

7 DAY HEALTHY EATING PLAN



by weight loss and fitness expert
Lucy Wyndham-Read



I would recommend that you only follow this eating plan if you need to lose weight.

If you are want to lose excess body fat then you could also aim to do 4 walks a week these should be bewteen 15 to 20 minutes.

I do have an audio walking workout you can follow along, [click here for more details](#)



I have not provided weights or measurments for the foods, as I prefer to teach my clients about portion size, this way it becomes easy everyday to be aware of eating the right sizes for each food groups. You can watch this video by clicking here all about portion sizes.



Vegetarians please swap any fish or meat within this plan for either, soya, tofu, eggs or pulses.

Vegans please swap any fish, meat or dairy within this plan for either, soya, tofu, quorn, chickpeas, avocado, lentils or vegan subsitutes.

day 1

breakfast

muesli with dried apricots

snack

sliced red and green peppers with hummus

lunch

tuna and sweetcorn wholemeal sandwich

dinner

grilled chicken breast with brown rice and brocolii





day 2

breakfast

porridge with a sprinkling of berries and seeds

snack

rice cake with mashed avocado

lunch

bowl of carrot soup with added butter beans

dinner

lean steak with green beans and mushrooms

day 3

breakfast

healthy pancakes with berries [click here for recipe video](#)



snack

small pot of yoghurt

lunch

wholemeal pita with grilled chicken breast, rocket and sliced tomato

dinner

wholemeal spaghetti with lean turkey mince





day 4

breakfast

strawberry smoothie: several strawberries, 1 banana, low fat yoghurt, handful of oats, mix in blender

snack

small bunch of grapes and some almonds

lunch

vegetable soup with small wholemeal roll

dinner

steamed cod with carrots and spinach

day 5

breakfast

bowl of wholegrain cereal with sliced banana

snack

handful of cashews and a peach

lunch

sweet jacket potato wit tuna and sweetcorn

dinner

prawn and vegetable stir fry





day 6

breakfast

grilled mushrooms with a poached egg

snack

1 banana and a few raisins

lunch

brown rice with grated carrots, courgette
wafer thin ham

dinner

grilled chicken breast with ratatouille

day 7

breakfast

egg white omelette with spinach and mushrooms

snack

orange and a few walnuts

lunch

bowl of carrot soup and small wholemeal roll

dinner

healthy pizza [click here](#) to watch the recipe video



	TICK WHEN COMPLETED	WAIST MEASUREMENT
DAY 1		
DAY 2		
DAY 3		
DAY 4		
DAY 5		
DAY 6		
DAY 7		



7 DAY CHALLENGE TO REDUCE BELLY FAT
lose between 1 - 2 inches

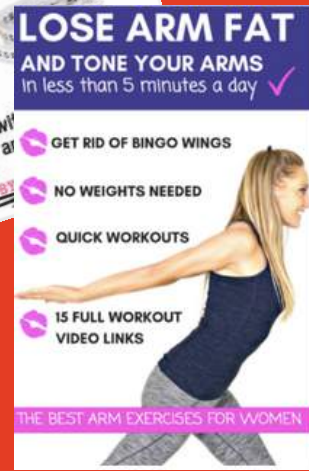
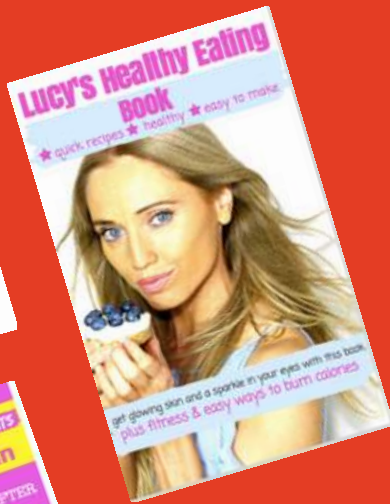
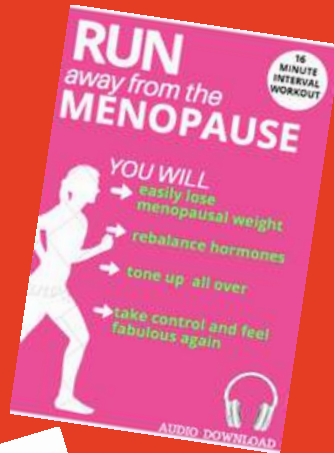
measure around
the narrowest
part of your
waist





RESULTS FROM MY WORKOUTS AND PLAN

MY EBOOKS AND ONE-ONE ONLINE TRAINING AVAILABLE AT MY WEBSITE



**CLICK HERE TO
VISIT MY WEBSITE**

LWRFITNESS.COM