

8-WEEK EAT CLEAN PLAN (Week 1 – 4)

WEEK 1 – 4 (MONDAY / WEDNESDAY / FRIDAY)

	MEALS & INGREDIENTS	STEPS	PER SERVING
Breakfast (Watch “4 High Fibre Oatmeal Breakfasts” video for the complete guide)	SLOPPY OVERNIGHT OATS [V] 1) ½ cup (45g) Oats – 194.5Cals 2) ½ cup (125ml) any Milk of your choice – 65.5Cals <i>*You may use greek or plain yoghurt too.</i> 3) 1 tbsp. Goji Berries – 18Cals 4) 1 tsp. Chia Seeds – 22Cals <i>**Option: any other superfood of your choice</i> 5) ½ cup Strawberries, sliced – 26Cals 6) ½ cup Grapes – 52Cals <i>**Option: any fruits of your choice</i>	1) In a bowl, mix oats, milk, goji berries and chia seeds together. 2) Assemble the ‘Sloppy Overnight Oats’, either in a glass or jar, by alternating between the oat mixture and the fruits. 3) Place it in the fridge overnight and serve it for breakfast the next morning. Video Link: https://youtu.be/qByjiXsxrmc	378Cals
Lunch (Watch “8 Delicious Lettuce Wrap Recipes” video for the complete guide.)	CHICKEN & MANGO SALSA LETTUCE WRAP Filling (1 serving) 1) 4oz (113g) Baked Chicken Breasts, diced – 144Cals <i>**Grill, bake or lightly pan-fry the chicken breasts.</i> 2) ½ medium (110g) Mango, peeled and diced – 65Cals 3) ½ medium (140g) Cucumber, diced – 23Cals 4) 1 medium Spring Onion, thinly sliced – 5Cals 5) A handful of Coriander, roughly chopped – 1Cal 6) Lettuce Leaves Dressing (1 serving) 1) Juice from 1 lime – 11Cals 2) ½ tbsp. Sesame Oil – 60Cals 3) ½ tbsp. Honey – 32Cals <i>or</i>	1) In a small bowl, combine lime juice, sesame oil and honey. Set aside. 2) In a large bowl, add chicken breast cubes, mango, cucumber, spring onion and coriander. Combine well. 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. <i>or</i>	341Cals

	<p>BLACK BEANS & SWEET POTATO LETTUCE WRAP [V] Filling (1 serving) 1) ½ can (130g) Black Beans, rinsed & drained – 123Cals <i>*Option: Any other beans of your choice</i> 2) 1 large (180g) Sweet Potato, baked & diced – 162Cals 3) ¼ medium Red Onion, finely diced – 10Cals 4) A handful of Coriander, roughly chopped – 1Cals 5) Salt & Pepper to taste 6) Lettuce Leaves</p> <p>Dressing (1 serving) 1) Juice from 1 Lime – 10Cals 2) ½ tbsp. Olive Oil – 60Cals 3) ½ tsp. Cumin – 4Cals 4) ½ tsp. Smoked Paprika – 4Cals</p>	<p>1) In a small bowl, combine lime juice, olive oil, cumin and smoked paprika. Set aside. 2) In a large bowl, add black beans, sweet potatoes, red onion and coriander. Combine well. 3) Toss in the dressing and season with salt and pepper. Mix until evenly coated. 4) To serve, spoon generous amount of black beans & sweet potato mixture onto lettuce leaves.</p> <p>Video Link: https://youtu.be/SD0_gNp8EF4</p>	<p>374Cals</p>
<p>Dinner <i>(Watch “My Eat Clean Meal Plan” for the complete guide.)</i></p>	<p>BAKED SALMON & ASPARAGUS + CREAMY GREEN SOUP 1) 100g (3.5oz) Salmon – 138Cals <i>*Options: Any other fish, seafood, chicken breast or meat.</i> 2) 100g Asparagus – 28Cals <i>**or any other vegetables.</i> 3) ¼ can Chopped Tomatoes, drained or fresh – 25Cals 4) ½ tsp. Olive Oil – 20Cals 5) ½ tsp. dried / fresh Mixed Herbs – 4Cals 6) 1 tbsp. fresh Lemon Juice – 3Cals 7) 1 Garlic Clove, crushed – 4Cals 8) ¼ Onion, diced – 11Cals 9) Salt & Pepper to taste</p> <p><i>or</i></p>	<p>1) Pre-heat oven to 200 Celsius / 400 Fahrenheit. 2) In a bowl, combine chopped tomatoes, onion, garlic, lemon juice and herbs. Mix them well and set it aside. 3) Toss asparagus with olive oil and arrange them on the foil. Place salmon on the asparagus and cover it up with the mixed ingredients. Season with salt and pepper. 4) Seal the packet closed and bake in the oven for 25 – 30 minutes.</p> <p>Video Link: https://youtu.be/6j4uecVkbOw</p> <p>**Please watch “Eat Soup & Stay Slim” video for the Creamy Green Soup Recipe.</p> <p><i>or</i></p>	<p>293.25cals</p>

<p>(Watch "Garlic & Chilli Zucchini Pasta" video for the complete guide.)</p>	<p>GARLIC & CHILLI ZUCCHINI PASTA [V] 1) 2 medium Zucchini, end trimmed – 66Cals 2) 2 Garlic cloves, finely chopped – 8Cals 3) ½ Cup fresh Basil Leaves, coarsely chopped – 2Cals 4) 2 tsp. Olive Oil – 80Cals 5) Juice from ½ Lemon – 6Cals 6) Salt & Pepper, to taste 7) 1 pinch Red Chilli Flakes (Optional) <i>**Add if you like extra kick</i> 8) 10 Shrimps – 70Cals <i>**Option: any other protein – chicken, fish, beef etc.</i> <i>**Vegan, omit this or replace with any beans, tofu or tempeh.</i> 9) A handful of Cherry Tomatoes, halved – 27Cals 10) 1 tbsp. Parmesan Cheese – 22Cals (Optional) <i>**Vegan, omit this.</i></p>	<p>1) Use a spiral slicer to make the zucchini noodles. Gently press and twist the zucchini just like a pencil sharpener. What you'll end up with is a large serving of pasta looking dish. Then set it aside. 2) Heat 1 tsp. of Olive Oil over medium high heat. Add garlic, cook for 1 minute until slightly brown and fragrant. 3) Then add in the shrimps and red chilli flakes. Allow the shrimps to cook for about 2 minutes. 4) Then flip the shrimps over and add in the juice from half a lemon, season with salt and pepper and cook for another 2 minutes. Once the shrimps are cooked, mix it the basil leaves, and set it aside. 5) In the same pan, add in the remaining 1 tsp. of Olive Oil and zucchini noodles. Toss and cook for 3 – 4 minutes until noodles are soft but do not over cook the zucchinis. 5) Remove from heat and combine shrimps. 6) Top the pasta with cherry tomatoes, parmesan cheese and serve warm.</p> <p>Video Link: https://youtu.be/pb_4zkNXrg</p>	<p>281Cals</p>
<p>Snacks (Watch "How to Make the Perfect Green Smoothie" video for the complete guide.)</p>	<p>GREEN SMOOTHIE [V] <i>4 Main Ingredients for a Simple & Delicious Smoothie!</i> 1) Choose Your LEAFY GREEN VEGETABLE/S (1 Cup) <i>- Spinach, Kale, Zucchini, Bok Choy, Cabbage etc.</i> 2) Choose Your FRUIT/S (1.5 – 2 Cups) <i>- I would suggest picking 2 fruits. At least 1 creamy fruit (Banana, mango, peach, papaya, avocado, pear, apple etc.) and another fruit of your choice (strawberry, blueberry, pineapple, orange, grape, tomato etc.)</i></p>	<p>For my "Tropical Cleanse" Green Smoothie, I've chosen: 1 cup (40g) Spinach – 11.5Cals 1 cup (150g) Mango, frozen – 90Cals 1 cup sliced Banana, frozen (1 medium size) – 105Cals 1 cup (250ml) Coconut Water – 50Cals 1 tbsp. of Goji Berries – 22.5Cals</p> <p>- Add all the ingredients into a smoothie blender and blend until smooth and thick. Drink this powerhouse down immediately for maximum nutrients!</p>	<p>279cals</p>

	<p>3) Choose Your LIQUID/S (1 Cup) - Water, Green Tea, Milk, Nut Milk, Coconut Water or 100% fruit juice.</p> <p>4) Choose Your ENERGY BOOSTER (1-2tbsp) - Pick your favourite superfood (chia seeds, goji berries, flax seeds, coconut oil, hemp seeds, acai, cinnamon, raw cocoa or protein powder).</p>	<p>Video Link: https://youtu.be/MErSW-RNUqc</p>	
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WEEK 1 - 4 (TUESDAY, THURSDAY, SATURDAY)

	MEALS & INGREDIENTS	STEPS	PER SERVING
<p>Breakfast</p> <p><i>(Watch "3 Skinny Breakfast Muffins" video for the complete guide.)</i></p>	<p>NUTTY BANANA MUFFIN [V] Ingredients (6 muffins)</p> <p>1) ¾ cup Oat Flour – 300Cals <i>*Option: any other flour of your choice.</i></p> <p>2) 1 tbsp. Chia Seeds + 3 tbsps. Water – 70Cals</p> <p>3) ½ cup Soy Milk (or any other Milk) – 50Cals</p> <p>4) 2 tbsps. Maple Syrup / Honey – 104Cals</p> <p>5) 1 tbsp. Coconut Oil – 117Cals</p> <p>6) ½ tsp. Vanilla Extract – 6Cals</p> <p>7) ¼ tsp. Baking Soda</p> <p>8) ¼ tsp. Baking Powder</p> <p>9) 2 Medium Bananas, mashed – 210Cals <i>*Roughly mash with a fork.</i></p> <p>10) 3 tbsps. Crushed Almond Nuts – 105Cals</p> <p><i>Watch my "3 Skinny Breakfast Muffins" video for more recipes including my favourite Chocolate Peanut Butter Muffins & Cranberry Zucchini Muffins.</i></p>	<p>1) To make the egg replacement, mix 1 tbsp. of chia seeds with 3 tbsps. of water. Allow the mixture to sit for about 5 minutes until it becomes pudding like, just like a raw egg yolk.</p> <p>2) In a large bowl, mix in all the dry ingredients, oat flour and baking soda.</p> <p>3) In another bowl, mix in all the wet ingredients, milk, maple syrup, coconut oil, vanilla extract, chia mixture and mashed bananas. <i>*If you are not a Vegan, you can replace the chia mixture with an egg.</i></p> <p>4) Combine the dry and wet ingredients. Then add in the crushed almond nuts.</p> <p>5) Scoop the batter into 6 muffin-tin and top them up with a little more crushed almond nuts just for presentation.</p> <p>6) Bake in a pre-heated oven at 180 degrees Celsius or 350 degree Fahrenheit for about 15 minutes, until a toothpick inserted comes out clean.</p> <p>7) Cool down for 5 – 10 minutes before serving.</p>	<p>320Cals (for 2 servings)</p>

		<p><i>**Store the Banana Muffins in the fridge for up to 5 days or in the freezer for up to 2 weeks.</i></p> <p>Video Link: https://youtu.be/LkicedG3L54</p>	
<p>Lunch</p> <p><i>(Watch "4 No-Cook Chilled Soups" video for the complete guide.)</i></p>	<p>CHILLED CHICKPEAS SESAME SOUP [V] Ingredients (4 servings) 1) 2 cans of Chickpeas, rinsed and 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 8) 1.5 cups Water Per serving of soup: 238.5Cals <i>or</i></p> <p>QUICHE IN PEPPER CUPS Ingredients (2 servings) 1) 3 Large Eggs – 234Cals 2) 2 Large Bell Peppers – 58Cals <i>*Use red and green bell peppers.</i> 3) ½ cup (60g) Mushroom, sliced – 8Cals 4) ¼ cup Leeks, thinly sliced (white & light green parts) – 8Cals 5) 8 Cherry Tomatoes, halved – 24Cals 6) ¼ cup Milk, any option – 23Cals 7) ¼ cup (25g) Cheese, grated – 89Cals 8) 1 tsp. Olive Oil – 40Cals 9) A pinch of Salt & Pepper</p>	<p>1) Add all the ingredients in a blender and pulse very quickly to keep the soup chunky or blend it up until smooth. 2) Chill in the fridge for at least 2 hours or overnight before serving. 3) Serve with a side of salad or toast.</p> <p>Video Link: https://youtu.be/Qye2YHbxKi8</p> <p><i>or</i></p> <p>1) Pre-heat oven to 180 Celsius or 350 Fahrenheit. 2) Prep the bell peppers. Slice each of them into halves and remove the seeds. 3) Heat olive oil over medium heat. Add leeks and sauté until soft for 1 – 2 minutes. Add in mushrooms and continue to sauté just for another 2 – 3 minutes until mushrooms are slightly tender. Set aside. 4) In a bowl, add the eggs, milk and salt & pepper. Give it a good mix. Set aside. 5) Line a baking tray with parchment paper and place the bell peppers. Fill the cups generously with the fillings and cherry tomatoes.</p>	<p>328.5Cals <i>(served with a slice of toast)</i></p> <p>242Cals <i>(or 355.5Cals served with Chilled Mint Cucumber Soup)</i></p>

	<p><i>*You may serve this with the "Chilled Mint Cucumber Yoghurt Soup". Watch "4 No-Cook Chilled Soup" for the recipe.</i></p>	<p>6) Then pour in the egg mixture. If at all the bell pepper isn't sitting well, you can use a little bit of aluminum foil to hold it in place. Top it up with grated cheese. 7) Bake for 20 – 25 minutes until eggs are cooked through and golden brown. Serve hot.</p> <p>Video Link: https://youtu.be/mp2my1GfuWc</p>	
<p>Dinner (Watch "Healthy Fast Food" video for the complete guide.)</p>	<p>SWEET CHILLI VEGGIE BURGER WITH SWEET POTATO FRIES [V] Ingredients (6 patties) 1) 1/3 (35g) cup Rolled Oats – 131.5Cals 2) 1 can (240g) Chickpeas, rinsed and drained – 290Cals <i>*Option: Other beans - Black beans, red beans etc.</i> 2) 1 medium (60g) Carrot, grated – 25Cals <i>*Option: Any other vegetables - Bell pepper, spinach etc.</i> 3) 1 tbsp. Sweet Chilli Sauce – 27.5Cals <i>*Option: Any sauces – BBQ sauce, tomato sauce etc.</i> 4) ½ tsp. of Chilli Powder – 4Cals 5) ½ tsp. of Cumin – 4Cals 6) ¼ cup Onion, diced – 22Cals 7) 2 cloves Garlic, minced – 8Cals 8) Season with Salt and Pepper</p> <p>or</p>	<p>1) Process oats, carrots, onions and garlic in a food processor until all the ingredients are finely minced. 2) Add chickpeas and continue to process until chickpeas are mashed and well combined. 3) Add the sauce and spices. Continue to process. 4) Transfer mixture into a bowl. 5) Pre-heat oven to 180 Celsius or 350 Fahrenheit. 6) Coat a baking tray with a little bit of cooking spray. 7) Using your hands, divide the mixture into 6 equal sized portions. Roll them into balls and flatten them to make 6 patties. Each patty should be about ¼ - ½ inch high. 8) Place the patties on the baking tray and bake for a total of 30 minutes. After 15 minutes, flip the patties and bake for the remaining 15 minutes until the patties are lightly browned and crispy on the outside. 10) Serve with burger buns, some veggies and sweet potato fries.</p> <p>or</p>	<p>85.33Cals per patty 365.33Cals per meal <i>(Burger buns – 167Cals + Sweet Potato Fries – 87Cals + 1 medium Tomato & Shredded Lettuce – 26Cals)</i></p>

	<p>LEAN HOTDOG ROLL WITH SWEET POTATO FRIES Ingredients (5 sausages) 1) ¼ cup (25g) Rolled Oats – 94Cals 2) 250g lean Ground Pork / Turkey / Beef / Lamb / Chicken – 320Cals <i>**Go for extra lean meat, less than 5% fat.</i> 3) 1 large egg white, lightly beaten – 17Cals 4) 2 cloves Garlic, minced – 8Cals 5) ¼ cup Onion, diced – 22Cals 6) ½ teaspoon Dried Mixed Herbs – 3Cals 7) ½ teaspoon Paprika – 3Cals 8) Season with Salt & Pepper</p>	<ol style="list-style-type: none"> 1) Grind oats in a food processor until fine. Set aside. 2) Place ground meat in the food processor and process until very fine. 3) Add oats, egg white, onion and garlic, process until you have a paste. 4) Finally add the mixed herbs, paprika and season with salt and pepper. Pulse the mixture for another 30 seconds to combine all the ingredients evenly. 5) Transfer the mixture into a bowl, cover and refrigerate for 45 minutes to an hour. 6) Once the mixture is chill, divide into 5 equal sized portions. Shape and roll each portion between your hands to form a 4 – 5 inches long log. (Do not roll the sausage too thin because without the casing, they might break apart when cooking) 7) Next, place the sausage in a pan. Add enough water to cover almost halfway up the meat. 8) Bring to a boil and then reduce the heat to medium and simmer. Gently turn the hot dogs occasionally until they are thoroughly cooked for about 15 minutes. 9) Remove and allow the sausage to cool down. Then you can choose to bake or grill the sausage. 10) Serve with a roll, some veggies and sweet potato fries. 	<p>93.4Cals per sausage</p> <p>411.4Cals per meal <i>(Roll – 205Cals + Sweet Potato Fries – 87Cals + 1 medium Tomato & Shredded Lettuce – 26Cals)</i></p> <p>87Cals</p>
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	<p>BAKED SWEET POTATO FRIES [V] Ingredients (3 servings) 1) 250g Sweet Potato, peeled and cut into wedges – 215Cals 2) 1 tsp. Olive Oil – 40Cals 3) ½ tsp. Paprika – 3Cals 4) ½ tsp. Cumin – 4Cals *Option: Any other spices of your choice.</p>	<p>1) Preheat oven to 200°C / 400°F 2) In a bowl, toss all ingredients until potatoes are evenly coated with oil and spices. 3) Spread potatoes on a single layer on the baking tray. 4) Bake for a total of 25 to 30 minutes. After 15 minutes, turn over all of the sweet potato pieces. Return to the oven and bake for another 10-15 minutes, or until they are well browned and serve.</p> <p>Video Link: https://youtu.be/dlnD98YwEXU</p>	
<p>Snacks <i>(Watch “My Eat Clean Meal Plan” for the complete guide.)</i></p>	<p>CRUNCHY FRUIT SALAD [V] 1.5 cups of any mixed Fresh Fruits of your choice. Top it up with 1 tbsp. of crushed nuts or seeds or your choice. You can also add ¼ cup of Yoghurt.</p>	<p>Combine all the ingredients in a bowl and serve!</p> <p>Video Link: https://youtu.be/6j4uecVkbOw</p>	<p>220 – 250Cals</p>

[V] Vegetarian / Vegan Option

****Have 2 small snacks daily.**

****This meal plan should act as a guideline. Feel free to change the ingredients and recipes according to your diet and preference.**

****The calorie counts should only act as a reference. You may increase and consume more calories according to your metabolic rate and activity level. Don't restrict yourself or go crazy over calorie counting.**

****It's very important to know that not all calories are equal. Choose the good ones, you'll feel satisfied, have more energy and you'll be closer to your goal. Choose the bad ones, you'll crave for more bad foods, constantly feel hungry, and consume more calories than you need.**

****This meal plan is the foundation of healthy day-to-day eating over LONG TERM. It's NOT a miracle solution to weight loss.**

****All video recipes are available at <https://www.youtube.com/user/JoannaSohOfficial>**

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 protein, unrefined carbs, healthy fat, fruits and vegetables, which helps you to lose weight quick, 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 to at least 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. If this is not possible, then consume 3 larger meals but still stick to you daily calorie allowance.
- 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 150 – 300 calories 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!

THE ONLY WAY TO ACHIEVE YOUR GOAL IS TO TAKE SMALL STEPS EVERY DAY. ALL THE BEST! =)

8-WEEK EAT CLEAN MEAL PLAN (Week 5 - 8)

WEEK 5 - 8 (MONDAY / WEDNESDAY / FRIDAY)

	MEALS & INGREDIENTS	STEPS	PER SERVING
Breakfast <i>(Watch "Breakfast in a Jar Chia Pudding" video for the complete guide.)</i>	TROPICAL MANGO CHIA PUDDING [V] 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 cup Mango puree - 140Cals 5) 1 tbsp. Pumpkin Seeds - 56Cals <i>or</i>	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, seal and bring it out with you. <i>or</i>	320Cals
	MATCHA CHIA PUDDING [V] 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 tsp. Matcha Green Tea - 9Cals 5) 1 cup Mixed Berries - 60Cals <i>or</i>	1) In a bowl, mix together chia seeds, milk, honey and matcha green tea. Stir until well combined. 2) Divide equally into 2 jars. Cover and let it set overnight in the fridge. 4) In the morning, add the mixed berries and enjoy! <i>or</i>	256.5Cals
	BANANA PEANUT BUTTER CHIA PUDDING [V] 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	1) In a bowl, mix together 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 you like & enjoy! <i>Video Link: https://youtu.be/p7HvNeEJ-EY</i>	376.5Cals

	<p>Dressing (3 Servings) 1) ¼ cup (65g) Plain Yogurt – 34.5Cals 2) ½ tsp.. Honey – 32Cals 3) 1 tsp. Apple Cider Vinegar – 1 Cal</p> <p>Serve with 2 medium bread slices – 160Cals <i>*Whole Wheat, Rye, Whole Grain or Gluten-Free.</i></p>	<p><i>*Besides adding more greens into your diet, the purpose of layering with lettuce on each side of the bread is to protect the sandwich from going soggy.</i></p> <p>Video Link: https://youtu.be/E07eOcCldcA</p>	
<p>Dinner <i>(Watch “Low Calorie Gluten-Free Vegetarian Dinners” video for the complete guide.)</i></p>	<p>VEGETARIAN QUINOA LASAGNE [V] Ingredients (4 servings) 1) 1 cup Water 2) ½ cup (85g) Quinoa, uncooked – 313Cals <i>*Options: Couscous, Barley or Rice</i> 3) 2 tsps. Olive Oil – 80Cals 4) 1 medium Onion, diced – 44cals 5) 1 clove Garlic, minced – 4Cals 6) 1 Jar (500g) basic traditional Pasta Sauce or tomato sauce– 176cals 7) ½ block (175g) Firm Tofu – 108.5Cals 8) 1 large Egg, beaten – 78Cals <i>*Vegan: Feel Free to omit the egg.</i> 9) Juice from half a Lemon – 6Cals 10) 1 large Zucchini, sliced – 54Cals 11) 1 large Bell Pepper, sliced – 45Cals 12) 1 large carrot (120g), diced – 50Cals 13) Season with salt and pepper 14) ½ cup (55g) Grated Cheese of your choice – 216Cals <i>**Parmesan, Cheddar, Mozzarella or Dairy-Free Cheese</i></p>	<ol style="list-style-type: none"> 1) In a pan, combine water and quinoa and bring to a boil. Then reduce to a simmer, cover and cook for 15 minutes. 2) While waiting for the quinoa to cook, in a food processor, combine the tofu, beaten egg and lemon juice. Blend for 20 seconds or until you have a smooth and creamy mixture. Set it aside. 3) Once quinoa is cooked, fluff with a fork and spread the quinoa evenly in an ovenproof dish. 4) Preheat oven to 180 Celsius / 350 Fahrenheit. 5) In a pan, heat 1 tsp. of olive oil over medium-high heat. Add onion and garlic, cook for 3-4 minutes until fragrant and lightly brown. Add the carrots and cook for another 3-4 minutes. 7) Then add the pasta sauce. Stir for 3-4 minutes until the sauce is hot, remove from heat and set it aside. 8) Next, heat the remaining 1 tsp. of olive oil over medium-high heat. Add bell pepper and zucchini, season with salt and pepper, and cook for 10 minutes or until vegetables are tender and set it aside. 9) Final let’s start to layer our lasagna. Spread half of the pasta sauce over the quinoa. Make a layer of half the vegetables, then all the creamy tofu mixture, then the remaining vegetables. Finish with the remaining pasta sauce and spread cheese evenly on top. 	<p>293.6cals</p>

<p>(Watch “Victoria Secrets Meal Plan” video for the complete guide.)</p>	<p>or</p> <p>SALMON SPINACH FRITTATA</p> <p>1) 3oz / 85g of Salmon Fillet – 100Cals <i>*Options: Any meat, fish or seafood of your choice.</i></p> <p>2) 75g fresh / frozen Spinach – 33Cals 3) 1 large Egg – 78Cals 4) 75g Broccoli – 22.5Cals 5) 15g Cheese, grated – 55Cals</p> <p><i>**If you want to increase your protein & calories intake, add ¼ can of drained kidney beans / black beans (60g, 56cals), or increase the amount of Salmon.</i></p>	<p>10) Bake for 30-35 minutes, until hot and the cheese is melted, bubbling and slightly browned around the edges. 11) Remove from oven and allow the lasagna to cool down for about 10 minutes before serving.</p> <p>Video Link: https://youtu.be/CUMyrStxbbb8</p> <p>or</p> <p>1) Cook the salmon fillet in a pan under medium heat. 2) Break the fillet up into small chunks. Add spinach and broccoli into the pan. 3) Allow all the ingredients to lightly cook. 4) In the meantime, whisk the egg and pre-heat the oven to 180 Celsius / 350 Fahrenheit. 5) Transfer the salmon and vegetable mixture into an ovenproof dish. 6) Cover it with the whisked egg and top it up with grated cheese. 7) Bake for 10-15mins or until the egg is firmed.</p> <p>Video Link: https://youtu.be/7-efgmFg1nc</p>	<p>272Cals</p>
<p>Snacks (x2)</p> <p>(Watch “3-Ingredient Vegan Snack Bites” video for more recipes.)</p>	<p>MINI CHOCOLATE CHIP COOKIE DOUGH [V]</p> <p>Ingredients (16 portions)</p> <p>1) 1 can Chickpeas, washed & drained (290Cals) 2) ¼ cup (64g) Peanut Butter (390Cals) 3) 2 tbsps. Maple Syrup or Honey (104Cals)</p>	<p>1) In a food processor, mix in chickpeas, peanut butter and maple syrup. Process on high speed until smooth and well combined. 2) Next, roll and form 16 mini cookie dough balls. 3) Place them on baking sheet or cupcake liners. Freeze them until solid or chill in the fridge for a softer texture.</p> <p>Video Link: https://youtu.be/J8Mk-5lw42c</p>	<p>49Cals per cookie dough (have 3 – 4 servings)</p>

WEEK 5 – 8 (TUESDAY, THURSDAY, SATURDAY)

	MEALS & INGREDIENTS	STEPS	PER SERVING
<p>Breakfast</p> <p><i>(Watch “Pre & Post Workout Snacks” video for the complete guide.)</i></p> <p><i>(Watch “Healthy Sandwich & Wrap Recipes” video for the complete guide.)</i></p>	<p>WHOLEMEAL TOAST WITH PEANUT BUTTER & BANANA [V]</p> <p>1) 1 thick Wholemeal Toast (125Cals) <i>*or 2 medium-sliced toasts</i></p> <p>2) 1 tbsp. Peanut Butter (94Cals)</p> <p>3) 1 medium Banana, sliced (105Cals)</p> <p>or</p> <p>AVOCADO EGGS ON TOAST</p> <p>1) 2 hard boiled Eggs - 1 whole egg, 1 egg white (97cals)</p> <p>2) ¼ Avocado (80cals) <i>**If you can't get Avocado, you can replace with butternut squash or pumpkin for a soft creamy texture.</i></p> <p>3) 1 thick Wholemeal Toast (125cals)</p>	<p>1) Spread peanut butter on toast and top it up with sliced bananas. Quick & Yummy!</p> <p><i>Video Link: https://youtu.be/7vVY0wZdrHU</i></p> <p>or</p> <p>1) Slice the eggs & avocado into cubes, mix them together in a bowl and top it onto the toast.</p> <p><i>Video Link: https://youtu.be/E07e0cCldcA</i></p>	<p>324Cals</p> <p>302Cals</p>
<p>Lunch</p> <p><i>(Watch “Under 300-Calorie Lunch-to-go” video for the complete guide.)</i></p>	<p>SPICY GRILLED CHICKEN SALAD</p> <p>1) 3.5oz / 100g Grilled Chicken – 164.5cals</p> <p>2) 1 medium Tomato, sliced – 18cals</p> <p>3) 1 cup Lettuce – 7.5cals <i>**Or as much lettuce as you want. It's considered “Free Food”.</i></p> <p>4) 1 tbsp. (15g) Cheese – 40cals</p> <p>5) 1 tbsp. Mixed Seeds = 57.5cals</p> <p>6) 2 tbsps. (30g) Hot Salsa Sauce – 10cals <i>**Option: Any other dressing. Be aware of calorific creamy salad dressings! Choose hot sauce or oil & vinegar-based dressings.</i></p>	<p>1) Mix all the ingredients together, pack you're your lunch box and take it out with you.</p> <p><i>**If you want to increase your protein and calories intake, add ½ can of drained chickpeas (120g, 151cals) or more chicken breast.</i></p>	<p>297.5Cals</p>

	<p>or</p> <p>RAINBOW COUS COUS [V] 1) 40g uncooked Whole Wheat Couscous (90g cooked) – 103Cals *Options: Quinoa, brown rice, sweet potato. 2) 1 medium Tomato, sliced – 18Cals 3) ¼ can (60g) Red Beans, rinsed & drained – 56Cals 4) ¼ can (60g) Chickpeas, rinsed & drained – 65.5Cals 5) ¼ cup frozen / fresh Sweet Corn & Peas – 41Cals 6) 1 tsp. Freshly Squeezed Lemon Juice.</p> <p><i>**Option: You may add or change other vegetables or beans of your choice, add garlic or onion for extra flavour!</i></p>	<p>or</p> <ol style="list-style-type: none"> 1) Cook 40g of couscous with 80ml of water. 2) Allow the frozen sweet corn and peas to thaw. 3) Under low heat, lightly heat up the red beans and chickpeas. 4) Once all the ingredients are ready, just mix them into a large lunch box container, drizzle with some lemon and it's ready to go! <p>Video Link: https://youtu.be/OxT8XjCH1BM</p>	<p>283.5Cals</p>
<p>Dinner</p> <p><i>(Watch “3-day Detox Plan” video for the complete guide.)</i></p>	<p>BUTTERBEANS, CARROTS & ONION SOUP [V] Ingredients (2 servings) 1) 200g Carrots, chopped into cubes – 82Cals 2) ½ can Butterbeans, rinsed & drained – 145Cals <i>**Option: Any other beans</i> 3) 1 medium Onion, diced – 44Cals 4) 2 cups Vegetable Stock – 35Cals 5) 1 tsp. of Olive Oil – 40Cals 6) A handful of chopped Parsley</p> <p>or</p>	<ol style="list-style-type: none"> 1) Heat olive oil over medium-high heat. 2) Add carrots and onion. Cook for 2 – 3 minutes until slightly soft and fragrant. 3) Add stock, bring to a boil and cook for 15-20 minutes until carrots are very tender. 4) Remove from heat and puree the carrots with a hand blender or food processor. 5) Bring the pot back to a boil under low heat, add butter beans and parsley. Simmer for 5 minutes and serve. <p>Video Link: https://youtu.be/7f4bkB3B05o</p> <p>or</p>	<p>346Cals</p> <p>331Cals</p>

<p><i>(Watch "3 Vegan Slimming Soups" video for the complete guide.)</i></p>	<p>SWEET POTATO & BLACK BEAN SOUP [V] Ingredients (2 servings) 1) 1.5 cups Sweet Potato, peeled & diced into cubes – 171Cals 2) 1 can (15oz) Black Beans, rinsed & drained – 350Cals 3) 1 medium Yellow 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 want your soup – 30Cals 10) Salt & Pepper to Taste</p>	<ol style="list-style-type: none"> 1) In a large pot, heat olive oil over medium heat. 2) Add garlic and onion and stir-fry very quickly until slightly brown and fragrant. 3) Mix in the sweet potato, black beans and spices. 4) 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. 5) 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. 6) 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. <p>Video Link: https://youtu.be/61Holtjm8fk</p>	
<p>Snacks (x2) <i>(Watch "4 High Fibre Oatmeal Breakfasts" video for the complete guide)</i></p>	<p>3-INGREDIENT NO-BAKE OATMEAL BAR [V] Ingredients (makes 9 bars) 1) 1 cup (90g) Rolled Oats, dry & uncooked – 525Cals 2) ½ cup (125g) Peanut Butter – 735Cals 3) ¼ cup (82g) Maple Syrup / Honey – 213Cals 4) 1 tbsp. unsweetened Cocoa Powder – 12Cals 5) 1 tbsp. Sunflower Seeds (Optional) – 47Cals</p> <p><i>**With the three basic ingredients, you can choose to add additional toppings such as seeds, dried fruits, chocolate chips, cocoa powder, ground cinnamon or even lemon zest based on your liking.</i></p>	<ol style="list-style-type: none"> 1) In a pan, melt the peanut butter and maple syrup together under low heat until smooth. Don't cook! 2) Turn the heat off. Then add in the oats, cocoa powder and sunflower seeds. Combine well. 3) Transfer and press mixture into a medium square tin. Then place it in the refrigerator for about an hour or more until firmed. 4) Slice the oat mixture into 9 squares. <p>Video Link: https://youtu.be/qByjiXsrmc</p>	<p>170Cals (have 1 – 2 bars)</p>

[V] Vegetarian / Vegan Option

****Have 2 small snacks daily.**

****This meal plan should act as a guideline. Feel free to change the ingredients and recipes according to your diet and preference.**

****The calorie counts should only act as a reference. You may increase and consume more calories according to your metabolic rate and activity level. Don't restrict yourself or go crazy over calorie counting.**

****It's very important to know that not all calories are equal. Choose the good ones, you'll feel satisfied, have more energy and you'll be closer to your goal. Choose the bad ones, you'll crave for more bad foods, constantly feel hungry, and consume more calories than you need.**

****This meal plan is the foundation of healthy day-to-day eating over LONG TERM. It's NOT a miracle solution to weight loss.**

****All video recipes are available at <https://www.youtube.com/user/JoannaSohOfficial>**

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 protein, unrefined carbs, healthy fat, fruits and vegetables, which helps you to lose weight quick, 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 to at least 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. If this is not possible, then consume 3 larger meals but still stick to you daily calorie allowance.

- 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 150 – 300 calories 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!

THE ONLY WAY TO ACHIEVE YOUR GOAL IS TO TAKE SMALL STEPS EVERY DAY. ALL THE BEST! =)