

slim for summer

Count calories and lose weight

FAST

Drop 5-7lbs in 7 days



Terri-Ann Nunns helps you slim down while enjoying your favourite foods

Terri-Ann, who is well known for her 123 Diet Plan and the Treat A Day Plan, has now devised an exclusive healthy eating programme for *Bella*. She tells us, "Too much deprivation and restriction can cause cravings and make you fall off the wagon. This is a simple,

effective weight-loss plan that will help you achieve maximum results while allowing you to enjoy your favourite meals."

You can lose 5-7lbs in the first week and 2lbs a week after that. Then continue until you reach your goal weight or switch between any of Terri-Ann's plans.

HOW IT WORKS

- Have three healthy meals and three or four snacks a day. Each breakfast should be around 300 calories, lunch and dinners around 500 calories each and snacks between 50 and 100 calories each.
- Feel free to repeat meals. Making food in advance is a simple way to save time and money – and it will make life more convenient.
- Drink two litres of water a day. You can drink tea and coffee, but no more than three cups a day using

semi-skimmed milk (unlimited without milk and sweeteners). No sugar is allowed, but you can have sweeteners. Fruit juices are not allowed either, 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, and then stick to it in moderation.

- Stay as active as possible to help boost your weight loss and get toned – little things add up, such as working out in the TV ad breaks.



Breakfast
300 calories
Lunch & dinner
500 calories
Snacks
50-100 calories



Day 1

Breakfast

Avocado on rye toast Serves 1
Slice half an avocado and enjoy it on toasted rye bread.

Snack

Small box of raisins

Day 2

Breakfast

Baked British breakfast Serves 2
4 slices of pancetta, cut into chunks
4 medium mushrooms, sliced
4 medium tomatoes, diced
4 medium eggs
2tbsp low-fat cheese, grated
2 slices of low-calorie wholemeal bread
Preheat the oven to 200°C/gas 6. Spray a frying pan with Fry Light and cook the pancetta until it starts to crisp. Place the sliced mushrooms, cooked pancetta and diced tomatoes into two individual ovenproof dishes. Break two eggs into each dish and sprinkle the cheese over the top. Season to taste and bake for around 15 minutes, or until the eggs are cooked to your liking. Serve with wholemeal bread, toasted, and topped with a thin layer of butter.

Snack

Handful of grapes

Lunch

Quinoa and prawn salad Serves 2
60g quinoa
Finely grated zest and juice of 1 large lime
1 red chilli, deseeded and finely chopped
2 spring onions, trimmed and finely chopped
1tsp wheat-free tamari
Handful of coriander, chopped
1 small avocado, stoned and sliced
¼ cucumber, halved and sliced

Lunch

Margherita tortilla pizza Serves 4
4 x 100g wholemeal tortilla
2tbsp olive oil
240g tomato purée
400g mozzarella cheese, shredded
Fresh basil leaves
Heat the oven to 190°C/gas 5. Brush the tortillas on both sides with the oil and prick all over with a fork. Bake until golden – for around 5 to 7 minutes each side. Top the tortillas with the tomato purée and mozzarella and return to the oven for around 5-7 minutes until the cheese has melted. Sprinkle with the basil. As this pizza has fewer than 500 calories, why not add some of your favourite toppings – just remember not to go over your 500-calorie allowance.

Snack

One Babybel Light

Dinner

Turkey meatballs and wholemeal spaghetti Serves 4
400g turkey mince
350g tomato and basil sauce
275g fresh wholemeal spaghetti
Chopped basil, to garnish
1 garlic baguette
Heat the oven to 190°C/gas 5. Roll the mince into 16 meatballs and brown them in a hot frying pan. Place in an ovenproof dish, cover with the tomato sauce and bake for 20 minutes. Meanwhile, cook the spaghetti according to the packet instructions and place into four bowls. Top with the meatballs and basil and serve with a hot garlic baguette.

Snack

Two slices of apple and 1tsp peanut butter. One cup of home-made warm popcorn

50g watercress
100g cherry tomatoes, halved
1tsp rapeseed oil
½tsp maple syrup
150g cooked prawns
Boil the quinoa in a small pan for 15 minutes until the grains are tender and look as if they have burst. Drain well and tip into a bowl. Meanwhile, to make the dressing, mix the lime zest and juice in a bowl together with the chilli. Stir half the dressing into the quinoa with the spring onions, tamari and half the coriander. Stir in all the salad vegetables, then spoon on to two serving plates. Stir the oil and maple syrup into the remaining dressing and toss in the prawns. Spoon on to the quinoa salad and scatter.

Snack

Box of raisins

Dinner

Sticky beef, noodles and greens Serves 2
4tbsp honey
3½tbsp reduced salt soy sauce
1tbsp minced garlic
1tbsp minced fresh ginger
425g lean beef steak, sliced
2tsp olive oil
150g egg noodles
100g broccoli florettes
85g peas
Chopped chilli and spring onions, to garnish (optional)
In a small bowl mix together the honey, soy sauce, garlic and ginger. Place the beef in a separate bowl and pour over half of the marinade. Leave the beef

to marinate in the fridge for at least 2 hours or overnight if possible. Refrigerate the rest of the marinade. When you are ready to cook the beef, remove it from fridge, along with the separate bowl of marinade. Heat the olive oil in a frying pan over a medium-high heat. Place the beef in the pan, discarding any excess marinade. Fry the beef for about 45 seconds on both sides. Pour in the remaining fresh marinade and heat until the beef is cooked through. Add the noodles to the beef and cook for 5 minutes or according to the packet instructions. Meanwhile, steam the broccoli florettes and peas and serve with the beef. Garnish with chopped chilli and spring onions.

Snack

2 squares of dark chocolate



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Day 3

Breakfast

Bran flakes with semi-skimmed milk
Add 30g bran flakes to a bowl and enjoy with 100ml semi-skimmed milk.

Snack

Small banana

Lunch

Prawn poke bowl *Serves 2*

Juice from 1 lime
1 red chilli, deseeded and finely chopped
1tsp sesame oil
280g cooked king prawns
200g cooked mixed grains
1 ripe avocado, stoned and cubed
6 radishes, sliced
1 mango, peeled and diced
2 spring onions, sliced
2tsp sesame seeds, to serve
Whisk the lime juice, chilli and oil together in a bowl. Season, add the

prawns and leave to marinate for 10 minutes. Meanwhile, tip the grains into a sieve and pour over hot water from the kettle to slightly soften them. Drain well and divide between two bowls. Top with the marinated prawns, avocado, radishes, mango and spring onions. Drizzle over any leftover marinade and serve the poke bowls with a sprinkle of sesame seeds.

Snack

21g dried apricots

Dinner

Fish and chips with zesty peas *Serves 2*
340g medium white potatoes, peeled
2tbsp olive oil
2 pieces of thick haddock or your favourite white fish fillet
2tbsp wholemeal flour
½tsp salt
½tsp pepper
1 medium egg, beaten
60g breadcrumbs

100g frozen peas
1tbsp low-fat natural yoghurt??
2 lemon wedges, to serve
Preheat the oven to 190°C/gas 5. Cut the potatoes into thick chips, coat them in olive oil and place on to a non-stick oven tray. Cook for 20 minutes, then turn them over and cook for another 10 minutes. Meanwhile, check the fish for bones before coating in seasoned flour, dipping in the beaten egg and covering in the breadcrumbs. Place the fish on to a baking sheet and bake for about 12 minutes until cooked. While the fish is cooking, turn the chips over again before placing them back in the oven. Cook the peas in boiling water for around 5 minutes. Drain well, give them a squirt of lemon juice and season. NATURAL YOGHURT???

Snack

2 cream crackers, buttered, and 20g salted popcorn

2 medium peppers peeled and chopped
2 cloves garlic, peeled and crushed
600g lean beef mince or Quorn
400g chopped tomatoes
2tsp dried oregano
2 bay leaves
2tbsp tomato purée
400g butternut squash lasagna sheets
430g jar of white sauce or a 300ml packet of Schwartz White Sauce Mix
Semi-skimmed milk (for the sauce)
350g low-fat cheese, grated
60g Parmesan cheese

Heat the oil in large pan, add the onion and peppers and fry for 10 minutes. Add the garlic and cook for another 2 minutes. Tip into a heatproof bowl. Brown the beef mince (or Quorn) in the same pan, before adding in the onion mixture, tomatoes, oregano, bay leaves and tomato purée. Simmer for 25 minutes, stirring occasionally. Set the oven to 190°C/gas 5. Spoon a thin layer of meat (or Quorn) into an ovenproof dish, place a layer of butternut squash sheets on top then pour on a little white sauce. Continue layering until you finish with a final layer of white sauce. Sprinkle the top with the low-fat cheese and Parmesan. Bake for 55-60 minutes. Drizzle the lasagna with a balsamic glaze and serve with fresh herbs side salad.

Snack

A small scoop of vanilla ice cream

Day 5

Breakfast

Mixed berry bake *Serves 6*

For the oatmeal
187g rolled oats
45g light brown sugar
2tsp butter, melted, plus extra for greasing
400ml almond milk
1 large egg
1tsp vanilla essence
For the topping
50g sliced and whole almonds
50g rolled oats
50g light brown sugar
2tbsp butter, melted
1tbsp all-purpose flour
Pinch of ground cinnamon
400g thawed mixed berries
2tbsp fat-free plain yoghurt, for serving
Preheat the oven to 175°C/gas 4. Grease a baking dish with a thin layer of butter. To make the oatmeal, stir the oats and sugar together in a large bowl. In a separate bowl, whisk together the butter, egg, almond milk and vanilla essence and pour into the oat mixture. Stir well to combine the two mixtures. To make the topping, stir all the ingredients together (except the yoghurt) in a bowl until combined. Next, pour the oat mixture into a baking dish and sprinkle over the topping. Bake for around 40-50 minutes until lightly browned. Cool on a wire rack for 10 to 15 minutes. Enjoy warm or cold with a dollop of fat-free yoghurt.

Snack

Two small plums

Lunch

Leftover butternut squash lasagne and side salad from the day before

Snack

8 carrot sticks with 1½tsp houmous

Dinner

Greek-inspired lamb and beans *Serves 4*

400g lamb rack cutlets
1tbsp olive oil
40g butter
1 large leek, trimmed and finely sliced
140ml chicken stock
100g fresh green beans, trimmed
200g cannelloni beans, rinsed and drained
Handful of coriander
For the marinade
2tbsp olive oil
Zest and juice of 1 lemon
1tsp dried oregano
½tsp salt
½tsp pepper

Firstly, make the marinade: whisk together the olive oil, lemon zest and juice, oregano and salt and pepper. Put the lamb cutlets in a dish, pour over the marinade and leave for at least 30 minutes or overnight in the fridge if possible. Heat 1tbsp oil and the butter in a non-stick frying pan and sauté the leek until soft. Add the stock and green beans and cook for a few minutes before tipping in the cannelloni beans. Meanwhile, heat a frying pan, shake any excess marinade off the lamb cutlets and fry for 3-4 minutes on each side, depending on their thickness, and place on warmed plates. Add the coriander to the beans and spoon over the lamb to serve.

Snack Half an apple and 1tsp peanut butter



Day 7

Breakfast

Bacon roll *Serves 1*

Spray a frying pan with Fry Light and cook two slices of bacon over a medium heat. Place the bacon in a small brown buttered roll and top with a dash of tomato ketchup.

Snack

1 large kiwi fruit

Lunch

Chickpea wrap and vegetable crisps

Serves 2
240g chickpeas, rinsed and drained
2tbsp olive oil
½tsp cumin
½tsp garlic powder
½tsp paprika
½tsp cinnamon
¼tsp ground coriander
For the houmous dip
4tbsp houmous

Day 6

Breakfast

Lemon and poppyseed pancakes

Serves 6
225g wholemeal flour
30g baking powder
Pinch of salt
2tsp lemon zest
45g sugar or sweetener
115g plain Greek-style yoghurt
240ml semi-skimmed milk
3 small eggs
5tsp fresh lemon juice
1tsp vanilla extract
30g poppy seeds
2tsp vegetable oil???
In a bowl, mix together the flour, baking powder and a pinch of salt. In another, smaller bowl, combine the lemon zest and sugar or sweetener, then combine both sets of ingredients. In a separate bowl, whisk together the yoghurt, milk, eggs, lemon juice and vanilla extract. Stir this into the dry ingredients and mix well. Add in the poppy seeds. Heat a non-stick flat pan over a medium heat and spray with light cooking spray OR VEG OIL?. Pour a quarter of the batter into the hot pan letting it spread out a little. When it starts to bubble up, flip it over and cook the other side. Repeat a further three times with the remaining batter.

Snack

Small banana

1tsp fresh lemon juice
3 garlic cloves, minced
2tbsp olive oil
To serve

2 x 70g flatbreads
4 tomato slices
2 red onion slices
4 Baby gem lettuce or a bag of mixed lettuce
25g vegetable crisps
Preheat the oven to 190°C/gas 5 and line a large baking sheet with parchment paper. In a mixing bowl, toss the chickpeas with the olive oil and spices, then spread on to the baking sheet and pop in the oven for 25-30 minutes or until slightly crispy and golden brown. While the chickpeas are roasting, prepare the dip by combining the houmous, lemon juice and garlic in a mixing bowl. Slowly add the olive oil to thin the dip. Taste and adjust the seasoning if needed. To serve, lightly toast the pittas or flatbreads and top with the chickpeas, houmous dip and vegetable crisps of your choice.



Lunch

Chicken noodle soup *Serves 4*

2tbsp olive oil
1 medium leek, chopped
2 celery sticks, chopped
1 clove of garlic, crushed
1500ml chicken stock
400g cooked, shredded chicken
50g rice noodles
2tbsp parsley, chopped
4 x 70g fresh wholemeal buns
Heat the oil in large saucepan and cook the leek, carrots, celery and garlic until soft. Stir in the stock, bring to the boil, cover and simmer for around 20 minutes until all the vegetables are tender but still have a little bite. Stir in the cooked chicken and noodles and continue to simmer until the noodles are cooked. Add the parsley and serve warm with a fresh wholemeal bun.

Snack

Half an apple and 1tsp peanut butter

Dinner

Cheesy baked chicken with spaghetti

Serves 4
60g seasoned breadcrumbs
60g Parmesan cheese
4 chicken breasts
2tbsp olive oil
200g wholemeal spaghetti
4tbsp passata
150g low-fat mozzarella cheese
2tsp oil WHAT FOR?????
Preheat the oven to 190°C/gas 5. Combine the breadcrumbs and Parmesan cheese in a bowl. Lightly brush the chicken with olive oil, dip it into the breadcrumb mixture and place on a baking sheet. Repeat with the three remaining chicken breasts. Lightly spray a little more oil on top of the chicken and bake for around 25 minutes or until cooked through. Meanwhile, cook the spaghetti as per the packet instructions. Once the

Snack

6 strawberries

Dinner

Lamb shank roast *Serves 4*

4 lamb shanks
1 large carrot, roughly chopped
2 celery sticks, roughly chopped
2 cloves of garlic, crushed
Handful of fresh herbs
2 dry stock cubes, crumbled
Fresh seasonal vegetables, to serve
Sear the lamb shanks in a hot frying pan before placing them in a large baking dish. Add the celery, carrots, stock and 500ml water and slow cook in the oven at 160°C/gas 3 for 90 minutes. Serve with your favourite seasonal vegetables.

Snack

Small cup of frozen low-fat Greek yoghurt

chicken is cooked, remove it from the oven, spoon over the passata and top each with 1½tbsp of shredded mozzarella cheese. Bake for 5 more minutes, or until the cheese is melted. Serve with the spaghetti.

Snack

10 olives

Day 4

Breakfast

Citrus breakfast salad *Serves 1*

1 pink grapefruit
1tbsp mixed seeds (pumpkin, chia, sunflower)
180g fresh mixed greens??WHAT??
½ ripe avocado, thinly sliced
2 very thin slices of prosciutto
10g croutons
Peel the grapefruit and carefully cut it into segments over a medium bowl, catching any juices. Place the mixed greens on a plate, pour over the grapefruit juice and place the grapefruit sections, avocado and prosciutto on top. Enjoy with a sprinkle of fresh black pepper and the croutons for extra crunch.

Snack

A medium apple

Lunch

Posh beans on toast *Serves 2*

1tbsp olive oil
1 garlic clove, crushed
150g baby cherry tomatoes
400g butter beans, drained
400g mixed beans
100g passata
Handful of fresh parsley, chopped (optional)
4 x 60g slices of rye or wholemeal bread, toasted
40g butter (for the toast)
2tbsp Cheddar cheese, grated
Gently heat the olive oil and garlic in a frying pan for 30 seconds. Quarter the cherry tomatoes, pop them into the pan and gently cook for a few minutes until softened. Stir through the butter beans, mixed beans and passata and continue cooking for 4-5 minutes. Season, then stir through the parsley. Pour the bean mixture over hot buttered toast and serve with grated Cheddar cheese.

Snack

One Babybel Light

Dinner

Butternut squash lasagna *Serves 6*

1tbsp olive oil
1 large onion, peeled and finely chopped

