

reducing diet

If you would like to lose weight, either to get in shape or for health reasons, our reducing diet range offers the delicious choices you need.

Before starting a weight-loss plan, it's worth talking to your doctor. As the energy level (calories) you need depends on your individual circumstances, they can advise you on the most appropriate programme. A sensible weight-reducing diet for women could be between 1000 and 1200 calories a day, with 1500 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 an alternative to fresh fruits and low fat yoghurts.

Meals suitable for a reducing diet

Beef

- 208 Cottage Pie
- 201 Beef with Roast Potatoes
- 207 Beef Hotpot
- 209 Savoury Minced Beef
- 202 Beef with Mashed Potato
- 218 Beef Bordelaise
- 511 Beef Diane[†]

Chicken & Turkey

- 549 Roast Chicken Breast with Stuffing
- 259 Chicken & Vegetable Casserole
- 256 Chicken in Gravy
- 257 Chicken Breast
- 273 Turkey with Stuffing
- 270 Chicken in Red Wine Gravy
- 250 Chicken Chasseur
- 525 Braised Chicken with Lentils

Pork

- 520 Gammon with Pineapple
- 223 Pork in Gravy
- 225 Pork Loin & Stuffing
- 230 Pork & Root Vegetable Casserole
- 283 Ham in Parsley Sauce
- 231 Pork, Leek & Mustard Casserole

Lamb

- 245 Shepherds Pie
- 324 Liver & Bacon Casserole
- 237 Lamb in Gravy
- 239 Lamb & Vegetable Casserole

Did you know..?

Surveys show that most people who follow faddy weight loss diets tend to regain the weight. The best way to lose weight and keep it off is to follow a lower fat, lower sugar diet. Try to eat smaller portions and build in regular exercise.

207 Beef Hotpot



520 Gammon with Pineapple



Fish

- 314 Fish in Parsley Sauce
- 312 Fishermans Pie
- 565 Cod in Parsley Sauce
- 313 Fish in Butter Sauce
- 660 Hake in Lemon Sauce
- 732 Fillet of Trout with Prawns
- 736 Fillet of Sole with Vermouth Sauce

Vegetarian

- 597 Vegetable Cottage Pie
- 585 Vegetable Pasta
- 020 Chunky Vegetable Soup
- 016 Tomato & Vegetable Soup

Mini Meals

- 057 Savoury Minced Beef Mini Meal
- 063 Lambs Liver & Bacon Casserole Mini Meal
- 059 Sausages in Gravy Mini Meal
- 058 Chicken & Vegetable Casserole Mini Meal
- 053 Chicken in Gravy Mini Meal
- 050 Sliced Beef Mini Meal
- 054 Fish Mornay Mini Meal
- 064 Beef Hotpot Mini Meal
- 055 Chicken Curry Mini Meal
- 056 Beef Stew Mini Meal
- 067 Smoked Haddock Pasta Mini Meal

Select Range

- 657 Vegetable Selection

Diabetic Hot Desserts

- 941 Mixed Fruit & Custard

Cold Desserts

- 419 Fruit Cocktail
- 497 Chocolate Mousse[†]
- 499 Strawberry Mousse[†]

[†]From participating outlets only.