



GET A HOLIDAY BODY: LOSE A STONE IN 4 WEEKS



All of the below recipes can be found in full at www.channel5.com/getaholidaybody

Don't forget to tune in every Thursday to Get A Holiday Body: How Lose A Stone in 4 Weeks at 8pm on Channel 5

MEALS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	WEEK 1 AND 5				
Breakfast	Scrambled Eggs and Smoked Salmon	Speedy Beans On Toast	Overnight Oats	Chocolate Overnight Oats	Fruit and Yoghurt Parfait
Lunch	Tasty Tabbouleh with Chicken	Prawn and Avocado Wrap	Butternut Squash Soup	Chicken Pesto Salad	Ratatouille Pasta Bake
Dinner	Chicken or Beef Sweet Pepper and Mangetout Stir-Fry with Almonds	Thai Chicken Curry	Hot Salmon with Steamed vegetables	Lean Lamb Chops with Salad	Mediterranean Oven Chicken
Snacks	Still feeling hungry? Try these tasty and nutritious snacks for week 1: <ul style="list-style-type: none"> • 1 hard-boiled egg – salt and pepper to season and 100g of cherry tomatoes • 30g hummus and 100g carrots • 1 apple and 1 tbsp almond butter • 1 pear/orange and a closed handful of unsalted nuts • ½ banana, 2 tsp of cocoa powder and 150ml skimmed milk 				

It is recommended that you increase physical activity gradually. If in any doubt, or you experience physical discomfort while exercising, please stop and consult a healthcare professional.