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4-WEEK SOUP CLEANSE TO LOSE WEIGHT

- **Follow **Daily Detox Drinks** / **Chia Seed Drinks** recipes to improve your daily water intake and to have a healthy digestion.
- **Daily Detox Drinks Recipe here: https://youtu.be/HkfTWw77YWU
- **Chia Seed Drinks Recipe here: https://youtu.be/VCHbnbqIhsU

MONDAY AND THURSDAY MEALS

	MEALS & INGREDIENTS	STEPS	TOTAL CALS
Breakfast (Watch "Breakfast in A Jar Chia Pudding" video for the complete guide.)	4) 1 cup Mango puree – 140Cals	 Pour the mango puree evenly into 2 8oz jars. Chill in the fridge. In a bowl, mix together the chia seeds, milk and honey. Stir until well combined. Pour the chia mixture on top of the mango puree. Cover and let it set overnight in the fridge. In the morning, top it up with pumpkin seeds, seal and bring it out with you. 	320Cals
	BANANA PEANUT BUTTER CHIA PUDDING Ingredients (2 servings) 1) ¼ cup Chia Seeds – 280Cals 2) 1 cup Milk, any choice – 100Cals 3) 1 tsp. Maple Syrup or Honey – 64Cals 4) 1 Large Banana, mashed – 121Cals 5) 2 tbsps. Peanut Butter – 188Cals Video Link: https://youtu.be/p7HvNeEJ-EY	 In a bowl, mix together mashed banana, chia seeds, milk, honey and peanut butter. Stir until well combined. Divide equally into 2 jars. Cover and let it set overnight in the fridge. In the morning, add any topping of your choice and enjoy! 	377Cals





Snack (Watch "10 Healthy Desk Snacks" video for the complete guide.)	PLUM STUFFED CHERRY TOMATO Ingredients 1) 1 Cherry Tomatoes – 3Cals 2) 1 Plums – 23Cals OR STUFFED RED DATES WITH WALNUT Ingredients: 1) 1 large Red Date – 23cals 2) ½ Walnut – 13Cals Video Link: https://youtu.be/dBypQfOhOSQ	 Slice the cherry tomato to create a pocket. Insert a small piece of marinated plum into the cherry tomato. Simply slice the red date to create a small pocket, remove the seed. Then insert half a walnut into the red date. 	26Cals (consume 2 – 3 servings) 36Cals (consume 2 – 3 servings)
Lunch (Watch "3-day Detox Plan" video for the complete guide.)	CHICKPEAS, CARROT & ONION SOUP Ingredients 1) 200g carrots, chopped into cubes – 82Cals 2) 1 onion, diced – 44Cals 3) ½ can of chickpeas – 131Cals 4) 1 tsp. olive oil – 40Cals 5) 2 cups chicken/ vegetable stock – 35Cals 6) Handful of parsley Video Link: https://youtu.be/7f4bkB3B050 OR	1) Heat olive oil in a pan, add carrots and onion, cook for 2-3mins until fragrant. 2) Add stock, bring to a boil and cook for 15-20mins until carrots are very tender. 3) Remove from heat and puree the carrots with a hand or food blender. 4) Bring the pot back to boil under low heat, add chickpeas and parsley. Simmer for 5 mins and serve.	332Cals





(Watch "Eat Soup & Stay Slim" video for the complete guide.)	CHUNKY VEGETABLE BARLEY SOUP Ingredients (2 servings) 1) 4 cups Vegetable Stock – 43Cals 2) 1 medium Onion, diced – 44Cals 3) 1 large (200g) Carrot, chopped in cubes – 82Cals 4) 200g Sweet Potato, chopped in cubes – 172Cals 5) 150g fresh / frozen Broccoli – 50Cals 6) 1/3 cup (75g) uncooked Pearl Barley – 315Cals 7) 1 can (400g) chopped Tomatoes, undrained – 88Cals 8) 1 tsp. Paprika – 6Cals **Optional Video Link: https://youtu.be/SymqURW-swg	1) Coat a large pot with olive oil over medium-high heat. 2) Cook onion for 3-4 minutes until slightly brown. 3) Add carrots, sweet potato and vegetable stock. Allow all the ingredients to cook for 10 minutes. 4) After 10 minutes, add in the pearl barley, and cook for another 30-40 minutes until barley is very tender. 5) After 30-40 minutes, add the chopped tomatoes, broccoli and paprika. Simmer for another 10 minutes and serve.	400Cals
Snack (Watch "10 Healthy Desk Snacks" video for the complete guide.)	VEGGIE STICKS WITH DIP Ingredients Dip 1) 1 cup Greek Yoghurt,250g - 165Cals 2) 1 minced garlic clove - 4Cals 3) 1 tbsp. of freshly squeezed lemon juice - 4Cals 4) A handful of chopped fresh Mint - 4Cals 5) A little bit of lemon zest Vegetables 1) Carrots, sliced 2) Cucumber, sliced 2) Bell Pepper, sliced *Option: Other vegetables of your choice OR	1) Mix greek yoghurt with all the dried ingredients. 2) Dip the chopped up vegetables into homemade yoghurt dip and enjoy! Output Dip the chopped up vegetables into homemade yoghurt dip and enjoy!	tbsp. of yoghurt (Consume as much vegetables as you want!)





	SEAWEED VEGGIE ROLLS Ingredients 1) Toasted nori sheets – non-salted or flavoured 2) Cucumber, sliced 3) Carrot, sliced 4) Red Bell Pepper, sliced *Option: Other vegetables of your choice Video Link: https://youtu.be/dBypQfOhOSQ	1) Rolled 1 sheet of Toasted Nori Sheet with some chopped up vegetables and enjoy! 2) You can also choose to dip it with the homemade yoghurt dip.	5Cals per 1 nori sheet (consume in abundance)
Oinner (Watch "Eat Soup & Stay Slim" video for the complete guide.)	Ingredients (4 servings) 1) 1 tsp. Olive Oil – 40Cals 2) 1 Garlic Clove, crushed – 4 Cals 3) 2 medium (500g) Zucchinis, chopped in cubes – 85Cals 4) 100g Frozen Spinach, thawed – 23Cals 5) 1 large Leeks, chopped – 54Cals *Optional 6) 2 cups Chicken / Vegetable Stock – 35Cals 7) Salt and Pepper to taste Video Link: https://youtu.be/SymqURW-swg AND	 In a pot, coat and heat olive oil under medium-high heat. Add garlic, leeks and zucchinis into the pot, cook for 3-4 mins until leeks have soften. Season with salt and pepper. Then, add 1 cup of stock and allow zucchini to cook until very tender for 10 minutes. Once zucchini is tender, remove pot from heat Puree the zucchini either in a blender or use a hand blender blend until you have a thick and creamy puree. Add the remaining 1 cup of stock and bring to a boil under a medium heat. Add thawed spinach and cook for another 4-5 minutes. Serve warm. 	60Cals



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(Watch
"Healthy &
Easy Poke
Bowls"
video for
complete
guide)

POKE BOWL - PRAWN GLASS NOODLES

Ingredients (1 bowl)

- 1) 80g Glass Noodles 270Cals
- 2) 1/3 cups Prawn, peeled, deveined 66.5Cals
- 3) ½ cup Purple Cabbage, shredded 4.5Cals
- 4) ½ cup Cherry Tomatoes, halved 6.5Cals
- 5) 2 tbsps. Cucumber, sliced 6Cals
- 6) 1 tbsps. Toasted Seaweed, Shredded 2Cals
- 7) 1/2 tbsp. Sesame Oil 60Cals

Marination

- 1) 1 tsp. Soy Sauce 3Cals
- 2) 1 tbsp. Rice Vinegar
- 3) ½ tsp. Garlic, minced 5Cals
- 4) ½ tsp. Sesame Seeds 15Cals

Sauce

- 1) ½ tbsp. Soy Sauce 3Cals
- 2) ¼ tsp. Rice Wine Vinegar
- 3) 1 tsp. Fresh Lemon Juice 2Cals

Video Link: https://youtu.be/RJC6MBlbQy0

- 1) In a large bowl, place the noodles and pour enough boiling water over the noodles. Cover and let it soak for 10 to 15 minutes until the noodles are soft and just drain.
- 2) In a small bowl, mix the soy sauce, rice vinegar, garlic and sesame seeds.
- 3) Pour the mixture over the prawns and allow it to marinate for 5 minutes.
- 4) Next, heat sesame oil over medium-high heat. Add the marinated prawns cook very quickly just for about 4 5 minutes until the prawns are pink. Don't overcook them!
- 5) Time to assemble the dish! Again, always start with the base, which is the glass noodles, and arrange the rest of the ingredients.
- 6) Drizzle with a little bit of sauce and sprinkle the toppings.

443Cals

TOTAL CALORIES: 1500 - 1600CALS





TUESDAY AND FRIDAY MEALS

	MEALS & INGREDIENTS	STEPS	TOTAL CALS
Breakfast (Watch "Make Ahead Healthy Breakfast" video for the complete guide.)	EGG MUFFINS Ingredients (6 muffins) 1) 6 Whole Eggs - 468Cals 2) 5 slices Chicken Roll / Ham, finely sliced - 125Cals **Option: any other protein - prawn, chicken, fish etc 3) 1 cup Kales / any green leafy vegetables - 17Cals 4) ¼ cup(25g) Grated Cheese - 91Cals 5) 1 mediun Carrots, finely sliced -25Cals 6) 1 tsp. Olive Oil - 40Cals Video Link: https://youtu.be/WC3k-aUgOhy	1) Coat a pan with olive oil over medium-high heat. 2) Add carrots & Kale. Cook for 5-10 minutes until the vegetables are tender. 3) Then add in sliced chicken roll, mix it up for 2 minutes and remove the pan from heat. 4) Whisk 6 eggs, add salt and pepper to taste. 5) In the meantime, pre-heat the oven to 180 celcius / 350 fahrenheit. 6) Coat a small muffin tray with some cooking spray. 7) Divide the cooked vegetables evenly into the muffin tray. 8) Cover the vegetables with the egg mixture evenly. 9) Top it up with grated cheese. 10) Bake the egg muffin in the oven for 15 minutes until the egg is firmed.	128Cals (consume 1-2 muffins)
Snack (Watch "Kids Friendly Green Smoothie	PINNA COLADA SMOOTHIE Ingredients 1) ½ cup Pineapple, diced – 37Cals 2) ½ cup Mango, cut into cubes – 54Cals 3) ½ cup Coconut Milk – 222Cals 4) ½ cup Lettuce – 2Cals	1) Add all the ingredients into the blender. Blend until smooth.	315Cals





Recipe" video for complete guide)	Video Link: https://youtu.be/OVqwNgDYY4s		
Lunch (Watch "3 VEGAN Slimming Soups" video for complete guide)	BLACK BEAN & SWEET POTATO SOUP Ingredient (4 servings) 1) 1.5 cups Sweet Potato, peeled & diced – 171Cals 2) 1 can (15oz) Black Beans, rinsed & drained – 350Cals 3) 1 medium Onion, diced – 40Cals 4) 2 Garlic Cloves, minced – 10Cals 5) 1 tsp. Olive Oil – 40Cals 6) 1 tsp. Cumin – 8Cals 7) 1 tsp. Smoked Paprika – 8Cals 8) 1 tsp. Coriander Seed – 5Cals 9) 2 cups Vegetable Stock, depending on how thick you like your soup – 30Cals 10) Salt & Pepper to Taste Video Link: https://youtu.be/61HoJtjm8fk AND	 In a large pot, heat olive oil over medium heat. Add garlic and onion and stir-fry very quickly until slightly brown and fragrant. Mix in the sweet potato, black beans and all the spices. Then add the vegetable stock. Bring to a boil, cover and simmer for 15 – 20 minutes until sweet potatoes are tender and cooked through. Turn off the gas or heat. Using a soup ladle, scoop out about one cup of sweet potatoes and black beans and set aside. Puree the rest of the ingredients with a hand blender. Turn the heat back on to low and add back in the reserved sweet potatoes and black beans. Season with salt & pepper and cook very quickly for about 5 minutes just to heat the soup up. 	167Cals
(Watch "8 Delicious Lettuce Wrap Ideas" video for	CHICKEN & MANGO SALSA LETTUCE WRAP Ingredients (4 servings) 1) 4oz (113g) Baked Chicken Breasts, diced – 144Cals **Choose to grill, bake or lightly pan-fry the chicken breasts. 2) ½ medium (110g) Mango, diced into cubes – 65Cals 3) ½ medium (140g) Cucumber, diced into cubes – 23Cals	 In a small bowl, combine lime juice, sesame oil and honey. Set aside. In a large bowl, add chicken breast cubes, mango, cucumber, spring onion and coriander. Combine well. 	86Cals (Consume 2 – 3 servings)





complete guide)	4) 1 medium Spring Onion, thinly sliced – 5Cals 5) A handful of Coriander, roughly chopped – 1Cal Pressing 1) Juice from 1 lime – 11Cals 2) ½ tbsp. Sesame Oil – 60Cals 3) ½ tbsp. Honey – 32Cals OR	3) Toss in the dressing and mix until evenly coated. 4) To assemble, spoon generous amount of chicken and mango salsa mixture onto lettuce leaves and serve.	
	CREAMY TUNA & CORN LETTUCE WRAP Ingredients (4 servings) 1) 1 can (120g) Tuna Chunks, drained – 138Cals 2) ½ cup (80g) Whole Corns, cooked – 71.5Cals 3) ½ medium Red Bell Pepper, diced into cubes – 19Cals 4) ¼ cup Olives, sliced – 39Cals 5) 1 medium Spring Onion, thinly sliced – 5Cals 6) Salt & Pepper to Taste Dressing 1) ¼ cup (65g) Plain Yogurt – 34.5Cals 2) Juice from ½ Lemon – 6Cals Video Link: https://youtu.be/SD0 gNp8EF4	 In a small bowl, combine yoghurt and lemon juice. Set aside. In a large bowl, add tuna chunks, corns, red bell pepper, olives and spring onion. Combine well. Toss in the dressing and season with salt & pepper. Mix until evenly coated. To assemble, spoon generous amount of tuna and corn mixture onto lettuce leaves and serve. 	79Cals (Consume 2 – 3 servings)
Snack (Watch "10 Healthy Desk Snacks"	TRAIL MIX Ingredients 1) Cashew Nuts 2) Sunflower Seeds 3) Dried Cranberries	1) Simply choose a combination of nuts, seeds and dried fruits of your choice. Measure ¼ cup per serving.	140 - 170Cals





video for the complete guide.)	Video Link: https://youtu.be/dBypQfOhOSQ		
Dinner	CHICKEN SOBA SOUP NOODLES Ingredients 1) 1 bundle (20g) Soba / Puckubaat Noodles 224 calc	1) Bring 2 pots of water to boil. 2) Cook the chicken in one pot. Cook the soba	290Cals
(Watch "Healthy Asian Meal Plan to Lose Weight" video for complete guide)	1) 1 bundle (80g) Soba / Buckwheat Noodles – 284cals 2) 4oz (113g) Chicken, boiled, cooked, and hand-shredded into pieces -120cals 3) 1 cup Green Leafy Vegetables (Kale, Bok Choy, Cabbage etc) – 25cals 4) 3 cups Chicken Stock (750ml) – 53cals 5) 1 Garlic Clove, crushed – 4cals 6) ½ small Onion, diced – 14cals 7) 1 tsp. Olive Oil – 40cals 8) 1 tbsp. Goji Berries – 22cals **Optional 9) ½ tsp. Roasted Sesame Oil – 18cals 10) 1 Fresh Red Chili, Chopped **Optional	noodles in another pot for 5 minutes or according to instruction. 3) Once noodles are cooked, drained and divide the noodles evenly into 2 bowls. Mix ¼ teaspoon of sesame oil into each bowl and set aside. 4) Once the chicken is cooked, remove from boiling water and set aside to cool down. 5) In the meantime, we want to make the broth. Coat a large pot with olive oil over medium-high heat. 6) Add crushed garlic and onions. Cook until fragrant and onion is slightly brown.	
	Video Link: https://youtu.be/5odnF7H-tz0	7) Then add chicken stock and bring it to boil for 5 minutes. 8) Once broth starts to boil, add in green leafy vegetables and goji berries. Allow the ingredients to cook for another 5 minutes until vegetables have softened. 9) Once chicken has cooled down, hand shred into small pieces. 10) Pour broth evenly onto the noodles and top each bowl with shredded chicken and fresh chopped chilies. Serve warm.	

TOTAL CALORIES: 1400 - 1500CALS





WEDNESDAY AND SATURDAY MEALS

	MEALS & INGREDIENTS	STEPS	TOTAL CALS
Breakfast (Watch "4 No-cook Chilled Soups" video for complete guide)	CHILLED SPICED TOMATO SOUP Ingredients (2 servings) 1) 3 cups Tomatoes, chopped – 96cals 2) ¼ cup Cucumber, diced – 4cals 3) ¼ cup Red Onion, diced – 15cals 4) ¼ cup Red Bell Pepper, diced – 11.5cals 5) 1 Garlic Clove, minced – 5cals 6) 2 tbsps. Balsamic Vinegar – 28cals 7) 2 tbsps. Extra Virgin Olive Oil – 138cals 8) 1 tsp. Cayenne Pepper – 6cals 9) ½ tsp. Cumin – 4cals 10) Salt & Pepper to Taste 11) 1 cup Cold Water	 Add all ingredients in a blender and blend it up until smooth. Chill in the fridge for at least 2 hours or overnight before serving. Serve with 2 slices of wheat bread. 	374Cals (includes 2 slices of bread)
	CHILLED CHICKPEA SESAME SOUP Ingredients (4 servings) 1) 2 400g cans of Chickpeas, rinsed & drained – 584Cals 2) 1 Garlic Clove, minced – 5Cals 3) 2 tbsps. Sesame Seeds – 104Cals 4) ¼ tsp. Ground Cumin – 2Cals 5) 3 tbsps. freshly squeezed Lemon Juice – 21Cals 6) 2 tbsps. Extra Virgin Olive Oil – 238Cals 7) Salt & Pepper to Taste	 Add all ingredients in a blender and blend it up until smooth. Chill in the fridge for at least 2 hours or overnight before serving. Serve with 2 slices of wheat bread. 	458.5Cals (includes 2 slices of bread)





	8) 1.5 cups Water Topping (4 servings) 1) 1 cup Tomatoes, chopped – 32cals 2) 1 cup Cucumber, chopped – 16Cals 3) ¼ cup Red Onion, diced – 15Cals 4) ¼ cup Pitted Olives – 37Cals *you can choose to top up your soup with this salsa mixture Video Link: https://youtu.be/Qye2YHbxKi8		
Snack (Watch "10 Healthy Desk Snacks" video for the complete guide.)	3-INGREDIENT OAT BITE Ingredients (makes 24 oat bites) 1) 1 cup (90g) Rolled Oats, dry & uncooked – 340Cals 2) ½ cup (125g) Peanut Butter – 778Cals 3) ¼ cup (82g) Maple Syrup / Honey – 270Cals **Optional add-ons 4) 1 tbsp. unsweetened Cocoa Powder – 12Cals 5) 1 tbsp. Sunflower Seeds – 47Cals Video Link: https://youtu.be/dBypQf0h0SQ	1) Melt the maple syrup and peanut butter in a pan under low heat until smooth. Don't let it overheat! 2) Turn off the heat. Add in the oats. You can also add other ingredients such as sunflower seeds and goji berries. Mix them well. 3) Then simple shape them into bite-size balls. 4) Chill in the refrigerator for about one hour or until firm.	180Cals (Based on 3 oat bites)
Lunch (Watch "4 No-Cook Chilled Soups" video for the	CHILLED MINT CUCUMBER YOGHURT SOUP Ingredients (2 servings) 1) 4 cups Cucumber, roughly chopped – 64Cals 2) ½ cup Fresh Mint Leaves, roughly chopped – 8Cals 3) 1 Garlic Clove, minced – 5Cals 4) 1.5 cups Greek or Plain Yoghurt – 225Cals 5) 2 tbsps. Freshly squeezed Lemon Juice – 14Cals	 In a blender, add in all the ingredients and blend it up! Serve immediately or chill in the fridge for at least 2 hours or overnight. 	227Cals





complete guide.) (Watch "5- Minute Meals in a Mug for Students" video for the complete guide.)	6) 2 tbsps. Extra Virgin Olive Oil – 138Cals 7) Salt & Pepper to Taste 8) ½ cup Cold Water Video Link: https://youtu.be/Oye2YHbxKi8 AND VEGAN COUSCOUS SALAD IN A MUG Ingredients 1) 1/3 cup Couscous – 59Cals 2) 1/3 cup Vegetable Stock or Water – 5Cals 3) ¼ cup Cucumber, diced – 4Cals 4) ¼ cup Red Bell Pepper, diced – 10Cals 5) ¼ cup Cherry Tomatoes, halved – 7Cals 6) 1 tbsp. Olives, halved – 10Cals 7) 1 tbsp. Spring Onions, chopped – 2Cals Sauce 1) 1 tbsp. Lemon Juice – 7Cals 2) 1 tsp. Olive Oil – 40Cals 3) 1 tsp. Maple Syrup – 17Cals Video Link: https://youtu.be/yaSSBmesSas	1) Heat vegetable stock in microwave for 1 minute 30 seconds. 2) Add couscous and vegetable stock into a mug. Cover and leave couscous to soak for 5 minutes. 3) While waiting, mix lemon juice, olive oil and maple syrup in a small bowl. 4) Once couscous is ready, add all the vegetable and drizzle with sauce. Mix well and enjoy!	161Cals
Snack (Watch "10 Healthy Desk	FANCY RICE CAKES Ingredients 1) 2 pieces Rice Cake – 26Cals each 2) ½ Banana, sliced 3) ½ Egg, hard boiled	1) Topped them up with any toppings of your choice such as sliced bananas, vegetable sticks, egg, fruits, dried fruits, nuts and seeds.	160Cals (based on 2 rice cakes with toppings)





Snacks" video for the complete guide.)	Video Link: <u>https://youtu.be/dBypQfOhOSQ</u>		
Watch "Healthy & Easy Poke Bowls" video for complete guide)	POKE BOWL - SALMON ON WILD RICE Ingredients (1 bowl) 1)1 cup Cooked Rice - 215Cals *any rice of your choice: white, brown or wild rice 2) 1/3 cup Raw Salmon, cut into cubes - 65Cals 3) ¼ Avocado, cut into cubes - 49Cals 4) ¼ cup Steamed Edamame - 47Cals 5) ¼ cup Mango, cut into cubes - 27Cals Marination 1) 1 tsp. Sesame Oil - 40Cals 2) 1 tsp. Soy Sauce - 3Cals 3) ½ tsp. Sesame Seeds - 15Cals Sauce 1) ½ tbsp. Soy Sauce - 3Cals 2) ¼ tsp. Rice Wine Vinegar 3) 1 tsp. Fresh Lemon Juice - 2Cals Video Link: https://youtu.be/RJC6MBlbQy0	 Start by marinating the salmon. In a small bowl, mix the soy sauce, sesame oil and sesame seeds. Then pour in on the salmon, coat and let it sit for about 15 minutes. Then all you have to do is assemble the dish in a bowl. Always start with the base, which is the rice, the arrange the rest of the ingredients. Drizzle with a little bit of sauce and serve. 	465Cals

TOTAL CALORIES: 1650 - 1750CALS



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**As for SUNDAY, choose your favourite meals and have them together with one Reward Meal in MODERATION.

IMPORTANT NOTES:

- 1) This Meal Plan is based on a balanced diet rich with lean meat, unrefined carbs, healthy fat, packed with fruits and vegetables, which helps for quick weight loss, to build lean muscles and to give you a flat tummy.
- 2) You can watch my step-by-step guidance for all the meals and recipes on my "Healthy Meal Plan, Food & Nutrition" playlist on my YouTube channel: www.youtube.com/user/joannasohofficial
- 3) Do NOT consume less than 1200cals for women and 1600cals for men in a day. Starving will NOT help to lose weight.
- 4) If you are a male, increase the portion size and keep to 1800cals 2100cals per day.
- 5) You can choose to prepare your meals in BULK and have them for the next 2 3 days for convenience.
- 6) These meals are INTERCHANGEABLE. So you can have your snack for breakfast, breakfast for lunch etc.
- 7) Only use and prepare HIGH QUALITY, natural, clean and unprocessed food.
- 8) Adjust the portion size and calories according to the product you use. Mine might be slightly different from yours. So read the food label carefully. If there isn't a food label, you can search up on the nutrients and calories online.
- 9) You can always mix your meal plan and create your own recipe by using other ingredients of your choice.
- 10) You MUST drink at least 2.5L 3L of water EVERY DAY.
- 11) Aim to eat every 3 4 hours throughout the day.
- 12) Make it a habit to PLAN & PACK your meals the night before and store them in the fridge for the next day; this will make your mornings easier, which will help to keep you on track.
- 13) PRINT this meal plan and stick it on your fridge as a daily reminder to stay on track.
- 14) Keep a FOOD DAIRY of what you eat and how you feel as well, which is a crucial part to stay on track.
- 15) Have your BREAKFAST within one hour of you waking up to kick-start your metabolic rate.
- 16) WORKOUT 5 6 times a week between 45 60 minutes for maximum result. Please follow my "Workout Plan" for that.
- 17) You can add another small meal or increase your calories by 200 300cals on your workout days if needed.
- 18) STAY AWAY from alcohol, soda drinks, processed food, fast food and all junks!
- 19) Treat yourself to a REWARD MEAL once a week in moderation. This will avoid the risk of excessive intake of your favourite guilt treats.
- 20) It's always a good idea to talk with your doctor before starting your weight-loss journey. And that's especially important in this case if you have kidney disease, diabetes or other chronic health condition. You know your body better than I do!

DON'T WAIT UNTIL YOU HAVE ACHIEVED YOUR GOAL TO BE PROUD OF YOURSELF,

BE PROUD OF YOURSELF FOR EVERY STEP YOU TAKE TOWARDS YOUR GOAL. ALL THE BEST! =)