



AKR  
FITNESS

7 Day  
Fat Loss  
Meal Plan

LADIES

## LEGAL BIT

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# WELCOME

Mike asked me to create a 7 Day Meal Plan for you to help get your nutrition on track.

I've created a delicious, high protein meal plan filled with tasty recipes and nutritious snacks that will help you to keep hunger at bay, fuel exercise and burn fat.

The meal plan covers exactly what to eat at breakfast, lunch and dinner along with mid-morning, mid-afternoon and bedtime snacks.

This isn't to "boost your metabolism". You don't need to be eating every two hours to boost metabolism or ignite fat loss...or whatever other buzzword the magazines use. [The evidence shows](#) that it's your total calorie intake that influences your body composition, not how many meals you eat. The reason for the snacks is it helps to prevent hunger and when we get hungry we tend to make bad food choices.

If you're not hungry you can skip the snack (not recommended) or you could just add the foods to one of your main meals and essentially "double-up".

If you don't like any of the foods or meals on the plan, swap them for a different item or a meal from the High Protein Handbook or our website that has a similar nutrition breakdown.

Once you've completed the 7 days you can just repeat the meal plan until your body fat levels have dropped and you've achieved your goals.

To your success,

*Scott Baptie*



# YOUR MAIN MEALS

## Breakfast

## Lunch

## Dinner

Day 1



Eggs & Veg



Cajun Chicken Jambalaya



Turkey Bolognese

Day 2



Yoghurt & Berries



Turkey Bolognese



Italian Beef Stew

Day 3



Oats



Italian Beef Stew



Chicken & Sweet Potato

Day 4



Avocado on Toast



Chicken & Sweet Potato



Pork Goulash

Day 5



Oats



Pork Goulash



Thai Sweet Potato Fish Cakes

Day 6



Eggs & Veg



Thai Sweet Potato Fish Cakes



St Mary's Chicken

Day 7



Bacon Roll



St Mary's Chicken



Cajun Chicken Jambalaya

# DAY 1

Here is the menu for your first day on your plan. For breakfast, as it says, you can cook the eggs any way you fancy—boiled, scrambled, fried, it's up to you! Think variety with green veg too, don't just eat the same thing. Variety will make this meal plan even tastier.



## BREAKFAST

2 eggs, cooked any style  
Green veg, unlimited



## MORNING SNACK

0% High protein yoghurt, 170g  
Honey, 15g



## LUNCH

Cajun Chicken Jambalaya, 1 serving  
Green veg, unlimited



## AFTERNOON SNACK

Wholemeal bread, 1 slice  
Peanut butter, 15g



## DINNER

Turkey Bolognese, 1 serving  
Pasta, 50g raw weight  
Green veg, unlimited



## BEDTIME

Any kind of fruit, 1 serving

# CAJUN CHICKEN JAMBALAYA



## INGREDIENTS

- 1 green pepper, diced
- 1 red pepper, diced
- 1 onion, diced
- 2 garlic cloves, crushed
- 400g can of chopped tomatoes
- 700ml stock
- 4 tsp Cajun spice
- 1 tsp chilli flakes
- 300g brown rice (dry weight)
- 500g chicken breast, cubed
- 150g sweet corn, drained
- 1 tsp coconut or olive oil
- Pinch of black pepper

## METHOD

Heat a large pan on the hob on a medium heat and add the coconut oil. Add the onions and peppers and gently fry for 5 minutes. Once they're ready, add in the crushed garlic and fry for another minute.

Add the chicken, Cajun spice and chili flakes and cook for a few more minutes until the chicken is lightly browned.

Add the uncooked rice, chopped tomatoes, stock, black pepper and sweetcorn to the pan and give everything a good mix through.

Reduce the heat down to low and simmer, uncovered for 30-40 minutes until the majority of the liquid has been absorbed and the rice is cooked though.

Serve and enjoy!

**SERVES: 5**

**PREP TIME: 5m**

**COOK TIME: 40m**

# TURKEY BOLOGNESE



## INGREDIENTS

- 1kg turkey mince
- 6 rashers of smoked bacon medallions, chopped
- 2 red onions, finely chopped
- 3 garlic cloves, pressed
- 1 stick of celery, chopped
- 1 glass of red wine
- 2 cartons of passata
- 1 tbsp. olive oil
- 2 tbsp. mixed herbs
- 1 tsp. salt

## METHOD

Heat a large saucepan over a low to medium heat and add the chopped bacon medallions and cook for a few minutes.

Add the garlic and onions and cook for a few more minutes until they have softened.

Add the turkey mince and cook it until it is no longer pink.

Add the celery, wine, passata, mixed herbs and salt and mix through. Cover with a lid and simmer for around an hour until the sauce has thickened. Alternatively, this turkey Bolognese recipe could easily be made in a slow cooker too.

Once it's cooked, serve with pasta, vegetables and sprinkle with some parmesan.

**SERVES: 6**

**PREP TIME: 5m**

**COOK TIME: 90m**

# DAY 2

As with any of the days, don't forget that you can 'double up' the meals and snacks. This means that if you're not hungry at snack time you can either skip the snack or a better idea would be to include it with a meal later in the day.



## BREAKFAST

0% High protein yoghurt, 170g  
Blueberries, 100g  
Golden linseed, 25g



## MORNING SNACK

Oatcakes, 2  
Peanut butter, 15g



## LUNCH

Turkey Bolognese, 1 serving  
Green veg, unlimited



## AFTERNOON SNACK

Cucumber sticks, 100g  
Ham, 2 slices  
Any kind of fruit, 1 piece



## DINNER

Italian beef stew, 1 serving  
New potatoes, 4  
Green veg, unlimited



## BEDTIME

Any kind of fruit, 1 serving

# ITALIAN BEEF STEW



## INGREDIENTS

- 500g stewing beef
- 400ml beef stock or red wine
- 2 red onions, quartered
- 1 red pepper, chopped
- 1 green pepper, chopped
- 2 carrots, chopped
- 2 garlic cloves, finely chopped
- 1 tbsp tomato purée
- 2 tbsp Italian seasoning
- 1 tbsp rosemary
- 1 tsp olive oil
- Pinch of salt and pepper

## METHOD

Heat a large pot on a medium heat and add the olive oil and gently fry the onions for a few minutes. Add the garlic and fry for a further minute.

Throw in the carrots, tomato puree, stock, seasoning and beef to the pan and mix through.

Cover with a lid and simmer for around 40 minutes, remove the lid and simmer for a further 20 minutes to allow the sauce to thicken. Alternatively, you could do all of the above but in a slow cooker for an even more delicious, rich stew.

**SERVES: 4**

**PREP TIME: 10m**

**COOK TIME: 60m**

# DAY 3

With your morning porridge you can add some cinnamon and some sweetener if you find oats a little bland on their own. You could also have the honey or seeds planned for later in the day with the oats instead. For dinner, add some herbs or spices to your chicken and either dry fry, bake, bbq or grill it.



## BREAKFAST

Oats, 50g  
Semi-skimmed milk, 250ml



## MORNING SNACK

Carrots, 100g  
Reduced fat hummus, 50g



## LUNCH

Italian beef stew, 1 serving  
Green veg, unlimited



## AFTERNOON SNACK

0% High protein yoghurt, 170g  
Honey, 15g  
Mixed seeds, 30g



## DINNER

Chicken breast, 100g  
Sweet potato, 100g (raw weight)  
Green veg, unlimited  
Dark chocolate, 2 squares



## BEDTIME

0% High protein yoghurt, 170g  
Honey, 15g

# DAY 4

Avocado on toast is an amazing breakfast. Add a little salt, pepper and lemon juice and you've got a great dish to start the day. If you don't like the low-fat cottage cheese that is planned for mid-morning you could swap this for a similar serving size of low-fat crème cheese instead.



## BREAKFAST

Wholemeal bread, 2 slices  
Avocado, 1



## MORNING SNACK

Oatcakes, 2  
Low-fat cottage cheese, 50g



## LUNCH

Chicken breast, 100g  
Green veg, unlimited



## AFTERNOON SNACK

0% High protein yoghurt, 170g  
Blueberries, 100g  
Mixed seeds, 30g



## DINNER

Pork goulash, 1 serving  
Rice, 50g (raw weight)  
Green veg, unlimited



## BEDTIME

Wholemeal bread, 1 slice  
Peanut butter, 15g

# PORK GOULASH



## INGREDIENTS

- 1 tbsp olive oil
- 500g pork fillet, cube
- 1 red onion, sliced
- 3 mixed peppers, sliced
- 2 garlic cloves, pressed
- 2 tbsp smoked paprika
- 1 tsp chilli powder
- 2 tbsp red wine vinegar
- 250ml water
- 2 tbsp tomato puree
- 1 tsp oregano
- 400g can of chopped tomatoes
- Pinch of salt and pepper

## METHOD

Heat the olive oil in a large pan over a medium heat and add the onion and gently fry for 2-3 minutes then add the garlic and fry for a minute.

Add the pork, smoked paprika and chilli powder to the pan and cook for 5 minutes until the pork is browned.

Add the peppers, red wine vinegar, water, tomato puree, oregano, chopped tomatoes and salt and pepper to the pan and give everything a good mix through.

Reduce the heat to a low temperature, cover and simmer for 30 minutes.

Remove the lid from the pan and simmer for a final 15 minutes.

Serve.

**SERVES: 4**

**PREP TIME: 10m**

**COOK TIME: 60m**

# DAY 5

You've got a free choice with what fruit you choose on each day of the plan. Don't just go for the same boring apples and oranges every day, mix it up. Not only is this more interesting but it provides you with a range of micronutrients too.



## BREAKFAST

Oats, 50g  
Semi-skimmed milk, 250ml



## MORNING SNACK

0% High protein yoghurt, 170g  
Honey, 15g



## LUNCH

Pork goulash, 1 serving  
Green veg, unlimited



## AFTERNOON SNACK

Cucumber sticks, 100g  
Ham, 2 slices



## DINNER

Thai sweet potato fish cakes, 2  
Green veg, unlimited



## BEDTIME

Jumbo rice cakes, 1  
Peanut butter, 15g

# THAI SWEET POTATO FISH CAKES



## INGREDIENTS

- 600g sweet potato
- 2 cans tuna, drained
- 4 spring onions, finely chopped
- 1 tbsp lime juice
- 1 tbsp soy sauce
- 1 garlic clove, crushed
- Small handful of fresh coriander, chopped
- 1 tsp chili flakes
- 80g oats
- 1 tbsp. coconut or olive oil
- Pinch of black pepper

## METHOD

Peel and chop your sweet potatoes and boil in a large sauce pan for around 15 minutes or until cooked.

In a mixing bowl; combine the tuna, spring onions, lime juice, soy sauce, chili flakes, garlic, oats, coriander and pepper. Once the sweet potato is cooked, drain, mash and spread onto a plate so it can cool quickly.

Once it has cooled enough for you to handle, add it to the bowl with your tuna and spices, get your hands in and thoroughly combine the mixture then form into around 6 fish cake patties and set aside.

Heat the olive oil in a large frying pan on a low heat and very gently fry the fish cakes for around 4-5 minutes per side. Be careful when turning them to ensure they don't fall apart.

Serve and garnish with fresh coriander and some lemon wedges.

**SERVES: 6**

**PREP TIME: 15m**

**COOK TIME: 20m**

# DAY 6

If you don't like the sweet potato fish cakes, you could 'deconstruct' the recipe and have sweet potato, tuna, spring onion etc. on their own. Similarly, if you find it hard to get oatcakes you can swap these for a cracker or rice cake too, be flexible!



## BREAKFAST

Eggs, cooked any style, 2  
Green veg, unlimited



## MORNING SNACK

0% High protein yoghurt, 170g  
Cashews, 30g



## LUNCH

Thai sweet potato fish cakes, 2  
Green veg, unlimited



## AFTERNOON SNACK

Carrots, 100g  
Reduced fat hummus, 50g



## DINNER

St Mary's Chicken, 1 serving  
Green veg, unlimited  
Dark chocolate, 2 squares



## BEDTIME

Oatcakes, 2  
Low-fat cottage cheese, 100g

# ST MARY'S CHICKEN



## INGREDIENTS

500g [chicken breasts](#)  
6 rashers bacon (fat removed) or  
bacon medallions, chopped  
2 garlic cloves, crushed  
2 tbsp wholegrain mustard  
200ml chicken stock  
100ml crème fraiche  
1 tsp dried thyme  
2 tbsp honey  
Pinch of black pepper

## METHOD

Pre-heat the oven to 180 degrees Celsius.

Arrange the chicken breasts on a baking tray, sprinkle with the chopped bacon.

In a jug, mix the garlic, stock, mustard, crème fraiche, thyme, and pepper.

Pour mixture over chicken then drizzle with honey.

Cook for 40-45 minutes until chicken is thoroughly cooked through.

Serve.

**SERVES: 4**

**PREP TIME: 5m**

**COOK TIME: 45m**

# DAY 7

Kick-starting the day with two bacon rolls, boost! Make sure you use bacon medallions as they have had all the outer fat removed so they're much leaner. Although it might seem a bit of a hassle, always weigh your cashews, almonds and mixed seeds as they're very calorie rich so you don't want too much of them.



## BREAKFAST

Wholemeal roll, 1  
Bacon medallions, 2  
Butter, 10g



## MORNING SNACK

Jumbo rice cakes, 1  
Any kind of fruit, 1 piece



## LUNCH

St Mary's Chicken, 1 serving  
Green veg, unlimited



## AFTERNOON SNACK

Cashew nuts, 30g



## DINNER

Cajun chicken jambalaya, 1 serving  
Green veg, unlimited  
Dark chocolate, 2 squares

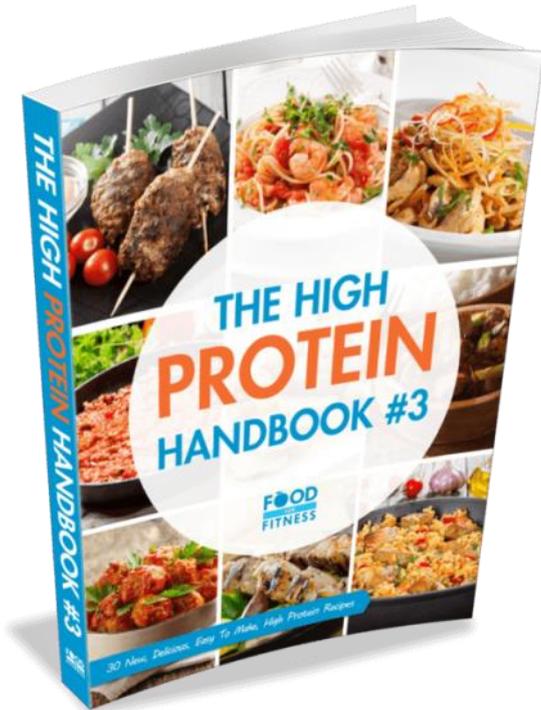


## BEDTIME

Wholemeal bread, 1 slice  
Peanut butter, 15g

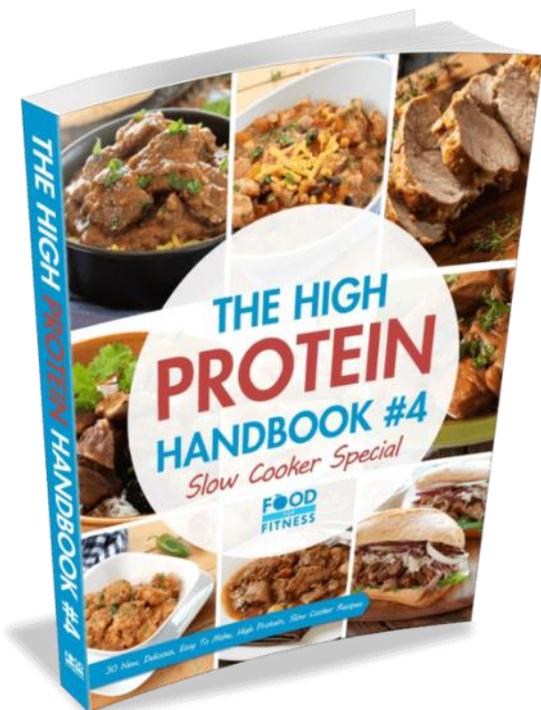
# WANT MORE RECIPES?

## Easy, High Protein Recipes For People Who Don't Want To Spend Hours In The Kitchen!



The High Protein Handbook 3 was just released in August 2017 and it continues to deliver yummy high protein treats. Some of the favourites in this book include One-pan Mexican Beef, Orange Peel Turkey, Piri Piri Chicken & Lebanese Chicken

[Click Here To Learn More](#)



The High Protein Handbook 4 is a slow cooker special edition with 30 delicious, high protein recipes made just for the slow cooker or crock pot. There are delicious stews, tasty curries and a variety of chicken, pork and beef dishes.

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