							
		2x Average					
Coriander (fresh)	8	Portion	1.4	0.1	0.17	0.04	0.22
		4.5x Average					
Lime juice	22.5	Portion	2	0.36	0.09	0.02	0.02
		1x Peel from one					
Lime peel	4	lime	0.35	0	0.06	0.01	0.04
Portobello mushrooms (grilled)	125	1x cup sliced	33.9	2.8	4.1	0.73	2.8
		1x average					
Chilli	20	pepper	5.3	0.84	0.36	0.06	0.38
		1x medium					
Red Pepper	160	pepper	35.5	6.9	1.3	0.32	3.5
Baked Potato	165	1x Medium	156	34.2	4.1	0.33	4.3
Prawns king (grilled from raw)	80	1x Small Portion	82	0	18.8	0.72	0
Sharon fruit	110	1x fruit	85	20.5	0.88	0	1.9
Water	500	1x average bottle	0	0	0	0	0
		Meal Total	402kcal	66g	29.9g	2.2g	13.1g
SNACKS							
Apples	174	1x Medium	92	20	1	0.87	2.1
Tea with semi-skimmed milk	260	1x mug	17.15	1.8	1.3	0.5	0
		Meal Total	109kcal	21.8g	2.3g	1.37g	2.1g
		Plan Total:	1153kcal	161g	60g	30.1g	33.9g

High Fibre, Lose Weight Day 2



MEAL PLAN – HIGH FIBRE, LOSE WEIGHT DAY 2

Food Name	Quantity (in g)	Measure	Energy(Kcal)	Carbohydrate	Protein	Fat	Fibre
BREAKFAST							
Avocado	70	1x NHS serving (1/2 Avocado)	133	1.3	1.3	13.7	2.4
Buckwheat pancakes	45	1x One Serving	101	16.8	4.4	1.8	1.3
Poached Egg	50	1x average egg	74	0	6.7	5.3	0
		Meal Total	309kcal	18.1g	12.4g	20.8g	3.7g
LUNCH							
Broccoli (steamed)	45	1x spear 1x NHS serving (1 medium carrot)	15.7	1.6	1.8	0.23	1.7
Carrots	67	1x NHS serving (1 medium carrot)	23.9	5	0.34	0.27	2.6
Cheese feta reduced / low fat	30	1x 5 1cm cubes	55	0.3	6.3	3.2	0
Garlic	3	1x Average Portion	2.9	0.45	0.24	0.02	0.13
Knorr stock cube vegetable reduced sodium	10	1x stock cube	11.1	2.7	0.01	0.03	0
Mange-tout (stir-fried in rapeseed oil)	40	10x average	29	1.4	1.5	1.9	0.96
Portobello mushrooms (grilled)	125	1x cup sliced	33.9	2.8	4.1	0.73	2.8
Quinoa (cooked)	100	1x Small Portion	104	17.4	4.7	1.7	2.4
Tea green infusion	196	1x cup	0.78	0	0.2	0	0
Water	568	1x pint	0	0	0	0	0
		Meal Total	276kcal	31.6g	19.2g	8g	10.5g
EVENING MEAL							
Chicken and olive bake	479	1x One Serving	266	15.7	34.7	7.2	6.6
Rice brown (wholegrain, cooked)	80	1x Small portion	103	21.3	2.9	0.72	1.2
Sweetcorn on the cob (boiled)	200	1x Medium (15cm 5-6)	78	10.4	4.2	2.2	6
Water	568	1x pint	0	0	0	0	0
		Meal Total	447kcal	47g	42g	10.1g	13.8g
SNACKS							
Peach	110	1x Medium	38	8.1	1.1	0.11	2.5
Sharon fruit	110	1x fruit	85	20.5	0.88	0	1.9
Tea (green)	196	1x cup	0.78	0	0.2	0	0
Tea with semi-skimmed milk	260	1x mug	17.2	1.8	1.3	0.52	0
Water	568	1x pint	0	0	0	0	0
		Meal Total	141kcal	30.4g	3.5g	0.63g	4.4g
		Plan Total:	1173kcal	128g	77g	39.6g	32.5g

High Fibre, Lose Weight Day 3



MEAL PLAN – HIGH FIBRE, LOSE WEIGHT DAY 3

Food Name	Quantity (In g)	Measure	Energy(Kcal)	Carbohydrate	Protein	Fat	Fibre
BREAKFAST							
Blackberries	32	2x Average Portion	8.3	1.6	0.29	0.06	2.1
Porridge made with low fat milk	220	1x Medium portion	211	27.3	11	6.4	1.8
		Meal Total	219kcal	28.9g	11.3g	6.4g	3.9g
LUNCH							
Blueberries	21	2x 15 blueberries	8.8	1.9	0.19	0.04	0.32
Lentil Dhal	196	0.5x One Serving	65	10.8	4.7	0.33	1.4
Rice brown wholegrain boiled in unsalted water	80	1x Small portion	103	21.3	2.9	0.72	1.2
Tea (green)	196	1x cup	0.78	0	0.2	0	0
Water	568	1x pint	0	0	0	0	0
		Meal Total	178kcal	34g	8g	1.1g	2.9g
EVENING MEAL							
Green Beans (steamed)	80	1x NHS Serving (4 tablespoons/1/2 cup)	21.4	3.1	1.7	0.24	3.3
Cottage Pie	767	1x One Serving	470	75	19.5	10.4	13.9
Baby Spinach	80	1x NHS Serving (1 cere)	13.3	0.16	2.1	0.48	0.8
Water	568	1x pint	0	0	0	0	0
Low Fat, Plain Yoghurt	125	1x average pot	73	9.5	6	1.3	0
		Meal Total	578kcal	87g	29.3g	12.4g	18g
SNACKS							
Almonds with skin	40	4x Average Portion	234	2.8	8.4	21	6.4
Tea with semi-skimmed milk	260	1x mug	17.2	1.8	1.3	0.52	0
Tea (peppermint)	260	1x mug	3.1	0.78	0	0	0
Water	568	1x pint	0	0	0	0	0
		Meal Total	254kcal	5.4g	9.7g	21.5g	6.4g
		Plan Total:	1228kcal	156g	58g	41g	31.1g

High Fibre, Lose Weight Day 4



MEAL PLAN – HIGH FIBRE, LOSE WEIGHT DAY 4

Food Name	Quantity (in g)	Measure	Energy(Kcal)	Carbohydrate	Protein	Fat	Fibre
BREAKFAST							
Apples	174	1x Medium	92	20	1	0.87	2.1
Muesli	44	1x One Serving	189	18.5	6.9	9.7	4.1
Low Fat, Plain Yoghurt	125	1x average pot	73	9.5	6	1.3	0
		Meal Total	354kcal	48g	13.9g	11.8g	6.2g
LUNCH							
Blueberries	21	2x 15 blueberries	8.8	1.9	0.19	0.04	0.32
Protein Bars	72	1x One Serving	142	25.8	2.7	3.1	3.3
Spicy Mexican Bean Soup	272	1x One Serving	117	21.4	4.8	1.4	6.7
Tea (green)	196	1x cup	0.78	0	0.2	0	0
Water	568	1x pint	0	0	0	0	0
		Meal Total	269kcal	49g	7.8g	4.6g	10.4g
EVENING MEAL							
Broccoli (steamed)	60	1x Small portion	20.9	2.1	2.5	0.3	2.3
Chicken and olive bake	479	1x One Serving	266	15.7	34.7	7.2	6.6
Pepper (stir fried in olive oil)	167	1x medium pepper	101	7.7	1.6	7.1	3.2
Quinoa (cooked)	100	1x Small Portion	104	17.4	4.7	1.7	2.4
Water	568	1x pint	0	0	0	0	0
		Meal Total	492kcal	43g	43g	16.3g	14.4g
SNACKS							
Dried Dates	17	0.5x Average Portion	49	11.6	0.56	0.03	0.68
Tea (green)	196	1x cup	0.78	0	0.2	0	0
Tea with semi-skimmed milk	260	1x mug	17.2	1.8	1.3	0.52	0
Tea (Redbush / Roobios)	260	1x mug	2.1	0.52	0	0	0
Water	568	1x pint	0	0	0	0	0
		Meal Total	69kcal	13.9g	2.1g	0.56g	0.68g
		Plan Total:	1184kcal	154g	67g	33.3g	31.7g

High Fibre, Lose Weight Day 5



MEAL PLAN – HIGH FIBRE, LOSE WEIGHT DAY 5

Food Name	Quantity (In g)	Measure	Energy(Kcal)	Carbohydrate	Protein	Fat	Fibre
BREAKFAST							
Blueberries	10.5	1x 15 blueberries	4.4	0.96	0.09	0.02	0.16
Muesli	44	1x One Serving	189	18.5	6.9	9.7	4.1
Peach	110	1x Medium	38	8.1	1.1	0.11	2.5
Low Fat, Plain Yoghurt	125	1x average pot	73	9.5	6	1.3	0
		Meal Total	304kcal	37.1g	14.1g	11.1g	6.8g
LUNCH							
Spicy Mexican Bean Soup	272	1x One Serving	117	21.4	4.8	1.4	6.7
Stuffed Peppers	493	1x One Serving	326	28	12.2	18.4	6.9
Water	568	1x pint	0	0	0	0	0
		Meal Total	443kcal	49g	16.9g	19.8g	13.6g
EVENING MEAL							
Avocado	70	1x NHS serving (1/2 Avocado)	133	1.3	1.3	13.7	2.4
Lentil Dhal	196	0.5x Average Portion	65	10.8	4.7	0.33	1.4
Rice brown (wholegrain, boiled)	80	1x Small portion	103	21.3	2.9	0.72	1.2
Tea peppermint infusion	260	1x mug	3.1	0.78	0	0	0
Water	568	1x pint	0	0	0	0	0
		Meal Total	305kcal	34.2g	9g	14.7g	5g
SNACKS							
Orange	160	1x Medium	59	12.8	1.3	0.32	1.9
Protein Bars	72	1x One Serving	142	25.8	2.7	3.1	3.3
Tea infusion with semi-skimmed milk	260	1x mug	17.2	1.8	1.3	0.52	0
Tea (Redbush / Roobios)	260	1x mug	2.1	0.52	0	0	0
Water	568	1x pint	0	0	0	0	0
		Meal Total	221kcal	41g	5.2g	4g	5.2g
		Plan Total:	1273kcal	162g	45g	50g	30.6g

High Fibre, Lose Weight Day 6



MEAL PLAN – HIGH FIBRE, LOSE WEIGHT DAY 6

Food Name	Quantity	Measure	Energy(Kcal)	Carbohydrate	Protein	Fat	Fibre
BREAKFAST							
Buckwheat pancakes	49	1x One Serving	101	16.8	4.4	1.8	1.3
Poached Egg	50	1x average egg	74	0	6.7	5.3	0
		Meal Total	176kcal	16.8g	11.1g	7.1g	1.3g
LUNCH							
Blackberries	32	2x Average Portion	8.3	1.6	0.29	0.06	2.1
Rice brown (wholegrain, boiled)	80	1x Small portion	103	21.3	2.9	0.72	1.2
Three Bean Chilli	450	0.7x One Serving	269	44	12.9	4.5	13.8
Water	568	1x pint	0	0	0	0	0
Low Fat, Plain Yoghurt	125	1x average pot	73	9.5	6	1.3	0
		Meal Total	454kcal	77g	22.1g	6.6g	17.1g
EVENING MEAL							
Oriental Beef	219	1x One Serving	130	9.7	15.4	3.3	2.6
Rice brown (wholegrain, boiled)	80	1x Small portion	103	21.3	2.9	0.72	1.2
Spinach (sautéed without oil)	118	2x Average Portion	29.9	1.9	3.4	0.97	4.7
Water	568	1x pint	0	0	0	0	0
		Meal Total	263kcal	32.8g	21.7g	4.9g	8.5g
SNACKS							
Protein Bars	72	1x One Serving	142	25.8	2.7	3.1	3.3
Sharon fruit	110	1x fruit	85	20.5	0.88	0	1.9
Tea green infusion	392	2x cup	1.6	0	0.39	0	0
Tea with semi-skimmed milk	260	1x mug	17.2	1.8	1.3	0.52	0
Water	568	1x pint	0	0	0	0	0
		Meal Total	246kcal	48g	5.2g	3.7g	5.2g
		Plan Total:	1139kcal	174g	60g	22.3g	32.2g

High Fibre, Lose Weight Day 7



MEAL PLAN – HIGH FIBRE, LOSE WEIGHT DAY 7

Food Name	Quantity (in g)	Measure	Energy(Kcal)	Carbohydrate	Protein	Fat	Fibre
BREAKFAST							
Avocado	70	1x NHS serving (1/2 Avocado)	133	1.3	1.3	13.7	2.4
Blueberries	10.5	1x 15 blueberries	4.4	0.96	0.09	0.02	0.16
Buckwheat pancakes	45	1x One Serving	99	16.1	4.3	1.9	1.4
		Meal Total	236kcal	18.4g	5.7g	15.5g	4g
LUNCH							
Spicy Mexican Bean Soup	272	1x One Serving	117	21.4	4.8	1.4	6.7
Stuffed Peppers	493	1x One Serving	326	28	12.2	18.4	6.9
Water	568	1x pint	0	0	0	0	0
		Meal Total	443kcal	49g	16.9g	19.8g	13.6g
EVENING MEAL							
Cottage Pie	767	1x One Serving	470	75	19.5	10.4	13.9
Sweetcorn on the cob (boiled)	200	1x Medium (15cm 5-6)	78	10.4	4.2	2.2	6
Water	568	1x pint	0	0	0	0	0
		Meal Total	548kcal	85g	23.7g	12.6g	19.9g
SNACKS							
Tea with semi-skimmed milk	260	1x mug	17.2	1.8	1.3	0.52	0
Tea (peppermint)	260	1x mug	3.1	0.78	0	0	0
Tea (Redbush / Roobios)	260	1x mug	2.1	0.52	0	0	0
Water	568	1x pint	0	0	0	0	0
		Meal Total	22.4kcal	3.1g	1.3g	0.53g	0g
		Plan Total:	1245kcal	155g	47g	48g	37.3g

Shopping List



SHOPPING LIST

Here is the shopping list for the groceries you will need for the week. It has been split into Store Cupboard and Fresh. You may not need to get all the Store Cupboard ingredients as you may have some jars, tins and packs already.

The intention is that you will use up all the fresh ingredients, if you have some left over at the end of the week, then it won't be a large amount and will most likely make up one meal. The fresh ingredients have been costed, and at the time of writing this, they will cost you approximately £50 (an average of £2.50 a meal), depending on where you shop.

With the Beef Mince, purchase the amount shown below, then weigh out what you need and freeze the rest. That way you will have the ingredients in your freezer, ready for next time.

HIGH FIBRE, LOSE WEIGHT			
Store cupboard Ingredients			
Ingredient	Quantity	Ingredient	Quantity
Quinoa	300g	Ground Coriander	1 jar
Limes	1	Dried Dates	1 bag
King Prawns (raw, frozen)	1 bag	Dried Apricots	1 bag
Buckwheat Flour	500g	Ground Cumin	1 jar
Rice Flour	500g	Chickpeas (can)	1
Low Sodium Vegetable Stock Cubes	1 box of 12	Broad Beans (can)	1
Wholemeal Rice	500g	Low Sodium Soy Sauce	100ml
Porridge Oats	1 kg bag	Teriyaki Sauce	100ml
Date Syrup	1 bottle	Chilli Flakes	1 jar
Sesame Oil	1 bottle	Turmeric	1 jar
Tomato Puree	1 tube	Peanut Butter (wholegrain)	170g
Cider Vinegar	250ml		
Olive Oil	250 ml		
Dried Marjoram	1 jar		
Wheat Germ	100g		
Sunflower Seeds	50g		
Sesame Seeds	50g		
Raisins	100g		
Dried Apple	1 bag		
Lentils	300g		
Red Kidney Beans (can)	2		
Tinned Chopped Tomatoes	4		
Cumin Seeds	1 jar		
Dried Oregano	1 jar		
Chilli Powder	1 jar		
Pine Nuts	50g		
Fresh Parsley	30g		
Ground Cinnamon	1 jar		
Baked Beans (low salt, low sugar)	400g tin		

Shopping List

HIGH FIBRE, LOSE WEIGHT			
Fresh ingredients			
Ingredient	Quantity	Ingredient	Quantity
Oranges	2	Ginger	10g
Banana	2	Peaches	2
Avocado	2	Blueberries	Small Punnet
Carrots	10 Medium sized	Green Beans	300
Feta Cheese	60g	Beef Mince	400g
Red Peppers	10 Medium sized	Yoghurt	2 * 170g pots
Fresh Coriander	30g	Lean Beef Steak	175g
Limes	1	Onions	10 Medium sized
Fresh Chilli	6	Lemon	1
Sharon Fruit	1 * pack of 3	Blackberries	Small Punnet
Baking Potatoes	4	Spinach, baby	200g
Apples	2	Fresh Tomatoes	8
Eggs (large)	6		
Broccoli	1 head		
Garlic	1 bulb		
Mange Tout	120g		
Portobello Mushrooms	250g		
Chicken Fillets	4		
Olives (stones removed)	Small pot		
Sweetcorn on the cob	2		
Thyme	30g		
Pine Nuts	50g		
Cheddar Cheese	100g		
Fresh Parsley	30g		