

8-WEEK ASIAN-INSPIRED EAT CLEAN PLAN (Week 1 - 4)

WEEK 1 - 4 (MONDAY / WEDNESDAY / FRIDAY)

	RECIPES & INGREDIENTS	STEPS	PER SERVING
Breakfast <i>(Watch "3 No-Cook Vegan Asian Meals" video for the complete guide)</i>	CRISPY SEAWEED POPIAH [V] Ingredients (1 serving) 1) 1 large Spring Roll Wrap - 44Cals each 2) 1 large Seaweed sheet - 10Cals each 3) ½ cup (75g) Sweet Turnip, shredded - 21Cals 4) ¼ cup (21g) Carrots, shredded - 9Cals 5) 2 tbsps. (20g) Sweet Corn - 16Cals 6) 1 tbsp. Peanuts, crushed - 53.5Cals	1) On a flat surface, place a piece of seaweed and one sheet of spring roll wrap on top of the seaweed. 2) Arrange the sweet turnip, shredded carrots, sweet corn and crushed peanuts. 2) Top it with a little bit of sauce. <i>*Beware of calorific sauces! Go for light sauces such as hot sauce or vinegar-based sauce.</i> 3) Press firmly and roll it up. Use a sharp knife and cut the spring roll into 8 equally portions. Serve fresh. <i>Video Link: https://youtu.be/vSIDQ3EkhS0</i>	307Cals <i>(based on 2 rolls)</i>
Lunch <i>(Watch "8 Delicious Lettuce Wrap Recipes" video for the complete guide.)</i>	SPICY TOFU MUSHROOM LETTUCE WRAP [V] Filling (2 servings) 1) 1 packet (300g) Firm Tofu, drained, cut into small cubes - 286Cals 2) 1 cup (70g) Button Mushroom, chopped - 11Cals 3) ½ medium Red Bell Pepper, diced into cubes - 19Cals 4) A handful of Fresh Coriander, finely sliced - 1Cal 5) 2 tbsp. (20g) Cashew Nuts, crushed- 110Cals <i>*Option: other nuts of your choice</i> 6) 2 Red Chilli, deseeded and finely sliced 7) ½ tbsp. Sesame Oil - 60Cals	1) In a small bowl, combine soy sauce, lime juice and water. Set aside. 2) Heat sesame oil over medium-high heat. Add mushroom and cook for 2 - 3 minutes until slightly tender. 3) Add tofu and sear until lightly brown for about 2 - 3 minutes on each side. 4) Next, toss in red bell pepper, chilli and cashew nuts. Cook very quickly for about 1 minute and stir in the soy sauce mixture. 5) Continue cooking for another 2 - 3 minutes until sauce has reduced slightly. Remove from heat and allow it to cool down.	257.5Cals

	<p>Dressing (2 servings) 1) Juice from 1 Lime – 10Cals 2) 2 tbsps. Soy Sauce – 18Cals 3) 1 tbsp. Water</p> <p><i>or</i></p> <p>SMOKED SALMON LETTUCE WRAP Filling (2 servings) 1) 100g (3.5oz) Smoked Salmon, sliced – 181Cals 2) ½ cup Carrots, shredded – 20Cals 3) ½ cup Cucumber, shredded – 8Cals 4) ½ cup (75g) Cherry Tomatoes, halved – 13.5Cals</p> <p>Dressing (2 servings) 1) Juice from 1 Lime – 10Cals 2) ½ tbsp. Fish Sauce – 3Cals 3) ½ tbsp. Honey – 32Cals 4) ¼ cup Jalapeno, thinly sliced – 7Cals 5) 1 medium Spring Onion, thinly sliced – 5Cals</p>	<p>6) To serve, spoon generous amount of tofu mixture onto lettuce leaves and sprinkle with coriander.</p> <p><i>or</i></p> <p>1) In a bowl, combine spring onions, jalapenos, lime juice, fish sauce and honey. Allow the ingredients to marinate for 15 minutes at room temperate. 2) In a large bowl, add smoked salmon, carrots, cucumber and cherry tomatoes. Combine well. 3) Toss in the dressing and mix until evenly coated. 4) To assemble, spoon generous amount of smoked salmon mixture onto lettuce leaves and serve.</p> <p>Video Link: https://youtu.be/SD0_gNp8EF4</p>	<p>279.5Cals</p>
<p>Dinner <i>(Watch “Low Fat Gluten-Free Vegetarian Dinner” for the complete guide.)</i></p>	<p>CHICKPEAS VEGETABLE CURRY W/ CHAPATTI [V] Ingredients (2 servings) 1) ½ Medium Onion, peeled & cut into quarters – 22Cals 2) 5g Root Ginger, peeled and roughly chopped – 5Cals 3) 1 Garlic Clove, sliced – 4cals 4) 1 ½ tsps. Red Curry Powder – 9Cals 5) 1 tsp. Olive Oil – 40Cals 6) 1 can (240g) Chickpeas, rinsed & drained – 290Cals 7) 1 can Chopped Tomatoes, undrained – 100cals 8) 150g fresh or frozen Spinach – 42cals 9) 150g fresh or frozen Cauliflower – 51Cals</p>	<p>1) Place onion, ginger and garlic into a food processor and blend into a purée. 2) Heat up a saucepan, add olive oil and add the puréed onion mix and curry powder to pan, sauté for 3 minutes. 3) Add in chickpeas, tomatoes, cauliflower and simmer. 4) Then stir in the spinach, water, and salt. Season with salt and pepper. 5) Cook until spinach is fully thawed and warm. Add more water if needed. 6) Served it hot with 1 medium Whole Wheat Chapatti.</p>	<p>411.5Cals (1 serving of curry with 1 medium chapatti)</p>

<p>(Watch "Eat Soup, Stay Slim" video for the complete guide.)</p>	<p>10) 125ml Water 11) 1 Whole Wheat Chapati (130cals) <i>*Option: Brown or Rice or Half & Half</i> 12) Salt & Pepper to Taste Per serving of curry: 281.5cals</p> <p>or</p> <p>CHICKEN SOBA SOUP NOODLES Ingredients (2 servings) 1) 1 bundle (80g) Soba / Buckwheat Noodles – 284Cals 2) 4oz (113g) Chicken, boiled, cooked, and hand-shredded into pieces – 120cals 3) 50g Green Leafy (Kale, Bok Choy, Cabbage etc) – 20Cals 4) 3 cups (750ml) Chicken Stocks – 52.5Cals 5) 1 Garlic Clove, crushed – 4Cals 6) ½ small Onion, diced – 14Cals 7) 1 tsp Olive Oil – 40cals 8) 1 tbsp Goji Berries – 22.4Cals **Optional 9) ½ tsp Toasted Sesame Oil – 18cals 10) 1 Fresh Red Chilli, chopped **Optional</p> <p>Video Link: https://youtu.be/SvmqURW-swg</p>	<p>Video Link: https://youtu.be/CUMyrStxbb8</p> <p>or</p> <p>1) Bring 2 pots of water to boil. Cook the chicken in one pot. Cook the soba 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. 7) Then add chicken stocks and bring it to boil for 5mins. 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 soften. 9) Once chicken has cooled down, hand shred it into small pieces. 10) Pour broth evenly onto the noodles and top each bowl with shredded chicken and fresh chopped chillies. Serve warm.</p>	<p>287.5cals</p>
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<p>Snacks (x2)</p> <p><i>(Watch "Easy Healthy Asian Snacks" video for the complete guide.)</i></p>	<p>THAI FRUIT SALAD [V]</p> <p>Ingredients (2 servings)</p> <p>1) ½ cup (75g) Cherry tomatoes – 13.5Cals 2) 1 small Green Apple, sliced into cubes – 78Cals 3) ½ cup (80g) Grapes – 60Cals 4) ¼ cup (50g) Pineapple, diced – 24Cals 5) 1 tbsp. (10g) Peanuts, halved – 58.5Cals <i>*Option: other nuts of your choice</i></p> <p>Sweet Chilli Dressing (Enough for 3 servings)</p> <p>1) 1 tbsp. Soy Sauce – 9Cals 2) 1 Garlic Clove, minced – 4Cals 3) 1 small Red Chilli, deseeded and roughly chopped <i>*Optional. Add it for extra kick.</i> 4) Juice from 1 Lime – 11Cals 5) ½ tbsp. Honey / Maple Syrup – 32Cals 6) 1 stalk Lemongrass, roughly chopped – 10Cals 7) A small chunk of Ginger, coarsely chopped – 4Cals 8) 3 tbsps. Water</p>	<p>1) Place all the sweet chilli dressing ingredients into a food processor and process until you get a rather smooth and thin paste. Set the sweet chilli dressing aside. 2) In a bowl, combine all the fruits. 3) Drizzle with dressing and top with peanuts. Serve chill.</p> <p>Video Link: https://youtu.be/xGCckh00UeA</p>	<p>258cals <i>(including dressing)</i></p>
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WEEK 1 & 2 (TUESDAY, THURSDAY, SATURDAY)

	RECIPES & INGREDIENTS	STEPS	PER SERVING
Breakfast <i>(Watch "4 No-Cook Chilled Soups" video for the complete guide.)</i>	CHILLED SPICED TOMATO SOUP [V] 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 <i>*more if you like the taste of it.</i> 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 Per Serving – 146Cals	1) Add all ingredients in a blender and blend it up until smooth. 2) Chill in the fridge for at least 2 hours or overnight before serving. 3) Serve with 2 slices of toasts (180Cals). Video Link: https://youtu.be/Qye2YHbxKi8	326Cals <i>(including 2 slices of toasts)</i>
Lunch <i>(Watch "3 No-Cook Vegan Asian Meals" video for the complete guide)</i>	COLD GLASS NOODLE SALAD [V] Ingredients (4 servings) 1) 100g Glass Noodles – 455Cals 2) ½ medium (600g) Cabbage, shredded – 112Cals 3) 2 medium Carrots, peeled & shredded – 50Cals 4) 1 Red Bell Pepper, diced – 37Cals 5) 1 Japanese Cucumber (150g), thinly sliced – 21Cals 5) ½ cup Fresh Basil, coarsely chopped – 4Cals 6) ½ cup Fresh Coriander, coarsely chopped – 4Cals 7) 1 large (25g) Spring Onion, thinly sliced – 8Cals 8) ½ cup unsalted Peanuts (73g), crushed – 427Cals	1) Start by prepping the noodles. Fill up a large bowl with boiling hot water. Then just soak the glass noodles for about 10 – 15 minutes until soft. Be sure to cover the bowl. 2) Let's prep the salad dressing. In a bowl, combine all the ingredients. Mix well and set aside. 3) Let's prep the salad. In a large bowl, combine all the chopped up vegetables and herbs. 4) Stir in the dressing and toss until well combined. Allow the salad mixture to sit for about 10 minutes for the vegetables to full absorb the flavours of the dressing.	326Cals

<p>(Watch "Light Healthy Salads for Lunch & Dinner" video for the complete guide.)</p>	<p>Spicy Lime Vinaigrette Dressing (4 servings)</p> <ol style="list-style-type: none"> 1) 3 tbsps. Fresh Lime Juice – 12Cals 2) 3 tbsps. Rice Wine Vinegar – 15Cals 3) 1 tbsp. Soy Sauce – 9Cals 4) ½ tbsp. Sesame Oil – 60Cals 5) ½ tbsp. Olive Oil – 60Cals 6) ½ tbsp. Maple Syrup – 26Cals 7) 1 Garlic Clove, minced – 5Cals 8) ½ tsp. Dried Chilli Flakes <p>or</p> <p>CHICKEN & MANGO RICE SALAD</p> <p>Ingredients (2 servings)</p> <ol style="list-style-type: none"> 1) 1 cup Rice, cooked and cooled – 206Cals **Leftover rice is perfect for this. 2) 6oz (170g) shredded Chicken Breasts, cooked and cooled – 256Cals **Choose to grill, bake or lightly pan-fry. **Vegetarian: Replace with 1 can of beans of your choice. 3) ½ medium (110g) Mango, peeled and diced into small cubes – 65Cals 4) ½ medium (140g) Cucumber, diced – 23Cals 5) 1 medium Green Onion, thinly sliced – 5Cals 6) 1 tbsp Basil Leaves, roughly chopped – 1Cal 7) Salt & Pepper, to taste <p>Ingredients (2 servings)</p> <ol style="list-style-type: none"> 1) Juice from 1 lime – 11Cals 2) ½ tbsp. Sesame Oil – 68Cals 3) ½ tbsp Rice Vinegar – 10Cals 4) ½ tbsp. Honey – 32Cals 	<ol style="list-style-type: none"> 5) Now let's check on the glass noodles. Drain off the water, shake and they should be ready! 6) To serve, place the glass noodles in a bowl, then top it up with a generous amount of salad and just sprinkle with a little bit of peanuts. <p>Video Link: https://youtu.be/vSIDQ3EkhS0</p> <p>or</p> <ol style="list-style-type: none"> 1) Start by making the salad dressing. In a small bowl, combine juice from 1 lime, rice vinegar, sesame oil, and honey. Set in aside. 2) In a large bowl, combine the rice, chicken breasts, mango, cucumber and green onion. Mix it well. 3) Lightly toss all the ingredients with the salad dressing. Season with salt & pepper. 4) Finally, sprinkle with basil leaves and serve. <p>Video Link: https://youtu.be/X_ah-3cuT7Y</p>	<p>338.5Cals</p>
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Dinner <i>(Watch "Full Vegan Meal Plan" video for the complete guide.)</i>	<p>TOFU SCRAMBLE WITH MIXED VEGETABLES [V] <u>Ingredients (1 serving)</u> 1) ½ block (175g) Firm Tofu, drained and sliced into small cubes – 108Cals 2) 200g Mixed Vegetables of your choice – 80Cals <i>*Or as much as you want!</i> 3) 1 tbsp. Hoisin Sauce – 41Cals <i>*Option soy sauce.</i> 4) 40g Uncooked Rice (about 90g cooked) – 142Cals 5) 1 tsp. Olive Oil – 40cals 6) 2 Garlic Cloves, minced – 8Cals</p> <p><i>or</i></p>	<ol style="list-style-type: none"> 1) Heat olive oil over medium-high high. Lightly stir-fry garlic for 1-2 minutes until golden brown and fragrant. 2) Add mixed vegetables and sauté for 1-2 minutes. Don't over cook them. 3) Add tofu and mix all the ingredients with hoisin sauce. 4) You can choose to scramble your tofu up! 5) Finally Add salt and pepper to taste! 6) Serve hot with white or brown rice or half & half! 	<p>419Cals</p>
	<p>STIR-FRY CHICKEN WITH MIXED VEGETABLES <u>Ingredients (1 serving)</u> 1) 3oz (85g) Chicken Breasts, diced into cubes – 128Cals 2) 200g Mixed Vegetables of your choice – 80Cals <i>*Or as much as you want!</i> 3) 1 tbsp. Oyster Sauce – 41Cals <i>*Option soy or hoisin sauce.</i> 4) 40g Uncooked Rice (about 90g cooked) – 142Cals 5) 1 tsp. Olive Oil – 40cals 6) 2 Garlic Cloves, minced – 8Cals</p>	<p><i>or</i></p> <ol style="list-style-type: none"> 1) Heat olive oil over medium-high high. Lightly stir-fry garlic for 1-2 minutes until golden brown and fragrant. 2) Add in chicken cubes and lightly stir-fry for 4 – 5 minutes until almost cooked. 3) Stir in mixed vegetables and sauté for 1-2 minutes. Don't over cook them. 4) Add in oyster sauce and mix until well coated. 5) Finally Add salt and pepper to taste! 6) Serve hot with white or brown rice or half & half! <p><i>Video Link: https://youtu.be/13UZxQdf7sl</i></p>	<p>439Cals</p>

<p>Snacks (x2)</p> <p><i>(Watch "Oven-Baked Veggie Spring Rolls & Samosas" for the complete guide.)</i></p>	<p>VEGGIE SPRING ROLLS [V]</p> <p>Ingredients (16 rolls)</p> <ol style="list-style-type: none"> 1) 16 Spring Roll Wrappers – 44Cals each 2) 200g Extra Firm Tofu, sliced into small cubes – 180Cals 3) 100g Lettuce / Cabbage, shredded – 15Cals 4) 100g Carrots, shredded – 41Cals 5) 100g Zucchini / Cucumber, finely sliced – 17Cals 6) 100g Green Beans / Long Beans, finely sliced – 31Cals 7) 3 Garlic Cloves, minced – 12Cals 8) 1 tbsp. Sesame Oil – 135Cals 9) 1 tbsp. Soy Sauce – 9Cals 10) ½ Egg + 1 tsp. Water, lightly beaten – 39Cals <p><i>**For Vegan, you may replace the egg with corn starch</i></p> <p>Video Link: https://youtu.be/MSqAdn_ouBw</p>	<ol style="list-style-type: none"> 1) Heat ½ tbsp. of sesame oil under medium-high heat. Lightly stir fry the tofu cubes for 5 – 7 minutes until slightly brown. Then remove from heat and set it aside. 2) Next, heat the remaining ½ tbsp. of sesame oil under medium-high heat. Lightly stir-fry the garlic until golden brown. Then stir in the green beans and carrots. Stir all the ingredients very quickly for a minute before adding in the lettuce, tofu cubes and 1 tbsp of soy sauce. Cook for another 1 – 2 minutes until the vegetables start to soften but do not overcook them. 3) Transfer the spring roll filling into a bowl. 4) Preheat the oven to 200 degrees Celsius or 400 degrees Fahrenheit. 5) Divide the ingredients equally into 16 portions and wrap with the spring roll wrappers. <i>(Watch my video for step by step guidance)</i> 6) Coat a baking tray with some cooking spray. Place half of the spring rolls on the tray and bake in the oven for 10 – 12 minutes until slightly brown and crispy. 7) Freeze the remaining spring rolls until ready to eat. 	<p>74Cals per spring roll</p> <p><i>(Have 2–3 servings)</i></p>
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[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 your 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 ASIAN-INSPIRED EAT-CLEAN PLAN (Week 5 – 8)

WEEK 5 – 8 (MONDAY / WEDNESDAY / FRIDAY)

	RECIPES & INGREDIENTS	STEPS	PER SERVING
Breakfast (Watch “Healthy Asian Meal Plan to Lose Weight” video for the complete guide)	FISH CONGEE Ingredients (2 servings) 1) 150g uncooked White Rice, washed and rinsed – 541.5Cals 2) 5 cups Water 3) 4oz (113g) Cod / Seabass /Grouper Fish, thinly sliced – 104Cals <i>**For vegetarians, omit this.</i> 4) ½ tbsp. Soy Sauce – 4.5Cals 5) ½ tsp. Sesame Oil – 20Cals 6) ½ tbsp. Fish Sauce (optional) – 3Cals <i>*For vegetarians, omit this.</i> 7) A pinch of Salt	1) Combine fish, soy sauce and sesame oil in a bowl. Mix well and allow it to marinate for 20 minutes. 2) Grind the rice in a food processor. This will speed up the cooking process and more importantly you’ll have a really soft and smooth congee. 3) In a large pot, combine rice and 5 cups of water. Set it on the stove to boil. 4) When water comes to a boil, open the lid slightly and allow it to simmer on medium heat for about 10 – 15 minutes. Stir frequently. 5) If congee gets too thick at any point, add in ½ cup of water to dilute it. 6) After 10 minutes or once congee is really soft, add in the marinated fish and a pinch of salt. Continue stirring until all the ingredients are mixed well. 7) Increase to high heat and allow all the ingredients to cook for another 3 – 5 minutes. 8) Finally, stir in the fish sauce. Remove from heat and serve warm. 7) Garnish with spring onions, ginger slices, parsley and a few drops of sesame oil and soy sauce. If you like a hint of spice, you may add white pepper powder too. <i>Video Link: https://youtu.be/5odnF7H-tz0</i>	336.5Cals

<p>Lunch</p> <p><i>(Watch “Healthy Sandwich & Wrap Recipes” video for the complete guide.)</i></p>	<p>SPICED CURRY CHICKPEAS WRAP [V] <u>Ingredients (5 servings)</u> 1) 1 can (240g) Chickpeas, rinsed & drained – 247Cals 2) 1 large Red Bell Pepper, diced into cubes – 43Cals 3) ¼ cup Dried cranberries, roughly chopped – 92Cals <i>*Options: raisins, currants, or dates.</i> 4) ¼ cup (35g) Cashew Nuts – 201Cals 5) Juice from ½ Lemon – 6Cals 6) 1 Garlic Clove, diced – 4Cals 7) ½ medium Onion, diced – 22Cals 8) ½ tbsp. Olive Oil – 60Cals 9) 1 tsp. Curry Powder – 6Cals 10) ½ tsp. Ground Cumin – 4Cals 11) Salt & Pepper to taste 12) Wholegrain Wrap – 169Cals each</p> <p>or</p>	<ol style="list-style-type: none"> 1) In a pan, heat olive oil over medium-high heat. 2) Add onion, garlic and spices; curry powder and cumin. Lightly stir-fry for about 2 to 3 minutes until fragrant. 3) Then mix in the chickpeas, bell pepper, cranberries and lemon juice. Sautee for another 3 – 4 minutes until ingredients are warm and well combined. 4) Reduce to medium heat and toss in the cashew nuts. Season with salt and pepper. Continue to cook until cashew nuts are slightly brown and all ingredients are coated in spices. 5) Set aside to cool down. 6) Take one wholegrain wrap and place one fifth of the filling near the centre. Roll up tightly and wrap it in foil. <p>Video Link: https://youtu.be/E07eOcCldcA</p> <p>or</p>	<p>306Cals</p>
<p><i>(Watch “Fun & Healthy Lunch Box Ideas” video for the complete guide.)</i></p>	<p>BAKED CHICKEN KEBAB SKEWERS <u>Ingredients (1 serving)</u> 1) 3.5oz (100g) Chicken Breast, cubed – 126Cals <i>*Option: other lean meat of your choice</i> 2) 1 medium Yellow Bell Pepper, cubed – 37Cals 3) 1 cup Zucchini, cubed – 16Cals 4) ½ cup Cherry Tomatoes – 14Cals</p> <p><u>Marinate Mixture:</u> 1) Juice from 1 Lemon – 11Cals 2) ½ tbsp. Olive Oil – 60Cals 3) ½ tbsp. Garlic Powder – 16Cals 4) Salt & Pepper to Taste</p>	<ol style="list-style-type: none"> 1) The first crucial step is to soak the bamboo skewers in water for at least 15 minutes to prevent them from burning in the oven. 2) To make the “Marinate Mixture”, combine lemon juice, olive oil, garlic powder and salt & pepper. Set aside. 3) In a large bowl, combine chicken cubes, bell pepper, zucchinis, cherry tomatoes and marinade mixture. Mix until evenly coated. 4) Allow the meat and vegetables to marinate for at least 20 – 30 minutes to keep the meat tender and to enhance the flavor. 5) Pre-heat the oven to 190 degrees Celsius or 375 degrees Fahrenheit. 	<p>319Cals <i>(including dip)</i></p>

	<p>Yoghurt Ranch Dip (2 servings) 1) ½ cup Greek or Plain Yoghurt – 74Cals 2) 1/8 tsp. garlic powder – 4Cals 3) 1/8 tsp. dried chives 4) 1/8 tsp. dried parsley 5) 1/8 cayenne pepper 6) Salt & Pepper to Taste</p>	<p>6) While waiting for the meat & vegetables to marinate, let's make the yoghurt ranch dip to go along with the kebab 7) In a bowl, combine yoghurt, with garlic powder, dried chives, parsley and cayenne pepper each. Season with salt & pepper. Set aside. 8) Thread the marinated meat and vegetables onto the soaked wooden skewers and place onto baking tray. This would make about 8 – 10 short skewers. 9) Bake in the oven for 15 minutes, turn over once, and continue baking for another 15 minutes until chicken is cooked through. 10) Remove from oven and allow the chicken skewers to cool down. 11) Dip into the Yoghurt Ranch Dip!</p> <p>Video Link: https://youtu.be/SM_Zf50SpQ8</p>	
<p>Dinner <i>(Watch “Veggie Asian Noodles with Peanut Sauce” for the complete guide.)</i></p>	<p>VEGGIE ASIAN NOODLES W/ PEANUT SAUCE [V] Peanut Sauce (2 servings) 1) 2 tbsps. Peanut Butter – 188Cals 2) 1 tbsp. Soy Sauce – 9Cals 3) 1 Garlic Clove, minced – 4Cals 4) 1 small Red Chilli, deseeded and roughly chopped <i>*Optional. Add it for extra kick.</i> 5) Juice from 1 Lime – 11Cals 6) ½ tbsp. Honey / Maple Syrup – 32Cals 7) 1 stalk Lemongrass, roughly chopped – 10Cals 8) A small chunk of Ginger, coarsely chopped – 4Cals 9) 3 tbsps. Water</p>	<p>Peanut Sauce: 1) Place all the ingredients into a food processor and process until you get a rather smooth and thin paste. 2) Add a little bit more water if needed. 3) Set the peanut sauce aside.</p> <p>Noodles: 1) Cook the soba noodles according to instruction. Here's a tip, to avoid the noodles from sticking, drain and rinse with cold water. Set it aside. 2) Spiralise the Japanese cucumber and carrot into noodles either with a vegetable spiral slicer or a peeler. Set aside. 3) Heat sesame oil over medium-high heat. Toss the</p>	<p>394Cals</p>

<p>(Watch “One Week Vegan Flat Belly Meal Prep” for the complete guide.)</p>	<p>Noodles (2 servings) 1) 1 bundle (80g) of Soba / Buckwheat Noodles – 284Cals 2) medium Carrot – 30Cals 3) 1 large Bell Pepper, thinly sliced – 33Cals 4) 1 small (150g) Zucchini / Japanese Cucumber – 25Cals 5) 1 cup (150g) Bean Sprouts – 40Cals 6) ½ medium Red Onion, chopped into small cubes – 20Cals 7) A handful of chopped Parsley – 10Cals 8) 20g Peanuts, halved – 117Cals 9) ½ tbsp. Sesame Oil – 60Cals 10) 1 small Red Chilli, finely chopped</p> <p>or</p> <p>SCRAMBLED TOFU PINEAPPLE FRIED RICE [V] Ingredients (3 servings) 1) 1 block (300g) Firm Tofu, mashed – 186Cals 2) 1 ½ cups Brown or White Rice, cooked and cooled – 368.5Cals <i>*I measured 105g uncooked, and 210g cooked. Leftover rice is perfect.</i> 3) ½ cup (70g) Carrots, finely sliced – 40Cals 4) 150g Broccoli, chopped – 51Cals 5) 1 cup Pineapples Chunks – 83Cals 6) 1 large (120g) Red Bell Pepper, diced – 43Cals 7) 3 Garlic Cloves, minced – 12Cals 8) 1 medium stalk Spring Onion, sliced – 5Cals</p>	<p>peanuts in the oil until they are lightly toasted on all sides, then add the onion, chilli and sauté for another 2-3 minutes until fragrant. 4) Finally, add the bell pepper, bean sprouts, parsley, carrots and Japanese cucumber. Saute very quickly for 2-3 minutes and remove from heat. To keep the vegetables crunchy, we do not want to over cook them. 5) In a large bowl, combine mixed vegetables with the soba noodles. 6) Divide equally into 2 servings and drizzle the peanut sauce onto the dish. <i>*If you want to take this out with you, then pack the peanut sauce separately to keep the veggies fresh and crunchy.</i></p> <p>Video Link: https://youtu.be/78n5e1SiMe4</p> <p>or</p> <p>1) In a pan, heat ½ tbsp. of sesame oil over medium-high heat. 2) Stir in the tofu and cook for 4 – 5 minutes until tofu is slightly brown. Remove from heat and set aside. 3) Add the remaining ½ tbsp. of sesame oil. Add garlic and lightly stir-fry for about one minute until golden brown and fragrant. 4) Stir in the carrot and broccoli. Cook for 3 – 4 minutes until vegetables are slightly tender. If too dry, add a dash of water. 5) Then mix in bell pepper, pineapple chunks and cashew nuts. Continue cooking for another 3 – 4 minutes until pineapples are slightly caramelized on the edges and cashew nuts are lightly brown.</p>	<p>376.5Cals</p>
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	<p>9) 1 tbsp. Red Chilli, finely sliced <i>*Optional. More for extra kick.</i> 10) ¼ cup (35g) Cashew Nuts – 201Cals 11) 1 tbsp. Sesame Oil – 120Cals 12) 1 tbsp. Soy Sauce, reduce salt – 9Cals 13) Juice from 1 Lime – 11Cals</p>	<p>6) Stir in the rice, soy sauce and lime juice. Cook for about 5 minutes until rice is heated through and all ingredients are well combined. 7) Finally add the scrambled tofu, spring onion and red chilli. Cook very quickly for another 1 – 2 minutes. 8) Remove from heat and allow the rice to cool down.</p> <p>Video Link: https://youtu.be/BdZlHHwX0Ao</p>	
<p>Snacks (x2) <i>(Watch “Easy Healthy Asian Snacks” video for the complete guide.)</i></p>	<p>VEGAN MINI SPRING ROLLS [V] Filling (makes 16 rolls) 1) 16 medium Rice Papers – 20Cals each 2) 1 cup (36g) Lettuce, shredded – 5Cals 3) 50g Carrot, cut into match sticks – 20Cals 4) 100g Sweet Turnip, thinly sliced – 28Cals 5) 100g Cucumber, cut into match sticks – 15Cals 6) 100g Red Bell Pepper, thinly sliced – 26Cals 7) ¼ cup Fresh Herbs, Mint or Basil Leaves, roughly chopped – 4Cals</p> <p>Sweet Chilli Dressing (Enough for 3 servings) 1) 1 tbsp. Soy Sauce – 9Cals 2) 1 Garlic Clove, minced – 4Cals 3) 1 small Red Chilli, deseeded and roughly chopped <i>*Optional. Add it for extra kick.</i> 4) Juice from 1 Lime – 11Cals 5) ½ tbsp. Honey / Maple Syrup – 32Cals 6) 1 stalk Lemongrass, roughly chopped – 10Cals 7) A small chunk of Ginger, coarsely chopped – 4Cals 8) 3 tbsps. Water</p>	<p>1) Fill a large bowl with warm water. Dip one rice paper very carefully and gradually for about 30 seconds, until totally soften. 2) Gently lay rice paper flat on a clean wet cloth. 3) Start by arranging a little bit of mint leaves at the bottom centre of the rice paper. Then add all the veggie mixture, a small amount of lettuce, sweet turnip, carrot, cucumber and bell pepper. 4) To roll, fold both left and right sides inward, then firmly roll the bottom edge of the rice paper over once, and continue rolling until seam is sealed. 5) Repeat with the remaining ingredients and this will make about 16 mini spring rolls.</p> <p><i>*For the Sweet Chilli Dressing, place all the ingredients into a food processor and process until you get a rather smooth and thin paste. *Dip the mini spring rolls into the dressing. Yummy!</i></p> <p>Video Link: https://youtu.be/xGCckh00UeA</p>	<p>122cals (Serving of 4 mini rolls)</p>

WEEK 3 & 4 (TUESDAY, THURSDAY, SATURDAY)

	MEALS & INGREDIENTS	STEPS	PER SERVING
<p>Breakfast</p> <p><i>(Watch "Fun & Healthy Lunch Box Ideas" video for the complete guide.)</i></p>	<p>TURKEY SANDWICH SUSHI ROLLS <u>Ingredients (1 serving)</u> 1) 2 medium Bread Slices – 160Cals 2) 2 Turkey or Chicken Breast Slices – 40Cals <i>*Vegan, omit this.</i> 3) 1 tbsp. Cream Cheese – 50Cals 4) Zucchini, Carrot & Bell Pepper Sticks – 25Cals</p> <p><i>or</i></p> <p>BANANA SANDWICH SUSHI ROLLS [V] <u>Ingredients (1 serving)</u> 1) 2 medium Bread Slices – 160Cals 2) 1 tbsp. Peanut Butter – 94Cals 3) 1 Medium Banana, halved – 105Cals</p>	<p>1) Cut the crust off on all sides of two breads. 2) Use a rolling pin to flatten the breads as thin as possible. 3) Spread a thin layer of cream cheese and top with 1 turkey slice on each bread. Fill it up with zucchini, carrot and bell pepper sticks. 4) Firmly roll the mixture up and press to seal into a roll. 5) Cut each roll into 4 even pieces and serve.</p> <p><i>or</i></p> <p>1) Cut the crust off on all sides of two breads. 2) Use a rolling pin to flatten the breads as thin as possible. 3) Spread a thin layer of peanut butter and place half a banana at one end of each bread. 4) Firmly roll the banana and bread up. 5) Cut each roll into 4 even pieces and serve.</p> <p>Video Link: https://youtu.be/SM_Zf50SpQ8</p>	<p>275Cals</p> <p>359Cals</p>
<p>Lunch</p> <p><i>(Watch "Low Calorie Gluten-Free Vegetarian Dinners" video for</i></p>	<p>TOMATO RICE & BLACK BEANS [V] <u>Ingredients (2 servings)</u> 1) ½ cup (100g) uncooked White or Brown Rice / a combination of both – 355Cals <i>**Weigh approx. 240g once cooked</i> 2) ½ can (200g) Chopped Tomatoes, juice reserved – 50Cals</p>	<p>1) Cook rice according to instructions. 2) In a pan, heat olive oil over medium-high heat. 3) Add garlic and bell pepper. Stir-fry for 3-4 minutes until fragrant and bell pepper starts to soften. 4) Then mix in the black beans, chilli powder, cumin, salt and cook for another 1 minute to combine all the</p>	<p>292Cals</p>

<p><i>the complete guide.)</i></p> <p><i>(Watch "Healthy Asian Meal Plan to Lose Weight" video for the complete guide)</i></p>	<p>3) 1 tsp. Olive Oil – 40Cals 4) 2 cloves Garlic, minced – 8Cals 5) 1 large (170g) Bell Pepper, chopped – 45Cals 6) ½ can (130g) Black Beans, rinsed and drained – 74Cals 7) 1 tsp. Ground Cumin – 8Cals 8) ½ tsp. Chilli Powder – 4Cals 9) A little bit of Salt for seasoning</p> <p>or</p> <p>EGG PRAWN FRIED RICE Ingredients (2 servings) 1) 1.5 cups cooked Brown / White Rice (preferably leftovers) – 320Cals 2) 8 - 10 uncooked large Prawns, peeled – 100Cals <i>**Option, any other protein of your choice.</i> 3) 1 tbsp. Soy Sauce – 9Cals 4) 1 tbsp. Olive Oil – 120Cals 5) 2 cloves Garlic, minced – 8Cals 6) ½ medium Onion, diced – 22Cals 7) 50g Carrots, sliced – 20Cals 8) 50g Long Beans, sliced – 24Cals 9) 1 large Egg – 78Cals 10) 1 medium stalk Spring Onion, sliced – 5Cals 11) Salt & Pepper to taste</p>	<p>ingredients together. 5) Next, add half a can of chopped tomatoes and bring to a boil under low heat. Cook for another 5-7 minutes, until the beans have absorbed much of the liquid. 6) Finally mix in the rice and combine all the ingredients, stirring for 1-2 minutes until the rice is warm and serve immediately.</p> <p>Video Link: https://youtu.be/CUMyrStxbb8</p> <p>or</p> <p>1) Heat ½ a tablespoon of olive oil over medium-high heat. 2) Add garlic and toss quickly for about 10 seconds. Then add in onions and lightly stir-fry until golden brown and fragrant. 3) Add the shrimps and sauté for 1 – 2 minutes until shrimps are slightly pink. Then stir in the carrots and long beans. Continue to lightly fry all the ingredients together for about 3 – 4 minutes until vegetables are slightly soft and the shrimps are pink and cooked through. 4) Next stir in the rice, soy sauce and mix well. 5) Then spread the rice mixture to the corner of the pan creating a small hole in the centre. 6) Add the remaining ½ a tablespoon of olive oil in the centre of the pan. Add the egg and scramble very quickly for about 10 seconds. When the egg is still a bit runny, combine with the rice mixture. Mix well.</p>	<p>353Cals</p>
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		7) Finally, stir in the spring onions and season with salt and pepper. Remove from heat and serve!	
		Video Link: https://youtu.be/5odnF7H-tz0	
Dinner	CHUNKY VEGETABLE BARLEY SOUP [V]		400Cals
<i>(Watch "Eat Soup & Stay Slim" video for the complete guide.)</i>	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	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.	
	or	Video Link: https://youtu.be/SvmqURW-swg	
	SPICED CHICKPEAS TUNA SALAD	or	298.5Cals
<i>(Watch "Light Healthy Salads for Lunch & Dinner" video for the complete guide.)</i>	Ingredients (2 servings) 1) 1 can (240g) Chickpeas, rinsed & drained – 290Cals *Option: Any other beans. 2) 1 can (130g) Tuna, drained & flaked – 117Cals **For vegetarian, you may omit this. 3) 1 medium (120g) Bell Pepper, diced – 31Cals 4) ¼ medium Red Onion, finely diced – 10Cals 5) 2 cups (60g) Fresh Leafy Greens, any choice – 14Cals 6) ½ medium Avocado, diced into cubes – 115Cals (Optional) 7) 1 tbsp. Basil Leaves, chopped – 1Cal	1) Let's start by making the dressing. In a bowl, combine juice from ½ a lemon, paprika, rice vinegar, salt and pepper. Set it aside. 2) In a large bowl, combine chickpeas, tuna, bell pepper, red onion and avocado. Mix it well. 3) Lightly toss all the ingredients with the salad dressing. 4) Serve it over the leafy greens and finally sprinkle with basil leaves.	
		Video Link: https://youtu.be/X_ah-3cuT7Y	

	<p>Dressing (2 servings) 1) Juice from ½ Lemon – 6Cals 2) 1 tsp. Paprika – 6Cals 3) 1 tsp. Rice Vinegar – 7Cals 4) Salt & Pepper, to taste</p>		
<p>Snacks (x2) <i>(Watch “Oven-Baked Veggie Spring Rolls & Samosas” for the complete guide.)</i></p>	<p>SPICY SWEET POTATO & CHICKPEAS SAMOSA [V] Ingredients (makes 16 rolls) 1) 16 Spring Roll Wrappers – 44Cals Each 2) 200g Sweet Potatoes, diced into small cubes – 172Cals 3) 1 medium Onion, finely diced – 44Cals 4) ½ can or 120g Chickpeas, washed & drained – 145Cals 5) 100g Green Peas – 60Cals 6) 1 tsp. Chilli Powder – 8Cals 7) 1 tsp. Cumin Powder – 8Cals 8) 1 tbsp. Olive Oil – 119Cals 9) ½ Egg + 1tsp water, lightly beaten – 39Cals</p> <p>Video Link: https://youtu.be/MSqAdn_ouBw</p>	<p>1) Heat 1 tbsp. of olive oil under medium-high heat. Stir in the onions and sweet potatoes. Lightly stir-fry for 5 – 7 minutes until fragrant and the sweet potatoes are tender. 2) Then stir in the chickpeas and green peas. Add the chilli powder and cumin powder. Stir all the ingredients for another 2 – 3 minutes and transfer the samosa filling into a bowl. 3) Pre-heat oven to 200 degrees Celsius or 400 degrees Fahrenheit. 5) Divide the ingredients equally into 16 portions and wrap with the spring roll wrappers. <i>(Watch my video for step by step guidance)</i> 6) Coat a baking tray with some cooking spray. Place half the samosas on the tray and bake in the oven for 10 – 12 until slightly brown and crispy. 7) Freeze the remaining samosas, until ready to eat.</p>	<p>81.2Cals per samosa <i>(Have 3 – 4 servings)</i></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! =)