

LET'S GO!

Our fab three-month diet plan has been devised by nutritionist Fiona Hunter with loads of easy-to-prepare choices. Stick with it and we **KNOW** you'll lose that flab!

How the plan works

Our diet is based on **1,400 calories** a day. You're allowed a total of...

- **300 cals Breakfast**
- **400 cals Lunch (inc dessert)**
- **500 cals Dinner (inc dessert)**
- **200 cals milk and one treat**



If you want to choose a ready-meal or snack that fits into those calorie bands, feel free to substitute.

All recipes serve one – just select your choice of breakfast, lunch and dinner each day.

You're also allowed 225ml semi-skimmed milk or 300ml skimmed/one per cent fat milk, plus a treat of around 100 calories.

Vegetables and salads are a dieter's best friends, so eat at least one large serving with each meal. You can swap

any of the fruit choices, but do eat a variety of different fruits over a week.

You have 14 choices each for lunch and dinner. Mix and match, but vary them over a two-week period so you get all the vitamins you need.

After the two weeks are up, simply repeat the recipes. At the end of the first month you should have lost up to half a stone.

300 cals BREAKFAST

For breakfast choose one item from the list of seven below, plus one small glass (150ml) of unsweetened fruit juice.

APRICOT CLUSTER

Mix 25g (1oz) bran flakes or other high-fibre cereal with four roughly chopped ready-to-eat dried apricots and a handful of fresh blueberries. Serve with 200ml (7fl oz) semi-skimmed milk.

YOGURT & FRUIT MUESLI

Mix together 25g (1oz) sugar-free muesli and one small pot of low-fat fruit yogurt. Stir in one roughly chopped apple and a handful of fresh blueberries.

CHOCOLATE & BANANA SMOOTHIE

Place one small, ripe banana, 200ml (7fl oz)

semi-skimmed milk, one small pot of low-fat plain yogurt and 1tbsp cocoa powder in a blender and process until thick and frothy.

FRUITY PORRIDGE

Place 25g (1oz) porridge oats with 200ml (7fl oz) semi-skimmed milk in a bowl and microwave on high for two minutes. Stir in one small mashed banana.

LEMON TOAST

Two slices of wholemeal or granary toast, each spread with 1tsp lemon curd, and 1 kiwi fruit.

BANANA TOASTIE

Two slices of wholemeal or granary toast spread with mashed banana.

SCRAMBLED EGGS

Two scrambled eggs on one slice of wholemeal or granary toast, thinly spread with butter, margarine or reduced-fat spread.



400 cals LUNCH

All 14 lunch ideas are around 300 calories. You can have a sandwich or ready-meal if you don't exceed the calorie allowance. Select one idea from the list below, followed by a piece of fruit, fresh fruit salad, small pot of low-fat yogurt or a dessert of your choice up to 100 calories.

ROAST PEPPER & TUNA POCKETS

- Drain the tuna chunks and place in a bowl, breaking up any larger pieces.
- Place the red pepper in the oven and roast on a medium heat until soft.
- Roughly chop the roasted red pepper and stir into the tuna.
- Add the reduced-fat mayonnaise and mix together thoroughly.
- Divide the tuna mixture into two and fill each half of the pitta bread with it. Serve with plenty of assorted salad, such as lettuce, chopped carrots and tomato.

INGREDIENTS

- 100g (4oz) tuna chunks in brine
- ½ red pepper
- 1tbsp reduced-fat mayonnaise
- 1 wholemeal pitta, halved
- Plenty of mixed salad to serve



TOASTED MUFFIN WITH POACHED EGG & HAM

- Poach the egg for approximately 4 mins. Meanwhile slice the muffin in half and toast. Now spread each half with the reduced-fat mayonnaise. Top one half of the muffin with the slice of wafer-thin ham and the other half with the freshly poached egg.

INGREDIENTS

- 1 medium egg
- 1 muffin
- 1tsp reduced-fat mayonnaise
- 1 slice thin ham

MUSHROOMS ON TOAST

- Heat 2tsp oil in a frying pan. Add three spring onions, thinly sliced, and two large handfuls of sliced mushrooms and cook for 2-3 mins.
- Add 1tbsp soy sauce and the juice and zest of half a lemon and cook until the liquid becomes syrupy.
- Spread one slice of wholemeal or granary toast with 2tsp low-fat soft cheese and add the mushrooms.



CHEESY VEGETABLE SOUP

- To make two servings of basic vegetable soup, boil a selection of vegetables in 600ml (1pt) stock until well cooked, then purée until smooth.
- Sprinkle 1tsp Parmesan or other hard cheese, freshly grated, over one serving of soup. Serve with a small wholemeal or granary roll weighing around 50g (2oz).



GREEK PASTA SALAD

- Cook the pasta shapes until tender, then drain and transfer to a bowl. Slice the cherry tomatoes in half and add to the pasta. Chop the black olives and stir into the pasta along with the feta cheese and cucumber. Finally stir in the reduced-fat French dressing and serve.

INGREDIENTS

- 40g (1½oz) pasta shapes
- 5 cherry tomatoes
- 4 black olives
- 25g (1oz) feta cheese, crumbled
- 50g (2oz) cucumber, diced
- 1tbsp reduced-fat French dressing

TUNA & SWEETCORN FRITTATA

INGREDIENTS

- 2 eggs
- 100g (4oz) can tuna in brine, drained
- 2tbsp sweetcorn
- 1tsp butter
- 3tbsp reduced-fat coleslaw



- Lightly beat the eggs in a bowl, add the drained tuna and the sweetcorn and season to taste. Melt the butter in small frying pan, then pour in the egg mixture.
- Fry gently for 4-5 minutes or until the bottom is just set. Finish off the frittata under a hot grill until just firm to the touch. Serve with 3tbsp reduced-fat coleslaw.

FRENCH BREAD, HOUMOUS & FRESH SALAD VEGETABLES

- Cut a 50g (2oz) chunk of crusty French bread and slice in half horizontally.
- Put 50g (2oz) reduced-fat houmous in a bowl and serve with the French bread and a selection of fresh salad vegetables, such as cherry tomatoes, spring onions and lettuce.



CHEESY BAKED BEANS ON TOAST

Transfer a small can of baked beans into a pan and heat through. When hot, spoon them over one slice of lightly toasted wholemeal or granary bread. Finish off with a sprinkle of 25g (1oz) reduced-fat Cheddar cheese.



SWEET POTATO WITH COTTAGE CHEESE & BACON

Pierce one medium sweet potato in several places and bake at 180°C (fan 160°C, gas 4) for 30 minutes or until soft. Alternatively, microwave on high for 4-6 minutes, depending on the model. Mix 50g (2oz) cottage cheese with one roughly chopped rasher of grilled smoked bacon. Cut potato in half, spoon mixture on top and serve.



JACKET POTATO WITH CHICKEN & SALSA

Bake the potato in the oven at 180°C (160°F, gas 4) for one hour or until soft. Alternatively microwave for 6-10 minutes. Mix the chicken breast with the tomato salsa. Cut the cooked potato in half and spoon the chicken mixture over the top.

INGREDIENTS

- 1 medium-sized baking potato, about 175g (6oz)
- 50g (2oz) cooked chicken breast
- 5tbsp tomato salsa

QUICK TIP Add a splash of Tabasco for an extra spicy kick.



BRIE & BACON SANDWICH

Grill two rashers of lean back bacon. Place the bacon, some watercress and 25g (1oz) Brie cheese, sliced, between two medium slices of wholemeal or granary bread, each spread with a little butter or margarine.



PEA SOUP WITH OAT CAKES

Heat 1tsp oil in a saucepan, add one small chopped onion and cook for 1-2 minutes. Add 150g (5oz) frozen peas and 400ml (14fl oz) chicken stock. Bring to the boil and simmer for 10 minutes. Purée with a hand blender or place in a liquidiser and process until smooth. Serve with two oat cakes spread with a little low-fat soft cheese.



SOUP & NIBBLES

One mug of low-calorie soup, plus 50g (2oz) reduced-fat houmous, with 50g (2oz) wholemeal bread, a few slices of cucumber, some carrot and celery sticks, plus some strips of raw red pepper.



VEGETABLE OMELETTE

Heat the oil in a small nonstick pan. Add the garlic, peppers, spring onions, courgette and bean sprouts. Stir-fry until the vegetables are tender. Beat the eggs in a bowl. Spray a small nonstick omelette pan with spray oil, place on a medium heat and pour in the egg. Stir gently with a wooden spatula, drawing the mixture from the sides to the centre as it sets. When the mixture is set and golden underneath, spoon the vegetables into the omelette, fold in half and serve.

INGREDIENTS

- 1tsp vegetable oil
- Garlic clove, crushed
- ½ red and ½ orange pepper, sliced
- 2 spring onions, finely chopped
- 50g (2oz) courgette, thinly sliced
- Handful bean sprouts
- 2 medium eggs



500 cals

DINNER

All 14 main meal supper recipes contain around 350 calories. If you'd rather have a ready-meal, that's fine, as long as you don't exceed the calorie allowance. Choose one main course followed by a pud (see over), fresh fruit salad or a dessert of your choice up to 150 calories.

CHICKEN WITH SPICY NEW POTATOES & GREEN BEANS

Slice the chicken breast almost in half lengthways, then beat with a rolling pin until thin. Brush the chicken with a little oil and place on a hot griddle pan for 4-5 minutes each side or until cooked. Boil the potatoes until tender, drain well and transfer to a bowl. Stir in the tomato salsa. Boil the green beans until cooked. Transfer the chicken onto a warm plate and serve with the potatoes and beans.

INGREDIENTS

- 1 skinless chicken breast
- A little oil for brushing
- 150g (5oz) baby new potatoes
- 5tbsp tomato salsa
- Handful green beans



COD WITH CHEESE & MUSTARD CRUST

Preheat the oven to 200°C (fan 180°C, gas 6). Lightly oil a baking sheet and place the cod fillet on it. Mix the grated Cheddar cheese, wholegrain mustard and milk and spoon over the fish until completely covered. Transfer to the oven and cook for 20 minutes. Put the new potatoes on to boil and cook until soft. Meanwhile wash and slice the leeks. Put the leeks in a pan with a little boiling water and cook on a low heat until soft. Remove fish from oven and serve with potatoes and leeks.

INGREDIENTS

- A little olive oil
- 150g (5oz) cod fillet
- 25g (1oz) Cheddar cheese, grated
- 1tbsp wholegrain mustard
- 1tbsp milk
- 150g (5oz) new potatoes
- Few leeks

COUSCOUS WITH SPICED CHICKEN BREAST

Place the couscous in a heatproof bowl. Heat the chicken stock and add to the bowl so that it just covers the couscous. Allow to stand for 10 minutes. Thinly slice the chicken breast. Finely chop the spring onions and dice the courgette and red pepper. Heat the oil in a large frying pan, add the chicken slices, spring onions, courgette, red pepper and a pinch of fajita seasoning. Stir-fry for 5-6 minutes. Add the couscous and the zest and juice of the lemon. Chop the parsley, then add to the couscous and cook for 1-2 minutes. Mix well and serve.

INGREDIENTS

- 50g (2oz) couscous
- 100ml-150ml chicken stock
- 1 skinless chicken breast
- 2 spring onions
- 1 courgette
- ½ red pepper
- 1tsp oil
- Fajita seasoning
- ½ lemon
- Fresh parsley



ROASTED VEGETABLES WITH PASTA

Slice the courgette, red pepper, red onion and aubergine into bite-sized pieces. Place all the vegetables in a roasting tin and drizzle over the olive oil. Season to taste and cook at 200°C (fan 180°C, gas 6) for 20 minutes. Cook the pasta shapes according to the packet instructions. Drain well and transfer to a bowl. Add all the roasted vegetables and mix with 1tbsp of your favourite salad dressing. Stir well and serve.

INGREDIENTS

- 1 courgette
- 1 red pepper
- 1 small red onion
- ½ small aubergine
- 1tbsp olive oil
- Salt and black pepper
- 50g (2oz) pasta shapes
- 1tbsp salad dressing

GAMMON & PINEAPPLE

Boil the potatoes until soft. Place the gammon steak and pineapple under a medium-hot grill and cook for 3-4 minutes on each side. Meanwhile boil the corn on the cob and grill the tomatoes. Serve with the gammon, pineapple and potatoes.

INGREDIENTS

- 150g (5oz) baby new potatoes
- 1 x 120g (4½oz) lean gammon steak
- 1 ring of pineapple
- 1 corn on the cob
- 2 tomatoes
- Fresh parsley



NEED A TREAT?

approx 100 cals

Pick one of these as your daily treat — all around 100 calories

- 1 slice Soreen banana fruit loaf or malt loaf (no butter)
- 6 dried apricots
- 1 tall skinny cappuccino or latte
- 2 Jaffa cakes
- 1 chocolate digestive biscuit
- 1 toasted crumpet, thinly spread with apricot jam

- Banana smoothie — place a small, ripe banana and 200ml (7fl oz) skimmed milk in a blender and process until smooth
- Treat Size Crunchie or Flake
- 26g bag savoury Snack a Jacks
- Go Ahead! Fruity Crunch Bar
- 21g bag Golden Wonder Golden Lights
- 1 small 150ml (½pt) glass of red or white wine
- 25ml (1fl oz) measure of spirit with a calorie-free mixer

TURN OVER FOR MORE DINNER IDEAS ▶



that's life! DIET CLUB

MORE DINNER IDEAS

SWEET & SOUR PORK WITH RICE

Thinly slice the pork. Heat the oil in a wok or frying pan and cook the meat for 3-4 minutes. Slice the carrot, red pepper and courgette into strips and chop the spring onions. Add to the pan and cook for a further 3 minutes. Mix the chicken stock, pineapple juice, soy sauce, tomato purée, vinegar and honey and pour into the pan. Cover and cook for



5-6 minutes more. Blend cornflower with a little water and stir into the pan. Bring to the boil then reduce the heat. Add the bean sprouts and continue to cook for 1-2 minutes or until sauce begins to thicken. Serve with the boiled rice.

INGREDIENTS

- 120g (4½oz) pork
- 1tsp oil
- 1 carrot
- ½ red pepper
- 1 courgette
- 2 spring onions
- 50ml (2fl oz) chicken stock
- 50ml (2fl oz) pineapple juice
- 1tbsp dark soy sauce
- 1tsp tomato purée
- 1tbsp white wine vinegar
- 1tbsp honey
- 2tsp cornflour
- 120g (4½oz) bean sprouts
- 100g (4oz) rice, boiled

BEEFBURGERS WITH SPICY POTATO WEDGES

Mix the minced beef, breadcrumbs, dried mixed herbs and brown sauce with the beaten egg. Shape into burgers, about 1cm thick, and chill for 10 minutes. Heat 2tsp of the oil in a pan and shallow-fry the burgers for 5 minutes on each side. Slice the potato into wedges, boil for 10 minutes then drain. Mix fajita seasoning with remaining oil and lightly brush over the potato. Bake at 200°C (fan 180°C, gas 6) for 15 mins. Serve with tomato salad.

INGREDIENTS

- 100g (4oz) extra-lean minced beef
- 2tbsp fresh white breadcrumbs
- Pinch of dried mixed herbs
- 1tbsp brown sauce
- 1 egg, beaten
- 3tsp vegetable oil
- 1 medium potato
- 1tsp fajita seasoning
- Tomato salad, to serve

STICKY CHICKEN

Preheat the oven to 200°C (fan 180°C, gas 6) and bake the potato for 1 hour. Mix ketchup, Worcester sauce, oil, honey, mustard and garlic. Brush mixture over the chicken breast, skin removed, and place on a baking sheet. Cook with the jacket potato for 30 mins. Serve with corn on the cob and butter.

INGREDIENTS

- 175g (6oz) potato
- 1tbsp tomato ketchup
- 1tbsp Worcester sauce
- 2tsp vegetable oil
- 1tsp clear honey
- ½tsp mustard
- 1 clove garlic, crushed
- 1 chicken breast
- 1 corn on the cob
- 1tsp butter



PASTA WITH PRAWNS

Cook pasta shapes according to pack instructions. About 4 minutes before the pasta is cooked, add the peas. After the peas are cooked, drain and return to a clean pan and stir in the cooked prawns, the lemon juice and zest and the French dressing. Cook for 1-2 minutes or until the prawns are piping hot.

INGREDIENTS

- 50g (2oz) pasta shapes
- 75g (3oz) frozen peas
- 120g (4½oz) cooked prawns
- ½ lemon, juice and zest
- 1tbsp reduced-fat French dressing

VEGETABLE & CHICKPEA TAGINE

Finely chop the onion. Heat the oil in a pan and cook the onion for 2-3 minutes. Add the garlic to the pan along with the harissa and cook for a further minute. Roughly chop the apricots and dice the red pepper and carrot. Add to the pan with the vegetable stock. Season to taste, cover and simmer for 15 minutes. Add the chickpeas and tomatoes and cook for a further 10 minutes or until the vegetables are just tender. Serve with the couscous.

INGREDIENTS

- 1 small onion
- 2tsp oil
- 1 clove garlic, crushed
- 1tsp harissa
- 25g (1oz) apricots
- ½ red pepper
- 1 carrot
- 120ml (4fl oz) vegetable stock
- 75g (3oz) canned chickpeas
- 75g (3oz) cherry tomatoes
- 50g (2oz) cooked couscous, to serve



SALMON WITH A PARMESAN CRUST

Preheat the oven to 200°C (fan 180°C, gas 6). Mix the fresh white breadcrumbs with the grated Parmesan cheese and fresh basil and season to taste. Place the salmon fillet skin-side down on a lightly greased baking sheet. Spoon the breadcrumb mixture on top of the fish and press down lightly with the palm of your hand to ensure the mixture sticks. Cook the salmon in the oven for 20 mins or until the topping is golden and the fish completely cooked through. Serve with a large portion of ratatouille and steamed broccoli.

INGREDIENTS

- 3tbsp white breadcrumbs
- 1tbsp Parmesan cheese, grated
- 1tbsp fresh basil
- 100g (4oz) salmon fillet
- Ratatouille, to serve
- Broccoli, to serve

COTTAGE PIE

Heat 1tsp of the oil in a pan and brown the mince for 1-2 minutes. Remove mince and set to one side. Chop onion and celery. Add remaining oil to the pan and cook onion, celery and red pepper for 2-3 mins. Return the meat to the pan, add the flour and cook, stirring, for 1 minute. Stir in the mixed herbs, stock and seasoning to taste. Bring to the boil, reduce the heat, cover and simmer for 20 minutes. Remove from heat and stir in lentils. Put in an ovenproof dish and spread mash on top. Place on a baking tray and cook for 20-25 mins at 190°C (fan 170°C, gas 5).

INGREDIENTS

- 2tsp oil
- 75g (3oz) extra-lean beef mince
- 1 small onion
- 1 stick celery
- ½ red pepper, diced
- 1tsp flour
- Mixed herbs
- 120ml (4fl oz) stock
- 3tbsp canned lentils
- 150g (5oz) mashed potato



LEEK & BACON PILAF

Heat the oil in a pan. Roughly chop the bacon and cook for 5 mins. Add the leek and cook for 10 mins. Add a pinch of chilli powder and the tomato purée and cook for 5 mins more, stirring. Add the long-grain rice and cook, stirring, for 5 mins. Add the tomatoes and chicken stock and cook, stirring, for 20-25 mins or until the rice is tender.

INGREDIENTS

- 1tsp oil
- 2 rashers lean smoked bacon
- 1 leek, thinly sliced
- Chilli powder
- 1tbsp tomato purée
- 50g (2oz) long-grain rice
- 200g can chopped tomatoes
- 150ml (¼pt) chicken stock

QUICK TIP
Be sure to wash between the leaves of the leeks.

SPICY PRAWN, PEA & TOMATO PILAF

Heat the oil in a pan. Add the onion and cook for 3-4 minutes. Add the rice and a pinch of chilli powder and cook, stirring, for 1-2 minutes. Add the tomatoes and chicken stock and bring to the boil. Reduce heat and simmer, stirring frequently, for 20 minutes. Stir in the prawns and peas and cook for a further 10 minutes, adding a little more stock if necessary.



INGREDIENTS

- 2tsp olive oil
- 1 onion
- 50g (2oz) long-grain rice
- Chilli powder
- 200g can chopped tomatoes
- 300ml (½pt) chicken stock
- 100g (4oz) frozen prawns, defrosted
- 100g (4oz) frozen peas

WHAT'S FOR PUDDING?

Choose one of these to enjoy after your dinner

- 1 pot Cadbury Light Chocolate Mousse
- 1 pot Tesco Light Choices... Chocolate Mousse
- 1 pot Weight Watchers Rich Chocolate Dessert
- 1 pot Müller Light Fat Free Yogurt

