



8-WEEK **FAT BURNING** **MEAL PLAN**

WEEK 1 - WEEK 4

WEEK 1 - WEEK 4
MON, TUES & WED

BREAKFAST

BANANA WALNUT MUFFIN

Cals Per Serving : 110Cals Per Muffin (Consume 3 Muffins)

INGREDIENTS 12 MUFFINS

- 1) 1.5 cup Rolled Oats - **525Cals**
- 2) ½ cup Greek Yoghurt - **140Cals**
- 3) 2 Bananas, mashed - **210Cals**
- 4) 2 Eggs, beaten - **148Cals**
- 5) 2 tbsps. Honey - **128Cals**
- 6) ¼ cup Crushed Walnuts - **131Cals**
- 7) 2 tbsps. Dried Cranberries - **44Cals**
- 8) 1 tsp. Baking Soda

STEPS

- 1) Start by pre-heating the oven to 180°C or 350°F.
- 2) In a large bowl, mash the bananas. Then whisk in the eggs, yoghurt and honey. Stir until well combined and set aside.
- 3) Blend the rolled oats until fine.
- 4) In a separate bowl, mix in all the dry ingredients: Oats, baking soda, crushed walnuts and dried cranberries.
- 5) Then combine the wet and dry ingredients together. Keep mixing until you get an even batter.
- 6) Divide the batter equally to 12 cupcake liners and bake in the oven for 15 minutes or until muffins are cooked through.
- 7) Remove and allow the muffins to cool down.



For Complete Guide : Watch "High Protein Yoghurt Recipes"
<https://youtu.be/SxYkeBOi7Hg>

LUNCH

CHICKEN & FISH TANDOORI WITH CUCUMBER SALAD

Cals Per Serving : 482Cals (Tandoori with 2 Chapatis) & 34Cals (Cucumber Salad)

WEEK 1 - WEEK 4
MON, TUES & WED

STEPS

TANDOORI

- 1) Cube the chicken breast into chunks and slice the fish.
- 2) In a blender add the garlic and ginger along with a splash of water and blend to make a thick smooth paste.
- 3) In a separate bowl add the blended garlic and ginger paste along with the rest of the marinade ingredients - oil, yoghurt, lemon juice and all the spices. Mix well.
- 4) Marinate the chicken cubes and fish slices. Leave for 15 - 20 minutes for the meat to soak the flavours.
- 5) Pre-heat the oven to 220°C / 420°F.
- 6) After 15 minutes, skewer the chicken with wooden skewers and place it on a baking tray.
- 7) If you don't have wooden skewers, you can just place the chicken and fish fillets onto the baking tray.
- 8) Bake in the oven for 15 - 20 minutes or until the meats are done.
- 9) Serve the tandoori chicken and fish with cucumber salad and an option of 2 chapatis (136Cals).

SALAD

- 1) Add all the ingredients into a bowl. Mix well.
- 2) Allow it to chill in the fridge until it's ready to be served.

INGREDIENTS SERVES 4

- 1) 400g Chicken Breast - **656Cals**
- 2) 400g Tilapia Fish - **384Cals**

FOR THE MARINADE

- 1) 1.5 tbsps. Olive Oil - **178.5Cals**
- 2) 1/2 cup Plain Yoghurt - **77Cals**
- 3) 4 Garlic Gloves, roughly chopped - **18Cals**
- 4) 2 tbsps. Fresh Ginger, roughly chopped - **14Cals**
- 5) 2 tbsps. Lemon Juice - **8Cals**
- 6) 1 tsp. Ground Coriander - **5Cals**
- 7) 1 tsp. Ground Cumin - **8Cals**
- 8) 1 tsp. Ground Turmeric - **10Cals**
- 9) 1/2 tsp. White Pepper - **7Cals**
- 10) 1 tbsp. Paprika - **20Cals**
- 11) 1 tsp. Salt

FOR THE CUCUMBER SALAD

- 1) 1/2 cup Onion, chopped - **34Cals**
- 2) 1 cup Tomato, chopped - **32Cals**
- 3) 1 cup Cucumber, chopped - **16Cals**
- 4) 1/4 cup Fresh Coriander, chopped - **20Cals**
- 5) 1 tsp. Red Chilli Powder - **24Cals**
- 6) 2 tbsps. Lemon Juice - **8Cals**
- 7) Salt to taste



WEEK 1 - WEEK 4
MON, TUES & WED

DINNER

BARLEY & BEEF STEW

Cals Per Serving : 418Cals

INGREDIENTS SERVES 2

- 1) ½ cup Pearl Barley, uncooked – **350Cals**
- 2) 300g Beef Ribs – **360Cals**
- 3) 1 Carrot, chopped – **20Cals**
- 4) 1 cup Celery, chopped – **14Cals**
- 5) 1 cup Mushroom, sliced – **16Cals**
- 6) 1 small Onion, chopped – **25Cals**
- 7) ½ tbsp. Unsalted Butter – **51Cals**
- 8) 2 cups of Water
- 9) ½ tsp. Dried Basil Leaves
- 10) Salt and Pepper to taste

STEPS

- 1) In a pot, melt butter over medium-high heat.
- 2) Add in the beef pieces to sear. Season with salt and pepper. Set aside.
- 3) In the same pot, sauté the onions until fragrant and slightly brown, just for about 5-6 minutes.
- 4) Stir in the mushrooms and cook very quickly until slightly tender, for about 2-3 minutes.
- 5) Then add the beef back into the pot. Add 2 cups of water, sprinkle with basil leaves and allow the beef to gently simmer under low heat until very tender, for about 20-30 minutes. Don't forget to stir occasionally.
- 6) Once the beef is tender, add in the remaining ingredients - barley, celery and carrots. Continue cooking all the ingredients until they are tender for another 20 - 30 minutes. Serve warm.

For Complete Guide : Watch "4 Superfood BARLEY Recipes"
<https://youtu.be/ybyl9zINdDc>

WEEK 1 - WEEK 4
THURS, FRI & SAT

BREAKFAST CHIA PUDDING

Cals Per Serving : 320Cals (Tropical Mango) or 377Cals (Banana Peanut Butter)

INGREDIENTS SERVES 2

TROPICAL MANGO

- 1) ¼ cup Chia Seeds – **280Cals**
- 2) 1 cup Milk, any choice – **100Cals**
- 3) 1 tsp. Maple Syrup or Honey – **64Cals**
- 4) 1 cup Mango puree – **140Cals**
- 5) 1 tbsp. Pumpkin Seeds – **56Cals**

or

BANANA PEANUT BUTTER

- 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**

STEPS

TROPICAL MANGO

- 1) Pour the mango puree evenly into 2 8oz jars. Chill in the fridge.
- 2) In a bowl, mix together the chia seeds, milk and honey. Stir until well combined.
- 3) Pour the chia mixture on top of the mango puree.
- 4) Cover and let it set overnight in the fridge.
- 5) In the morning, top it up with pumpkin seeds.
- 6) You can consume immediately or cover and bring it out with you!

BANANA PEANUT BUTTER

- 1) In a bowl, mix together the mashed banana, chia seeds, milk, honey and peanut butter. Stir until well combined.
- 2) Divide equally into 2 jars. Cover and let it set overnight in the fridge.
- 3) In the morning, add any topping of your choice such as fresh fruits or nuts/seeds and enjoy!

LUNCH

SALMON SPINACH FRITTATA

Cals Per Serving : 588Cals (with sweet potato)

STEPS

- 1) Pre-heat the oven to 180 °C / 350°F.
- 2) Cube the salmon fillet and chop up all the vegetables.
- 3) In a pan, cook the onion until fragrant and lightly brown.
- 4) Add in the salmon fillet and continue cooking until the salmon is slightly pink.
- 5) Then add in the frozen spinach and allow it to cook for 3 - 4 minutes.
- 6) Once the spinach has thawed, add in the cherry tomatoes and bell peppers and allow all the ingredients to cook for another 2 - 3 minutes.
- 7) Transfer the salmon mixture into a square baking dish. Spread it evenly.
- 8) In a bowl, whisk all the eggs.
- 9) Then pour the eggs onto the salmon mixture until it's fully covered.
- 10) Sprinkle some grated cheese all over the dish.
- 11) Bake it for 30 minutes until eggs are firm and fully cooked through.
- 12) You may serve it with 1 medium baked or steamed sweet potato.

INGREDIENTS SERVES 3

- 1) 9oz (255g) Raw Salmon – **531Cals**
- 2) 200g Fresh or Frozen Baby Spinach - **46Cals**
- 3) 6 Large Eggs – **444Cals**
- 4) ½ cup Cherry Tomatoes – **14Cals**
- 5) 1 Bell Pepper – **30Cals**
- 6) 1 medium Onion – **46Cals**
- 7) ½ tbsp. Olive Oil – **60Cals**
- 8) 1/3 cup Grated Parmesan Cheese – **144Cals**
- 11) Salt and Pepper to taste

WEEK 1 - WEEK 4
THURS, FRI & SAT



WEEK 1 - WEEK 4
THURS, FRI & SAT

DINNER

SWEET & SOUR CHICKEN WITH BUDDHA'S DELIGHT

Cals Per Serving : 399Cals (Sweet & Sour Chicken) & 79Cals (Buddha's Delight)

INGREDIENTS SERVES 4

- 1) 12oz (340g) Chicken Breast Fillets, sliced in cubes - **374Cals**
- 2) 1 Red Bell Pepper, cut into chunks - **37Cals**
- 3) 1 Green Bell Pepper, cut into chunks - **37Cals**
- 4) ½ Red Onion, roughly chopped - **23Cals**
- 5) ½ cup Pineapple, cut into chunks - **41Cals**
- 6) 2 Garlic Cloves, minced - **9Cals**
- 7) 1.5 tbsps. Sesame Oil - **180Cals**
- 8) A handful of Cilantro, roughly chopped - **6Cals**
- 9) ¼ tsp. Red Chilli Flakes - **2Cals**
- 10) 1 cup Cooked Wild Rice - **166Cals**

SWEET & SOUR SAUCE

- 1) ¼ cup Ketchup - **68Cals**
*choose the low sodium option
- 2) ¼ cup Rice Vinegar - **8Cals**
- 3) 1.5 tbsps. Honey / Maple Syrup - **96Cals**
- 4) ¼ cup Water
- 5) 1 tbsp. Cornstarch mixed with 2 tbsps. Cold Water - **30Cals**

MARINADE

- 1) 1 tsp. Light Soy Sauce - **3Cals**
- 2) 1 Egg White, lightly beaten - **17Cals**

BUDDHA'S DELIGHT

- 1) A head of Broccoli, cut into florets - **98Cals**
- 2) 1 Carrot, thinly sliced - **25Cals**
- 3) ½ cup Shitake Mushrooms, thinly sliced - **10Cals**
- 4) 1 cup (100g) Snow Peas - **42Cals**
- 5) 3 Garlic Cloves, minced - **13.5Cals**
- 6) 1 tbsp. Light Soy Sauce - **6Cals**
- 7) 1 tbsp. Sesame Oil - **120Cals**

STEPS

SWEET & SOUR CHICKEN

- 1) Marinate chicken with egg white and soy sauce in a bowl. Let it sit for about 15 minutes.
- 2) In a separate bowl, mix all the sweet and sour sauce ingredients together. Set aside.
- 3) In a large pan, heat oil over medium-high heat. Stir in the marinated chicken and sauté for about 5 minutes, until chicken is almost cooked through.
- 4) Then stir in the garlic, onion, bell peppers and chilli flakes.
- 5) Continue to sauté and cover for 3 to 4 minutes or until vegetables are slightly tender. We want to keep them crunchy, so don't overcook them!
- 6) Mix in the pineapples and sweet and sour sauce mixture. Continue to cook very quickly for another 2 to 3 minutes until all ingredients are evenly coated and remove from heat.
- 7) Sprinkle with a little bit of cilantro and serve.

BUDDHA'S DELIGHT

- 1) In a pan, heat oil over medium-high heat. Stir in the garlic and sauté very quickly for 1 to 2 minutes until lightly browned.
- 2) Then stir in all the vegetables and cook until vegetables are tender. If you need to, add in a little bit of water.
- 3) Finally, mix in soy sauce and season with salt.

For Complete Guide : Watch "Healthy Chinese Takeaway"
https://youtu.be/hDHH8uh_Y-c

SNACK

TRAIL MIX OR PROTEIN SHAKE

Cals Per Serving : 140 - 170Cals (Trail Mix) or 120Cals (Protein Shake)

STEPS

TRAIL MIX

- 1) Simply choose a combination of nuts, seeds and dried fruits of your choice. Measure ¼ cup per serving.

INGREDIENTS

TRAIL MIX

- 1) 1/2 cup of Nuts
- 2) 1/4 cup Seeds
- 3) 1/4 cup Dried Fruits

WEEK 1 - WEEK 4



8-WEEK **FAT BURNING** **MEAL PLAN**

WEEK 5 - WEEK 8



WEEK 5 - WEEK 8
MON, TUES & WED

BREAKFAST

EGG MUFFINS

Cals Per Serving : 122Cals (consume 3 to 4 muffins)

INGREDIENTS 6 MUFFINS

- 1) 6 Whole Eggs - **444Cals**
- 2) 100g Prawn - **115Cals**
**Option: any other protein - beef, chicken or fish
- 3) 1 cup Spinach or any green leafy vegetables - **17Cals**
- 4) ¼ cup (25g) Grated Cheese - **91Cals**
- 5) 1 medium Carrot, finely sliced - **25Cals**
- 6) 1 tsp. Olive Oil - **40Cals**

STEPS

- 1) Coat a pan with olive oil over medium-high heat.
- 2) Add carrots & spinach. Cook for 5 - 10 minutes until the vegetables are tender.
- 3) Then add in the prawns. Continue cooking for 2 - 3 minutes, until prawns are pink and remove from heat. Set the mixed ingredients aside.
- 4) In a bowl, whisk the eggs, add salt and pepper to taste.
- 5) In the meantime, pre-heat the oven to 180 °C / 350°F.
- 6) Divide the prawn mixture equally into 6-cup muffin tray.
- 7) Cover the mixture with the whisked eggs evenly.
- 8) Top it up with grated cheese.
- 9) Bake the egg muffins in the oven for 15 minutes until firm and fully cooked through.
- 10) Remove and allow the egg muffins to cool down.

For Complete Guide : Watch "Make Ahead Healthy Breakfast"
<https://youtu.be/WC3k-aUgOhY>

LUNCH

CHICKEN TURMERIC & SOBA NOODLE SALAD

Cals Per Serving : 306Cals (Chicken Turmeric) & 239Cals (Soba Noodle & Edamame Salad)

WEEK 5 - WEEK 8
MON, TUES & WED

STEPS

CHICKEN TURMERIC & LIME

- 1) Start by cutting the chicken breasts into small slices.
- 2) Marinate the chicken slices with turmeric and garlic. Leave for 15 - 20 minutes for the meats to soak the flavours.
- 3) After 15 minutes, cook the chicken slices in a pan until they are fully cooked and golden brown on both sides, for about 10 - 15 minutes.
- 4) To keep the chicken juicy, avoid flipping the chicken slices too many times. Once it's golden and cooked on one side, then just flip over once.
- 5) Remove from pan and serve.

SOBA NOODLE & EDAMAME SALAD

- 1) Bring a pot of water to a boil. Cook the soba noodles very quickly just for about 5 minutes or until tender. Then immediately drain and plunge the noodles into cold water. Drain and set the noodles aside.
- 2) Steam the frozen edamame for 5 - 7 minutes until they are bright green and tender. Allow it to cool down before removing the edamame shells.
- 3) Finely slice the carrots and spring onions
- 4) In a large bowl, combine all ingredients together and mix in a little bit of sesame oil, sesame seeds and chilli flakes.
- 5) Gently toss to combine. This dish is also delicious chilled.

INGREDIENTS SERVES 4

CHICKEN TURMERIC & LIME

- 1) 700g Chicken Breasts – **1148Cals**
- 2) 1 tbsp. Turmeric & Cumin – **23Cals**
- 3) 1 tsp. Oil – **40Cals**
- 4) 3 Garlic Cloves – **13.5Cals**

SOBA NOODLE & EDAMAME SALAD

- 1) 180g Soba Noodles, uncooked – **604Cals**
- 2) 1 cup Unshelled Edamame – **240Cals**
- 3) 1 tbsp. Sesame Seeds – **30Cals**
- 4) 2 tsps. Sesame Oil – **80Cals**
- 5) Carrots
- 6) Spring Onions
- 7) Chilli Flakes



WEEK 5 - WEEK 8
MON, TUES & WED

DINNER

ONE POT FISH & RICE SOUP

Cals Per Serving : 338Cals

INGREDIENTS SERVES 3

- 1) 4 cups Chicken / Fish / Vegetable Broth – **48Cals**
- 2) 400g White Fish Fillet – **410Cals**
*or any other fish of your choice
- 3) ½ cup Uncooked Wild Rice, rinsed – **286Cals**
- 4) ½ can Black Beans, rinsed and drained – **110Cals**
- 5) ½ can Diced Tomatoes – **64Cals**
- 6) ½ cup Corn – **66Cals**
- 7) 1 tsp. Cumin Powder – **8Cals**
- 8) 1 tsp. Garlic Powder – **10Cals**
- 9) 1 tsp. Cayenne Pepper – **6Cals**
- 10) 1 tsp. Mixed Herbs – **6Cals**
- 11) 1 tsp. Salt

STEPS

- 1) Start by prepping the rice. Fill a large pot with 4 cups of broth and the uncooked rice.
- 2) Cover, bring to a boil and allow the rice to almost cook for about 25 – 30 minutes. Adjust the cooking time, depending on the rice you're using.
- 3) Once the rice is almost ready, stir all the ingredients in – fish, beans, diced tomatoes, corn and all the spices.
- 4) Allow all the ingredients to simmer for another 10 – 15 minutes until the fish and rice are fully cooked and the soup thickens slightly.
- 5) Stir occasionally and serve hot.



For Complete Guide : Watch “3 Healthy RICE Recipes”
https://youtu.be/YFY_MWis27I

WEEK 5 - WEEK 8
THURS, FRI & SAT

BREAKFAST

OVERNIGHT OATS

Cals Per Serving : 475Cals

INGREDIENTS SERVES 3

- 1) 1.5 cup Oats – **525Cals**
- 2) 1.5 cup Milk, any choice – **219Cals**
- 3) 2 tbsps. Peanut Butter – **188Cals**
- 4) 3 large Bananas – **315Cals**
- 5) ¼ cup Goji Berries – **88Cals**
- 6) 1.5 tbsps. Chia Seeds – **90Cals**

STEPS

- 1) In a bowl, mix oats, milk, peanut butter, goji berries and chia seeds together.
- 2) Now let's transfer the overnight oatmeal, either into jars or bowls.
- 3) Cover and place in the fridge overnight.
- 4) The next morning, top it up with sliced bananas or any other fruits and serve it for breakfast.

****The overnight oats will keep well in the fridge for up to 3 days.**

LUNCH

HIGH PROTEIN EGG WRAP

Cals Per Serving : 452Cals

STEPS

- 1) In a large bowl, whisk the eggs until smooth. Set aside.
- 2) In a pan, heat coconut oil over medium-high heat. Add salmon, mushroom, bell pepper, onion and sauté for about 4 to 5 minutes just until the salmon is almost cooked. Once cooked, transfer the salmon and vegetable mixture into a bowl.
- 3) Next, heat some coconut oil in a frying pan.
- 4) Pour 1/3 of the egg mixture into the frying pan and rotate the pan to let the egg spread out into a thin layer.
- 5) Then scatter 1/3 of the cooked ingredients over the egg wrap, top with some rockets and avocado slices.
- 6) Very gently and carefully roll up the egg to make a wrap.
- 7) Then transfer to a plate and serve.

INGREDIENTS SERVES 3

- 1) 8 Whole Eggs - **592Cals**
- 2) 100g Mushrooms - **11Cals**
- 3) 150g Salmon Fillet, cubed - **312Cals**
- 4) Fresh Rockets
- 5) ½ Red Bell Pepper - **15Cals**
- 6) 1 Avocado, sliced - **322Cals**
- 7) 1 medium Onion - **46Cals**
- 8) 1/2 tbsp. Coconut Oil - **59Cals**

WEEK 5 - WEEK 8
THURS, FRI & SAT



WEEK 5 - WEEK 8
THURS, FRI & SAT

DINNER

BAKED FISH & VEGETABLES

Cals Per Serving : 532Cals (served with rice)

INGREDIENTS SERVES 3

- 1) 500g Frozen Tilapia – **480Cals**
- 2) 2 Carrots – **50Cals**
- 3) 1 Red Bell Pepper – **30Cals**
- 4) 1 head of a Broccoli – **98Cals**
- 5) 1 Sweet Potato – **112Cals**
- 6) 1 Red Onion – **46Cals**
- 7) 6 Garlic Cloves, crushed – **27Cals**
- 8) 1 tbsp. Olive Oil, divided – **119Cals**
- 9) 1 tbsp. Apple Cider Vinegar – **3Cals**
- 10) ¼ tsp. Mixed Herbs
- 11) Salt & Pepper to taste

Option, add a bowl of cooked rice – **210Cals

STEPS

- 1) Start by pre-heating the oven to 220°C/425°F.
- 2) Slice up all the vegetables - carrot, bell pepper, broccoli, sweet potato and onion. And crush the garlic cloves.
- 3) Rub the fish with olive oil, mixed herbs and season with salt and pepper. Set aside.
- 4) Next, make a bed for the fish by arranging all the chopped up vegetables on the bottom of a baking dish. Season the vegetables with ½ tbsp. of olive oil, apple cider vinegar, salt, pepper, and mixed herbs. Give it a good mix.
- 5) Then, arrange the marinated fish on top of the vegetables and cover the baking dish with aluminium foil. Bake in the oven for 30 minutes or until fish is done and vegetables are tender.

SNACK

TRAIL MIX OR PROTEIN SHAKE

Cals Per Serving : 140 - 170Cals (Trail Mix) or 120Cals (Protein Shake)

STEPS

TRAIL MIX

- 1) Simply choose a combination of nuts, seeds and dried fruits of your choice. Measure ¼ cup per serving.

INGREDIENTS

TRAIL MIX

- 1) 1/2 cup of Nuts
- 2) 1/4 cup Seeds
- 3) 1/4 cup Dried Fruits

WEEK 5 - WEEK 8



As for **SUNDAYS**, 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 protein, complex carbs, healthy fats and vegetables, which helps with sustainable weight loss, building lean muscles and improving your digestion.
- 2) You can click and watch each recipe from the video links provided.
- 3) Do NOT consume less than 1200cals for women and 1600cals for men in a day. Starving will NOT help with weight loss.
- 4) If you are a male, increase the portion size and keep to 2000cals – 2400cals per day.
- 5) For convenience, you may choose to prepare your meals in BULK and have them for the next 2 – 3 days.
- 6) Only use and prepare high quality, natural, clean and unprocessed ingredients.
- 7) Adjust the portion sizes and calories according to the products you use. Mine might be slightly different from yours. So read the food labels carefully. If there isn't a food label, you can search the nutrients and calories online.
- 8) Use this meal plan as a guideline. So feel free to create your own recipes by using other ingredients of your choice.
- 9) You MUST drink at least 2.5L - 3L of water EVERY DAY.
- 10) 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 and hassle-free.
- 11) PRINT this meal plan and stick it on your fridge as a daily reminder to stay on track.
- 12) Keep a FOOD DAIRY of what you eat and how you feel as well, which is a crucial part to stay on track.
- 13) For best results, aim to WORKOUT 4 - 5 times a week for at least 30 - 45 minutes per session. Please follow my Workout Programmes on FIO.
- 14) You can add another small meal or increase your calories by 200 – 300cals on your workout days if needed.
- 15) STAY AWAY from soda drinks, processed food, fast food and all junks!
- 16) 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! =)**