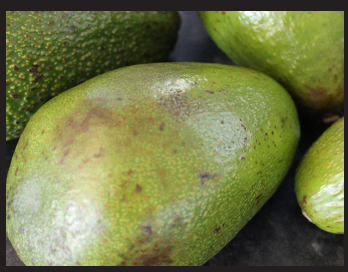


28 DAY FAT LOSS MEAL PLAN

1400 CALORIES





Medical Disclaimer

The meal plans and recipes within these pages are for information purposes only and in no way supersede any prior advice given by a medical practitioner, registered dietician or nutritionist. Should you follow these meal plans or cook and consume these recipes, you are choosing to do so of your own free will, without coercion and in the full knowledge that the meal plans and recipes have not been personally designed for you and that should you suffer from a medical condition of any kind or suspect that the ingredients may cause you a medical problem of any kind whatsoever, you should speak to a qualified medical practitioner for advice.

Further, if you feel that you are experiencing any adverse effects, then you should cease using this meal plan immediately and consult your doctor.

For each meal and day contained within these meal plans, the calorie and macronutrient profiles (protein, fat and carbohydrate) have all been carefully calculated using an app called My Fitness Pal. Although great care has been taken to calculate the profiles as accurately as possible, the author of this book cannot be held responsible for any inaccuracies which may have occurred.

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Introduction



Welcome to the 28 Day Fat Loss Meal Plan.

This book will be your bible over the coming weeks! In case you didn't know, nutrition will count for about 80% of your results. That's right 80%! There is an important lesson to be learned from the story below...

You see I used to have a client, let's call her Lisa. Now Lisa trained very hard and never missed a training session and so with all this effort and dedication to her training she thought that the scales and the measuring tape would really be moving in the right direction at her weights and measurement day. I never forget the look on her face when she found out that she lost only 1lb and ½ an inch from her waist. She was disappointed and so was I.

"You have read the information on the importance of nutrition and you have been using the recipe book I gave you?" I asked. It turned out she never read it because she thought she already knew about nutrition and that her personal trainer wasn't going to know more than she did.

Sometimes we learn the hard way! I'm pleased to say that once Lisa had become fully aware of the importance of nutrition for fat loss, we were able to make some important changes. 28 days later she was 14lbs down and almost 2 dress sizes smaller. As the saying goes, "When the student is ready, the teacher will appear."

And you are ready! That's why you are reading this!

Contact Us

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How to use this Meal Plan



Before using this meal plan, we strongly recommend you speak to us so that we can ascertain a suitable daily calorie intake for you.

Some of the meals and recipes will require protein powder. The most popular form of protein powder is whey protein. We recommend you choose a good quality whey protein.

If you are lactose intolerant or vegan you may need to look at an ultra low lactose variety or even a different protein altogether; something like a pea or rice protein.

ALLERGIES

Please be aware of any foods which feature within this book that you may be allergic / intolerant to, for example nuts.

About the Shopping Lists



A shopping list is included for each week of the meal plan.

However, before you go shopping, have a look through the shopping list.

You will probably notice that you already have a good number of the items in your kitchen, especially in the **Dry Goods** and **Spices and Seasonings** sections.

Many of the items on the shopping list will also last you a good few weeks or even months, so if you decide to follow the plan for longer than 28 days, then you won't need to purchase all of the ingredients a second time.

The shopping list featured in Week One is the longest list. However, many of the ingredients on this list will last you for the duration of the meal plan.

For example, the protein powders, herbs, spices, nuts and seeds.

Shopping List

Week One



Please choose from EITHER of the following:

Meat, Poultry and Fish ingredients OR the Vegetarian Alternatives.

meat, poultry and fish

3 rashers lean unsmoked back bacon
2 chicken drumsticks
450g fresh chicken breast
200g rump steak
900g extra lean steak mince
300g lean turkey breast mince
150g stir fry pork
280g salmon fillet
100g smoked mackerel

vegetarian alternatives

3 rashers vegetarian back bacon*
800g vegetarian chicken*
900g low fat vegetarian beef mince*
380g fresh firm low fat tofu*
300g vegetarian turkey mince*
150g vegetarian pork* (suitable for stir fry)

dairy and dairy free alternatives

250g organic butter
or ghee (low lactose)
or organic coconut oil (dairy free)

chilled section

100g low fat hummus

fruit and vegetables

400g fresh spinach leaves
10 baby plum tomatoes
2 medium sized vine tomatoes
1 beef tomato

100g asparagus
2 red bell peppers
3 green bell peppers
1 yellow bell pepper
250g closed cup mushrooms
1 small cauliflower
100g carrots
200g celery
150g broccoli
100g iceberg lettuce
200g sweet gem lettuce leaves
100g rocket leaves
2 avocados
2 medium sized red onions
5 medium sized white onions
300g all rounder potatoes
10 medium sized sweet potatoes
800g baby new potatoes
650g garden peas - frozen
200g curly kale
3 large garlic bulbs
1 medium sized fresh ginger root
7 green chillis (optional)
6 red chillis (optional)
100g blueberries - fresh or frozen
3 medium sized bananas
2 lemons
200g strawberries
150g raspberries - fresh or frozen
1 kiwi fruit
1 red grapefruit

* Note: Some meat free alternatives contain gluten and/or MSG. Check the label before you buy.

Shopping List

Week One (continued)



fresh herbs

- 1 small pack fresh coriander
- 1 small pack fresh mint
- 1 small pack fresh basil leaves

dry goods

- 14 medium sized free range eggs
- 7 large free range eggs
- 160g tinned sweetcorn
- 1 x 112g (drained weight) tins tuna in spring water
- 200g tinned chopped tomatoes
- 250g tin chickpeas in water
- 100g pickled beetroot
- 475g organic porridge oats*
- 80g organic jumbo oats*
- 50g organic raisins
- small pack natural sweetener of your choice e.g. stevia
- 100g nut butter, any variety (no added sugar)
- 1 small pot vanilla essence
- 200g vanilla flavoured protein powder
- 115g chocolate flavoured protein powder
- 300ml unsweetened almond milk
- 20g bar dairy free dark chocolate (minimum 85% cocoa)
- 300g buckwheat
- 235g quinoa
- 60g dry rice noodles
- 100g soft rice noodles
- 100g red split lentils
- 400g white or wholegrain basmati rice

- 1 tube tomato purée
- 75ml balsamic vinegar
- 150ml organic olive oil
- 1 pack organic vegetable stock cubes

spices / seasonings

- 1 small pot sea salt flakes or Himalayan pink salt
- 1 small pot black pepper (ground or peppercorns)
- 1 small pot cayenne pepper
- 1 small pot ground cinnamon
- 1 small pot dried rosemary
- 1 small pot dried thyme
- 1 small pot oregano
- 1 small pot paprika
- 1 small pot garam masala
- 1 small pot ground cumin
- 1 small pot tandoori seasoning
- 1 small pot turmeric
- 1 small pot Thai 7 spice mix
- 1 small pot Chinese 5 spice
- 1 small pot crushed red chilli flakes
- 1 small pot curry powder

nuts/seeds

- 20g pumpkin seeds
- 160g whole almonds
- 120g cashew nuts
- 60g ground almonds
- 100g ground flaxseed
- 120g bag flaked almonds
- 50g bag omega seed sprinkle (flaxseed, linseed, sesame seeds and sunflower seeds)

* Gluten-free if preferred

Week One

Day 1



Breakfast – 361kcal
35g protein, 19g fat, 7g carbs

Bacon & Scrambled Eggs With Spinach & Baby Tomatoes

2 rashers unsmoked back bacon (use a vegetarian bacon if preferred)

2 medium sized free range eggs

3 egg whites

100g fresh spinach

3g organic butter, ghee or coconut oil

5 baby plum tomatoes



Method: Cut the bacon up into small pieces, using scissors.

Whisk the eggs and egg whites with a fork. Season with salt and pepper.

Steam the spinach gently for 1-2 minutes.

Melt the butter, ghee or coconut oil in a non stick frying pan over a medium heat. Add the bacon pieces and the tomatoes and fry gently on both sides until the bacon becomes crispy. Remove from pan and set aside. Using a wooden spoon, scrape out any bits from the pan and discard.

Pour the eggs into the frying pan and stir continuously for around 2 minutes until the eggs are cooked. Serve.

Lunch – 338kcal
35g protein, 16g fat, 15g carbs

Crunchy Salad

100g iceberg lettuce, washed

112g tinned tuna in spring water, (drained weight) (or replace with 1 sliced boiled egg)

100g celery, sliced

100g red bell pepper, sliced

70g avocado, sliced

25g red onion, finely diced

10g pumpkin seeds

Method: Place the lettuce leaves in a serving dish and top with the remaining ingredients.

Week One

Day 1



Dinner – 570kcal
33g protein, 15g fat, 48g carbs

Chicken Drumsticks With Sweet Corn, Sweet Potato & Kale

2 chicken drumsticks (or use 160g vegetarian chicken replacement)

½ tsp dried herbs e.g oregano, rosemary, thyme

200g sweet potato, skin left on

100g curly kale

80g tinned sweetcorn (drained weight)

Method: Preheat oven to 180°C / 350°F. Place the chicken drumsticks / vegetarian chicken on a baking tray. Season with salt and pepper and dried herbs.

Oven bake the meat for 10 minutes, then turn over and cook for a further 10 minutes. Use a skewer to check that the chicken is cooked. The juices will run clear when thoroughly cooked.

Bring a saucepan of lightly salted water to the boil. Add the sweet potato and reduce to a gentle simmer. Cook for around 8 minutes, until soft, remove from water and drain, reserving the water in the saucepan.

Bring the saucepan of water to the boil again. Reduce to a simmer, add the kale and cook for 3-4 minutes until soft, then drain.

Heat the sweetcorn in a saucepan over a gentle heat for several minutes, stirring occasionally. Cut open the sweet potato and use a fork to mash the insides. Season with salt and pepper and serve.

Week One

Day 1



Snack – 169kcal
11g protein, 8g fat, 13g carbs

1 x Protein Slice

220g banana, mashed
50g nut butter (any variety, no added sugar)
2 medium sized free range eggs
1 egg white
40g porridge oats
20g ground almonds
30g flaxseed, whole or ground
50g chocolate flavoured protein powder
30g organic raisins
20g dark chocolate, chopped finely



Method: Preheat oven to 190°C / 375°F.

Line a baking tray with parchment paper.

Mash the bananas removing all lumps.

Add all of the other ingredients and mix well. Pour the mixture onto the tray and flatten with a spoon.

Bake in the oven for 15 minutes or until the centre is firm. Allow to cool on a rack, then chop into 9 slices.

Once cooled, these can be stored in an airtight container for up to 3 days.

DAILY TOTALS – 1438kcal
112g protein, 58g fat, 83g carbs

Note For Tomorrow:

Presoak your porridge oats tonight. See breakfast on next page.

Week One

Day 2



Breakfast – 250kcal
7g protein, 7g fat, 40g carbs

Blueberry & Cinnamon Porridge With Flaxseed

- 50g organic oats
- 80g blueberries
- 7g ground flaxseed
- ½ teaspoon ground cinnamon
- 1 tsp sweetener of your choice (optional) e.g. stevia



Lunch – 357kcal
46g protein, 7g fat, 33g carbs

Spicy Chicken Stew

- 5g organic butter, ghee or coconut oil
- 100g white onion, finely chopped
- 100g celery, sliced
- 100g yellow bell pepper, sliced
- 125g fresh chicken breast, diced (or use a vegetarian chicken replacement)
- 1 garlic clove, finely chopped
- 1-4 green chillis (optional), finely sliced
- 200g tinned chopped tomatoes
- 1 tsp paprika
- 100g fresh spinach

Method: Put the oats in a saucepan.

Add some cold water - just enough to cover the oats - and place over a medium heat.

Stir continuously for 2-3 minutes, adding more water as the mixture starts to thicken. Add a small amount of cold water if the mixture becomes too thick, and continue to cook until the water has been absorbed.

Remove from heat and pour into a serving bowl. Sprinkle over the blueberries, flaxseed, cinnamon and sweetener. Serve.

Method: Melt the butter, ghee or oil in a non stick frying pan. Add the onion and sauté gently over a medium heat until softened.

Add the celery and yellow pepper and cook for 3-4 minutes until softened.

Add the chicken and gently fry for 2-3 minutes, until brown all over.

Add the garlic and cook for 1-2 minutes, stirring continuously.

Add the chillis, tinned tomatoes and paprika and simmer gently for 10 minutes, stirring occasionally. Season with salt and pepper if you like.

Steam the spinach for 1-2 minutes. Serve.

Week One

Day 2



Dinner – 514kcal
52g protein, 17g fat, 38g carbs

Steak With New Potatoes & Garden Peas

200g rump steak, trimmed of fat (or use a vegetarian chicken replacement)

200g baby new potatoes

150g garden peas

5g organic butter, ghee or coconut oil

1 sprig fresh mint (optional), chopped

Method: Remove the steak from its packaging and leave it to rest at room temperature while you prepare the potatoes.

Bring a saucepan of lightly salted water to the boil. Add the new potatoes and reduce to a gentle simmer. Cook for around 10 minutes until soft, remove from water and drain, reserving the water in the saucepan.

Bring the saucepan of water to the boil again. Reduce to a simmer, add the peas and cook for 3-4 minutes until soft, then drain.

Melt half of the butter, ghee or oil in a non stick frying pan or skillet / griddle. Add the steak or vegetarian chicken, season with salt and pepper and cook on both sides. Follow instructions on steak packet to determine length of time to cook to achieve rare, medium, or well done steak.

In a saucepan, gently mix together the cooked potatoes, peas, and the remaining butter, ghee or oil. Sprinkle over the mint. Serve.

Snack – 262kcal
7g protein 15g fat 29g carbs

1 banana

30g whole almonds



DAILY TOTALS – 1383kcal
112g protein, 46g fat, 140g carbs

Note For Tomorrow:

Presoak your buckwheat tonight. See lunch on next day.

Week One

Day 3



Breakfast – 407kcal
40g protein, 23g fat, 10g carbs

Salmon & Poached Egg With Mushrooms, Spinach & Tomato

3g organic butter, ghee or coconut oil

140g salmon fillet or tofu (use a fresh, firm, low fat variety and an additional 2g butter, ghee or oil)

½ tsp cayenne pepper

6 closed cup mushrooms, sliced or quartered

2 medium sized vine tomatoes, diced

1 large free range egg

100g fresh spinach



Method: If using tofu, melt 2g butter, ghee or oil in a non stick frying pan or wok and cook over a medium / high heat for 6 minutes. Use a flat wooden slice to carefully turn the tofu in the pan. Season with salt and cayenne and cook for a further 4 minutes. Remove from pan and set aside.

If using salmon, bring a saucepan of lightly salted water to the boil. Add the salmon and reduce to a gentle simmer. Cover and cook for around 8-10 minutes until the salmon is a light pink colour throughout.

Remove salmon from the water and drain with a serrated spoon, reserving the water in the saucepan. Set aside.

For both salmon and tofu, follow these steps.

Melt the butter, ghee or oil in a frying pan over a gentle heat (if you are using salmon, otherwise use the same pan you cooked the tofu in.)

Add the mushrooms and sauté for 3-4 minutes until softened. Add the tomatoes and continue to cook for 2-3 minutes. Remove from heat and set aside.

Bring the saucepan of water to the boil again. Reduce to a simmer, and carefully crack the egg into the water. Poach for 2-4 minutes (2 minutes is ideal for a runny egg). Remove from water with a serrated spoon and set aside.

Steam the spinach gently for 1-2 minutes. Serve.

Week One

Day 3



Lunch – 510kcal
21g protein, 21g fat, 54g carbs

Chickpea & Buckwheat Salad

40g (dry weight) buckwheat, soaked overnight

150g tinned chickpeas, drained

juice of ½ a lemon

½ tsp dried oregano

½ tsp ground cumin

small handful chopped coriander (optional)

80g tinned sweetcorn

50g avocado, diced

50g red onion, sliced finely

50g pickled beetroot, diced

10g pumpkin seeds



Method: Rinse the pre-soaked buckwheat under cold water until the water runs clear.

Mix the chickpeas with lemon juice, cumin, oregano and coriander.

Assemble all of the other ingredients in a serving bowl and top with the chickpeas. Serve.

Week One

Day 3



Dinner – 467kcal
40g protein, 9g fat, 57g carbs

Turkey Mince Curry

5g organic butter, ghee or coconut oil

100g white onion, finely sliced

150g lean turkey breast mince (or use low fat vegetarian turkey mince)

1 garlic clove, finely chopped

1 tsp fresh ginger, finely chopped

1-3 green chillis (optional)

150g chopped tinned tomatoes

1 tsp garam masala

½ tsp turmeric

50g white or wholegrain basmati rice (dry weight)

Method: Melt the butter, ghee or oil in a large non stick frying pan.

Add the onion, and sauté gently for 3-4 minutes until softened.

Add the mince and cook for 3-4 minutes, stirring frequently.

Add the garlic, ginger, and chillis and cook for 1 minute, stirring continuously.

Add the chopped tomatoes, garam masala and turmeric and cook for 10-15 minutes, stirring frequently.

Meanwhile, bring a saucepan of lightly salted water to the boil. Reduce to a simmer, and add the rice. For timings, follow pack instructions (note: wholegrain rice takes longer than white rice). If using white rice, avoid stirring too much as this can cause the rice to become too sticky.

When rice is cooked, drain and leave for 2-3 minutes to stand. Serve.

DAILY TOTALS – 1384kcal
101g protein, 53g fat, 121g carbs

Note For Tomorrow:

You will need to make your breakfast in advance if you are short on time in the mornings. See next page.

The recipe makes a big batch of muffins, so you will have some left over to freeze for a later date.

Week One

Day 4



Breakfast – 342kcal
33g protein, 12g fat, 27g carbs

3 x Bolognaise Muffins

8g organic butter, ghee or coconut oil

275g white onion, finely chopped

4-5 basil leaves with stalks (optional), chopped

750g extra lean steak mince (or use low fat vegetarian beef mince)

3 garlic cloves, finely diced

1 green bell pepper, diced

160g closed cup mushrooms, finely sliced

400g tinned chopped tomatoes

50g tomato purée

small amount of coconut oil, butter or ghee to grease muffin tins

95g organic oats

1 medium sized free range egg

1 egg white



Method: First make the bolognaise sauce.

Melt the butter, ghee or oil in a non stick frying pan over a medium heat. Gently sauté the onion until soft. Add the basil and fry gently, stirring for 20 seconds.

Add the mince and cook, stirring frequently for 6-8 minutes, until brown all over.

Add the garlic, green pepper and mushrooms and cook, stirring frequently for 5 minutes.

Add the chopped tomatoes and tomato purée. Season with salt and pepper and stir.

Cover and cook for 30 minutes, stirring occasionally. Remove from heat.

Preheat oven to 175°C / 350°F.

Weigh out 280g of the bolognaise sauce into a large bowl. Any leftover sauce can be left to cool and frozen on the same day.

Grease 8 muffin tin compartments.

Mix together the oats, egg and egg white with the bolognaise sauce. Spoon the mixture into the 8 muffin tin compartments.

Bake for 30-35 minutes until cooked through. Test the centre of the muffins with a skewer. If it comes out clean, the muffins are cooked.

Remove the muffins from the tins and leave to cool on a wire rack. Enjoy hot or cold.

When muffins are cool, store in an airtight container and refrigerate for up to 3 days or freeze on the same day.