

WedFit Mum

Example food and exercise plan for one week

Day	Breakfast	Lunch	Dinner	Exercise
Mon	40g shreddies with handful raspberries and blueberries	Vegetable soup	Cajun chicken and wedges	Walk (30-40 mins)
Tue	Smoothie (banana, mango, cup of coconut milk or plain yoghurt)	Poached eggs on mixed beans	Cod with bacon, lettuce and peas	
Wed	40g granola (make sure it's a low sugar one) with handful of raspberries and blueberries	Small jacket potato with tuna, sweetcorn and dash of mayo	Chicken curry with extra vegetables and/or use cauliflower as a side instead of rice	Step / aerobics class or other cardio activity (45 – 60 mins)
Thur	Smoothie (banana, cup of coconut milk or plain yoghurt, handful of berries)	Butternut squash salad	Salmon with green veg and pesto	Walk (30-40 mins)
Fri	2 poached eggs and 1 piece of toast	Vegetable soup	Steak and kale	
Sat	100g greek yogurt with honey and raspberries	Wholemeal wrap with ham, tomato and pesto	Chilli with homemade guacamole (no rice)	Run or walk (30 mins)
Sun	Ham and mushroom omelette	Warm chorizo salad	Chicken casserole	

Swaps

The above is just a guide and includes the types of things I eat. You can, of course, swap out things you don't like for alternatives .e.g. different type of eggs, cereal or fruit – just try and make sure they are low sugar ones.

Variety

If I'm honest my breakfasts and lunches are not this varied on a daily basis so you can stick with what you like (if you want cereal and oop every day, go for it) or mix things up as much as you like!

Home cooking

Try as much as possible to make things from scratch so you know exactly what is in them. I've added a link to all the recipes above to help.

Snacks

Try to only snack if you are really hungry and can't wait for your next meal or you could just have an early lunch or dinner if you need to.

Snack on fruit or carrot/celery sticks if you need something to keep you going.

A tip for the evening – don't eat dessert with dinner, instead save this for when you're a bit peckish in the evening. I eat my dinner at 6 then have a bowl of yogurt and fruit about 7.30-8pm.

Treats

If you know you're going out for dinner or fancy having a cake or treat of some kind, try to eat really low calorie stuff for the rest of the day – a greek yogurt breakfast and vegetable soup is perfect! Likewise, if I am having a bigger / higher calorie dinner then I try and have a smaller lunch.

Exercise

Try to walk whenever you can and walk at a pace that gets you slightly out of breath and slightly sweaty!

Add in some higher intensity exercise twice a week when you're ready e.g. an aerobics class or a run. You can do low impact options to start e.g. a fast walk or run/walk.

I've included the exercise that I do and like but obviously do what you enjoy, whether that's walking, swimming, cycling etc.