The Ultimate 7 Day Healthy Meal Plan

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Healthy Diet – Healthy Body

If you’ve got a few (or more than a few) pounds to lose, examining your diet is the best place to start.

A healthy diet has a varied balance of wholegrains, lean meats, fish & plenty of fruit & veg. Don’t be scared of fat in moderation but stay away from processed products.

Fill up on healthy proteins to keep cravings at bay. I recommend clearing out your junk food cupboard before starting!
We believe that by giving people **accurate and actionable health advice**, we can start a new health revolution.

Health Ambition builds **step-by-step health courses** to help people achieve their health goals, regardless of experience.

Thousands of people have **joined** our revolution and are working together, and with us, to change their lives for the better.

We **work with the world’s foremost health experts** to build scientifically backed systems to solve a wide range of specific health problems.
Ahead are a 9 healthy recipes and a 7 day meal plan to help you lose weight.

The key to success is making your diet fit your lifestyle. If you're on-the-go during the week, pack a smoothie for breakfast. For Friday date night, break out our steak salad.

Finish eating when you feel like you have room for just a few more bites. Never keep going until you feel stuffed!

More than 200 million Americans are considered overweight or obese — National Institute of Diabetes
## 7 Day Meal Plan

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<thead>
<tr>
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<th>Monday</th>
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<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
<th>Sunday</th>
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</thead>
<tbody>
<tr>
<td><strong>Breakfast</strong></td>
<td>Granola &amp; Yoghurt</td>
<td>Ginger &amp; Berry Smoothie</td>
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<td>Granola &amp; Yoghurt</td>
<td>Banana Pancakes</td>
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<tr>
<td><strong>Snack</strong></td>
<td><strong>Choose from the following:</strong> Small pot of natural yoghurt, handful of granola, fresh fruit (e.g. apple, orange), small handful of unsalted nuts or dried fruit</td>
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<tr>
<td><strong>Lunch</strong></td>
<td>Mini Ham &amp; Cheese Frittatas</td>
<td>Italian Chicken Wrap</td>
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<td>Italian Chicken Wrap</td>
<td>Mini Ham &amp; Cheese Frittatas</td>
<td>Avocado &amp; Tomato Toast</td>
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<tr>
<td><strong>Dinner</strong></td>
<td>Bean Burger</td>
<td>Bean Burger</td>
<td>Spicy Orange Salmon</td>
<td>Spicy Orange Salmon</td>
<td>Steak &amp; Pear Salad</td>
<td>Steak &amp; Pear Salad</td>
<td>Bean Burger (from frozen)</td>
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Breakfast 1: Banana Pancakes

(makes 1 serving, 3 mini pancakes)

Ingredients:
- 1 egg
- 1 large ripe banana
- A pinch of baking soda
- Honey & cinnamon to serve

Instructions:
- Whisk the egg with the baking soda
- Mash the banana coarsely
- Combine the banana & egg mixtures
- Fry 2 tbsp of the mix at a time on medium heat for 2 mins on each side.
- Serve with a little honey & cinnamon

Bananas contain tryptophan which helps you produce the natural happy chemical serotonin.
Breakfast 2: Simple Granola & Yoghurt

(makes 8 servings)

**Ingredients:**
- 2 cups rolled oats
- 1 cup add-ins of your choice (e.g. chopped nuts, seeds, dried fruit)
- 2 tbsp. honey
- 2 tbsp. coconut oil
- Yoghurt & fresh fruit to serve

**Instructions:**
- Combine granola ingredients in a bowl
- Spread on a tray and bake at 300°F for 15 mins
- Store in an airtight jar
- Serve ½ cup at a time with some natural yoghurt & fresh fruit for breakfast

Granola doesn't need refrigeration - keep a small tub in your car or handbag for a healthy snack on-the-go
Breakfast 3: Ginger & Berry Boost Smoothie

(makes 1 serving)

**Ingredients:**
- ½ cup frozen blueberries
- ¼ cup raw rolled oats
- ½ tsp grated ginger
- ½ cup low fat natural yoghurt
- ½ cup ice

**Instructions:**
- Put all of the ingredients into a blender and mix until smooth

Not only does ginger taste great, it’s also been proven to aid digestion
Lunch 1: Mini Ham & Cheese Frittatas

(makes 1 serving, 3 frittatas)

These frittatas are freezer-friendly – great if you want to meal-prep in advance

Ingredients:
- 1 egg
- 1/4 cup chopped ham
- 1 tbsp grated low-fat cheese
- 1 tbsp chopped onion
- 1/2 a tomato, chopped

Instructions:
- Whisk the egg and add the ham, cheese, onion and tomato
- Transfer to a muffin tray (should make around 3 mini frittatas)
- Bake at 400°F for 15 minutes
Lunch 2: Italian Chicken Wrap

(makes 1 serving)

Ingredients:
- 1 wholegrain wrap
- ½ cup shredded, cooked chicken
- ¼ cup chopped tomatoes
- ½ tsp Italian herbs (basil, oregano, garlic)
- Handful of greens (e.g. spinach, lettuce)

Instructions:
- Mix the chopped tomatoes with the dried herbs
- Wrap this mixture up, along with the cooked chicken & greens.

Basil’s history did not begin in Italy – in fact, many believe that the herb actually originated in Asia.
Lunch 3: Avocado & Tomato Toast

(makes 1 serving)

Ingredients:
- 2 slices of wholegrain bread
- ½ a ripe avocado
- A dash of lemon juice
- ½ a tomato, chopped
- Salt & pepper to season

Instructions:
- Mash the avocado roughly with a fork
- Mix in the lemon juice
- Toast the bread
- Spread the avocado onto the toast
- Top with chopped tomato, salt & pepper

Avocado is full of “good fats” which may lower your risk of heart disease
Dinner 1: Spicy Orange Salmon & Couscous

(makes 2 servings)

Ingredients:
- 1 tbsp. honey
- ½ tsp grated orange rind
- A pinch each of chili powder, cumin, paprika, coriander, salt & pepper
- 2 salmon fillets
- Wholegrain couscous & steamed veg to serve

Instructions:
- Combine the honey & spices
- Rub the mix onto the salmon fillets
- Broil for 8 mins until flaky
- Serve with the couscous & steamed veg

Salmon is one of the most nutrient-dense foods in the world
Dinner 2: Steak & Pear Salad

(makes 1 serving)

Ingredients:
- 1 small flank steak (fat trimmed)
- Olive oil
- 1 tbsp. vinegar
- 1 small shallot
- 1 ripe pear, sliced
- Greens (arugula, alfalfa sprouts, spinach)
- Salt & pepper for seasoning
- 1 tbsp. feta, crumbled

Instructions:
- Season & fry the steak in olive oil to your liking
- Mix 1 tbsp. olive oil, 1 tbsp. vinegar and the shallot in a food processor with a dash of salt & pepper
- Dress the greens with the oil and vinegar mix, and sprinkle on the crumbled feta.
- Slice the steak thinly and place on top of the salad

The average pear contains only 100 calories and no fat
Dinner 3: Vegetarian Bean Burger

(makes 3 servings)

Even if you're not vegetarian, skipping meat 2 or 3 days of the week can help keep calories in check.

**Ingredients:**
- 1 can black beans
- ½ cup wholegrain breadcrumbs
- 1 large egg, beaten
- Salt, pepper, garlic powder to season
- Wholegrain hamburger buns, sliced tomato, salsa & greens to serve

**Instructions:**
- Combine the first 4 ingredients in a food processor to make a chunky blend
- Shape into 3 patties and fry for around 5 mins each side on low heat
- Serve with wholegrain buns & toppings