



8-WEEK **FAT BURNING** **MEAL PLAN**

WEEK 1 - WEEK 4

WEEK 1 - WEEK 4
MON, TUES & WED

BREAKFAST

NUTTY BANANA MUFFIN

Cals Per Serving : 160Cals Per Muffin (Consume 2 - 3 Muffins)

INGREDIENTS 6 MUFFINS

- 1) 3/4 cup Oat Flour – **300Cals**
**Option: any other flour of your choice.*
- 2) 1 tbsp. Chia Seeds + 3 tbsps. Water – **70Cals**
- 3) 1/2 cup Soy Milk (or any other Milk) – **50Cals**
- 4) 2 tbsps. Maple Syrup – **104Cals**
- 5) 1 tbsp. Coconut Oil – **117Cals**
- 6) 1/2 tsp. Vanilla Extract – **6Cals**
- 7) 1/2 tsp. Baking Soda
- 8) 2 Medium Bananas, mashed – **210Cals**
**Roughly mash with a fork.*
- 9) 3 tbsps. Crushed Almond Nuts – **105Cals**

STEPS

- 1) To make the egg replacement, mix 1 tbsp. of chia seeds with 3 tbsps. of water. Allow the mixture to sit for about 5 minutes until it becomes pudding like, just like a raw egg yolk.
**If you are not a vegan, you can replace the chia mixture with an egg.*
- 2) In a large bowl, mix in all the dry ingredients, oat flour and baking soda.
- 3) In another bowl, mix in all the wet ingredients, milk, maple syrup, coconut oil, vanilla extract, chia mixture and mashed bananas.
- 4) Combine the dry and wet ingredients. Then add in the crushed almond nuts.
- 5) Scoop the batter into 6 muffin-tin and top them up with a little more crushed almond nuts just for presentation.
- 6) Bake in a pre-heated oven at 180°C or 350°F for about 15 minutes, until a toothpick inserted comes out clean.
- 7) Allow the muffins to cool down for 5 – 10 minutes before consuming.

For Complete Guide : Watch “3 Skinny Breakfast Muffins”
<https://youtu.be/LkicedG3L54>

LUNCH

WEEK 1 - WEEK 4
MON, TUES & WED

BLACK BEANS CORN WRAP WITH CHILLED CHICKPEA SESAME SOUP

Cals Per Serving : 265Cals (Wrap) & 180Cals (Soup)

STEPS

VEGAN BLACK BEANS & CORN WRAP

- 1) Start by dicing the onion and bell pepper.
- 2) In a bowl, simply mix all the ingredients together; black beans, corn, bell pepper and onion. Season with salt and pepper.
- 3) To assemble, grab one tortilla and spread about 2 tbsps. of tomato paste on it.
- 4) Scoop about 1/4 cup of the mixed ingredients and spread it onto one side of the tortilla.
- 5) Carefully roll it up and press down firmly. Enjoy!

CHILLED CHICKPEA SESAME SOUP

- 1) Add all ingredients in a blender and blend it up until smooth.
- 2) Chill in the fridge for at least 2 hours or overnight before serving.

INGREDIENTS SERVES 4

VEGAN BLACK BEANS & CORN WRAP

- 1) 4 Medium Tortillas – **640Cals**
- 2) 1 can Black Bean, washed and drained - **220Cals**
- 3) 1/3 cup Corn, washed and drained – **40Cals**
- 4) 1 Red Bell Pepper, diced – **30Cals**
- 5) 1/2 Onion, diced – **23Cals**
- 6) 8 tbsps. Tomato Paste – **104Cals**
- 7) Salt & Pepper to taste

CHILLED CHICKPEA SESAME SOUP

- 1) 1 can (240g) Chickpeas, rinsed & drained – **467Cals**
- 2) 1 Garlic Clove, minced – **5Cals**
- 3) 2 tbsps. Sesame Seeds – **104Cals**
- 4) 1/4 tsp. Ground Cumin – **2Cals**
- 5) 3 tbsps. Freshly Squeezed Lemon Juice – **21Cals**
- 6) 1 tbsp. Olive Oil – **119Cals**
- 7) Salt & Pepper to Taste
- 8) 1.5 cups Water



WEEK 1 - WEEK 4
MON, TUES & WED

DINNER

LIGHT VEGETABLE CURRY & RICE

Cals Per Serving : 476Cals (with 1 cup Rice)

INGREDIENTS SERVES 4

- 1) 300g Carrots, cut into cubes – **123Cals**
- 2) 200g Spinach, fresh or frozen – **62Cals**
- 3) 1 can (240g) Chickpeas, rinsed and drained – **467Cals**
- 4) 1 can (400g) Diced Tomato – **128Cals**
- 5) ½ cup Light Coconut Milk - **125Cals**
- 6) 1 tbsp. Olive Oil – **119Cals**
- 7) 1 medium Onion, diced - **46Cals**
- 8) 6 Garlic Cloves, minced – **16Cals**
- 9) Thumb-size piece Ginger, minced – **6Cals**
- 10) 1 tbsp. Cumin – **21Cals**
- 11) 1 tbsp. Curry Powder – **21Cals**
- 12) 1 tsp. Paprika – **6Cals**
- 13) Salt & Pepper to Taste
- 14) 1 cup Basmati Rice, cooked - **191Cals**

STEPS

- 1) Sauté the onion and garlic with olive oil, until tender and golden brown, just for about 2 - 3 minutes.
- 2) Add ginger, cumin, curry powder, paprika, salt and pepper. Stir to combine before adding in the diced tomatoes, chickpeas and spinach.
- 3) The stir in the coconut milk and bring to a simmer. Reduce heat to low and cook everything together for 10 - 15 minutes before serving.
- 4) Stir occasionally. You may choose to serve it with basmati or jasmine rice.

WEEK 1 - WEEK 4
THURS, FRI & SAT

BREAKFAST CHIA PUDDING

Cals Per Serving : 297Cals (Tropical Mango) or 353Cals (Banana Peanut Butter)

INGREDIENTS SERVES 2

TROPICAL MANGO

- 1) ¼ cup Chia Seeds – **280Cals**
- 2) 1 cup Milk, any choice – **100Cals**
- 3) 1 tsp. Maple Syrup – **17Cals**
- 4) 1 cup Mango puree – **140Cals**
- 5) 1 tbsp. Pumpkin Seeds – **56Cals**

OR

BANANA PEANUT BUTTER

- 1) ¼ cup Chia Seeds – **280Cals**
- 2) 1 cup Milk, any choice – **100Cals**
- 3) 1 tsp. Maple Syrup – **17Cals**
- 4) 1 Large Banana, mashed – **121Cals**
- 5) 2 tbsps. Peanut Butter – **188Cals**

STEPS

TROPICAL MANGO

- 1) Pour the mango puree evenly into 2 8oz jars. Chill in the fridge.
- 2) In a bowl, mix together the chia seeds, milk and maple syrup. Stir until well combined.
- 3) Pour the chia mixture on top of the mango puree.
- 4) Cover and let it set overnight in the fridge.
- 5) In the morning, top it up with pumpkin seeds.
- 6) You can consume immediately or cover and bring it out with you!

BANANA PEANUT BUTTER

- 1) In a bowl, mix together the mashed banana, chia seeds, milk, maple syrup and peanut butter. Stir until well combined.
- 2) Divide equally into 2 jars. Cover and let it set overnight in the fridge.
- 3) In the morning, add any topping of your choice such as fresh fruits or nuts/seeds and enjoy!

For Complete Guide : Watch "Breakfast in A Jar Chia Pudding"
<https://youtu.be/p7HvNeEJ-EY>

LUNCH

BARLEY BEET SALAD WITH CUCUMBER YOGHURT SOUP

Cals Per Serving : 312Cals (Beet Salad) & 227Cals (Yoghurt Soup)

STEPS

BARLEY BEET SALAD

- 1) All you have to do is to assemble all the ingredients together.
Then drizzle with the olive oil, lemon juice and maple syrup and serve.

CHILLED MINT CUCUMBER YOGHURT SOUP

- 1) In a blender, add in all the ingredients and blend it up!
- 2) Serve immediately or chill in the fridge for at least 2 hours or overnight.

INGREDIENTS SERVES 2

BARLEY BEET SALAD

- 1) 1.5 cup Cooked Barley – **289Cals**
- 2) 2 cups Baby Spinach – **20Cals**
- 3) ½ cup Purple Cabbage – **11Cals**
- 4) 2 Beetroot, cooked and sliced – **70Cals**
- 5) ¼ cup Fresh Mint leaves – **4Cals**
- 6) 2 tbsps. Vegan Cheese, crumbled – **47Cals**
- *optional
- 7) 1 tbsp. Dried Cranberries – **22Cals**
- 8) 1 tbsp. Apricot Seeds – **76Cals**
- *choose any other dried fruits, nuts or seeds of your choice.
- 9) ½ tbsp. Olive Oil – **60Cals**
- 10) 2 tbsps. Lemon Juice – **8Cals**
- 11) 1 tsp. Maple Syrup – **17Cals**

CHILLED MINT CUCUMBER YOGHURT SOUP

- 1) 4 cups Cucumber, roughly chopped – **64Cals**
- 2) ½ cup Fresh Mint Leaves, roughly chopped – **8Cals**
- 3) 1 Garlic Clove, minced – **5Cals**
- 4) 1.5 cups Vegan Yoghurt – **225Cals**
- 5) 2 tbsps. Freshly Squeezed Lemon Juice – **14Cals**
- 6) 2 tbsps. Extra Virgin Olive Oil – **138Cals**
- 7) Salt & Pepper to Taste
- 8) ½ cup Cold Water

WEEK 1 - WEEK 4
THURS, FRI & SAT



For Complete Guide : Watch “4 Superfood BARLEY Recipes” & “4 No-Cook Chilled Soups”

<https://youtu.be/ybyl9ziNdDc> & <https://youtu.be/Qye2YHbxKi8>

WEEK 1 - WEEK 4
THURS, FRI & SAT

DINNER

SWEET & SOUR TEMPEH WITH BUDDHA'S DELIGHT

Cals Per Serving : 402Cals (Sweet & Sour Tempeh) & 78Cals (Buddha's Delight)

INGREDIENTS SERVES 4

- 1) 1 (250g) packet Tempeh, cut into cubes – **482Cals**
- 2) ½ Red Bell Pepper, cut into chunks – **18.5Cals**
- 3) ½ Green Bell Pepper, cut into chunks – **18.5Cals**
- 4) ½ Red Onion, roughly chopped – **23Cals**
- 5) ½ cup Pineapple, cut into chunks – **41Cals**
- 6) 2 Garlic Cloves, minced – **9Cals**
- 7) 1.5 tbsps. Sesame Oil – **180Cals**
- 8) A handful of Fresh Cilantro, roughly chopped – **6Cals**
- 9) ¼ tsp. Red Chilli Flakes – **2Cals**
- 10) 1 cup Cooked Wild Rice – **166Cals**

SWEET & SOUR SAUCE

- 1) ¼ cup Ketchup – **68Cals**
*choose the low sodium option
- 2) ¼ cup Rice Vinegar – **8Cals**
- 3) 1 tbsp. Maple Syrup – **52Cals**
- 4) ¼ cup Water
- 5) 1 tbsp. Cornstarch mixed with 2 tbsps. Cold Water – **30Cals**
- 6) ½ tbsp. Soy Sauce – **4.5Cals**

BUDDHA'S DELIGHT

- 1) A head of Broccoli, cut into florets – **98Cals**
- 2) 1 Carrot, thinly sliced – **25Cals**
- 3) ½ cup Shitake Mushrooms, thinly sliced – **10Cals**
- 4) 1 cup (100g) Snow Peas – **42Cals**
- 5) 3 Garlic Cloves, minced – **11Cals**
- 6) 1 tbsp. Light Soy Sauce – **6Cals**
- 7) 1 tbsp. Sesame Oil – **120Cals**

STEPS

SWEET & SOUR TEMPEH

- 1) First, let's make the sweet and sour sauce. In a bowl, whisk together ketchup, rice vinegar, soy sauce, maple syrup, water and cornstarch. Set aside.
- 2) In a large pan, heat oil over medium-high heat. Stir in the tempeh, bell pepper, onion, garlic, and chilli flakes. Cook until just beginning to brown, for 5-7 minutes or until vegetables are slightly tender.
- 3) Mix in the pineapple and sweet and sour sauce mixture.
- 4) Continue to cook very quickly for another 2 to 3 minutes until all ingredients are evenly coated and remove from heat.
- 5) Sprinkle with a little bit of cilantro and serve.

BUDDHA'S DELIGHT

- 1) In a pan, heat oil over medium-high heat. Stir in the garlic and sauté very quickly for 1 to 2 minutes until lightly browned.
- 2) Then stir in all the vegetables and cook until vegetables are tender. If you need to, add in a little bit of water.
- 3) Finally, mix in soy sauce and season with salt.

For Complete Guide : Watch "3 Healthy Ways to Enjoy Tempeh" & "Healthy Chinese Takeaway"

<https://youtu.be/Hm455GV3afs> & https://youtu.be/hDHH8uh_Y-c

SNACK

TRAIL MIX OR PROTEIN SHAKE

Cals Per Serving : 140 - 170Cals (Trail Mix) or 120Cals (Protein Shake)

STEPS

TRAIL MIX

- 1) Simply choose a combination of nuts, seeds and dried fruits of your choice. Measure ¼ cup per serving.

INGREDIENTS

TRAIL MIX

- 1) 1/2 cup of Nuts
- 2) 1/4 cup Seeds
- 3) 1/4 cup Dried Fruits

WEEK 1 - WEEK 4



8-WEEK **FAT BURNING** **MEAL PLAN**

WEEK 5 - WEEK 8



WEEK 5 - WEEK 8
MON, TUES & WED



BREAKFAST

BARLEY PORRIDGE

Cals Per Serving : 456Cals

INGREDIENTS SERVES 1

- 1) ¼ cup Pearl Barley – **176Cals**
- 2) ¾ cup Water
- 3) ½ cup any Milk – **60Cals**
- 4) 1 tsp. Chia Seeds – **22Cals**
- 5) 1 tbsp. Apricot Seeds - **76Cals**
- 6) 1 Banana, sliced – **105Cals**
- 7) 1 tsp. Maple Syrup to taste - **17Cals**

STEPS

- 1) In a small pot, combine barley with water and bring to a boil.
- 2) Lower the heat and simmer until water has been absorbed. Pearl barley can take between 20 – 30 minutes until completely soft.
- 3) Then add milk and cook it on low heat until you get your desired consistency.
- 4) Top the porridge with banana and sprinkle with apricot seeds, and chia seeds
- 5) Drizzle with maple syrup and enjoy!

LUNCH

BLACK BEAN, COCONUT & RICE

Cals Per Serving : 605Cals (with rice)

STEPS

- 1) Chop up all the vegetables.
- 2) In a large pot, cook the garlic until fragrant and golden brown.
- 3) Then add in all the vegetables and season with herbs and spices. Mix well.
- 4) Pour the coconut milk and water and mix through.
- 5) Close the lid and let it cook for 20-25 minutes until all the ingredients are tender and cooked through.
- 6) You may choose to serve it with 1 cup of rice.

INGREDIENTS SERVES 3

- 1) 1 can (240g) Black Beans, washed & drained – **220Cals**
- 2) 200ml Coconut Milk – **467Cals**
- 3) 2 small Potatoes, cubed – **260Cals**
- 4) 2 large Carrots, cubed – **60Cals**
- 5) 2 large Tomatoes, roughly chopped – **66Cals**
- 6) 1 Onion, chopped – **46Cals**
- 7) 1 Bell Pepper, chopped – **30Cals**
- 8) 1 Garlic Clove, minced – **4Cals**
- 9) 1 tsp. Mixed Herbs – **4Cals**
- 10) 1 tsp. Ground Cumin – **8Cals**
- 11) ¼ tsp. Ground Cinnamon – **1.5Cals**
- 12) ½ tsp. Salt
- 13) 2 - 3 cups Water
- 14) 3 cups Brown Rice, cooked – **645Cals**

WEEK 5 - WEEK 8
MON, TUES & WED



WEEK 5 - WEEK 8
MON, TUES & WED

DINNER

BARLEY, CARROT & CORN SOUP

Cals Per Serving : 347Cals

INGREDIENTS SERVES 3

- 1) ½ cup Pearl Barley – **350Cals**
- 2) 6 cups Vegetable Stock – **90Cals**
- 3) 2 Tomatoes, quartered – **44Cals**
- 4) 2 large Onions, quartered – **120Cals**
- 5) 2 Potatoes, cut into thick chunks – **326Cals**
- 6) 2 Carrots, cut into thick chunks - **50Cals**
- 7) 1 Sweet Corn, cut into 4 – **62Cals**
- 8) Salt and Pepper to taste

STEPS

- 1) Start by prepping all your ingredients. Chop all the vegetables – tomatoes, onions, carrots, potatoes and sweet corn.
- 2) The next step is to simply fill up a pot with vegetable stock and add in all your ingredients.
- 3) Season with a little bit salt and pepper.
- 4) Allow all the ingredients to cook under medium heat for 30 minutes or until vegetables are tender.
- 5) Serve warm.

WEEK 5 - WEEK 8
THURS, FRI & SAT

BREAKFAST

OVERNIGHT OATS

Cals Per Serving : 490Cals

INGREDIENTS SERVES 3

- 1) 1.5 cup Oats – **570Cals**
- 2) 1.5 cup Milk, any choice – **219Cals**
- 3) 2 tbsps. Peanut Butter – **188Cals**
- 4) 3 large Bananas – **315Cals**
- 5) ¼ cup Goji Berries – **88Cals**
- 6) 1.5 tbsps. Chia Seeds – **90Cals**

STEPS

- 1) In a bowl, mix oats, milk, peanut butter, goji berries and chia seeds together.
- 2) Now let's transfer the overnight oatmeal, either into jars or bowls.
- 3) Cover and place in the fridge overnight.
- 4) The next morning, top it up with sliced bananas or any other fruits and serve it for breakfast.

****The overnight oats will keep well in the fridge for up to 3 days.**

LUNCH

CHICKPEAS TOFU SCRAMBLE WRAP

Cals Per Serving : 254Cal (consume 2 Wraps)

STEPS

- 1) In a pan, heat oil over medium-high heat. Add onion, bell pepper and cherry tomato. Saute for 3 - 4 minutes or until the vegetables are tender.
- 2) Then add in the chickpeas and firm tofu. Continue to cook until all ingredients are heated through.
- 3) Stir in the seasonings - smoked paprika, garlic powder, turmeric, and salt.
- 4) Remove from pan and set aside to cool down.
- 5) Take one wholegrain wrap and place about ¼ cup of the filling near the centre. Roll up tightly into a wrap.

INGREDIENTS SERVES 3

- 1) ½ can Chickpeas, rinsed and drained – **234Cals**
- 2) 100g Firm Tofu - **55Cals**
- 3) ¼ cup Cherry Tomato, halved – **6.5Cals**
- 4) ¼ cup Red Bell Pepper, diced – **9.5Cals**
- 5) ¼ cup Onion, diced – **17Cals**
- 6) 1 tbsp. Olive Oil - **119Cals**
- 7) ½ tsp. Turmeric Powder – **4Cals**
- 8) ½ tsp. Garlic Powder – **5Cals**
- 9) ¼ tsp. Smoked Paprika – **2Cals**
- 10) A pinch of Salt
- 11) 8-inch Whole Wheat Tortilla – **130Cals each**

WEEK 5 - WEEK 8
THURS, FRI & SAT



WEEK 5 - WEEK 8
THURS, FRI & SAT

DINNER

TEMPEH CHILLI CON CARNE

Cals Per Serving : 430Cals

INGREDIENTS SERVES 4

- 1) 2 tbsps. Olive oil, divided - **119Cals**
- 2) 1 cup Tempeh, cut in cubes - **320Cals**
- 3) 2 tps. Soy Sauce - **6Cals**
- 4) 1 Red Bell Pepper, diced - **37Cals**
- 5) 1 cup Zucchini, cut into cubes - **19Cals**
- 6) 1 Carrot, diced - **25Cals**
- 7) 2 Garlic Cloves, minced - **8Cals**
- 8) 1 Onion, diced - **46Cals**
- 9) 1 can Black Beans, rinsed and drained - **220Cals**
- 10) 1 can diced Tomatoes - **128Cals**
- 11) 1 tbsp. Smoked Paprika - **20Cals**
- 12) 1 tsp. Cumin Powder - **8Cals**
- 13) ¼ tsp. Cayenne Pepper - **1Cal**
- 14) 2 sprigs Coriander, roughly chopped - **1Cal**
- 15) 1 cup cooked Basmati Rice - **191Cals**

STEPS

- 1) Using one tablespoon of olive oil, saute the tempeh until it is lightly golden brown, about 3-5 minutes.
- 2) Then add in the soy sauce, and saute for another minute, until the soy sauce is sticky and dissolved. Set aside.
- 3) With the remaining 1 tbsp. of olive oil, saute all the vegetables – garlic, onion, zucchini, carrot and bell pepper.
- 4) Add the seasonings - smoked paprika, cumin powder and cayenne pepper.
- 5) Then add in the black beans, chopped tomatoes and tempeh.
- 6) Allow all the ingredients to simmer for 20 – 30 minutes until the sauce thickens. Don't forget to stir occasionally and if necessary, add some water.
- 7) Garnish with coriander and serve with a cup of rice.

SNACK

TRAIL MIX OR PROTEIN SHAKE

Cals Per Serving : 140 - 170Cals (Trail Mix) or 120Cals (Protein Shake)

STEPS

TRAIL MIX

- 1) Simply choose a combination of nuts, seeds and dried fruits of your choice. Measure ¼ cup per serving.

INGREDIENTS

TRAIL MIX

- 1) 1/2 cup of Nuts
- 2) 1/4 cup Seeds
- 3) 1/4 cup Dried Fruits

WEEK 5 - WEEK 8



As for **SUNDAYS**, choose your favourite meals and have them together with one Reward Meal in **MODERATION**.

IMPORTANT NOTES

- 1) This meal plan is based on a balanced diet rich with protein, complex carbs, healthy fats and vegetables, which helps with sustainable weight loss, building lean muscles and improving your digestion.
- 2) You can click and watch each recipe from the video links provided.
- 3) Do NOT consume less than 1200cals for women and 1600cals for men in a day. Starving will NOT help with weight loss.
- 4) If you are a male, increase the portion size and keep to 2000cals – 2400cals per day.
- 5) For convenience, you may choose to prepare your meals in BULK and have them for the next 2 – 3 days.
- 6) Only use and prepare high quality, natural, clean and unprocessed ingredients.
- 7) Adjust the portion sizes and calories according to the products you use. Mine might be slightly different from yours. So read the food labels carefully. If there isn't a food label, you can search the nutrients and calories online.
- 8) Use this meal plan as a guideline. So feel free to create your own recipes by using other ingredients of your choice.
- 9) You MUST drink at least 2.5L - 3L of water EVERY DAY.
- 10) Make it a habit to PLAN & PACK your meals the night before and store them in the fridge for the next day; this will make your mornings easier and hassle-free.
- 11) PRINT this meal plan and stick it on your fridge as a daily reminder to stay on track.
- 12) Keep a FOOD DAIRY of what you eat and how you feel as well, which is a crucial part to stay on track.
- 13) For best results, aim to WORKOUT 4 - 5 times a week for at least 30 - 45 minutes per session. Please follow my Workout Programmes on FIO.
- 14) You can add another small meal or increase your calories by 200 – 300cals on your workout days if needed.
- 15) STAY AWAY from soda drinks, processed food, fast food and all junks!
- 16) It's always a good idea to talk with your doctor before starting your weight-loss journey. And that's especially important in this case if you have kidney disease, diabetes or other chronic health condition. You know your body better than I do!

**DON'T WAIT UNTIL YOU HAVE ACHIEVED YOUR GOAL TO BE PROUD OF YOURSELF,
BE PROUD OF YOURSELF FOR EVERY STEP YOU TAKE TOWARDS YOUR GOAL. ALL THE BEST! =)**