

better body

# Treat yourself and lose weight!

Terri-Ann Nunns helps you slim while enjoying a little of what you fancy



## Day 3

**Breakfast** Omelette made with 2 eggs, a splash of milk, and veg of your choice

**Snack** An apple

**Lunch** Jacket with beans and salad  
Microwave or oven bake a 200g jacket potato and serve with 10g butter, 200g baked beans and a side salad.

**Snack** A packet of low-calorie crisps, like KP Skips

**Dinner** Turkey burritos *Makes 2 servings*  
225g turkey mince

1 onion, chopped  
1 clove of garlic, chopped  
½tsp each of cumin, chilli powder, onion powder and garlic salt  
¼tsp ground chipotle pepper  
115g sweetcorn, drained  
170g tinned black beans, rinsed and drained  
170g tinned chopped tomatoes, drained  
60g cheddar cheese, grated  
4 whole wheat flour tortillas  
1 In a large skillet, brown the turkey with the onion and garlic. Add the spices, sweetcorn, beans, and tomatoes. Simmer for 5 mins.  
2 Layer the turkey mixture and cheese in the tortillas. Roll up and serve.

**Daily treat** 2 low-cal biscuits, like fig rolls

## Day 2

**Breakfast** A bread thin toasted and topped with a slice of ham

**Snack** 10 olives

**Lunch** Leftover chicken soup from day 1

**Snack** 1 kiwi fruit

**Dinner** Steak stir-fry with brown rice  
*Makes 3 servings*

210g brown rice  
3 spring onions, chopped  
300g mixed peppers  
1 red chilli

3 garlic cloves  
3tsp cornflour  
2tsp olive oil  
300g beef steak strips  
3tsp soy sauce  
3tsp white wine vinegar  
Salt and pepper to taste

1 Boil a pan of water. Add the rice, a pinch of salt and simmer for 30 mins.  
2 Remove the root from the spring onion and thinly slice. Finely chop the pepper into strips, deseed, and finely chop the red chilli, then peel and grate the garlic.  
3 In a small bowl, combine the cornflour with 3tbsp water and set aside for later.  
4 Heat 1tbsp olive oil. Add the steak and stirfry for 2 mins. Remove and put aside.  
5 Heat another tbs oil in the pan. Add half the spring onion, the chilli and garlic. Stirfry for 2 mins. Add the pepper and stirfry for 5 mins. Add the soy sauce and white wine vinegar and bubble for a few secs. Stir in the cornflour mixture and add the steak back in. Toss for another 2 mins.  
6 Fluff up the rice with a fork and spoon into bowls. Serve the stirfry on top of the rice with the remaining spring onions.

**Daily treat** A low-cal chocolate bar like a Milky Way

## Day 4

**Breakfast** A small slice of wholegrain bread with 10g low-fat spread and 50g baked beans

**Snack** 5 cherry tomatoes

**Lunch** Jacket with tuna and salad  
Microwave or oven bake a 200g jacket potato and serve with 10g butter, 120g drained tuna, seasoned and mixed with lemon juice and herbs, and a side salad.

**Snack** 100g slices of pineapple

**Dinner** Chilli chorizo aubergine spaghetti *Makes 3 servings*

1 large onion  
15 basil leaves  
3 garlic cloves  
300g aubergine  
1tsp olive oil  
1tsp chilli flakes  
90g chorizo  
180g spaghetti  
285g tomatoes, finely chopped

1 Preheat the grill to high.  
2 Boil a large saucepan of water

with a pinch of salt for the pasta.  
3 Halve, peel and chop the onion into small pieces. Finely chop the basil. Peel and grate the garlic. Remove the stalk top from the aubergine and roughly chop into 1cm pieces.  
4 Place the aubergine on a baking tray, spray with a calorie-controlled cooking spray and season. Toss to coat, then put the tray on the shelf closest to the grill. Grill the aubergine until soft and crispy around the edges, around 15-20 mins.  
5 While the aubergine is grilling, heat the oil in a frying pan on a medium heat. Add the onion and chilli flakes and cook, stirring, for 5 mins. Add the garlic and chorizo and cook for 2 mins.  
6 Add the spaghetti to the boiling water and cook for 11 mins, until al dente.  
7 Pour the tomatoes into the chorizo mixture and season. Let the sauce simmer on medium heat for 5-10 mins, until it thickens. Stir in the aubergine.  
8 Add the pasta to the sauce along with the basil. Save a serving or two for another day.

**Daily treat** 2 low-cal cakes, like Jaffa Cakes



## THE SEVEN-DAY PLAN

### Day 1

**Breakfast** 180g low-fat natural yoghurt sprinkled with cinnamon

**Snack** 30g raisins

**Lunch** Chicken & sweetcorn soup  
*Makes 2 servings*

1 chicken carcass (or use chicken stock if you prefer)  
2 onions, quartered  
3 garlic cloves, grated  
1.5L boiling water  
2tsp apple cider vinegar  
325g can of sweetcorn  
3 spring onions, sliced  
100g cooked chicken, shredded  
2tsp tamari

1 Put the carcass into a large pan, add the onions and 2 of the garlic

cloves. Pour in the water and the vinegar. Cover and simmer for 2 hrs.  
2 Put a sieve over a bowl and pour from the pan. Take out 450ml of the liquid as that's all you need. Put the onion and three-quarters of the sweetcorn in a blender and blend until smooth.  
3 In a pan, add the 450ml broth, the sweetcorn purée, the remaining sweetcorn and garlic, the whites of the spring onion and the chicken. Simmer for 5 mins, then stir in the tamari.  
4 Top with the greens of the spring onions. Save half for day 2.

**Snack** 20g salted popcorn

**Dinner** Stuffed peppers  
*Makes 2 servings*

4 peppers, halved and deseeded  
200g minced pork

This plan is full of delicious foods, snacks and treats. Mix and match to make it work for you. If you don't eat dairy, then swap for non-dairy yoghurt and spreads.

1 garlic clove, crushed  
2tsp ground cumin  
1tsp paprika  
50g bulgur wheat  
250ml vegetable stock  
½ small bunch of parsley, chopped  
4tbsp low-fat Greek yoghurt  
1 Put the peppers on a plate and microwave for 4 mins, until cooked.  
2 Fry the pork in a pan until it browns. Stir in the garlic and spices, then add the bulgur and stock. Simmer for 10 mins, until the bulgur is soft.  
3 Heat the grill. Stir half of the parsley through the pork mixture, then stuff into the peppers. Place on a baking tray and grill until crisp. Serve with the yoghurt and remaining parsley.

**Daily treat** 5 sweets, like lemon bon bons or lemon sherbets



Terri-Ann, known for her 123 weight-loss plan, has created a new book called *The TerriAnn Treat A Day Plan*. She tells us, "Too much deprivation and restriction can cause cravings and make you fall off the healthy-eating wagon. This plan was my way of taking back control because when I have a daily treat, I feel happy." You can lose up to 5-7lbs in the first week, and 2lbs a week after that.

## HOW THE PLAN WORKS

- Have three healthy meals, two snacks and one treat a day. Keep your treats to under 150 calories each and your snacks to under 99 calories. No calorie counting for your other meals, just stick to a balance of lean proteins, carbs and vegetables.
- Some meals are repeated, as having meals made in advance is a simple way to save time and money, and makes life more convenient for you.
- Drink two litres of water per day. You can drink tea and coffee, but

have no more than three per day using semi-skimmed milk (unlimited without milk and sweeteners). No sugar, but you can have sweeteners. No fruit juices, however, you can have 330ml of diet soft drinks per day. For best weight-loss results, avoid alcohol, at least in the first week or two, and then stick to it in moderation.

- Stay as active as possible to help boost your weight loss and tone you up – little things add up, like working out in TV ad breaks!

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## Day 5

**Breakfast** A low-calorie cereal bar, like Alpen Light

**Snack** A pear

**Lunch** Chicken satay with rocket salad

*Makes 2 servings*

1tbsp tamari

1tsp medium curry powder

¼tsp cumin powder

1 garlic clove, grated

1tsp clear honey

500g skinless chicken breasts, cut in half lengthways

1tbsp peanut butter (smooth or crunchy)

1tbsp sweet chilli sauce

1tbsp lime juice

Frylight cooking spray

Handful of rocket leaves

8 cherry tomatoes, halved

Half a red onion, chopped

**1** In a bowl, add tamari, curry powder, cumin, garlic and honey and stir.

Add the chicken and marinade in the fridge for at least 1 hr.

**2** Meanwhile, add the peanut butter, sweet chilli sauce, lime juice and a little water in a bowl. Stir and set to the side.

**3** Put each piece of chicken onto skewers and cook evenly in a frying pan, sprayed with Frylight, until cooked through.

Serve on a bed of rocket, tomatoes and red onion and drizzle with half the peanut butter dressing. Serve with a salad. Save half the chicken and dressing for lunch the next day.

**Snack** 50g blueberries with 1tbsp low-fat cream

**Dinner** Leftover spaghetti from day 4

**Daily treat** A low-cal chocolate bar, like a Freddo

## Day 6

**Breakfast** 2 boiled eggs

**Snack** 2 rice cakes spread with 2tsp low-fat cream cheese

**Lunch** Chicken satay from day 5

**Snack** A kiwi fruit

**Dinner** Sausage casserole *Makes 4 servings*

2 red onions, finely chopped

1 celery stick, finely chopped

2tbsp olive oil

4 carrots, cut into large pieces

12 chipolatas, each halved

1 sweet potato, peeled and cut into chunks

400g tin of tomatoes

1tbsp tomato purée

250ml boiling water

1 thyme sprig

1 rosemary sprig

1 beef stock cube or stock pot

**1** Fry the onion and celery in the oil over a low heat for about 5 mins, until they start to soften, then add the carrot and cook for a further 5 mins.

**2** Add the sausages and cook until they are browned. Transfer to a large oven tray and add the sweet potato and tomatoes.

**3** Put the tomato purée in the frying pan and add 250ml boiling water, swirl it around, then tip into the oven tray.

**4** Add the herbs and stock cube and season to taste. Cook on 200°C/gas 6 for 1 hr. Serve with mixed green vegetables. Save a serving for lunch tomorrow.

**Daily treat** A shortbread biscuit



## Day 7

**Breakfast** 1 wholemeal thin with 25g low-fat cream cheese

**Snack** 1 small banana

**Lunch** Sausage casserole from night before

**Snack** A small packet of low-calorie crisps, like Walkers Quavers

**Dinner** Garlic mushroom pasta

*Makes 2 servings*

115g wholemeal penne

2tsp olive oil

2 red onions, halved and sliced

200g closed cup mushrooms, roughly chopped

Juice of half a lemon

Generous handful of parsley, chopped

**1** Cook the pasta according to pack instructions.

**2** Heat the oil and add the onions and mushrooms, stirring frequently until softened and starting to caramelize.

**3** Squeeze over the lemon juice and serve, adding a dash of water to loosen the mixture if needed. Scatter

with the chopped parsley.

**Daily treat** A low-cal chocolate bar, like a Fudge

