

FAST MEALS

FOR THE FAST 800 DIET



BY LINDELL PEREIRA

**FAST
MAMA**

Disclaimers

© 2019 Lindell Pereira

This book or any portion thereof may not be reproduced or used in any manner whatsoever without the express permission of the author.

Lindell Pereira, Fast800Mama and Fast Mama Official have no support, authorisation or endorsement with The Fast 800 Diet or Healthlab Online Limited.

Nutritional information shown is calculated as average quantities. Variations may occur due to the product brands used and food preparation methods.

Please note, while each recipe has been tested, I cannot guarantee recipe outcome or food safety. These are the recipes I have cooked for my family and friends.



*This book is dedicated to my Mama.
The most amazing woman, teacher, role model and mum.
She was a light who shone bright.*

Meet Fast 800 Mama



I have a goal to fit into my wedding dress and head out for dinner with one of my girlfriends and our husbands. I can do up the belt....still working hard towards zipping up my dress.

Hi there, I'm Lindell, you may know me as @Fast800Mama.

I started my Fast 800 journey on 13th January 2019 after reaching the heaviest weight I've ever been. I was SO tired ALL the time and really uncomfortable in every piece of clothing I owned (other than my old maternity wear). I was sick and tired.....of being sick and tired.

I made the decision to start! I bought the book, read through it and got started on a Sunday (according to statistics more people fail a diet if they start on a Monday 😊).

To date, I've lost over 43lbs / 19.6kg and I feel amazing. There are days I have too much energy (touch wood) and I can keep up with my cheeky kids. I'm absolutely blown away by how well I've lost this weight and how easily I was able to tweak our regular family meals to fit the diet plan.

Here's some of my family's favourites along with some tips and tricks.

I hope it helps make your journey that little bit easier.

Love,
Lindell

Table Of Contents

5	My Morning Coffee
7	Fruit and Yoghurt
9	Eggs and Garlic Kale
11	Fried Sardines and Zucchini Stir Fry
13	Greek Salad
15	Good Old BBQ Chook 3 Ways
16	- BBQ Chicken and Salad
18	- Chicken Cauliflower Fried Rice
20	- Fast Sushi
22	Fast800Mama's Wraps
24	Knock Your Socks Off Bunless Burger
26	Fast800Mama's Bolognese
28	Brilliant Butter Chicken
30	Basic Bone Broth
32	Baked Cauliflower
34	Baked Vegetables
36	Family Pizza Night
37	Lunch Ideas for Work
38	Snacks and Desserts



My Morning Coffee

15	Calories
----	----------

1g	Protein
----	---------

2g	Carbs
----	-------

1g	Fats
----	------

My Morning Coffee

I love coffee. Like LOVE LOVE LOVE it. I really want to be able to skip a day of coffee without the withdrawals but I can't. It helps me through my morning fast, it adds a delicious aroma to my house, and making my morning espresso coffee is almost like meditation for me.

Ingredients

- 10 grams coffee beans
- 1 tbsp full cream milk

Method

- 1) Measure out 10 grams of beans
- 2) Grind them up
- 3) Brew them into 15mls coffee shot
- 4) Add 100mls hot water
- 5) Add the milk

Fruit and Yoghurt

60g Yoghurt,
60g Blueberries,
10g Almonds

160	Calories
-----	----------

4g	Protein
----	---------

12g	Carbs
-----	-------

10g	Fats
-----	------

Fruit and Yoghurt

I find fruit and yoghurt a great snack if you need one. Or a light breakfast if you are eating 3 meals a day. Some days I even have it for a super quick lunch.

Yoghurts

I've tried a few different yoghurts. I switch between Cow's Milk Yoghurt and Goat's Milk Yoghurt. I tried Sheep's Milk Yoghurt but I wasn't a fan.

My current favourite is any good full fat Greek pot set yoghurt.

Traditionally in the authentic Mediterranean diet they use Goat's Milk Yoghurt.

Serve 60 grams.

Fruit

I tend to eat with the seasons as much as I can so my fruit consumption will change accordingly. Here's some ideas:

60g Blueberries + 60g yoghurt = 109 Calories

60g Strawberries + 60g yoghurt = 96 Calories

60g Mango + 60g yoghurt = 113 Calories

100g Watermelon + 60g yoghurt = 107 Calories

150g Peach + 60g yoghurt = 136 Calories

Add 10 grams of your favourite crushed nuts to top it off (remember to count the calories depending on what nuts you choose)



Eggs and Garlic Kale

Per Serve

217	Calories
-----	----------

15g	Protein
-----	---------

7g	Carbs
----	-------

15g	Fats
-----	------

Eggs and Garlic Kale

A super quick breakfast / lunch at home, or pack and go for work.

Ingredients

- 2 eggs
- 60g chopped kale
- 1tsp olive oil
- 1 clove garlic
- pinch salt
- chilli flakes to taste

Method

- 1) Heat a pan on medium to high heat for a minute while you get the ingredients ready.
- 2) Add the olive oil to heat then throw in the crushed garlic and chopped kale.
- 3) Cook, stirring every 30 seconds, for 4 minutes (or until it's cooked how you like it).
- 4) Cook the 2 eggs how you like them (I love the sunny side up with this kale).
- 5) Pop eggs and garlic kale on a plate, sprinkle with chilli and salt, eat.

SERVES: 1

FOR THE FAMILY: My family enjoy this on a piece of toast for breakfast.

WORK LUNCH: You can take this kale with 2 boiled eggs for lunch.

TIPS: For a super fast and easy meal, buy pre-cut kale in a bag and/or crushed garlic in a jar from your supermarket.

STORAGE: Store in the fridge a day or two.

Fried Sardines and Zucchini Stir Fry

Per Serve

213	Calories
-----	----------

19g	Protein
-----	---------

4g	Carbs
----	-------

14g	Fats
-----	------

Fried Sardines and Zucchini Stir Fry

These sardines are THE BOMB. I love them for a quick lunch when I'm working from home.

Ingredients

- 1 tin sardines in olive oil
- ½ tsp garlic powder
- salt
- 1 zucchini
- 1 tsp olive oil
- 1 clove garlic

Method

- 1) Cut the zucchini length ways then slice into half moons.
- 2) Heat your pan on medium heat with ½ tsp olive oil
- 3) Add crushed garlic, stir and cook for 1 minute.
- 4) Add zucchini and stir fry for 4 minutes.
- 5) In a separate pan, while the zucchini is cooking, add your drained sardines.
- 6) Sprinkle with garlic powder and salt. Cook on medium/high heat for a minute.
- 7) Flip and cook on other side for a minute (or until they're how you like them).
You can sprinkle extra garlic powder and salt on this side if you like, I don't.

Serve Sardines and Zucchini together with a sprinkle of chilli to taste.

SERVES: 1

FOR THE FAMILY: Pop this on top of toast for the family to enjoy

TIPS: Serve these sardines with salad and condiments on a Fast800Mama Wrap (see page 22) for lunch or dinner.

STORAGE: I prefer eating these hot and fresh from the pan.



Greek Salad

Per Serve

124	Calories
4g	Protein
13g	Carbs
8g	Fats

Greek Salad

A quick and easy salad that tastes great.

Ingredients

- 50g medium tomato
- 50g cucumber
- 1.5 cup baby spinach or lettuce
- 40g red capsicum
- 5 olives
- 10 grams feta

Method

- 1) Chop tomatoes, cucumber and capsicum.
- 2) Add the baby spinach or lettuce to your plate, top with chopped vegetables, olives,
- 3) and feta cheese. Add a pinch of salt.

SERVES: 1

FOR THE FAMILY: Just make more! I keep the ingredients separate and serve on a platter on the table so the kids can eat the veggies they like (1 doesn't like olives, 1 doesn't like capsicum).

WORK LUNCH: You can take this with 2 boiled eggs for lunch.

TIPS: You can serve this with eggs, sardines, chicken, a good roast.....any kind of protein goes well.

Add 1 tsp apple cider vinegar and 1 tsp olive oil if you like = + 42 Calories

STORAGE: Store for 1 day in the fridge (I like my salad fresh).



Good Old BBQ Chook 3 Ways

Winner winner chicken dinner!
BBQ Chickens/Rotisserie chickens
are a great way to serve a quick
meal for your family.

It's the backbone to hundreds of
great weeknight FAST meals.

I look for either organic or free
range chickens and, ideally
charcoal (the flavours are just
amazing) or Portuguese.

If you're stuck in a jam and really
need to go to one shop to grab
everything for dinner, the
supermarket BBQ chickens are
fine. Look for free range.



BBQ Chicken and Salad

Per Serve

364	Calories
-----	----------

25g	Protein
-----	---------

15g	Carbs
-----	-------

24g	Fat
-----	-----

BBQ Chicken and Salad

This is a FAST take out meal the whole family will enjoy. Throw it on a wrap for the rest of the family and top it off with mayo... So good.

Ingredients

- 120g BBQ Chicken
- 1 Greek Salad
- Wraps
- Condiments of choice

Method

- 1) Make the Greek salad (see page 14)
- 2) Put the BBQ Chicken on a plate.
- 3) Set the table with BBQ Chicken, Greek Salad, Fast800Mama's Wraps (see page 22 - for the NON Fast800 eaters) and condiments. Serve.

Make sure you weigh how much chicken, salad and condiments you're having prior to eating.

SERVES: 1

FOR THE FAMILY: My family will eat this meal too. Sometimes I add some fresh wraps to the table. Sometimes I grab a small Hot Chips when I'm getting the chook (be careful, only do this if you are feeling strong to resist the aroma of the chips)

WORK LUNCH: When you're dishing up dinner, pack another serve in a container to take to work tomorrow. Add your chicken once it's cooled and store it in the fridge ready to grab and go tomorrow.

TIPS: Pull the leftover chicken from the carcass before putting it away in the fridge. This will make tomorrow MUCH easier when you go to use the chicken on lunches or in Cauliflower Chicken Fried Rice or Fast Sushi.

STORAGE: Store in the fridge a day or two.



Chicken Cauliflower Fried Rice

Per Serve

235	Calories
16.5g	Protein
12g	Carbs
13.5g	Fats

Chicken Cauliflower Fried Rice

A great recipe to utilise any leftover BBQ Chicken.

Ingredients

- 1 tbsp olive oil
- 1 brown onion diced
- 2 cloves garlic crushed
- 1 head cauliflower
- 1 zucchini diced
- 1 carrot diced
- 1 head broccoli cut in small pieces
- Left over bbq chicken (or 300g fresh)
- 1 packet pre-cooked (90 second) brown rice (for the family)

Method

- 1) Put olive oil (1-2 tbsp) in pan and fried onion and garlic for about 5 mins,
- 2) Add all the bigger veggies for another 5 mins.
- 3) Whiz the cauliflower in the food processor or grate it finely, then add to the pan along with the cut up bbq chicken. Cook on high for about 5 minutes
- 4) Add about 1-2 tbsp of fish sauce, 2-3 tbsp soy sauce and about 1 tbsp maple syrup.
- 5) Cook another minute and serve a portion for Fast800 eaters.
- 6) For the family add a packet of already cooked brown rice. Mix it up for a minute or two and you're done.

SERVES: 4

FOR THE FAMILY: My family also enjoy this on a piece of toast for breakfast.

WORK LUNCH: Pack leftovers in a container and take for lunch. I enjoy this hot or cold.

TIPS: I always use whatever veggies are in the fridge. Any veggies that are at the end of their life ha ha, cut them up and chuck them in. Mushrooms, snow peas, roast veggies that need using...anything goes.

STORAGE: Store in the fridge a day if you're using leftover bbq chicken, 2-3 days if you're using fresh chicken.

Fast Sushi



Per 1 roll

197	Calories
-----	----------

13g	Protein
-----	---------

5g	Carbs
----	-------

13g	Fats
-----	------

Fast Sushi

This is FAST and the whole family love it. I serve this on a Wednesday after being out late.

Ingredients

- 1 BBQ chicken
- 1 cup sushi rice
- 1 packet nori sheets (seaweed)
- spinach or lettuce
- 1-2 tomato sliced
- 1 carrot cut into sticks or grated
- 1 cucumber cut into sticks
- condiments of choice (I use soy sauce)

Method

- 1) Put 1 cup sushi rice in the rice cooker to cook.
- 2) While the rice is cooking, chop up the salad (any fillings you want) and lay it out on one plate.
- 3) You can cut up the BBQ Chook or put it whole on a plate.
- 4) Set the table with the Nori Sheets (Seaweed), Rice (for Fast800 use spinach or lettuce instead of rice), Salad plate, BBQ chicken and condiments. We use mayonnaise, soy sauce, wasabi, chilli sauce (we're a bit weird over here).
- 5) Make at the table. We each make our own (we help our 2yo out). Dinner can literally be on the table in no time at all.

For a super dooper fast serve, pre cook the rice the night before and serve cold.

SERVES: 6 rice rolls and heaps of Fast800 rolls, with chicken leftover.

FOR THE FAMILY: Use the rice for your family, omit if you're on a Fast800 day.

WORK LUNCH: You can make an extra one or 2 to take to work. Pack it in a container and pop it in the fridge ready to grab in the morning on your way out the door.

TIPS: Substitute the chicken for tinned salmon or tuna, sardines, or something more adventurous. You can put ANYTHING in a Nori sheet. I've used the cauliflower chicken fried rice, Garlic kale, the baked cauliflower.....let your imagination and taste buds run wild.

STORAGE: Store in the fridge overnight. I would store ingredients separate if eating it later than lunch tomorrow.



Fast800 Mama's Wraps

Per Serve

150	Calories
-----	----------

3g	Protein
----	---------

25g	Carbs
-----	-------

4g	Fats
----	------

Fast800Mama's Wraps

I love these wraps. They're SO easy to make, taste amazing and they get me out of a pickle often (when I'm out of bread for school lunches).

Ingredients

- 1 cup white flour (I use spelt flour, but any will do)
- 1 tbsp olive oil
- 1 pinch salt
- 1 pinch baking powder
- 1/3 cup water

Method

- 1) Place flour, salt and baking powder in a bowl.
- 2) Add the olive oil and mix with a butter knife. Once it's mixed through a bit, use your fingers to spread it through the whole mixture evenly like breadcrumbs.
- 3) Add the water and mix in with the knife. Once it comes together use your hands to mix it through/knead it gently for about a minute. If its too sticky add more flour. If its too dry, add a touch more water. It shouldn't stick to your hands once you've mixed it all in.
- 4) Divide into 4 and roll each out into a wrap size on a floured surface.
- 5) Heat a pan on medium heat. Once hot, throw one of the wraps in. Cook for a minute and flip. Keep flipping every minute until it's cooked through (should only take 2-3 minutes each wrap).

SERVES: 4

FOR THE FAMILY: Serve these with BBQ Chicken and salad for lunch or dinner. Omit if you're on a Fast 800 day.

TIPS: These are quick to make and taste 1000 times better than what you get from the supermarket. The more you make them, the quicker you become at making them.

Try different flours too.

STORAGE: Eat fresh



Knock Your Socks Off Bunless Burger

Per Serve

289	Calories
-----	----------

22g	Protein
-----	---------

8g	Carbs
----	-------

21g	Fats
-----	------

The Knock Your Socks Off Bunless Burger

If I ever feel like I'm going to fall off the wagon, this bunless burger (with the lot) saves the day. I feel like I've had a great big satisfying meal when I eat one of these with bacon and cheese added. So delicious.

Ingredients

- 1 kg beef mince (ground beef)
- 1 egg
- 1 tbsp olive oil
- salt and pepper
- 1 onion, sliced
- 1 tbsp olive oil
- 1 tomato, sliced
- 1 head iceberg lettuce
- Cucumber
- Mayonaise

Method

- 1) Mix the egg, salt and pepper through the mince.
- 2) Divide the beef up into 125g patties. Make them about 1cm thin (we're looking for fast burgers). They will be large but shrink when we cook them. Season with salt and pepper.
- 3) Add 1bsp olive oil and onions to a pan. Cook on medium heat until browned (about 10 minutes). You'll need to stir every now and then.
- 4) In another pan, heat 1/2 tbsp olive oil on medium heat until pan is hot. Add the patties (you'll need to cook in a few batches) and cook 3-4 mins each side or until they're how you like them.
- 5) While the onions and patties cook (don't take your eyes off them for too long), chop up the lettuce: cut the head into 4, take out the middle and use the large outer leaves for the bun. Slice the tomato and cucumber. Set aside.
- 6) Make your burgers: Put half of the lettuce bun on a plate. Add tomato, cucumber, beef pattie and onions. Top with mayonaise and chilli sauce then the other half of the lettuce bun.

SERVES: 8 Burger patties at 114 calories each

FOR THE FAMILY: I serve this with wholemeal burger buns, sometimes ever just toasted bread if I haven't picked up any buns. You can add cheese and bacon to theirs too.

WORK LUNCH: You can dish up an extra serve when you're making yours. Pack it in 2 containers (stuff to be heated in one, salad stuff in the other) and pop it in the fridge ready to grab in the morning on your way out the door. At work, heat the food needing heating and mix them together. Eating it out of a bowl is much easier when you're out and about.

TIPS: Feel free to add any sauce of your choice, just make sure to calculate the calories. If I have a good number of calories to use at dinner time I'll add some cheese and bacon, that's the real BOMB DIGITY!

STORAGE: Store in the fridge for a day or two.

Fast800 Mama's Bolognese

120g Serve

116	Calories
8.8g	Protein
8.2g	Carbs
5.6g	Fats



Fast800Mama's Bolognese

This bolognese is not authentic, but the family love it, I love it, it's low in calories and hits the spot.

Ingredients

- 1 medium onion
- 3 + cloves of garlic
- 2 tbsp Extra virgin olive oil
- 2 medium carrots
- 2 stalks of celery
- 1 small zucchini
- 140g tin tomato paste
- 2 x 500g beef mince
- 2 x 400g tins chopped tomatoes
- 1.5 tbsp maple syrup
- 1 tsp dried basil
- 1 tsp dried oregano
- salt
- pepper

Method

- 1) Dice the onions, carrots, celery, zucchini.
- 2) Add the olive oil to a pot.
- 3) Cook the onions on medium heat until slightly golden
- 4) Add the carrot, celery, zucchini and garlic. Cook until it looks great (golden, caramel, cooked)
- 5) Add the tomato paste and stir it through
- 6) Add the beef mince, stabbing it with the wooden spoon to separate it as it browns. I can't describe the method other than "stab stab stab stab" to break it up.
- 7) Add the tinned tomatoes. Put a little bit of water in the tins to rinse them out and tip that into the pot (my husband hates dirty tins in the recycling bin)
- 8) Mix
- 9) Add the maple syrup, herbs and salt to taste.
- 10) Cook for as long as you can, stirring every 5 - 10 mins. I usually leave it a good 40 mins to 1 hour on low heat on the stove.
- 11) Serve with green vegetables if you're on the Fast 800 diet.

SERVES: 14

FOR THE FAMILY: Serve on pasta with Parmesan cheese.

WORK LUNCH: Weigh out some serves in jars and freeze them. They're a quick grab and go to heat at work and serve on top of any kind of vegetables.

TIPS: Great bulk cooking. I usually get 3 family meals out of this one pot. Put enough for your family to eat in a container and freeze for up to 3 months.

STORAGE: Store in the fridge for a couple of days or in the freezer up to 3 months (mine never lasts that long).



Brilliant Butter Chicken

120g Serve

226	Calories
-----	----------

16.6g	Protein
-------	---------

6.2g	Carbs
------	-------

14.9g	Fats
-------	------

Brilliant Butter Chicken

A great one pot meal that always yields more than we need so I can freeze a meal or 2 for fast meals in the future.

Ingredients

- 4 tsp crushed garlic
- 1 tsp crushed ginger
- 1 brown onion, diced
- 1 tbsp olive oil
- 1kg chicken thigh fillets, diced
- ½ tsp ground cinnamon
- 2 tsp ground paprika
- 3 tsp garam masala
- 1 tsp ground cardamom
- 2 tsp ground coriander
- 2 tsp ground cumin
- 2 tsp ground turmeric
- 270ml coconut cream
- 220ml water
- 200g tomato paste
- 2 tsp sea salt
- 1-2 tsp cassouri leaves (optional
but gives the authentic flavour)

Method

- 1) Heat a large saucepan on medium/high heat with 1 tbsp olive oil. Add onion, garlic and ginger and cook until soft.
- 2) Add all the spices and mix for 30 seconds.
- 3) Throw in the rest of the ingredients (chicken, coconut cream, water, tomato paste and salt) Stir it all well and simmer on low heat for 20-30 minutes (until chicken is cooked through and the sauce thickens a little).
- 4) Serve: Over vegetables: cauliflower rice, Baked Cauliflower (see page 33), steamed broccoli, stir fried zucchini...the list is endless.

SERVES: 14

FOR THE FAMILY: Serve over rice with broccoli on the side.

WORK LUNCH: You'll have seagulls (colleagues) hovering around your desk if you take a serve of this in for lunch.

TIPS: You can add any vegetables you like. Chickpeas, beans, pumpkin, peas.... this is a very adaptable recipe. You can serve over cauliflower rice or any vegetable for your Fast800 days.

STORAGE: Store in the fridge for 3 days or in the freezer for up to 4 months.



Basic Bone Broth

Basic Bone Broth

I love bone broth. My family love it too. Here's my SUPER easy way to make it.

Ingredients

- 1-2kg good quality beef bones
- 1 carrot
- 2 stalks celery
- 1 brown onion (skin left on)
- 3 bay leaves
- 4 tbsp apple cider vinegar
- Water

Method

- 1) Lay bones on a baking tray and pop them in a preheated 180C oven. Bake your bones on 180C for about 30 minutes (just pull them out when they're how you like them).
- 2) Throw all the bones into your pot or slow cooker.
- 3) Add a carrot, 2 stalks of celery, a brown onion (all roughly chopped) and 3 bay leaves.
- 4) Fill pot or slow cooker with water to near the top of pot.
- 5) Add 3-4 tbsp apple cider vinegar.
- 6) Cook on low for 4-24 hrs keeping an eye on your water level.

Enjoy a cup of broth with a pinch of pink salt whenever you feel like it.

I usually have one first thing in the morning whenever I make a batch (once a month) and a cup if I'm feeling hungry during my fasting hours.

SERVES: 20+

FOR THE FAMILY: The bones I buy are from a friend who raises the cattle himself. They always have a lot of meat on them. If you get bones like that and want to salt and eat the meat off them after the baking step, I highly recommend it. It might sound a bit gross but this is the step my family love most.

TIPS: I'm not sure on calories or if it breaks your fast. I DO know that it's super good for you and whenever I make a batch and drink it I have a great week of weight loss. I think that's because it's so satisfying it causes me to eat less.

STORAGE: Store in the fridge for up to 2 weeks. Store in the freezer for 6 months.



Baked Cauliflower

Per Serve

67

Calories

2.7g

Protein

7.5g

Carbs

3.5g

Fats

Baked Cauliflower

I should have called this the Bomb Digity Cauliflower. This really is the absolute bomb. It may just be a phase I'm going through but I LOVE this at the moment.

Ingredients

- 1 head of cauliflower
- 1 tbsp olive oil
- 1 tsp garlic powder
- 1 tsp turmeric
- 1 tsp salt

Method

- 1) Get your cauliflower and slice it up.
- 2) Lay it on a baking tray.
- 3) Drizzle it with olive oil.
- 4) Sprinkle with garlic and turmeric powder.
- 5) Sprinkle with salt.
- 6) Bake til golden (about 25 minutes).
- 7) Flip and bake other side til golden (another 10).

Sprinkle with more salt if you want. Eat and moan how good it is.

SERVES: 4

FOR THE FAMILY: My whole family loves this.

WORK LUNCH: If there's any leftovers you can take them to work. Top with butter chicken, or bolognese, or take 2 boiled eggs.

TIPS: This cauliflower can be served with pretty much anything or eaten on its own.

STORAGE: This is so delicious it wont last long enough to store. If it does, it'll do fine in a container in the fridge for a couple of days.



Baked Vegetables

To work out calories for the vegetables, weigh the vegetables raw. Enter the vegetable weight and Olive Oil into your calorie tracker.

Baked Vegetables

These days I crave baked veggies. I love them. They can be mixed with any protein source and make such a filling meal. One of my favourite foods (who on earth have I become).

Baked Kale

- 1 Bunch Kale (any kind)
- 1 tbsp olive oil
- Salt

Rinse the kale with water and dry the leaves well. Cut out the centre stalks, then cut the kale into 5cm slices. Pop the kale on a baking tray and drizzle 1tbsp olive oil. Massage the oil into the kale with your hands.

Bake in a 200C oven for 20 minutes, turning halfway through cooking, until crisp at the edges. Salt and serve

Baked Broccoli

- 1 head of broccoli
- 1 tbsp olive oil
- Salt

Cut the broccoli into florets. Pop them on a tray and drizzle with the olive oil. Spread them out on the tray then in the oven, bake in 200C oven for about 20 minutes or until the edges are crispy and the stems are tender.

Baked Pumpkin/Squash

- 1 Butternut Pumpkin/Squash
- 1 clove garlic
- 1 tbsp olive oil
- Salt

Cut pumpkin into 2cm cubes. Pop it in a bowl and add olive oil and crushed garlic. Mix. Lay it on a baking tray and bake it in a 200C oven for 30 minutes or until golden and tender. Salt and serve



Family Pizza Night

When I started this diet, I wanted long term weight loss. The best way to achieve that is through changes that are sustainable.

So we continued our family pizza night and I enjoy a slice of pizza or 2 (I once had 4 because I needed to use up my calories). I make sure my plate has a good serving of vegetables on it either stir fried or a salad.

Most pizza shops list nutritional info on their menu.

Lunch Ideas for Work

Fast Work Lunches Made Easy

The recipes that don't smell too bad (is it just me or have people become super sensitive to smell these days) are all fine to pack and take to work.

Some of my favourites are:

- Bolognese on steamed broccoli
- Greek salad with bbq chicken
- Baked Cauliflower and 2 x hard boiled eggs
- Bolognese Sauce over steamed zucchini
- Baked veggies with hard boiled eggs

Pack your lunch the night before when you're serving up dinner. This will give you a head start on tomorrow. Imagine, grabbing lunch from your fridge on your way out the door.



An example of my lunch pack: Bolognese sauce with cut up zucchini. At work I steam the zucchini in the microwave for 2 mins. Then heat up the sauce and tip it on top. Fast, Easy, Delicious

Snacks and Desserts

Neither are recommended on the Fast 800 Diet but like I said with the Pizza, I want long term weight loss that is sustainable so sometimes a girl needs dessert. Here's some of my favourite snacks and desserts that shouldn't interrupt your weight loss too much.

Snacks

Roasted Fava beans (I like the Happy Snack Company Roasted Fav-va Beans in Salt & Vinegar flavour)

Fruit and Yoghurt

Fruit

Very very small handful of nuts weighed out

Dessert

90% + Dark Chocolate

90% + Dark Chocolate dipped in natural crunchy peanut butter with a sprinkle of salt
(this is the bomb)

A NOTE TO YOU

Yes, that's right, YOU!

If you've been thinking about starting this diet, but you're waiting for the right time,
my advice is...

Just Get Started!

When would *NOW* be the right time!

Commit to 1 day a week 800 calories. Or 2 days a week. Whatever is achievable and build up from there.

The important thing is to

Start!

This diet has changed my life and many lives around me (once I find something I love I tend to 'sell' it to everyone around me who will listen).

If I can do it, you can too.

I'm cheering for you!

You've Got This

Love, Lindell xx

FOLLOW ME



@fast800mama