

woman&home

WEEK ONE

SNACK RECIPE

ALMOND AND APRICOT POWERBALLS

Makes five

Put 50g almonds, 75g ready-to-eat dried apricots, 2tsp chia seeds, 1tbsp rolled oats, and 2tbsp peanut butter in a blender and blitz until combined. Squash into balls about the size of a walnut. Store the powerballs in an airtight container for five days.

MONDAY

BREAKFAST

Raw raspberry porridge – 2tbsp oats soaked overnight in low-fat milk. Next morning, add a handful of raspberries and three roughly chopped almonds

SNACK

One hard-boiled egg

LUNCH

Minestrone soup and two rice cakes, – each spread with one heaped tsp low-fat soft cheese (e.g. cottage cheese). One apple

SNACK

One pear

DINNER

Four fish fingers, ½ tub fresh tomato salsa, one small sweet potato chopped into wedges and tossed in 1tbsp of olive oil mixed with ½tsp smoked paprika; bake for 20 to 25 minutes at 200°C

TUESDAY

BREAKFAST

One small slice wholewheat bread, toasted and spread with 2tbsp low-fat soft cheese mashed with 40g fresh raspberries.

SNACK

Smoothie: One small banana, 150ml fat-free milk, 2tbsp fat-free plain yoghurt

LUNCH

100g smoked mackerel, green beans, and salad. One orange

SNACK

One pack Woolworths chutney flavoured Mini Rice Cakes

DINNER

Chicken with chilli, ginger, and lemon

WEDNESDAY

BREAKFAST

200g Greek yoghurt, one heaped tbsp sugar-free muesli, and ½ fresh mango

SNACK

Five almonds and two ready-to-eat dried apricots

LUNCH

Two eggs, scrambled, with 30g smoked salmon, and one small slice wholewheat toast

SNACK

One rice cake spread with 1tbsp sugar-free peanut butter

DINNER

Beef stir-fry: fry 100g lean beef strips in 2tsp olive oil with veg, garlic, ginger, and chilli; add soy sauce to taste. Serve with 40g (raw weight) brown basmati rice.

One slice fresh melon

THURSDAY

BREAKFAST

One large egg, poached, and one small slice wholewheat toast. One orange

SNACK

One almond and apricot powerball (recipe overleaf)

LUNCH

Tuna sandwich: two slices wholewheat bread spread with margarine, filled with tuna drained from brine (small can), mixed with 1tbsp mayo, pinch chilli flakes, 2tbsp canned sweetcorn, and diced red pepper

SNACK

One small banana

DINNER

200g ready-prepared roast Mediterranean veg cooked as per pack instructions, plus 100g lean pork fillet fried in 1tsp olive oil, and a large portion of green beans tossed with 1tsp pesto

FRIDAY

BREAKFAST

2tbsp sugar-free muesli, 150ml low-fat milk, and four large strawberries

SNACK

One rice cake topped with 1tsp low-fat soft cheese

LUNCH

90g cooked, peeled prawns, one serving of tomato salsa and one small wholewheat pita. One apple

SNACK

One almond and apricot powerball

DINNER

Spicy salmon: mix 1tsp curry paste with 5tbsp fat-free plain yoghurt. Coat one skinless salmon fillet; cook at 200°C for 15 minutes. Serve with spinach, and cauliflower 'couscous' (blitz it in a food processor)

SATURDAY

BREAKFAST

½ wholewheat English muffin, toasted, topped with 40g smoked salmon, and one poached egg

SNACK

10 almonds

LUNCH

One small wholewheat wrap filled with 200g ready-prepared Mediterranean veg, and 25g reduced-fat feta, crumbled

SNACK

Two medjool dates

DINNER

125g rump steak with mushroom sauce made from sautéed mushrooms mixed with 2tbsp crème fraîche. One slice fresh pineapple

SUNDAY

BREAKFAST

One slice wholewheat toast, spread with ½ mashed avocado, topped with one poached egg

SNACK

One pear

LUNCH

2tbsp hummus, 2tbsp tzatziki, a selection of raw vegetables, and one small wholewheat pitta. One naartjie

SNACK

Five olives

DINNER

Chilli con carne: 100g extra-lean mince, one can tomatoes, one chopped onion, 2tbsp red kidney beans. 30g (raw weight) brown basmati rice

WEEK TWO

MONDAY

BREAKFAST

200ml fat-free plain yoghurt, 1tbsp sugar-free muesli, one chopped Pink Lady apple, and pinch of ground cinnamon

SNACK

One pack Woolworths chutney flavoured Mini Rice Cakes

LUNCH

Bowl of lentil soup with two rice cakes, each spread with 1tsp low-fat cream cheese

SNACK

Two medjool dates

DINNER

Spicy tacos: cook one small, finely chopped onion with 1tsp olive oil. Add 100g extra-lean minced beef; cook for 10 minutes. Stir in ½ tub tomato salsa. Serve in two taco shells, with lettuce and 2tbsp guacamole

TUESDAY

BREAKFAST

2tbsp oats soaked overnight in low-fat milk. Next morning, add one small sliced banana

SNACK

One orange

LUNCH

Bean and blue cheese salad: crumble 25g Stilton or Roquefort into 100g fat-free plain yoghurt. Serve with 75g cooked soya beans, 50g cooked green beans, 25g diced cucumber, one finely sliced spring onion, and two rice cakes

SNACK

Small bowl blueberries with 2tbsp fat-free plain yoghurt

DINNER

Asian-style tuna: mix 2tsp soy sauce, 1tsp sesame oil; brush on a tuna steak, fry for five minutes. Serve with stir-fried veg and rice

WEDNESDAY

BREAKFAST

200g diced fresh mango and seeds from one granadilla with 150g fat-free plain yoghurt

SNACK

One rice cake spread with 1tsp sugar-free peanut butter

LUNCH

Cheese omelette: two medium eggs, 25g reduced-fat Cheddar, salad, and fat-free dressing

SNACK

Two medjool dates

DINNER

100g salmon fillet, steamed broccoli and chickpeas – put 200g canned cherry tomatoes in a pan with 100g chickpeas and a pinch of smoked paprika; heat gently for three minutes. One slice fresh melon

THURSDAY

BREAKFAST

One Weet-Bix, 150ml low fat-milk, and one small sliced banana

SNACK

One rice cake spread with 1tsp low-fat cream cheese

LUNCH

Chicken and avocado salad: 50g wholewheat pasta, cooked, with 100g diced roast chicken, one finely chopped celery stick, ½ small diced avocado, four halved cherry tomatoes, and 1tbsp fat-free dressing

SNACK

One small bag savoury popcorn

DINNER

Chicken with chilli, ginger and lemon

FRIDAY

BREAKFAST

Mango smoothie: 150g ripe mango, 150ml milk, and 3tbsp fat-free plain yoghurt

SNACK

One rice cake spread with 1tsp sugar-free peanut butter. One apple

LUNCH

100g ready-prepared peri-peri chicken, 60g sugar-snap peas, 50g cherry tomatoes, and 1tbsp mayo

SNACK

100g pomegranate

DINNER

Hake and salsa: remove corn of one cooked sweetcorn cob and mix with chopped red pepper and red onion, coriander, oil, and lime juice. Serve with a pan-fried hake steak and two baby potatoes

SATURDAY

BREAKFAST

Small bowl fresh fruit salad. ½ wholewheat English muffin, toasted, spread with 1tbsp low-fat cream cheese and 50g smoked salmon

SNACK

One small banana

LUNCH

Two medium eggs, scrambled, one slice ham, and one small slice wholewheat toast

SNACK

3tbsp hummus with vegetables crudités

DINNER

100g lean pork chop, with one medium sweet potato cut into wedges, mixed with 2tsp olive oil, 1tsp Cajun seasoning, and baked at 200°C for 20 minutes. Serve with ½ corn on the cob and 3tbsp tzatziki

SUNDAY

BREAKFAST

One slice wholewheat toast, spread with ½ mashed avocado, topped with one poached egg

SNACK

One almond and apricot powerball

LUNCH

Vegetable soup with 25g croutons

SNACK

Two breadsticks, 1tbsp red-pepper hummus, and carrot sticks

DINNER

150g roast chicken, 200g roast Mediterranean veg, one small baked sweet potato, and 3tbsp tzatziki or tomato salsa. Fresh fruit salad