

BUSY/LAZY/ BROKE GIRLS GUIDE TO WEIGHT LOSS

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@ROXYPT_

PORTION CONTROL:

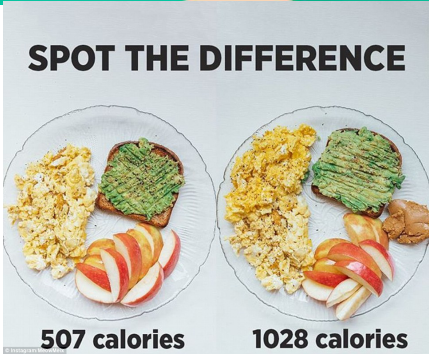
✓ **PROTEIN WITH EVERY MEAL**

ISN'T WORKING?

REDUCE PORTION SIZES AND BE MINDFUL OF FAT PORTIONS (AVOCADO, NUTS, NUT BUTTER)



STEPS- YOU DONT NECESSARILY NEED TO EXERCISE BUT IF YOU DONT THEN YOU EITHER NEED TO EAT FEWER CALORIES AND OR DO MORE STEPS



EATING LITTLE VS EATING A LOT:

ITS POSSIBLE TO EAT TOO MANY CALORIES BUT CONSUME LITTLE FOOD, VS EATING LOTS OF FOOD AND LITTLE CALORIES

LIQUID CALORIES:

SWAP NORMAL SOFT DRINKS FOR DIET SOFT DRINKS

COFFEE:

CUT THE CREAM,



SWITCH NORMAL SYRUP FOR SUGAR FREE SYRUP

COFFEE SHOP

DIETING SWITCH UP

SWAP THIS



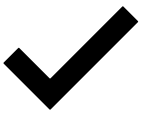
MEDIUM LATTE
207 Calories

FOR THIS



MEDIUM AMERICANO
8 Calories





**SWAP FULL FAT MILK FOR SKIMMED/
SEMI SKIMMED/UNSWEETENED ALMOND/
COCONUT/OAT OR SOY MILK (NON DAIRY
ALTERNATIVES HAVE LESS CALORIES BUT ALSO LESS
VITAMINS AND MINERALS INC CALCIUM)**

COOKING OILS:

**SWITCH OLIVE OIL/VEG OIL FOR
SPRAY OILS**



**CONDIMENTS/SAUCES:
OPT FOR LOW FAT WHERE
POSSIBLE**

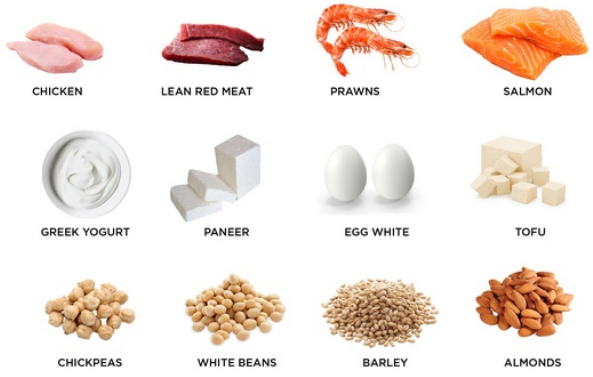
OPT FOR TOMATO BASED/HOT SAUCES

IF YOU DO WANT A **CHEESE/CREAM** BASED SAUCE SUCH AS CARBONARA USE ALTERNATIVES TO CREAM SUCH AS LOW FAT COCONUT MILK/QUARK/ LOW FAT OR NO FAT YOGURTS

- * 1 tablespoon quark or fromage frais
 - * 2 eggs
 - * 1 tablespoon Parmesan cheese, grated
 - * 2 tablespoons fresh parsley, chopped
 - * salt and pepper to taste
 - * 1 small onion, finely chopped
 - * 1 garlic clove, finely chopped
 - * 2 tablespoons vegetable stock
- * In a small bowl whisk the quark or fromage frais, eggs, Parmesan cheese, parsley and seasoning.

OPT FOR LOW FAT PROTEIN SOURCES OR OPT FOR LEAN MEAT SOURCES/ VEGGIE ALTERNATIVES

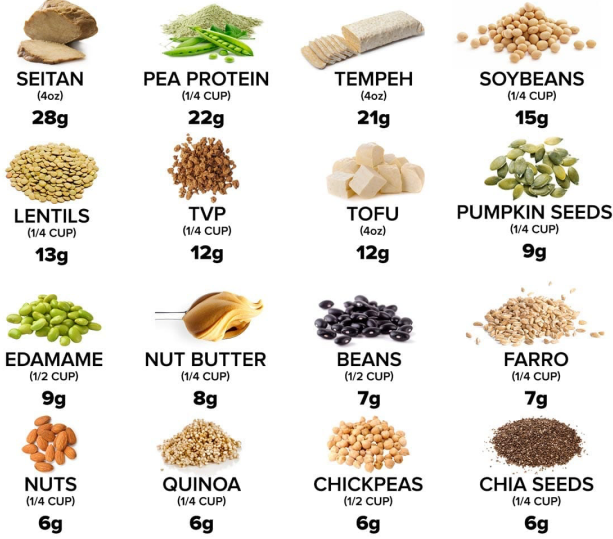
LEAN PROTEIN



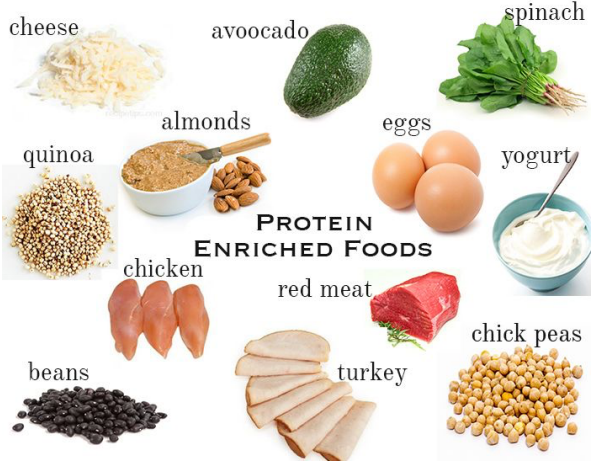
VEGAN PROTEIN SOURCES

PROTEIN PER SERVING

@cheatdaydesign



SUCH AS CHICKEN BREAST, 5% LEAN BEEF MINCE, LEANER STEAK CUTS, SAUSAGES: CHICKEN OR TURKEY OR LOW FAT PORK, BACON: MEDALLIONS OR TURKEY BACON, FISH, TURKEY BREAST



BREAKFAST IDEAS

1.

MICROWAVE OMELETTE





Ingredients

2 eggs

1 TBS milk

1/4 cup chopped ham

2-3 TBS cheese

1-2 TBS chopped onion

METHOD

***Chop ham, cheese onions and peppers

***Whisk two eggs, add 1tbsp milk together and combine

***Spray into micro safe mug

****Put in micro for 2mins

2. OATS+BERRIES





3. YOGURT+ PROTEIN +FRUIT













4. TOAST, AND EGGS



5. BACON SANDWICH

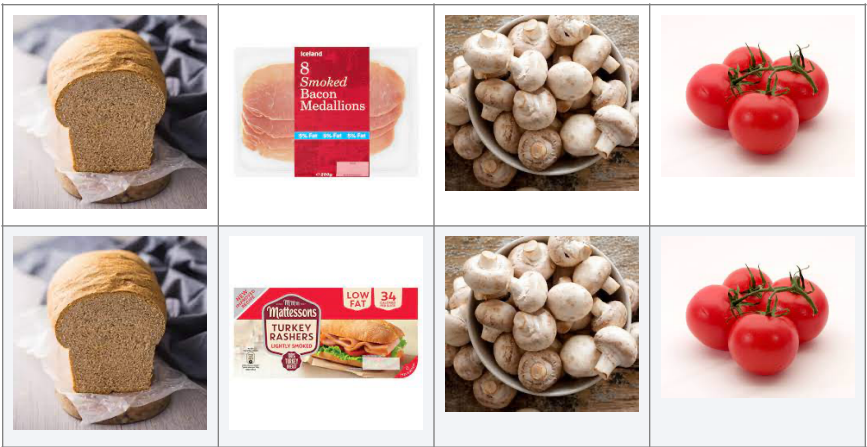


6. EGG SANDWICH















7. SAUSAGE SANDWICH



8. ENGLISH BREAKKY



9.SAUSAGE AND EGG



 <p>Ballyfree 6 TURKEY SAUSAGES 70% TURKEY 100% MEAT 100% BREADED 100% COOKED 100% CHILLI 100% GARLIC 100% HERBS 100% SPICES 100% SEASONINGS 100% TASTY</p>			
 <p>HECK 100% TURKEY 100% MEAT 100% BREADED 100% COOKED 100% CHILLI 100% GARLIC 100% HERBS 100% SPICES 100% SEASONINGS 100% TASTY</p>			

10. PROTEIN SHAKE/SMOOTHIE



LUNCH

**1. ROAST BEEF/CHICKEN SLICES/
QUORN SLICES/CHICKEN PIECES/
SANDWICH/WRAP/PITTA/FLATBREAD**





2. JACKET POTATO, TUNA , LOW FAT MAYO, SALAD



3. OMLETTE



4. SOUP

Weight Watchers Soup - 295g can *Jan 2019*

Carrot & Lentil	Chicken	Chicken Noodle	Chicken, Potato
			
295g Can = 1.0	295g Can = 2.0	295g Can = 0.5	295g Can = 1.5
Country Vegetable	Hearty Vegetable	Tomato	
			
295g Can = 1.0	295g Can = 1.5	295g Can = 1.0	

DINNER

READY MEALS



CHICKEN, SALAD AND RICE



CHICKEN CURRY



FAJITA



BUFFET COLLECTION



SLOW COOKER

CHICKEN CAGGATIEURE



INGREDIENTS

- 3 tablespoons olive oil, divided
- 6 bone-in skinless chicken thighs
- Salt and pepper, to season
- 1 medium onion, diced
- 2 tablespoons minced garlic, (or 6 cloves)
- 1 small yellow bell pepper (capsicum), diced
- 1 small red bell pepper (capsicum), diced
- 1 large carrot, peeled and sliced
- 10 oz (300g) mushrooms, sliced
- 1/2 cup pitted black olives
- 8 sprigs thyme
- 2 tablespoons each freshly chopped parsley and basil plus more to garnish
- 1 teaspoon dried oregano
- 150 ml red wine
- 28 oz (820g) crushed tomatoes
- 2 tablespoons tomato paste
- 7 oz (200g) Roma tomatoes, halved
- 1/2 teaspoon red pepper flakes

INSTRUCTIONS

- Season chicken with salt and pepper.
- Heat 2 tablespoons oil in a heavy cast iron skillet. Sear chicken on both sides until golden, about 3-4 minutes each side. Remove from skillet and

SPAG BOL- SERVES 6



Ingredients

- 2 tbsp olive oil
- 1 red onion , sliced
- 2 garlic cloves
- 2 large aubergines , cut into 1.5cm pieces
- 3 courgettes , halved and cut into 2cm pieces
- 3 mixed peppers , cut into 2cm pieces
- 1 tbsp tomato purée
- 6 large ripe tomatoes , roughly chopped
- small bunch of basil , roughly chopped, plus a few extra leaves to serve
- few thyme sprigs
- 400g can plum tomatoes
- 1 tbsp red wine vinegar
- 1 tsp brown sugar
- sourdough , to serve (optional)

Method

- STEP 1 Heat the oil in a large frying pan and fry the onion for 8 mins until translucent. Add the garlic and fry for 1 min. Turn the heat to medium-high, add the aubergines and fry for 5 mins until golden. Stir in the courgettes and peppers and fry for 5 mins more until slightly soft. Add the tomato purée, fresh tomatoes, herbs, canned tomatoes, vinegar, sugar and 1 tsp salt and bring to the boil.
-
- STEP 2 Transfer to the slow cooker and cook on low for 5-6 hours or until everything is soft and the sauce has thickened. Season, scatter over some extra basil, and serve with sourdough, if you like.

RECIPE TIPS

USE UP LEFTOVERS

Reheat any leftover ratatouille, adding a little brown sugar and red wine vinegar to give it a sweet and sour taste. Leave to cool, then roughly chop and use as a relish for sandwiches, or to serve with grilled meat or fish. Will keep in the fridge for up to five days.

CHILLI CON CARNE

INGREDIENTS

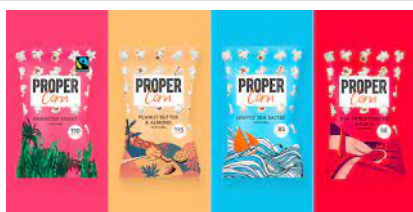
- 500 g lean minced beef
- 400 g chopped tomatoes – canned
- 400 g kidney beans – canned, drained
- 1 onion – white, large
- 1 red pepper – capsicum
- 2 garlic cloves – minced
- 4 tbsp tomato paste
- 1 beef stock cube
- 150 ml water – for the stock
- 1 tsp oregano
- 2 tsp coriander – dried or freshly chopped
- 2 bay leaves
- 2 tsp cumin
- 2 tsp hot chilli powder
- 1½ tsp sweet paprika
- 1 tsp smoked paprika
- 1 tsp Worcestershire sauce
- ½ tsp dark brown sugar
- 1 tsp salt – salt flakes
- ½ tsp black pepper – ground
- 3 tbsp flour – corn or wheat
- 1 tbsp oil
- 1 red chilli pepper – (optional for added heat)

INSTRUCTIONS

- Dice the onion and red pepper and place in a pan on the stove (or the slow cooker pot directly if using a sear and stew type) with 1 tbsp of oil, add the mince beef and stir through well to separate the meat. Add in the oregano, coriander and spices and cook until the meat is browned. Transfer to the slow cooker.
- Crush the cloves of garlic and finely dice the chilli pepper – optional if you like some extra heat. Add with the tomato paste to the slow cooker. Sprinkle over the flour, salt, pepper and sugar and stir well to coat the ingredients.
- Dissolve the stock cubes in the hot water and pour over the meat and vegetables. Add the chopped tomatoes, kidney beans, Worcestershire sauce and bay leaves. Stir well ensuring everything is covered in the liquid.
- Replace the lid and cook on high for 4 hours or low for 8 hours.
- Once cooked, serve with rice and a sprinkle of chopped coriander.

SNACKS





TAKEAWAYS

INDIAN:



TANDOORI, MASALA, JALFREZI (DRIER CURRIES), NO SIDES, BOILED RICE



CHINESE



**BEEF, BROCCOLI,
BOILED RICE
OR VEG DISH**

PIZZA

Pizza Express Pizza Margherita Classic

9to5strength.com/food



	(UK)
PROTEIN	36
CARBS	91
SUGARS	11
FAT	23
SAT. FAT	10
CALORIES	729
FIBRE	6.4
SALT	3.9

~750 Calories

McDONALD'S @thefitnesschef_

SMALL FRIES



237 cal

MEDIUM FRIES



337 cal

LARGE FRIES



447 cal

GRILLED CHICKEN
& BACON SALAD/
DRESSING



204 cal

CRISPY SWEET CHILLI
CHICKEN ONE



474 cal

CHEESEBURGER



301 cal

BIG MAC



508 cal

QUARTER
POUNDER



518 cal

SIGNATURE
CLASSIC



698 cal

BIG TASTY
& BACON



850 cal

6 McNUGGETS



259 cal

FILET-O-FISH



329 cal

McCHICKEN
SANDWICH



388 cal

VEGETABLE
DELUXE



400 cal

BBQ CHICKEN
LEGEND



484 cal

SHAKER SIDE
SALAD



18 cal

BACON & EGG
McMUFFIN



348 cal

DOUBLE SAUSAGE
& EGG McMUFFIN



565 cal

APPLE & CHERRY
PORRIDGE



228 cal

REGULAR OREO
McFLURRY



267 cal

*based on medium sauce
*swipe left for starters & sides

NANDO'S

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1/4 CHICKEN LEG



265 cal

BUTTERFLY



352 cal

1/2 CHICKEN



588 cal

4 CHICKEN THIGHS



575 cal

10 WINGS



806 cal

WHOLE CHICKEN



1156 cal

CHICKEN BURGER



407 cal

CHICKEN PITTA



418 cal

CHICKEN
CAESAR SALAD



420 cal

STEAK PREGO ROLL



425 cal

CHICKEN WRAP



551 cal

DOUBLE CHICKEN
PITTA



556 cal

CHARGRILLED
STEAK & VEG WRAP



561 cal

SUNSET BURGER



618 cal

FINO PITTA



778 cal

SUPERGREEN
BURGER



422 cal

SWEET POTATO &
BUTTERNUT BURGER



449 cal

VEGGIE
CATAPLANA



515 cal

BEANIE
BURGER



531 cal

MUSHROOM
& HALLOUMI BURGER



681 cal

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*based on regular portion sizes unless otherwise stated

NANDO'S @thefitnesschef_

STARTERS & SIDES

MIXED LEAF SALAD



13 cal

SPICY OLIVES



138 cal

GRAINS 'N GREENS



187 cal

REGULAR CHIPS



465 cal

50ML MEDIUM SAUCE



23 cal

MACHO PEAS



141 cal

SPICY RICE



246 cal

LARGE SPICY RICE



492 cal

LONG STEM BROCCOLI



24 cal

CORN ON THE COB



144 cal

CREAMY MASH



248 cal

PERI PERI NUTS



793 cal

PERI PERI DRIZZLE



97 cal

CHILLI IAM



149 cal

COLESALW



263 cal

HOUMOUS, PITTA
* PERI PERI DRIZZLE



819 cal

SAUCY SPINACH



98 cal

GRILLED HALLOUMI



177 cal

GARLIC BREAD



349 cal

LARGE CHIPS



1256 cal

ZINGER® RICEBOX

One piece of our fiery Zinger® chicken with steamed Tex-Mex rice, fresh lettuce, sweetcorn, chopped tomatoes and a bean salsa, drizzled with a light garlic dressing. Light. 50g and up to 5.

WHAT'S INCLUDED

Zinger® Chicken



ALCOHOL

Alcoholic Drinks under 200 cals



Rose 125 ml
100 cals



Pinot Grigio 125 ml
120 cals



Prosecco 125 ml
80 cals



Champagne 125 ml
95 cals



Spritzer 125 ml
96 cals



Vodka, soda lime
96 cals



Whisky Diet Coke
180 cals



Vodka Diet Coke
120 cals



slimline Gin and
Tonic 120 cals



Mojito
168 cals



Martini
128 cals



Tequila Shot
96 cals



Bud Select 55
55 cals



Bud light
110 cals



Corona Light
99 cals



Michelob Ultra
95 cals



Guinness Draft
125 cals

@dr_nancy_p



www.everystepfitness.com

LIQUIDS

Smart Meal and Snack Snaps



CALORIES PER 335ML

1

CARBS 0.10g

FATS 0g

PROTEIN 0.03g



CALORIES PER 335ML

140

CARBS 33g

FATS 0g

PROTEIN 0g

Sarah Sutton FIT

S = Sugar

COSTA COFFEE @thefitnesschef_

	CLASSIC AMERICANO	CARAMEL CORDADO	CAPPUCCINO	CAFE LATTE	FLAT WHITE	MOCHA
MEDIUM						
	0g S	15g S	12g S	14g S	12g S	35g S
	5 cal	132 cal	168 cal	179 cal	179 cal	317 cal
MEDIUM	COCONUT VANILLA LATTE (M)	GINGER BREAD LATTE	SALTED CARAMEL & CREAM LATTE	HONEYCOMB LATTE	CHAI LATTE	HOT CHOCOLATE
						
	23g S	26g S	34g S	39g S	29g S	45g S
	153 cal	249 cal	288 cal	303 cal	334 cal	475 cal
MEDIUM	PEACH ICED TEA	TROPICAL FRUIT COOLER	BLACK/RASPBERRY FRUIT COOLER	STRAWBERRY & CREAM FROSTINO	BANOFFEE FROSTINO	BELGIAN CHOC FROSTINO
						
	21g S	43g S	54g S	59g S	60g S	58g S
	88 cal	205 cal	248 cal	410 cal	426 cal	452 cal
FOOD	HAM & CHEESE TOASTIE	PORRIDGE & HONEY	ALMOND CROISSANT	BACON ROLL	SALTED CARAMEL MUFFIN	LAYERED CARROT CAKE
						
	6g S	39g S	14g S	2g S	50g S	57g S
	307 cal	339 cal	351 cal	389 cal	483 cal	593 cal



Option A
139 Calories



Option B
0 Calories



A teaspoon of sugar =
4 grams and 16 calories

