

better body

The veggie way to GET SLIM



We've got an exclusive plant-based plan from weight-loss guru Terri-Ann Nunns

Terri-Ann, well known for her effective dietitian-approved 123 weight-loss plan, has now created a fabulous new 123 Veggie Plan – and we're delighted to share a week's worth of recipes with you. She says, "The TerriAnn Veggie Plan will kickstart your weight loss, as well as help and inspire you to enjoy a more plant-based diet. With nutritionally rich and delicious recipes, losing weight has never been so tasty. The average weight loss in the first seven days is between 5-7lbs, and then around 2lbs per week thereafter."

HOW THE PLAN WORKS

- You will have three healthy meals and three snacks a day. Make lunches in the evening to take to work the next day, to eat cold or heat up, if needed.
- You must drink two litres of water per day. You can drink tea and coffee, but no more than three cups per day using semi-skimmed milk (unlimited without milk and without sweeteners). No sugar, but you can have sweeteners. No fruit juices, but 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. Then drink in moderation.
- Aim to stay as active as possible to help boost your weight loss and tone you up – little things add up, like taking the stairs instead of the lift.

Lose up to **7lbs in 7 days**



THE SEVEN-DAY PLAN

All meals serve one unless stated otherwise. Where oil spray is mentioned, please use a low-calorie one.



Day 1

Breakfast
125g soya yoghurt sprinkled with 1tbsp chia seeds

Snack
A hardboiled egg

Lunch
Greek-style bean pasta
1tsp olive oil
½ onion, finely chopped
1 garlic clove, crushed
200g mixed beans, drained
4 cherry tomatoes
150g tomato and basil pasta sauce
100g cooked wholemeal pasta
1 Heat the oil in the pan. Add the onion and cook gently for 5 mins.
2 Add the garlic, beans, cherry tomatoes and pasta sauce. Simmer for 5-7 mins. Add water to thin the sauce if needed.
3 Serve on top of the pasta.

Snack
2 Quorn cocktail sausages

Dinner
Cauliflower pizza
Makes 2 servings, reheat the second serving for dinner on Day 3

FOR THE BASE
1 cauliflower
2 eggs, beaten
1tbsp dried mixed herbs

FOR THE TOPPING

2tbsp olive oil
1 small red onion, sliced
4 mushrooms, sliced
½ red pepper, sliced
200g tomato purée
200g mozzarella cheese
Few pinches of chilli flakes
1 Heat the oven to 200°C/gas 6. Remove the leaves from the cauliflower, then cut into chunks and blitz in a food processor. Tip into a bowl, cover with cling film and microwave on high for 6-7 mins. Once cool, squeeze as much liquid as you can out of the cauliflower, then transfer to a clean bowl.
2 Stir in the egg and mixed herbs, then line a baking tray with baking parchment paper. Spread the cauliflower mixture evenly onto this. Bake for 15 mins.
3 Heat the oil in a large pan and fry the onion, mushrooms and red pepper until softened.
4 Once the cauliflower base is cooked, set aside to cool a little. Spread the tomato purée over the base, then arrange the pepper, onion and mushrooms and the cheese on top. Scatter over the chilli flakes and return to the oven for 12-14 mins. Serve with a large side salad.

Snack
1 Light Babybel

Day 2

Breakfast
Three-egg omelette. Add your favourite veg

Snack
Half a can of your favourite vegetable soup

Lunch
Oven-cooked bean burger topped with a slice of low-fat cheese
Serve with 100g vegetable chips and a mixed leaf salad

Snack
2 strips of celery with 1tbsp nut butter

Dinner
Lentil casserole with sweet potato mash
1tsp olive oil
½ small onion, finely chopped

2 garlic cloves, chopped
1tsp smoked paprika
½tsp ground cumin
1tbsp dried thyme
60g carrots, chopped
1 celery stick, finely chopped
¼ red pepper, chopped
60g courgette, chopped
100g tomatoes, chopped
150g cooked lentils
1 Heat the oil in a large pot. Add the finely chopped onion and sauté for 3 mins until softened.
2 Add the garlic, paprika, cumin, dried thyme, carrots, celery and red pepper. Cook for 5 mins, then add the courgette and cook for another 5 mins.
3 Add the chopped tomatoes and the lentils and cook for 15 mins.
4 Serve with 100g cooked sweet potato mash.

Snack
The other half of the vegetable soup

Day 3

Breakfast
1½ Weetabix with 250ml semi-skimmed milk, and sweetener if desired

Snack
6 carrot sticks with 1tbsp houmous

Lunch
Mediterranean couscous and chickpea salad
Double the portions so you have lunch for tomorrow
40g couscous
100ml veg stock
150g chickpeas
60g courgette, sliced
5 baby tomatoes, halved
30g halloumi cheese, thinly sliced
FOR THE DRESSING
3tbsp lime juice
1 large garlic clove, crushed
2tbsp chopped mint

1 Tip the couscous into a pot, pour the 100ml boiling vegetable stock over the top and mix well with a fork. Cover and leave until soft.
2 Tip all the dressing ingredients into a bowl and mix together well.
3 Fluff up the couscous with a fork, stir in the chickpeas and add half of the dressing. Mix well.



4 Heat a pan, spray with oil and fry the courgette over a high heat for 3 mins. Lift out and place on kitchen paper.
5 Cook the baby tomatoes cut side down for 2-3 mins. Add to the couscous, along with the sliced courgette.
6 Add a little more oil to the pan, and fry the halloumi for 3 mins, turning from time to time. Place on top of the couscous and drizzle with the rest of the dressing.

Snack
1 boiled egg with a handful of spinach

Dinner
Leftover cauliflower pizza with salad

Snack
1 meringue with 6 strawberries

better body

Day 4

Breakfast

Strawberry milkshake

Blend 200ml skimmed milk, 10 ice cubes and 1 small pot of strawberry fat-free yoghurt in a blender or enjoy a TerriAnn Shake (from Terriann123shop.co.uk).

Snack

10 olives

Lunch

Leftover Mediterranean couscous and chickpea salad

Snack

8 sugar snap peas with 20g yoghurt dip

Dinner

Broccoli and cheese baked sweet potato

1 medium sweet potato
100g broccoli, cut into small pieces
2 eggs, beaten
30g grated cheddar cheese
1tbsp chopped parsley

1 Heat the oven to 180°C/gas 4.

2 Microwave the potato on high for 12-15 mins. Meanwhile, steam or boil the broccoli for 3 mins, then drain. When the potato has cooled a little, cut in half and scoop the flesh into a bowl.

3 Put the potato shells on a baking sheet. Mash the flesh with a fork, stir in the eggs, cheese and broccoli. Season, then pile back into the shells.

4 Bake for 15 mins until crisp and golden.

5 Top with parsley and serve with salad.

Snack

15g cashew nuts



Day 5

Breakfast

25g porridge mixed with 1tbsp flaxseeds and made with 200ml semi-skimmed milk

Snack

3 slices of cucumber, each spread with 1tsp low-fat soft cheese

Lunch

Smashed broad beans on toast

1 egg
40g cooked broad beans
1 garlic clove
Juice and zest of ½ lemon
1tsp olive oil
1 slice wholemeal bread, toasted
Chilli flakes

1 Boil or poach the egg to your liking.

2 Meanwhile, in a food processor, lightly blitz the beans, garlic, lemon and olive oil and season.

3 Spread on the toast, sprinkle with chilli flakes and top with the egg.

Snack

125g plain yoghurt sprinkled with cinnamon

Dinner

Vegetarian KFC-style "chicken" with sweet potato fries

2 slices wholemeal bread, crumbed
1tsp oregano
1tsp garlic powder
1tsp paprika
½tsp ground ginger
200g Quorn "chicken" strips
1 egg, whisked

1 Heat the oven to 180°C/gas 4. Mix the breadcrumbs and herbs in a bowl.

2 Dip the Quorn strips into the whisked egg, then coat in the breadcrumb mix.

3 Roast for around 20 mins until crispy.

4 Serve with 100g sweet potato chips (in the freezer aisle, cook per instructions) and 2tbsp low-fat coleslaw.

Snack

6 strawberries and 50ml low-fat custard

Day 7

Breakfast

Three-egg omelette with veg

Snack

6 celery sticks with 20g yoghurt dip

Lunch

Jacket potato and beans

Microwave or oven-bake a medium jacket potato, and top with 10g butter and 200g baked beans. Serve with mixed leaves and sliced tomato, dressed with lemon juice and seasoning.

Snack

A banana almond shake

Blend 1 banana, 120ml semi-skimmed milk, 10 almonds, a scoop of vanilla protein powder and a handful of ice until smooth, or try a TerriAnn Shake.

Dinner

Spicy tofu stir-fry

1tsp vegetable oil
1 head broccoli, cut into small florets
2 garlic cloves, sliced
1 red chilli, deseeded and finely sliced
1 bunch spring onions, sliced
50g soya beans (tinned or frozen)
60g pak choi, quartered
150g marinated tofu pieces
1tbsp reduced-salt soy sauce
6 roasted cashew nuts

1 Heat the oil in a non-stick wok/pan.

2 Fry the broccoli on a high heat for 5 mins, adding a little water if needed.

3 Add the garlic and chilli, fry for 1 min, then add the spring onions, soya beans, pak choi and tofu. Stir-fry for 2-3 mins.

4 Add the soy sauce and nuts. Serve.

Snack

Small pot sugar-free jelly, 1tbsp cream

Day 6

Breakfast

Smoothie

Blend 90g spinach, 3 carrots, 160g blueberries, 80g peeled apple, ½ banana, 35ml lemon juice and 10g chia seeds until smooth. Add water or ice if desired.

Snack

1 grilled Quorn vegan sausage

Lunch

Oven-cooked bean burger topped with a slice of low-fat cheese

Serve with 100g vegetable chips and a mixed leaf salad

Snack

50g peanuts

Dinner

Pesto courgetti

1tsp olive oil
2 cloves garlic, finely minced
½ red onion, thinly sliced and halved
6 mushrooms
1tbsp vegan pesto
1 small courgette, cut into spirals

10 cherry tomatoes, halved

150g vegan Quorn pieces

1 Heat the oil in a pan on medium-high.

2 Add the garlic, onion and mushrooms. Sauté until cooked and tender, yet crispy.

3 Wipe down the pan. Cook the pesto and courgette on medium-high for 2 mins.

4 Add the sautéed veg and tomatoes. Add the Quorn and cook for a further 5 mins. Season and serve.

Snack

30g cheese and 2 strips of celery

For more delicious meals, check out the TerriAnn Veggie 123 Plan – see our offer for a discount

