

90-DAY WEIGHT LOSS CHALLENGE TO A NEW YOU (FULL MEAL PLAN)

MONDAY / WEDNESDAY / FRIDAY MEALS

| | MEALS & INGREDIENTS | STEPS | TOTAL CALS |
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| Breakfast (Please watch my "Full Meal Plan to Lose Weight" video for the complete guide.) | AVOCADO EGGS ON TOAST 1) 2 hard boiled Eggs - 1 whole egg, 1 egg white (97cals) 2) 1/4 Avocado (80cals) 3) 1 medium slice of Wholemeal Toast (90cals) Drink: Green Tea / Apple Cider Vinegar (0 cals) | - Slice the eggs & avocado into fine slices, mix them together in a bowl and top it onto your toast. | 267cals |
| Snack (Please watch my "What to Eat to Lose & Maintain Your Weight" video for the complete guide.) | BANANA SMOOTHIE 1) 2 Medium Bananas, Sliced & Frozen (180cals) 2) 250ml of semi-skimmed milk (120cals) <i>*Option: Soya milk or almond milk.</i> | - Add all the ingredients into a smoothie blender, blend for 1-2 minutes until you have a thick and creamy smoothie. Yummy! | 300cals |
| Lunch (Please watch my "Full Meal Plan to Lose Weight" for the complete guide.) | CREAMY CHICKEN WRAP 1) 3.5oz/100g of Grilled Chicken Breast (130cals) <i>*Option: Other meat of your choice: turkey, steak, lamb, pork, beef etc.</i> 2) 1 Whole Wheat Wrap (160cals) <i>**Option: whole wheat bread / cous cous / pita bread / brown rice / pasta</i> 3) 50g of Cottage Cheese (30cals) <i>*Option: Greek Yoghurt</i> 4) 80g of Lettuce (12cals) <i>**Or as much lettuce as you want as Lettuce is considered "Free Food".</i> 5) 1 tsp of Olive Oil (40 cals) | - Grill the chicken breast and slice into thin slices. - Mix the chicken breast with the cottage cheese and olive oil. - Place the lettuce onto the wrap, add your creamy chicken slices and wrap it up! | 372cals |

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| <p>Snack <i>(Please watch my "Under 100-Calorie Snacks" video for the complete guide.)</i></p> | <p>CHOOSE A SNACK from the "Under 100-Calorie Snack" Video</p> <p>A) Garlic Roasted Chickpeas (184cals) 1) 1 teaspoon of olive oil (40cals) 2) ½ can or 120g of drained Chickpeas (144cals) 3) ½ teaspoon of Garlic Powder *You can add more garlic powder according to your preference.</p> <p>OR</p> <p>B) Nut-Free Chocolate-Raisin Snack Bar (89.5cals per bar x 2 bars) 1) 30g / 2.5cups of unsweetened puffed wheat cereal (116cals) 2) 67.5g / ¾ of Old-Fashioned Rolled Oats (251cals) 3) 50g of Raisins, chopped (152.5cals) 4) 150g of Honey (495cals) *Option: Maple syrup 5) ½ teaspoon of Vanilla Extract 6) 50g of Dark Chocolate Chips / finely chopped dark chocolate (237.5cals)</p> <p>**Makes 14 bars</p> <p><i>OR Other snacks of your choice, adjust calories accordingly.</i></p> | <p><i>(Please watch my "Under 100-Calories Snacks" video for the complete guide.)</i></p> <p><i>**Consume 2 servings from your chosen snack. If you want to reduce your calories or you are not that hungry, then have 1 serving.</i></p> | <p>184cals</p> |
| <p>Dinner <i>(Please watch my "Full Meal Plan to Lose Weight" for the complete guide.)</i></p> | <p>SALMON WITH SWEET POTATO</p> <p>1) 3oz/85g of Salmon Fillet (100.3cals) *Option: Other fish or seafood of your choice: shrimp, crab, tilapia, cod, tuna 2) 150g of Sweet Potato (129cals) **Option: Brown rice, whole pasta, cous cous, quinoa 3) 75g of Frozen Spinach (33cals) 4) 50g of Frozen Sweet Corns (41cals) 5) 1 tsp of lemon & honey dressing (30cals)</p> | <p>- Grill or bake the salmon fillet - Boil and mash the sweet potato. - Allow the frozen spinach and corn to thaw under medium heat. - Place all the ingredients onto a plate and top it with the honey lemon dressing.</p> | <p>343.3cals</p> |

TOTAL CALORIES = 1466.3Cals

TUESDAY, THURSDAY, SATURDAY MEALS

****This Meal Plan is based on my "Victoria's Secret Angels Flat Tummy Meal Plan" Video.**

| | MEALS & INGREDIENTS | STEPS | TOTAL CALS |
|------------------|--|---|-------------------|
| Breakfast | <p>EGGY OATMEAL</p> <p>1) 40g of Oatmeal (148cals) 2) 1 large Egg (78cals) 3) ½ a medium Banana (52.5cal) 4) 200ml of water **Option: ¼ teaspoon of cinnamon Drink: Green Tea / Apple Cider Vinegar (0cals)</p> <p><i>**You can also add 1 tsp of vanilla essence, ½ tsp of baking powder and cook the mixture on a hot pan. It'll make you 2 large Oaty Pancakes, great for the weekend!</i> <i>**If you want to increase your protein and calories intake, add another egg, that'll be 356.5cals.</i></p> | <p>- Cook the oatmeal with water under a slow heat. - In the meantime, whisk 1 egg and mash the banana up with a fork. - Once the oatmeal is almost ready, add the mashed banana and egg. - Stir frequently until all the ingredients are well blended and cooked.</p> | 278.5 cals |
| Snack | <p>GREEK YOGHURT PARFAIT</p> <p>1) 125g of Low Fat Greek Yoghurt (98.75cals) 2) 25g of cashew nuts (149cals) *Option: Other nuts such as almond, pistachio, walnut etc. 3) 100g of Grapes (67cals) *Option: Other fruit of your choice, 1 piece.</p> | <p>- You can have them as separate snacks or mix them together to make a Greek Yoghurt Parfait.</p> | 314.75cals |
| Lunch | <p>GRILLED CHICKEN SALAD</p> <p>1) 80g of Lettuce (12cals) **Or as much lettuce as you want as Lettuce is considered "Free Food". 2) 100g of sliced Tomato / 1 medium tomato (18cals) 3) 100g of Baby Carrots (22cals) 4) 3oz / 85g of Grilled Chicken (110cals) *Option: Other meat of your choice: turkey, steak, lamb, pork, beef etc. 5) 1 teaspoon of Olive Oil (40cals) 6) 1 teaspoon of Lemon</p> | <p>- Grill the chicken breast or buy ready grilled chicken breast. - Mix the olive oil & lemon together to make the salad dressing. - Add all the ingredients into a bowl and drizzle it with the lemon and olive oil dressing.</p> | 202cals |

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| | <p><i>**If you want to increase your protein and calories intake, add ½ can of drained chickpeas (120g, 151cals) and use 3.5oz/100g (130cals) of chicken breast. That'll be 373cals for lunch.</i></p> | | |
| Snack | <p>BERRYLICIOUS DESSERT 1) 150g of silken tofu (93cals) 2) 150g of mixed berries (43.5cals) 3) 50ml of water <i>**Option: 1 small piece of grated dark chocolate. 40cals additional.</i></p> | <ul style="list-style-type: none"> - Add all the ingredients into a smoothie blender, blend for 1-2 minutes until you have a thick mixture. - Transfer the mixture into a glass, chill it in the fridge for an hour or until it's firm. - Option: Top it up with grated dark chocolate & it's ready! | 136.5cals |
| Dinner | <p>SALMON SPINACH FRITTATA 1) 3oz / 85g of Salmon Fillet (100.3cals) <i>*Option: Other fish or seafood of your choice: shrimp, crab, talapia, cod, tuna etc</i> 2) 75g of Frozen Spinach (33cals) 3) 1 large Egg (78cals) 4) 75g of Broccoli (22.5cals) 5) 15g of Grated Cheese (55cals) <i>**If you want to increase your protein and calories intake, add ¼ can of drained kidney beans / black beans (60g, 56cals), that'll be 328.3cals for dinner.</i></p> | <ul style="list-style-type: none"> - Cook the salmon fillet in a pan under medium heat. - Break the fillet up into small chunks and add the frozen spinach and broccoli into the pan. - Allow all the ingredients to lightly cook. - In the meantime, whisk the egg and preheat the oven to 180 / 350 degrees. - Once the salmon chunks and vegetables are done, transfer them into an ovenproof dish. - Cover it with the whisked egg and top it up with grated cheese. - Bake in the oven for 10-15mins or until the egg is firmed. | 272.3cals |

TOTAL CALORIES: 1204.5cals

HIGHER CALORIE OPTION: 1509cals

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

IMPORTANT NOTES:

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

**DON'T WAIT UNTIL YOU HAVE ACHIEVED YOUR GOAL TO BE PROUD OF YOURSELF,
BE PROUD OF YOURSELF FOR EVERY STEP YOU TAKE TOWARDS YOUR GOAL. ALL THE BEST! =)**