

# LOSE UP TO 7LBS THIS MONTH

A simple 4-week fat loss structure.  
High protein.  
No grazing.  
No alcohol.  
Just standards..

By Tara Hammett



This is not forever.  
This is a month on your goals

If I wanted to lose 7lbs in a month,  
this is exactly how I'd do it.

Not a detox.  
Not cutting carbs.  
Not skipping meals.

I'd:

- Hit my protein target daily, from the start of the day.
- Walk 8–10k steps (12–15k for faster fatloss)
- Track honestly, in the moment (so I don't forget anything)
- Reduce/cut out alcohol
- Stop pretending "little bites" don't count. They do!

Fat loss isn't complicated, you just need to be consistent with a sustainable plan.

This guide shows you exactly how I structure my meals to lose body fat while still eating real food, feeding my family and living my life.

Let's keep it simple.  
Let's get results.

Tara x



# THE MONTH RULES

For 4 weeks:

- 1,500–1,600 calories every day
- 110–120g protein minimum
- 4 structured meals per day
- Don't go longer than 4 hour between meals
- No picking or grazing
- No alcohol (minimal at least)
- Go to bed at a sensible time
  
- 3 x 20-minute strength workouts per week
  
- 8,000–12,000 steps daily  
(up to 15,000 if I wanted it faster)
  
- Bed at a sensible time
  
- Stay consistent. Do not give up

It's that simple.

It's not easy because of your experiences,  
excuses and emotions  
But this really is all you need to do.



# DAILY MEAL PLAN



*Ideas*

Approx 1500 Calorie Meal Plan. Remember to track, weigh your ingredients, no picking between meals and liquid calories will need to be added on

## BREAKFAST



Meal 1: Skyr Yogurt Bowl  
200g 0% Skyr yogurt  
100g strawberries  
10g chia seeds  
15g pistachios  
Calories: 355  
Protein: 29g  
Carbs: 27g  
Fats: 13g

## LUNCH



Meal 2: Turkey Pitta  
1 Soft Protein Pitta  
2 slices roast turkey  
Spinach  
Cucumber  
Tomato  
1 medium apple  
Calories: 430  
Protein: 35g  
Carbs: 55g  
Fats: 5g

## SNACK



Meal 3: Eggs & Corn Thins  
2 medium eggs sliced  
3 Corn Thins  
Calories: 330  
Protein: 19g  
Carbs: 27g  
Fats: 15g

## DINNER



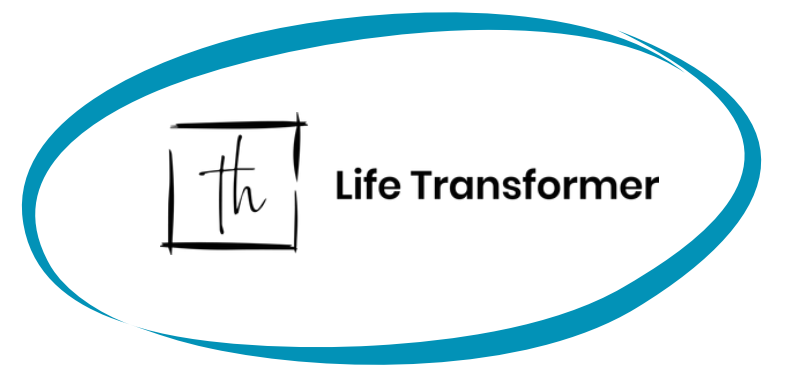
Meal 4: Mexican Chicken  
120g chicken breast  
½ pack Bens Lunch Bowl Mexican Bean & Corn  
Sliced peppers  
Tomato  
Mixed leaves  
Calories: 450  
Protein: 45g  
Carbs: 45g  
Fats: 6g

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## BREAKFAST



**Meal 1: Protein Oats**  
 50g oats  
 1 scoop whey protein  
 10g Milled Flaxseed  
 Water  
 Add berries

Calories: 410  
 Protein: 32g  
 Carbs: 40g  
 Fats: 9g

## LUNCH



**Meal 2: Tuna Salad**  
 110g tuna  
 Crispy salad bag  
 Cucumber  
 80g sweetcorn  
 50g Skyr Yoghurt  
 Sriracha  
 Salt, pepper, lemon juice

Calories: 288  
 Protein: 33g  
 Carbs: 24g  
 Fats: 3g

## SNACK



**Meal 3: Snack**  
 1 pear  
 3 light Babybel  
 Calories: 250  
 Protein: 15g  
 Carbs: 26g  
 Fats: 12g

## DINNER



### Meal 4: Burger, Potato & Salad Plate

1 lean beef burger (5% fat, 100g)  
 1 Mccains frozen jacket potato  
 Beetroot  
 Large mixed salad  
 Peppers  
 Tomato  
 Calories: 520  
 Protein: 32g  
 Carbs: 65g  
 Fats: 15g

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## BREAKFAST



**Breakfast**  
Eggs,  
Mushrooms &  
Toast  
350 calories.  
22g protein

2 large eggs  
150g  
mushrooms  
1 slice seeded  
toast  
Spray oil, salt &  
pepper

## LUNCH



**High Protein  
Salmon  
Crunch Salad**  
365 calories.  
39g protein

250g Tesco  
sweet & crispy  
salad  
1 medium  
tomato  
½ cucumber  
90g baby  
beets  
105g tinned  
salmon  
100g Skyr  
yogurt

## SNACK



**Apple &  
Protein Bar**  
290 calories.  
20g protein

1 medium  
apple  
1 Fulfil  
chocolate  
salted caramel  
protein bar

## DINNER



**Chicken,  
Potatoes &  
Broccoli**  
500 calories.  
45g protein

150g chicken  
breast  
200g baby  
potatoes  
80g broccoli  
1 tsp olive oil

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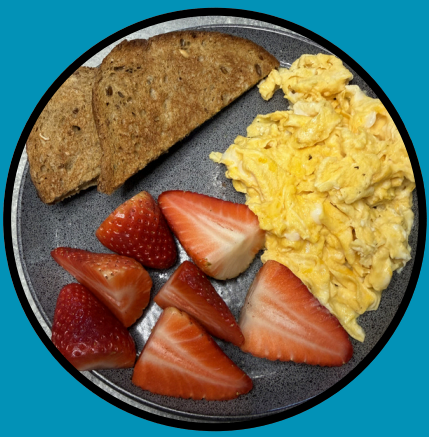
# DAILY MEAL PLAN

## Ideas



Approx 1500 Calorie Meal Plan. Remember to track, weigh your ingredients, no picking between meals and liquid calories will need to be added on

### BREAKFAST



Breakfast: Eggs, Protein Sourdough & Strawberries

Calories: 380 | Protein: 30g | Carbs: 30g | Fat: 14g

Ingredients:

- 1 slice Aldi protein sourdough
- 2 eggs
- 100g egg whites
- 100g strawberries

### LUNCH



Prawn Crunch Salad + Corn Thins

Calories: 412 | Protein: 36g | Carbs: 45g | Fat: 14g

Ingredients:

- 150g cooked prawns
- 50g cucumber
- 1 tomato
- 1 yellow pepper
- 50g high-protein yogurt
- 20g milled flaxseed
- 4 corn thins

### SNACK



Apple Biscoff Yogurt Bowl

Calories: 280 | Protein: 15g | Carbs: 40g | Fat: 8g

Ingredients:

- 150g skyr yogurt
- 1 apple
- MyProtein toffee drops
- 2 Biscoff biscuits
- Cinnamon

### DINNER



Chicken Stir Fry & Sticky Rice

Calories: 450 | Protein: 35g | Carbs: 55g | Fat: 10g

Ingredients:

- 120g chicken breast
- Aldi edamame & broccoli stir fry veg
- 1 small sticky rice pack
- Light soy sauce

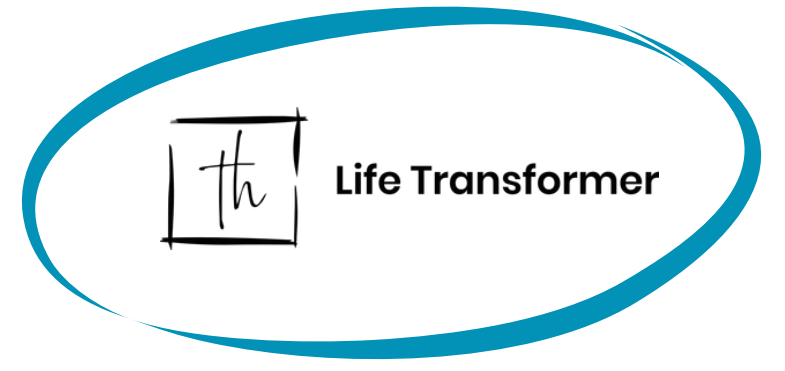
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## Ideas



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### BREAKFAST



YOGURT,  
GRANOLA &  
RASPBERRIES

300 kcal |  
20-25g protein

Ingredients:

- 200g 0% Greek yogurt
- 15g granola
- 100g raspberries

### LUNCH



AIR FRYER BAGEL  
PIZZA + SIDE  
SALAD

450 kcal |  
35g protein

Bagel Ingredients:

- 1 wholemeal bagel
  - ½-1 tin tuna
  - 30g light cheese
  - 1 tbsp tom puree
  - Sweetcorn
- Side salad

### SNACK



EGG THINS +  
CUCUMBER  
STICKS

220 kcal |  
20g protein

Ingredients:

- 3 Corn thins
- 2 boiled eggs
- Cucumber sticks on the side

### DINNER



ONE-PAN CAJUN  
CHICKEN &  
SWEET POTATO

450 kcal |  
35-40g protein

Ingredients:

- 120g chicken breast
- 150g frozen sweet potato chunks
- Mushrooms, Peppers + onions
- Cajun seasoning
- Spray oil

### TREAT



TREAT + HOT DRINK

120-150 kcal

Small chocolate bar (<100 kcal)  
Tea/Coffee + splash of milk

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# ALCOHOL & FATLOSS

Fat loss isn't ruined by a glass of wine, It's ruined by what comes with it.

## **The:**

- Untracked drinks (they all count )
- Snacks come out
- "Ah well, I've blown it" mindset

## **That's where progress slips**

Here's how to stay in control:

Limit to 1 occasion per week MAX

Track & account for your drinks

Choose lower calorie drinks

No mindless grazing alongside it

## **Reality check:**

Alcohol lowers your inhibitions, then you eat, so if fat loss is the goal, you do need to stay in control.

Best case scenario for a month of success.....**CUT IT OUT!**



# HABIT CHECKLIST

## **DAILY NON-NEGOTIABLES**

- Stayed within calorie target
  - Hit 110g+ protein
  - Ate 4 structured meals
  - No grazing
  - No liquid calories
  - No alcohol

## **MOVEMENT**

- 8,000–12,000 steps
  - 15,000+ (if pushing fat loss)

## **TRAINING**

- Completed 20 minute strength session  
(SESSION 1  SESSION 2  SESSION 3 )

## **RECOVERY**

- In bed at a sensible time
- Hydrated
- Managed stress & emotions without overeating



# BEFORE YOU GO...

This works if you do it  
(Not just asking for it, reading it then doing nothing)

Take action. Not perfectly, but consistently.

All you need is:

Four weeks of discipline,

Putting effort where its needed,

Staying focused on weekends

If you need accountability, structure and support  
beyond this guide:

**Join my 6 Week Plan.**

**<https://tarahammett.com/6-week-plan>**

Because starting & losing weight is one thing.  
Keeping it off is another.

Chances are, you dont have an information  
problem.

You have an implementation problem.

The best way to guarantee success is to have  
support!