

Reducing Diet



If you would like to lose weight, either to get in shape or for health reasons, our reducing range offers plenty of delicious options.

We recommend speaking to your doctor, local dietitian or a weight loss group leader before starting a weight loss plan for advice on the most appropriate plan. This is because the energy level (calories) you need to eat to lose weight will depend on your individual needs and activity level. As a guideline, a sensible weight-reducing diet for women could be between 1200 – 1500 calories a day, or 1500-1800 calories a day for men.

Our reducing diet main meals contain less than 320 calories and can help you lose weight as part of a low calorie plan. Meanwhile, our reducing diet desserts provide less than 75 calories, offering a tasty alternative to fresh fruits and low fat yoghurt.

Chicken, Turkey & Duck	Cals [#]	Beef continued	Cals [#]
549 Roast Chicken Breast with Stuffing D LF R MS 390g	314	209 Savoury Minced Beef D LF R MS GF 350g	272
259 Chicken & Vegetable Casserole D LF R MS GF 340g	284	218 Beef Bordelaise D LF R MS GF 330g	260
725 Duck in Orange Sauce D LF R MS GF 365g	308	Pork	Cals [#]
257 Chicken Breast D LF R MS GF 350g	231	518 Roast Pork in Apple Gravy D LF R MS GF 380g	301
256 Chicken in Gravy D LF R MS GF 350g	269	520 Gammon with Pineapple D LF R GF 380g	315
270 Chicken in Red Wine Gravy D LF R MS 360g	278	223 Pork in Gravy D LF R MS GF 340g	261
273 Turkey with Stuffing D LF R MS 365g	248	225 Pork Loin & Stuffing D LF R MS 350g	278
250 Chicken Chasseur D LF R MS 340g	312	231 Pork, Leek & Mustard Casserole D LF R MS 370g	312
525 Braised Chicken with Lentils D LF R MS 355g	258	283 Ham in Parsley Sauce D LF R MS GF 350g	278
Beef	Cals [#]	230 Pork & Root Vegetable Casserole D LF R MS 370g	277
208 Cottage Pie D LF R MS GF 340g	272	Lamb	Cals [#]
201 Beef with Roast Potatoes D LF R MS 360g	294	533 Roast Lamb in Mint Gravy D LF R MS 340g	299
202 Beef with Mashed Potato D LF R MS 360g	314	324 Liver & Bacon Casserole D R MS 335g	304

Lamb continued	Cals [#]	Mini Meals continued	Cals [#]
237 Lamb in Gravy D LF R MS GF 340g	284	072 NEW Winter Vegetable Hotpot Mini Meal D LF R MS GF V 210g	187
239 Lamb & Vegetable Casserole D LF R MS GF 330g	288	087 Beef & Dorset Ale Casserole Mini Meal D R 220g	284
Fish	Cals [#]	053 Chicken in Gravy Mini Meal D LF R MS GF 200g	151
318 Salmon & Broccoli Supreme D LF R MS 370g	289	059 Sausages in Gravy Mini Meal D LF R 220g	269
312 Fishermans Pie D LF R MS 405g	310	063 Lambs Liver & Bacon Casserole Mini Meal D LF R MS 200g	230
565 Cod in Parsley Sauce D LF R MS 370g	276	058 Chicken & Vegetable Casserole Mini Meal D LF R MS 200g	148
660 Hake in Lemon Sauce D LF R MS 340g	281	074 Minced Beef & Potato Wedges Mini Meal D LF R MS GF 220g	211
314 Fish in Parsley Sauce D LF R MS 370g	277	054 Fish Mornay Mini Meal D LF R MS 200g	285
313 Fish in Butter Sauce D LF R MS GF 360g	256	055 Chicken Curry Mini Meal D LF R MS GF 200g	223
732 Fillet of Trout with Prawns D LF R MS 390g	288	056 Beef Stew Mini Meal D LF R MS GF 210g	187
Vegetarian	Cals [#]	064 Beef Hotpot Mini Meal D LF R MS GF 200g	253
686 Vegetarian Cottage Pie D LF R V 415g	256	088 Wiltshire Ham, Cheese & Potato Wedges Mini Meal D LF R 210g	271
356 Moroccan Three Bean Casserole D LF R MS GF V VG 360g	301	020 Chunky Vegetable Soup D LF R MS GF V 170g	53
687 Vegetarian Spaghetti Bolognese D LF R MS V 330g	312	016 Tomato & Vegetable Soup D LF R MS GF V VG 170g	70
Select	Cals [#]	Breakfast	Cals [#]
657 Vegetable Selection (side order) D R GF V VG 240g	159	095 NEW Sausage, Beans & Omelette D LF R 205g	248
Mini Meals	Cals [#]	096 NEW Omelette & Beans D LF R MS GF V 180g	192
057 Savoury Minced Beef Mini Meal D LF R MS GF 215g	212	Hot Desserts	Cals [#]
089 Chicken & Broccoli Bake Mini Meal D LF R MS GF 210g	216	941 Mixed Fruit & Custard* D LF R MS GF V 140g	52
049 NEW Mutton & Rosemary Hotpot Mini Meal D LF R MS 225g	307	Cold Desserts	Cals [#]
050 Sliced Beef Mini Meal D LF R MS GF 200g	162	419 Fruit Cocktail* D LF R MS GF V VG 140g	53
		497 Chocolate Mousse* D LF R MS GF 65g	62

*Contains artificial sweetener *Calories per serving