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Keyword: Suzie Sawyer

*best*  
**SEVEN-DAY DIET**

**Comfort food doesn't have to equal a shed load of calories, and if you're creative, it can help you pack in the nutrients, save you time, money and help you slim down this Autumn**

## HOW IT WORKS

Follow our one-pot recipes that tot up to just 500 calories each and you could lose 5lbs in a week.

● Clinical Nutritionist, Suzie Sawyer, [feelaliveuk.com](http://feelaliveuk.com) says: 'With energy and food costs soaring, prepping, good value one-pot meals for the family makes real sense. You don't have to invest in a slow cooker – most one-pot recipes can be cooked slowly on a low heat on the hob or in the oven. Save time and washing-up with nutrient-rich one-pot stews and casseroles you can make using seasonal veg and cheaper cuts of meat, which are nutritious when cooked this way.'

● 'Middle Eastern tagines you can make using inexpensive ingredients, such as chickpeas, whole grains and warming spices, such as cumin and cinnamon, are quick and easy to prepare,' recommends Vidushi Binani founder of wellness centre, Café Volonté, [cafevolonte.co.uk](http://cafevolonte.co.uk).

● 'Cooked low and slow, you can control the amount of salt and fat you add, then combine with filling grains, such as couscous and bulgur. Khichdi is a simple-to-make Indian dish created with rice, water, green beans, lentils and a little turmeric you can sip as a soup.'

● 'Plan your one-pot meals – that way you'll be able to bulk buy and prep the veggies you use to make the base of casseroles, curries and stews for the rest of the week,' says therapist Lauren Helen Marsh, [ableapp.com](http://ableapp.com). 'Look for own brand tins of veg, such as chopped tomatoes, as well as frozen veg and fruit, they're often cheaper and taste as good.'

● You can have your one-pot meal as a family supper option or swap for lunch that it works better. Follow for seven days and you could lose 5lbs.

# THE ONE-POT PLAN!

WORDS: ABBY KNIGHT PICTURES: GETTY  
PLEASE SEE YOUR GP BEFORE STARTING A NEW WEIGHT-LOSS PLAN. WEIGHT LOSS ACHIEVED MAY VARY



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## MONDAY

**Warm-start breakfast:** Plums and oats: 30g oats or porridge sachet with 120ml almond milk, 3 chopped plums.

**Fast-fuel lunch:** Bowl of carrot and coriander soup, 30g crumbled feta. 1 apple, handful of Brazil nuts.

**One-pot wonder:** Fabulous fish stew: Rub 60g hake or cod fillet with sea salt, pepper and dash of cumin. Set aside. Pan-fry 1 clove garlic, 1 onion, diced with 1 tsp olive oil for 5 mins. Add small can of chopped tomatoes, 2 each of carrots and potatoes, peeled and diced, handful of frozen peas and simmer for 20 mins. Add fish, cook for 10 mins or until fish flakes. 30g brown rice.



## TUESDAY

**Warm-start breakfast:** 1 slice of wholemeal toast, 1 poached egg, 2 chopped cherry tomatoes, grilled.

**Fast-fuel lunch:** Warm salmon and avocado salad: 1 bag of mixed salad leaves, 3 chopped cherry tomatoes, 1 chopped avocado, salmon fillet, grilled and flaked, drizzle with olive oil and lemon.

**One-pot wonder:** Sweet potato and ginger hot pot: Pan-fry 1 clove garlic, with 1 red onion, chopped, 1 each of cinnamon stick and clove, 1 tsp grated ginger for 5 mins, until soft. Add 1 sweet potato, peeled and diced, 1 stick of lemon grass, dash of fish sauce, 1/2 can reduced-fat coconut milk, simmer 30 mins until potatoes soften. Add pack ready-to-eat noodles.



## WEDNESDAY

**Warm-start breakfast:** 2 turkey rashers, 2 each of chopped cherry and mushrooms, grilled.

**Fast-fuel lunch:** 1 small can of sardines in tomato sauce, small bag of salad leaves, 2 chopped spring onions.

**One-pot wonder:** Spicy rice pot: Pan-fry 1 small red onion, 1 red pepper, 2 sticks of celery, 1 clove garlic, finely chopped. Add dash each of paprika, chilli powder, 2 tomatoes, chopped, simmer for 5 mins. Add 30g brown rice, 2 chicken sausages, chopped, 120ml chicken stock and cook until creamy and smooth.



## THURSDAY

**Warm-start breakfast:** 30g unsweetened muesli, 1 tbsp Greek yogurt, chopped apple.

**Fast-fuel lunch:** Slice of sourdough toast with 1 tbsp smashed avocado, handful of rocket.

**One-pot wonder:** Bacon mac 'n' cheese: Pan-fry 1 each onion and clove garlic, finely chopped, in 1 tbsp olive oil. Add small pack of bacon lardons, fry for 2 mins. Add 30g macaroni, 140ml semi-skimmed and 1 tsp flour to thicken, salt and pepper. Bring to boil. Add 30g reduced-fat mozzarella, cook for 3 mins. Sprinkle with 1 tsp fresh Parmesan, grill until cheese bubbles.



## FRIDAY

**Warm-start breakfast:** 2 Weetabix-style cereal with 120ml warmed almond milk, handful of blueberries.

**Fast-fuel lunch:** Autumn frittata: 2 eggs, handful of sliced mushrooms, 1 medium yellow pepper. Green salad, drizzled with olive oil and lemon.

**One-pot wonder:** Cook 30g penne pasta for 8 mins in boiling water, add 1 can of tuna, drained, 1 small of jar pasta bake-style sauce, 3 cherry tomatoes. Add 30g reduced-fat mozzarella, grill for 10 mins until cheese bubbles.

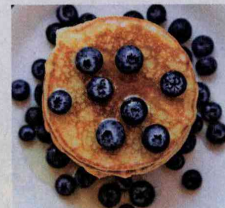


## SATURDAY

**Warm-start breakfast:** 1 small breakfast pancake, topped with 1 tbsp Greek yogurt, handful of berries.

**Fast-fuel lunch:** Small jacket potato, topped with 2 tbsp cottage cheese and chives. Green salad, drizzled with olive oil and lemon.

**One-pot wonder:** Slow-cooked cabbage and sausage: Pan-fry 1 each of onion and clove garlic, chopped in 1 tbsp olive oil for 5 mins. Add 3 potatoes, chopped and parboiled, 1/2 head cabbage, shredded, 120ml chicken stock, 2 chicken or pork sausages, chopped, seasoning. Simmer for 30 mins.



## SUNDAY

**Warm-start breakfast:** 2 eggs, scrambled, with a handful of wilted spinach, 3 mushrooms, grilled.

**Fast-fuel lunch:** Wholemeal tortilla filled with shredded lettuce, tomato slices, 30g prawns and 1 tsp sweet chilli sauce.

**One-pot wonder:** Veggie chilli: pan-fry 1 red onion, 1 clove garlic, 1 small red pepper, chopped, in 1 tbsp olive oil. Add 1 can of chopped tomatoes with herbs, 30g Quorn, 120ml vegetable stock and simmer for 20 mins. 30g couscous.



## COSY-UP SNACKS

Choose one each day

- 1 pear
- Handful of cashews
- 1 mug of skinny Latte
- Handful of black grapes
- 1 Nairn's Oat Bar with Cacao and Orange (75p at Waitrose)
- 1 Cup a Soup

