



**EASY
DIET**

Get your 10-a-day + lose up to 8lbs!



MAKE SURE YOU'RE GETTING YOUR RECOMMENDED AMOUNT OF FRUIT AND VEG, AND LOSE WEIGHT WITH **ROB HOBSON'S** FOUR-WEEK DIET PLAN

The five-a-day message has been around for nearly 20 years as a way of encouraging us to eat more fruits and vegetables but only

30 per cent of us actually meet this recommendation. Eating plenty of fruits and vegetables helps with our intake of vitamins, minerals and antioxidant compounds that help to protect the body against disease. More recently it has been suggested that we should be eating closer to 10 servings every

day to reap the benefits of this food group. Ten doesn't mean you have to eat that number of separate servings of fruits and vegetables and in a way it's easier to think of it as 800g, which can be achieved quite quickly if you incorporate dishes like stir-fries and soups into your diet.

Week 1 & 3

MONDAY

Breakfast

150g low fat Greek yoghurt topped with 4 walnuts (crushed), orange segments and cinnamon. Plus 150ml glass of juice or a smoothie.

Lunch

Spread 2 tsp harissa paste and 1 tsp Greek yoghurt over 1 wholemeal wrap. Add slices of cucumber, red peppers, grated carrot and grated raw beetroot to the wrap, top with

½ a can of tuna and sprinkle over chopped coriander. Plus 1 handful of berries.

Dinner

Preheat the oven to 200°C/Gas Mark 6. Remove the leaves from ½ a small cauliflower (200g), place the florets in a food processor then blitz to a coarse crumbly texture. Transfer the cauliflower to a lined baking tray, season with salt and pepper then roast in the oven for about 15 minutes until golden but still tender.

Allow the cauliflower 'couscous' to cool then place in a bowl with 1 tbsp olive oil, juice of ½ a lemon, 2 tbsp pomegranate seeds, 1 handful of spinach (sliced), 1 tbsp pistachio kernels (chopped) and 1 tbsp each of chopped parsley, mint and coriander. Serve with 2 slices of grilled spiced tofu.

Snack

1 small pear (sliced) with 1 tbsp nut butter.

TUESDAY

Breakfast

Porridge made with 4 tbsp oats and 275ml milk (dairy or alternative). Top with ½ a banana (sliced) and 1 tbsp nut butter. Plus 150ml glass of juice or smoothie.

Lunch

Place ¼ of a pack of ready-cooked quinoa and ¼ of a pack of ready-cooked puy lentils in a bowl and combine. Add fresh tarragon, 30g feta cheese (crumbled), 2 spring onions (finely sliced), ¼ of a cucumber sliced (finely

sliced), ½ a red pepper (finely sliced) and a squeeze of orange juice. Season with salt before serving.

Dinner

Preheat the oven to 180°C/Gas Mark 4. Slice 1 side of a long red Romano pepper to create a pouch. In a bowl combine 125g cooked Spanish-style rice (try Merchant Gourmet) with ½ a red chilli (finely diced) and ¼ of a red onion (finely diced). Place rice mixture in the pepper. Now combine 1 tsp of olive oil

with 1 tsp harissa and drizzle over the pepper. Place on a baking sheet and roast for 20 minutes. When cooked, top with coconut milk yoghurt, ¼ of an avocado (chopped) and lime juice. Serve with salad.

Snack

2 dates stuffed with almond butter (open each one, remove stone and fill with 1 tsp of nut butter).

WEDNESDAY

Breakfast

2 scrambled eggs with a handful of mushrooms and 1 slice of wholegrain toast. Plus 150ml glass of juice or smoothie.

Lunch

Preheat the oven to 180°C/Gas Mark 4. Place ½ a can of chickpeas and 2 large carrots (scrubbed, trimmed and quartered lengthways) on a baking tray. Scatter over ½ a red onion (finely sliced), ½ tsp mixed herbs, 1 tbsp olive oil and salt. Roast for 25 minutes. Serve with a dressing of 1 tbsp coconut milk yoghurt, a pinch each of za'atar, cumin, and the zest and juice of ½ a lemon. Serve with 1 wholemeal pitta bread.

THURSDAY

Breakfast

50g high-fibre breakfast cereal with 200ml milk or fortified plant drink (soya or nut) and topped with sultanas and grated apple. Plus 150ml glass of juice or smoothie.

Lunch

Add 1 tsp of light olive oil to a wok set over a high heat. Add 100g cooked brown rice and cook for 3 minutes. Crack one egg into the pan and mix quickly into the rice. Cook the egg and rice for 2 minutes then add 1 spring onion (finely sliced), 80g frozen peas and 1 tbsp light soy sauce and combine. Serve the fried rice with 1 tomato (sliced).

FRIDAY

Breakfast

1 slice of wholegrain toast topped with ½ an avocado (mashed) combined with ½ a yellow pepper (diced), chopped coriander and a squeeze of lime juice. Plus 150ml glass of juice or smoothie.

Lunch

Heat 1 tsp olive oil in pan. Add ½ a red onion (sliced), 1 tbsp grated ginger and 1 garlic clove (crushed) then fry. Add 200ml veg stock, 1 celery stick (chopped) and 1 carrot (diced) and boil for 12 minutes. Add ½ a can of aduki

Dinner

Heat 1 tsp of coconut oil in a small saucepan then add ½ a small onion (finely sliced) and fry gently for 5 minutes. Now add 1 small garlic clove (crushed) and a 1cm piece of ginger (finely chopped) and fry for a further 3 minutes. Add 1 celery stick (diced), ½ a lemongrass stick (bashed), 50ml vegetable stock and 100ml coconut milk to the pan and simmer for 15 minutes. Now add 100g turkey (finely sliced) and simmer for another 5 minutes until cooked through. Add 1 handful of spinach and coriander then stir through until wilted. Season with salt before serving.

Dinner

Heat 1 tsp sesame oil in a small saucepan. Add ¼ of a red onion (chopped) and cook to soften. Add ½ a garlic clove (crushed), a 1cm piece of ginger (grated), ½ a red chilli (chopped), ½ tsp turmeric, ½ tsp cumin and cook for 1 minute. Add ½ a sweet potato (chopped) and 60g red lentils and stir, then add 200ml veg stock. Simmer for 20 minutes. Season, then stir through a handful of spinach and coriander. Serve with wholemeal pitta bread.

Snack

30g plain cashew nuts.

beans, ½ a courgette (diced), lemon zest and fresh coriander and boil for 5 minutes. Serve with 1 slice rye bread.

Dinner

Combine ½ tsp smoked paprika, 1 tsp ground cumin and ½ tsp ground coriander in a bowl. Add one skinless salmon fillet and coat. Heat 1 tsp of oil in a pan and cook the salmon. Serve with 50g cooked quinoa, ½ an avocado (chopped) and a salsa of ¼ of a mango, 4 cherry tomatoes and lime juice.

SATURDAY

Breakfast

Heat 1 tbsp of olive oil in a frying pan then add 100g mixed mushrooms, 1 handful of spinach (sliced) and chopped tarragon. Sauté for 5 minutes and season with salt and pepper. Serve on 1 slice of wholegrain toast. Plus 150ml glass of juice or smoothie.

Lunch

In a bowl combine ½ of a 300g pack of Quorn pieces with lime juice, ¼ tsp chilli powder and ½ a garlic clove (crushed). Fry the Quorn pieces for a few minutes. While cooking

heat the wraps. Mash ½ an avocado and spread over each wrap. Add 1 roasted red pepper from a jar (sliced), the Quorn, 2 tsp pumpkin seeds, coriander and 1 tbsp fortified soya yoghurt.

Dinner

Place 1 skinless salmon fillet in a bowl with 3 tsp of soy sauce, 3 tsp of sesame oil and 2 tsp of honey. Coat the salmon well then leave to marinate for 1 hour. Heat the grill to medium. Place the salmon fillet on a baking sheet and drizzle over

SUNDAY

Breakfast

Heat 1 tsp olive oil in a frying pan and add ½ a small onion (finely chopped). Cook for 8 minutes to soften completely. Stir in ½ a garlic clove (crushed), ¼ tsp ground turmeric, ½ tsp ground cumin and ¼ tsp smoked paprika and cook for 1 minute. Mash 140g extra firm tofu in a bowl using a fork then add to the pan and fry for 3 minutes. Set the heat high and add 50g cherry tomatoes then cook for 5 minutes more. Stir in chopped parsley, season and serve on top of 1 slice of dark rye bread. Plus 150ml glass of juice or smoothie.

Lunch

Place a saucepan on the hob over a medium heat then add 1 tbsp light olive oil. Add 1 small garlic clove (crushed), ½ tsp ginger (grated) and 1 small spring onion (sliced) to the pan and sauté for 3 minutes. Now add 50g red lentils, 1 small sweet potato (peeled and chopped), 50g cherry tomatoes, 3 cardamom pods, 3 cloves, ½ tsp of turmeric and 1 bay leaf. Cook for 2 minutes. Add 100ml vegetable stock to the pan and simmer for 15 minutes. After this add 100ml coconut milk. Season with salt then simmer for another 15 minutes. Serve in a bowl and garnish with fresh coriander.

Dinner

Add 1 tbsp grated ginger, 1 large garlic clove (sliced), 2 tsp maple syrup, 1½ tsp light soy sauce, 1 tsp sesame oil and chilli flakes to a bowl and combine. Add 150g of firm tofu (cubed) and 2 small pak choi (quartered through the stalk) and coat well. Leave to sit for 20 minutes. Heat a large frying pan or griddle then cook the tofu until crisp on all sides, and the pak choi until wilted. Place the tofu and pak choi on a plate and pour over any remaining marinade from the bowl. Serve with brown rice, coriander and lime juice.

Snack

2 tbsp reduced fat hummus with 1 carrot (sliced).

"We should be eating 10 servings every day"

the marinade from the bowl. Grill for about 12 minutes until cooked through. While the salmon is cooking, heat 1 tsp olive oil in a large frying pan. Add ½ an aubergine (finely sliced) and fry until soft. Add 1 tbsp white miso paste and combine well. Serve the salmon with aubergine and a chopped salad of cucumber, red pepper, red onion and lemon juice.

Snack

50g guacamole with 1 red pepper (sliced).

EASY DIET

Week 2 & 4

MONDAY

Breakfast

50g high-fibre breakfast cereal with 200ml milk or fortified plant drink (soya or nut) and topped with berries. Plus 150ml glass of juice or smoothie.

Lunch

1 slice of dark rye bread spread with ½ an avocado (mashed) and lime juice. Top with ½ a red pepper (thinly sliced). Plus 1 handful of berries.

Dinner

Heat 2 tsp of olive oil in a frying pan. Add ½ an onion (chopped) and soften. Add 100g of vegan mince to the pan with 1 tsp cumin, ¼ tsp cinnamon and ½ tsp turmeric then stir. Now add 25g dried apricots (quartered), ½ a red pepper (finely sliced) and 150ml vegetable stock. Bring to the boil then simmer gently for 15 minutes. Serve with 180g cooked wholegrain couscous combined with chopped coriander and mint.

Snack

50g dried mango slices.

TUESDAY

Breakfast

2 eggs scrambled with 80g chopped tomatoes served on 1 slice of rye bread. Plus 150ml glass of juice or smoothie.

Lunch

Combine 1 cooked chicken breast (sliced) with 100g cooked quinoa, 50g rocket, 50g spinach (sliced), 50g mange tout (blanched and sliced), 2 dried apricots (sliced), chopped chives and parsley, lemon juice and 1 tsp olive oil.

Dinner

Drizzle olive oil and lemon juice over one skinless chicken breast, then grill under a medium heat for 10-12 minutes. While the

chicken is cooking, prepare a pesto sauce by placing 1 tbsp sunflower seeds, 1 tbsp cashew nuts, 1 handful each of basil leaves and spinach leaves, 1 tsp olive oil, lemon juice and salt in a blender and blitzing into a paste. Next, make courgette spaghetti by peeling two large courgettes using a julienne peeler. Heat 1 tsp of olive oil in a non-stick pan then add the pesto. Cook for 30 seconds before adding the courgette spaghetti. Swirl around the pan for 1 minute. Serve chicken with the courgetti.

Snack

2 small oatcakes topped with mashed avocado.

WEDNESDAY

Breakfast

150g Greek yoghurt topped with 1 banana (sliced) and 1 tbsp nut butter. Plus 150ml glass of juice or smoothie.

Lunch

1 pot of fresh bean and tomato-based soup. Place a handful of ready cooked quinoa in the bottom of the bowl and pour over the hot soup. Serve with two dark rye crispbreads or a slice of Ezekiel bread.

Dinner

Preheat the oven to 200°C/Gas Mark 6. Place ½ a butternut squash on a baking tray and roast for 45 minutes until tender. Once cooked, scoop out the flesh and place in a bowl with 5 tbsp of flour, 1 tsp olive oil, pinch of nutmeg, salt and pepper. Mash together and then form into 4 even sized balls. Chill for 30 minutes before rolling each ball into a log shape on a floured surface. Cut each log into thumb-sized pieces. Bring a pan of water to the boil and add the 'gnocchi' cooking for 2 minutes. Now heat 1 tsp of olive oil in a pan and add the 'gnocchi'. Fry until browned then add 100g frozen peas and sage leaves. Fry for another minute before serving.

Snack

1 large carrot (chopped) with 2 tbsp reduced fat hummus.

*"Eating plenty of
fruit and vegetables
can help to
protect the body
against disease"*

THURSDAY

Breakfast

1 slice of wholegrain bread topped with ½ an avocado (mashed) and two boiled eggs (peeled and sliced). Plus 150ml glass of juice or smoothie.

Lunch

Combine 100g of cooked spelt, 25g baby spinach (chopped), 50g red cabbage (finely shredded), ½ a celery stick (finely sliced) and 80g mange tout (shredded) in a bowl. Add the juice from ½ a lemon, 1 tsp olive oil and ½ a small garlic clove (crushed) and combine well. Top the salad with ½ an avocado (sliced) and 1 cooked chicken breast (sliced).

Dinner

Place 375ml of chicken stock in a saucepan with a 1cm piece of ginger (peeled), ¼ of a red chilli (chopped), 1 tbsp soy sauce, 1 tsp sweet chilli sauce and 50g rice noodles. Bring to the boil then add 100g thinly sliced chicken breast and simmer for 4 minutes. Remove the ginger and add 1 pak choy sliced and 1 handful of Chinese cabbage (shredded) and cook for 1 minute. Serve in a large bowl and garnish with sliced spring onions and fresh coriander leaves.

Snack

2 tbsp fat-free Greek yoghurt with 1 tbsp sultanas and grated apple.

FRIDAY

Breakfast

Blend ½ a banana, 250ml almond milk, 80g frozen berries, 2 tbsp oats and a small handful of spinach to make a smoothie.

Lunch

Place ½ a red onion in a bowl with a pinch of salt and the juice of ½ a lemon and leave for 5 minutes. Peel ½ a cucumber then slice into half moons. Place the cucumber in a bowl with ½ a 400g can of chickpeas, ½ a small yellow pepper (diced), mint (chopped), a handful of spinach leaves (sliced), 1 tbsp fortified soya yoghurt, ½ tsp nigella seeds and salt. Serve with the red onions.

Dinner

Chop 1 skinless salmon fillet into small chunks. Now chop half of that very finely (almost pureed). Combine the salmon in a bowl with ¼ of a lemongrass stick (tough outer layers removed and very finely chopped), a 1cm piece of ginger (very finely chopped) and 1 tsp sriracha sauce. Form the mixture into 2 small patties and fry in a non-stick pan. Serve with lots of fresh salad topped with a handful of canned beans.

Snack

100g berries.

SATURDAY

Breakfast

Two boiled eggs served with 2 small slices of rye bread (toasted) and spread with Marmite. Plus 150ml glass of juice or smoothie.

Lunch

Arrange 80g of blanched green beans (cooled), ½ a can lentils, ½ a celery stick (finely diced), ¼ of a red onion (thinly sliced), 50g roasted red peppers (jar, sliced), 30g rocket and chopped coriander in a bowl. Squeeze over a little lemon juice. Serve with a dressing of 2 tbsp fortified soya yoghurt, chopped chives and lemon zest.

Dinner

Heat 1 tsp of light olive oil in a saucepan then

add 1 small shallot (finely sliced) and fry for 5 minutes. Now add ½ a garlic clove (crushed) and a 1cm piece of ginger (peeled and grated) and cook for another 3 minutes. Next, stir in 2 tsp curry powder, 3 curry leaves and ½ tsp ginger powder. Now add 200ml vegetable stock and simmer for 10 minutes. Next, add 150g cauliflower florets (cut into small pieces) and cook for another 10 minutes until tender. Add 100ml light coconut milk and 100g raw king prawns then cook for 4 minutes. Take off the heat and add 1 handful of spinach and stir in until wilted. Season, and serve with 1 small wholemeal pitta bread.

Snack

1 small slice of fruit bread.

SUNDAY

Breakfast

Veggie breakfast made up of 30g grilled halloumi, grilled cherry tomatoes, sautéed mushrooms and spinach on 1 slice dark rye bread. Plus 150ml glass of juice or smoothie.

Lunch

Preheat the oven to 180°C/Gas Mark 4. Cut one small aubergine in half then score the flesh and season with salt and smoked paprika. Place the aubergine on a baking sheet and cook for 20 minutes or until the flesh is soft. Once cooked, scoop out the flesh and place in a bowl. Add 125g of ready cooked quinoa, 5 cherry tomatoes (halved), 4 dried apricots (chopped), 5 black olives (chopped), 1 tbsp of

olive oil, juice of ½ a lemon and salt to season. Place the mixture back into the aubergine skins and top with toasted pumpkin seeds.

Dinner

Preheat the oven to 180°C/Gas Mark 4. Place ½ a can of butter beans, 4 cooked artichokes and 5 cherry tomatoes on a baking tray. Drizzle with 1 tsp olive oil and season. Roast for 20 minutes. Make a pesto by blitzing 40g cashew nuts, 1 small handful spinach, 1 tbsp olive oil, 1 tbsp water, small handful basil and salt. Peel 1 courgette into small ribbons and place on a plate. Top with bean mixture and pesto.

Snack

3 pitted dates.

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