



# 28 DAY MEAL PLAN



1600 CALORIES



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### **Medical Disclaimer**

The meal plans and recipes within these pages are for information purposes only and in no way supersede any prior advice given by a medical practitioner, registered dietician or nutritionist. Should you follow these meal plans or cook and consume these recipes, you are choosing to do so of your own free will, without coercion and in the full knowledge that the meal plans and recipes have not been personally designed for you and that should you suffer from a medical condition of any kind or suspect that the ingredients may cause you a medical problem of any kind whatsoever, you should speak to a qualified medical practitioner for advice.

Further, if you feel that you are experiencing any adverse effects, then you should cease using this meal plan immediately and consult your doctor.

For each meal and day contained within these meal plans, the calorie and macronutrient profiles (protein, fat and carbohydrate) have all been carefully calculated using an app called My Fitness Pal. Although great care has been taken to calculate the profiles as accurately as possible, the author of this book cannot be held responsible for any inaccuracies which may have occurred.

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# Nutrition



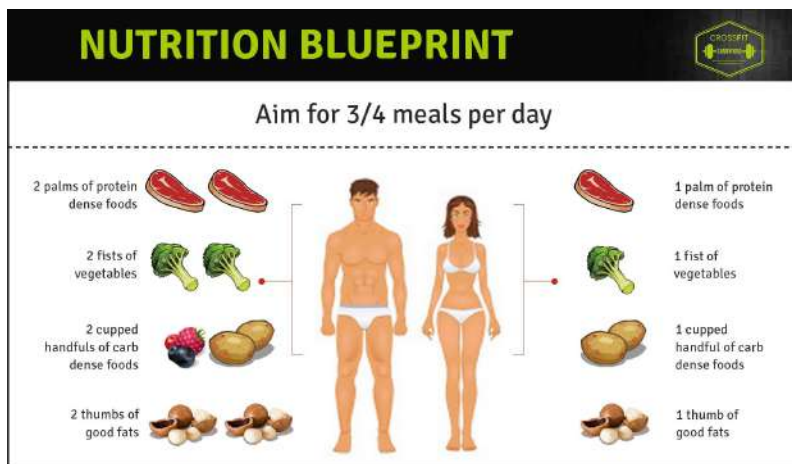
If changing the appearance of your body is a goal for you, remember these two guidelines at all times: 1) Your body SIZE is determined by how much total food you eat, and 2) your body SHAPE is determined by the quality of the food you eat, and your strength levels.

## So what does that mean?

- 1) If you eat less calories, but eat the same types of food, and remain as strong as you currently are, you become a smaller version of your current shape.
- 2) Someone who eats 2000 calories of mars bars per day will be the same total SIZE, but a completely different SHAPE to someone who eats 2000 calories of salmon, broccoli and almonds every day.
- 3) If you get stronger, you will gain some muscle, and your body will change shape.

(By the way, ladies, point 3 does not mean you will look like a man. Small amounts of muscle make you look firmer and curvier, not manlier! Gentlemen: with naturally higher testosterone levels you have the opportunity to gain a lot more muscle, and look a lot manlier as a result if you so wish )

This might be starting to sound a little complicated, so here's a quick infographic to help us simplify everything:



Below I have included the key principles that work for nutrition for health and fat loss. If anything you read, see or hear deviates from any of the six principles below, chances are you can dismiss it immediately as a short term fad diet. This is a way of eating that will enable you to achieve both fast and permanent results in a way that is 100% sustainable. You see this change has to be permanent so it has to be both straightforward and above all enjoyable. The good news is that my meal plan will show you how quick, easy and tasty eating this way is.

## **Follow these principles and you will get results...**

- 1. Eating fewer calories than you burn (calorie deficit)**
- 2. Eat more vegetables and fruits because they are rich in antioxidants and micro-nutrients (vitamins and minerals)**
- 3. Eat plenty of protein for repair and maintenance of lean tissue, and to keep you feeling full (protein satisfies the appetite more than any other macronutrient)**
- 4. Eat enough healthy fats from oily fish, nuts, avocados, coconut and olive oils (healthy fats are an essential part of a balanced diet)**
- 5. Drink plenty of water to keep the brain and body hydrated so it can function properly (green and herbal teas count towards this water intake)**
- 6. Limit processed foods and artificial sweeteners and preservatives**

**Now go and learn, cook, and experience the benefits that my recipes have to offer – enjoy!**

# Calculating calories



## How to calculate your calories

	Weight Loss	Weight Maintenance	Weight Gain
Sedentary (minimal exercise)	10-12	12-14	16-18
Moderately active (3-4 times /wk)	12-14	14-16	18-20
Very active (5 times /wk)	14-16	16-18	20-22

Example:

200lb man training 3 times per week interested in weight loss

$200 \times 13 = 2600$  calories daily

Notes:

\*\*\* This is a guide only. Nutrition has a number of variables that go beyond the scope of this simple guide

# Get in touch



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# How to use this Meal Plan

**Before using this meal plan, please get in touch so that I can establish a suitable daily calorie intake for you.**

Some of the meals and recipes will require protein powder. The most popular form of protein powder is whey protein. I recommend you choose a good quality protein powder.

If you are lactose intolerant or vegan you may need to look at an ultra low lactose variety or even a different protein altogether; something like a pea or rice protein.

## **ALLERGIES**

Please be aware of any foods which feature within this book that you may be allergic / intolerant to, for example nuts.



# About the Shopping Lists

A shopping list is included for each week of the meal plan.

However, before you go shopping, have a look through the shopping list. You will probably notice that you already have a good number of the items in your kitchen, especially in the Dry Goods and Spices and Seasonings sections.

Many of the items on the shopping list will also last you a good few weeks or even months, so if you decide to follow the plan for longer than 28 days, then you won't need to purchase all of the ingredients a second time.

The shopping list featured in Week One is the longest list. However, many of the ingredients on this list will last you for the duration of the meal plan.

For example, the protein powders, herbs, spices, nuts and seeds.



# Shopping List

## Week One



Please choose from EITHER of the following:

**Meat, Poultry and Fish ingredients OR the Vegetarian Alternatives.**

### **meat, poultry and fish**

3 rashers lean unsmoked back bacon  
3 chicken drumsticks  
450g fresh chicken breast  
225g rump steak  
920g extra lean steak mince  
325g lean turkey breast mince  
150g stir fry pork  
280g salmon fillet  
120g smoked mackerel

### **vegetarian alternatives**

3 rashers vegetarian back bacon\*  
875g vegetarian chicken\*  
920g low fat vegetarian beef mince\*  
400g fresh firm low fat tofu\*  
325g vegetarian turkey mince\*  
150g vegetarian pork (suitable for stir fry)\*

### **dairy and dairy free alternatives**

260g organic butter  
or ghee (low lactose)  
or organic coconut oil (dairy free)

### **chilled section**

100g low fat hummus

### **fruit and vegetables**

400g fresh spinach leaves  
10 baby plum tomatoes  
2 medium sized vine tomatoes  
1 beef tomato

100g asparagus  
2 red bell peppers  
4 green bell peppers  
1 yellow bell pepper  
250g closed cup mushrooms  
1 small cauliflower  
100g carrots  
300g celery  
100g broccoli  
100g iceberg lettuce  
200g sweet gem lettuce leaves  
100g rocket leaves  
3 avocados  
2 medium sized red onions  
5 medium sized white onions  
375g all rounder potatoes  
6 medium sized sweet potatoes  
200g baby new potatoes  
150g garden peas  
200g curly kale  
3 large garlic bulbs  
1 medium sized fresh ginger root  
7 green chillis (optional)  
6 red chillis (optional)  
100g blueberries - fresh or frozen  
2 medium sized bananas  
1 lemon  
300g strawberries  
150g raspberries - fresh or frozen  
1 kiwi fruit  
1 red grapefruit

\* Note: Some meat free alternatives contain gluten and/or MSG. Check the label before you buy.

# Shopping List

## Week One (continued)



### fresh herbs

- 1 small pack fresh coriander
- 1 small pack fresh mint
- 1 small pack fresh basil leaves

### dry goods

- 18 medium sized free range eggs
- 8 large free range eggs
- 160g tinned sweetcorn
- 1 x 112g (drained weight) tins tuna in spring water
- 5 x 200g tinned chopped tomatoes
- 150g tin chickpeas in water
- 100g pickled beetroot
- 570g organic porridge oats\*
- 120g organic jumbo oats\*
- 80g organic raisins
- small pack natural sweetener of your choice e.g. stevia
- 200g nut butter, any variety (no added sugar)
- 1 small pot vanilla essence
- 275g vanilla flavoured protein powder
- 175g chocolate flavoured protein powder
- 300ml unsweetened almond milk
- 40g bar dairy free dark chocolate (minimum 85% cocoa)
- 325g buckwheat
- 235g quinoa
- 80g dry rice noodles
- 100g soft rice noodles
- 100g red split lentils
- 475g white or wholegrain basmati rice

- 1 tube tomato purée
- 75ml balsamic vinegar
- 150ml organic olive oil
- 1 pack organic vegetable stock cubes

### spices / seasonings

- 1 small pot sea salt flakes or Himalayan pink salt
- 1 small pot black pepper (ground or peppercorns)
- 1 small pot cayenne pepper
- 1 small pot ground cinnamon
- 1 small pot dried rosemary
- 1 small pot dried thyme
- 1 small pot oregano
- 1 small pot paprika
- 1 small pot garam masala
- 1 small pot ground cumin
- 1 small pot tandoori seasoning
- 1 small pot turmeric
- 1 small pot Thai 7 spice mix
- 1 small pot Chinese 5 spice
- 1 small pot crushed red chilli flakes
- 1 small pot curry powder

### nuts/seeds

- 20g pumpkin seeds
- 200g whole almonds
- 160g cashew nuts
- 85g ground almonds
- 130g ground flaxseed
- 120g bag flaked almonds
- 60g bag omega seed sprinkle (flaxseed, linseed, sesame seeds and sunflower seeds)

\* Gluten-free if preferred

# Week One

## Day 1



**Breakfast – 435kcal**  
38g protein, 24g fat, 7g carbs

### **Bacon & Scrambled Eggs With Spinach & Baby Tomatoes**

2 rashers unsmoked back bacon (use a vegetarian bacon if preferred)

3 medium sized free range eggs

3 egg whites

100g fresh spinach

3g organic butter, ghee or coconut oil

5 baby plum tomatoes



**Method:** Cut the bacon up into small pieces, using scissors.

Whisk the eggs and egg whites with a fork. Season with salt and pepper.

Steam the spinach gently for 1-2 minutes.

Melt the butter, ghee or coconut oil in a non stick frying pan over a medium heat. Add the bacon pieces and the tomatoes and fry gently on both sides until the bacon becomes crispy. Remove from pan and set aside. Using a wooden spoon, scrape out any bits from the pan and discard.

Pour the eggs into the frying pan and stir continuously for around 2 minutes until the eggs are cooked. Serve.

**Lunch – 389kcal**  
35g protein, 17g fat, 21g carbs

### **Crunchy Salad**

100g iceberg lettuce, washed

112g tinned tuna in spring water, (drained weight) (or replace with 1 sliced boiled egg)

100g celery, sliced

100g red bell pepper, sliced

70g avocado, sliced

25g red onion, finely diced

10g pumpkin seeds

**Method:** Place the lettuce leaves in a serving dish and top with the remaining ingredients.

# Week One

## Day 1



**Dinner – 618kcal**  
46g protein, 21g fat, 48g carbs

### **Chicken Drumsticks With Sweet Corn, Sweet Potato & Kale**

3 chicken drumsticks (or use 200g vegetarian chicken replacement)

½ tsp dried herbs e.g oregano, rosemary, thyme

200g sweet potato, skin left on

100g curly kale

80g tinned sweetcorn (drained weight)

**Method:** Preheat oven to 180°C / 350°F. Place the chicken drumsticks / vegetarian chicken on a baking tray. Season with salt and dried herbs.

Oven bake the meat for 10 minutes, then turn over and cook for a further 10 minutes. Use a skewer to check that the chicken is cooked. The juices will run clear when thoroughly cooked.

Bring a saucepan of lightly salted water to the boil. Add the sweet potato and reduce to a gentle simmer. Cook for around 8 minutes, until soft, remove from water and drain, reserving the water in the saucepan.

Bring the saucepan of water to the boil again. Reduce to a simmer, add the kale and cook for 3-4 minutes until soft, then drain.

Heat the sweetcorn in a saucepan over a gentle heat for several minutes, stirring occasionally. Cut open the sweet potato and use a fork to mash the insides. Season with salt and pepper and serve.

# Week One

## Day 1



**Snack – 169kcal**  
11g protein, 8g fat, 13g carbs

### 1 x Protein Slice

- 220g banana, mashed
- 50g nut butter (any variety, no added sugar)
- 2 medium sized free range eggs
- 1 egg white
- 40g porridge oats
- 20g ground almonds
- 30g flaxseed, whole or ground
- 50g chocolate flavoured protein powder
- 30g organic raisins
- 20g dark chocolate, chopped finely



**Method:** Preheat oven to 190°C / 375°F.

Line a baking tray with parchment paper.

Mash the bananas removing all lumps.

Add all of the other ingredients and mix well. Pour the mixture onto the tray and flatten with a spoon.

Bake in the oven for 15 minutes or until the centre is firm. Allow to cool on a rack, then chop into 9 slices.

Once cooled, these can be stored in an airtight container for up to 3 days.

Note: this snack also appears on days 3 and 6. It can be frozen and defrosted several hours in advance.

**DAILY TOTALS – 1611kcal**  
130g protein, 67g fat, 89g carbs

### Note For Tomorrow:

Presoak your porridge oats tonight. See breakfast on next page.

# Week One

## Day 2



**Breakfast – 327kcal**

15g protein, 7g fat, 47g carbs

### **Blueberry & Cinnamon Porridge With Flaxseed**

60g organic oats

100g blueberries

2 egg whites

7g ground flaxseed

½ teaspoon ground cinnamon

1 tsp sweetener of your choice  
(optional) e.g. stevia



**Method:** Put the oats in a saucepan.

Add some cold water - just enough to cover the oats - and place over a medium heat.

Stir continuously for 2-3 minutes, adding more water as the mixture starts to thicken. Add a small amount of cold water if the mixture becomes too thick.

Egg the egg whites and stir until cooked through.

Remove from heat and pour into a serving bowl. Sprinkle over the blueberries, flaxseed, cinnamon and sweetener. Serve.

# Week One

## Day 2



**Lunch – 423kcal**  
51g protein, 12g fat, 33g carbs

### Spicy Chicken Stew

- 10g organic butter, ghee or coconut oil
- 100g white onion, finely chopped
- 100g celery, sliced
- 100g yellow bell pepper, sliced
- 140g fresh chicken breast, diced (or use a vegetarian chicken replacement)
- 1 garlic clove, finely chopped
- 1-4 green chillis (optional), finely sliced
- 200g tinned chopped tomatoes
- 1 tsp paprika
- 100g fresh spinach



**Method:** Melt the butter, ghee or oil in a non stick frying pan. Add the onion and sauté gently over a medium heat until softened.

Add the celery and yellow pepper and cook for 3-4 minutes until softened.

Add the chicken and gently fry for 2-3 minutes, until brown all over.

Add the garlic and cook for 1-2 minutes, stirring continuously.

Add the chillis, tinned tomatoes and paprika and simmer gently for 10 minutes, stirring occasionally. Season with salt and pepper if you like.

Steam the spinach for 1-2 minutes. Serve.

# Week One

## Day 2



**Dinner – 590kcal**  
58g protein, 23g fat, 38g carbs

### Steak With New Potatoes & Garden Peas

225g rump steak, trimmed of fat (or use a vegetarian chicken replacement)

200g baby new potatoes

150g garden peas

10g organic butter, ghee or coconut oil

1 sprig fresh mint (optional), chopped

**Method:** Remove the steak from its packaging and leave it to rest at room temperature while you prepare the potatoes.

Bring a saucepan of lightly salted water to the boil. Add the new potatoes and reduce to a gentle simmer. Cook for around 10 minutes until soft, remove from water and drain, reserving the water in the saucepan.

Bring the saucepan of water to the boil again. Reduce to a simmer, add the peas and cook for 3-4 minutes until soft, then drain.

Melt half of the butter, ghee or oil in a non stick frying pan or skillet / griddle. Add the steak or vegetarian chicken, season with salt and pepper and cook on both sides. Follow instructions on steak packet to determine length of time to cook to achieve rare, medium, or well done steak.

In a saucepan, gently mix together the cooked potatoes, peas, and the remaining butter, ghee or oil. Sprinkle over the mint. Serve.

**Snack – 262kcal**  
7g protein 15g fat 29g carbs

1 banana

30g whole almonds



**DAILY TOTALS – 1602kcal**  
131g protein, 57g fat, 147g carbs

### Note For Tomorrow:

Presoak your buckwheat tonight. See lunch on next day.



# Week One

## Day 3



**Breakfast – 492kcal**  
47g protein, 28g fat, 11g carbs

### **Salmon & Poached Egg With Mushrooms, Spinach & Tomato**

3g organic butter, ghee or coconut oil

140g salmon fillet or tofu (use a fresh, firm, low fat variety and an additional 2g butter, ghee or oil)

½ tsp cayenne pepper

6 closed cup mushrooms, sliced or quartered

2 medium sized vine tomatoes, diced

2 large free range eggs

100g fresh spinach



**Method:** If using tofu, melt 2g butter, ghee or oil in a non stick frying pan or wok and cook over a medium / high heat for 6 minutes. Use a flat wooden slice to carefully turn the tofu in the pan. Season with salt and cayenne and cook for a further 4 minutes. Remove from pan and set aside.

If using salmon, bring a saucepan of lightly salted water to the boil. Add the salmon and reduce to a gentle simmer. Cover and cook for around 8-10 minutes until the salmon is a light pink colour throughout.

Remove salmon from the water and drain with a serrated spoon, reserving the water in the saucepan. Set aside.

For both salmon and tofu, follow these steps.

Melt the butter, ghee or oil in a frying pan over a gentle heat (if you are using salmon, otherwise use the same pan you cooked the tofu in.)

Add the mushrooms and sauté for 3-4 minutes until softened. Add the tomatoes and continue to cook for 2-3 minutes. Remove from heat and set aside.

Bring the saucepan of water to the boil again. Reduce to a simmer, and carefully crack the eggs into the water. Poach for 2-4 minutes (2 minutes is ideal for a runny egg). Remove from water with a serrated spoon and set aside.

Steam the spinach gently for 1-2 minutes. Serve.

# Week One

## Day 3



**Lunch** – 510kcal  
21g protein, 21g fat, 54g carbs

### Chickpea & Buckwheat Salad

40g (dry weight) buckwheat, soaked overnight

150g tinned chickpeas, drained

juice of ½ a lemon

½ tsp dried oregano

½ tsp ground cumin

small handful chopped coriander (optional)

80g tinned sweetcorn

50g avocado, diced

50g red onion, sliced finely

50g pickled beetroot, diced

10g pumpkin seeds



**Method:** Rinse the pre-soaked buckwheat under cold water until the water runs clear.

Mix the chickpeas with lemon juice, cumin, oregano and coriander.

Assemble all of the other ingredients in a serving bowl and top with the chickpeas. Serve.

# Week One

## Day 3



**Dinner – 467kcal**  
40g protein, 9g fat, 57g carbs

### Turkey Mince Curry

5g organic butter, ghee or coconut oil

100g white onion, finely sliced

150g lean turkey breast mince (or use low fat vegetarian turkey mince)

1 garlic clove, finely chopped

1 tsp fresh ginger, finely chopped

1-3 green chillis (optional)

150g chopped tinned tomatoes

1 tsp garam masala

½ tsp turmeric

50g white or wholegrain basmati rice (dry weight)

**Method:** Melt the butter, ghee or oil in a large non stick frying pan.

Add the onion, and sauté gently for 3-4 minutes until softened.

Add the mince and cook for 3-4 minutes, stirring frequently.

Add the garlic, ginger, and chillis and cook for 1 minute, stirring continuously.

Add the chopped tomatoes, garam masala and turmeric and cook for 10-15 minutes, stirring frequently.

Meanwhile, bring a saucepan of lightly salted water to the boil. Reduce to a simmer, and add the rice. For timings, follow pack instructions (note: wholegrain rice takes longer than white rice). If using white rice, avoid stirring too much as this can cause the rice to become too sticky.

When rice is cooked, drain and leave for 2-3 minutes to stand. Serve.

# Week One

## Day 3



**Snack – 300kcal**  
16g protein, 20g fat, 26g carbs

**1 x Protein Slice (made on day 1)**

PLUS

100g strawberries

25g cashew nuts



### Note For Tomorrow:

You will need to make your breakfast in advance if you are short on time in the mornings. See next page.

The recipe makes a big batch of muffins, so you will have some left over to freeze for a later date.

**DAILY TOTALS – 1638kcal**  
119g protein, 66g fat, 145g carbs

# Week One

## Day 4



**Breakfast – 342kcal**  
33g protein, 12g fat, 27g carbs

### 3 x Bolognaise Muffins

8g organic butter, ghee or coconut oil

275g white onion, finely chopped

4-5 basil leaves with stalks (optional),  
chopped

750g extra lean steak mince (or use  
low fat vegetarian beef mince)

3 garlic cloves, finely diced

1 green bell pepper, diced

160g closed cup mushrooms, finely  
sliced

400g tinned chopped tomatoes

50g tomato purée

small amount of coconut oil, butter or  
ghee to grease muffin tins

95g organic oats

1 medium sized free range egg

1 egg white



**Method:** First make the bolognaise sauce.

Melt the butter, ghee or oil in a non stick frying pan over a medium heat. Gently sauté the onion until soft. Add the basil and fry gently, stirring for 20 seconds.

Add the mince and cook, stirring frequently for 6-8 minutes, until brown all over.

Add the garlic, green pepper and mushrooms and cook, stirring frequently for 5 minutes.

Add the chopped tomatoes and tomato purée. Season with salt and pepper and stir.

Cover and cook for 30 minutes, stirring occasionally. Remove from heat.

Preheat oven to 175°C / 350°F.

Weigh out 280g of the bolognaise sauce into a large bowl. Any leftover sauce can be left to cool and frozen on the same day.

Grease 8 muffin tin compartments.

Mix together the oats, egg and egg white with the bolognaise sauce. Spoon the mixture into the 8 muffin tin compartments.

Bake for 30-35 minutes until cooked through. Test the centre of the muffins with a skewer. If it comes out clean, the muffins are cooked.

Remove the muffins from the tins and leave to cool on a wire rack. Enjoy hot or cold.

*When muffins are cool, store in an airtight container and refrigerate for up to 3 days or freeze on the same day.*

# Week One

## Day 4



**Lunch – 525kcal**  
34g protein, 37g fat, 12g carbs

### Smoked Mackerel Salad

50g fresh spinach  
120g smoked mackerel (or replace with 120g firm tofu, diced, 3g organic butter, ghee or coconut oil and 2 medium sized free range eggs)  
50g red onion, finely chopped  
5 baby plum tomatoes, halved  
15ml balsamic vinegar

**Method:** Place the spinach leaves in a serving dish. If using mackerel, top with the remaining ingredients.

If using tofu, bring a saucepan of lightly salted water to the boil. Reduce to a simmer, and carefully place the eggs in the water. Boil for 10 minutes, then place in cold water to cool. Peel and slice the eggs.

Melt the butter, ghee or oil in a non stick frying pan or wok and cook the tofu over a medium / high heat for 6 minutes. Use a flat wooden slice to carefully turn the tofu in the pan. Season with salt and cook for a further 4 minutes. Remove from pan and set aside.

Top the spinach leaves with red onion, plum tomatoes, balsamic vinegar, cooked tofu and eggs. Serve.

**Dinner – 482kcal**  
41g protein, 12g fat, 53g carbs

### Chinese Stir Fry

5g organic butter, ghee or coconut oil  
6 closed cup mushrooms, sliced  
150g stir fry pork (or use a vegetarian pork replacement)  
100g green bell pepper, sliced  
1 garlic clove, finely chopped  
1 tsp fresh ginger, finely chopped  
1 tsp Chinese 5 spice  
100g soft rice noodles

**Method:** Melt the butter, ghee or oil in a non stick frying pan.

Add the mushrooms, and sauté gently for 3-4 minutes until softened.

Add the pork and cook for 3-4 minutes, stirring frequently, until brown all over.

Add the green pepper, and cook for 2-3 minutes.

Add the garlic, ginger, and Chinese 5 spice and cook for 5 minutes, stirring continuously.

Add the rice noodles and cook according to pack instructions. Serve.

# Week One

## Day 4



**Snack – 188kcal**  
5g protein, 11g fat, 17g carbs

25g cashew nuts

1 kiwi fruit

**DAILY TOTALS – 1537kcal**  
113g protein, 72g fat, 109g carbs

### Note For Tomorrow:

Presoak your buckwheat tonight. See breakfast on next page.

# Week One

## Day 5



**Breakfast – 349kcal**  
23g protein, 6g fat, 52g carbs

### Raspberry Buckwheat Delight

60g (dry weight) buckwheat, soaked overnight

1 tsp sweetener of your choice (optional)

15g vanilla flavoured protein powder

7g ground flaxseed

½ tsp ground cinnamon

150g raspberries



**Lunch – 430kcal**  
54g protein, 23g fat, 7g carbs

### Chicken, Bacon, Avocado, Tomato & Rocket Stack

3g organic butter, ghee or coconut oil

1 rasher unsmoked back bacon (or use a vegetarian bacon replacement)

150g fresh chicken breast cooked and sliced in half ("butterfly"), or use a vegetarian chicken replacement

75g avocado mashed

1 beef tomato, sliced

handful rocket leaves

**Method:** Rinse the pre-soaked buckwheat under cold water until the water runs clear.

Put all of the ingredients except for the raspberries into a blender and pulse until creamy.

Pour the mixture into a bowl and stir in the raspberries. Serve.

**Method:** Melt the butter, ghee or oil in a non stick frying pan over a medium heat.

Fry the bacon rasher on both sides until crispy.

Arrange the items on a plate in a stack, starting with one slice of chicken as a base, and finishing with the other slice of chicken to complete the stack. Serve.



# Week One

## Day 5



**Dinner – 497kcal**  
46g protein, 26g fat, 22g carbs

### Mixed Vegetable Omelette

4 large free range eggs  
4 large egg whites  
5g organic butter, ghee or coconut oil  
75g white onion, finely sliced  
70g broccoli, cut into small pieces  
100g red bell pepper, sliced  
50g fresh spinach

**Method:** Whisk the eggs and egg whites in a jug and season well.

Melt half of the butter, ghee or oil in a non-stick frying pan over a medium heat and add the onion. Sauté for 5 minutes, until softened.

Add the broccoli and cook for 5 minutes, stirring occasionally.

Add the red pepper and cook for 3 minutes, stirring occasionally.

Remove the cooked vegetables from the pan and set aside.

Using a wooden spoon, remove any bits from the pan and discard.

Melt the remaining butter, ghee or oil in the pan. Pour the eggs into the pan. Cook gently for around 3-4 minutes until the edges of the mixture start to crisp.

When the centre of the omelette begins to firm up, add the spinach over the entire omelette. Then carefully add the other vegetables on top of the spinach, so that it wilts. Cook for around 1-2 minutes.

Using a wooden slice fold the omelette in half. Remove the omelette from the pan. Serve.

**Snack – 303kcal**  
9g protein, 15g fat, 31g carbs

1 red grapefruit  
30g whole almonds



**DAILY TOTALS – 1579kcal**  
132g protein, 70g fat, 112g carbs

# Week One

## Day 6



**Breakfast – 399kcal**  
36g protein, 25g fat, 5g carbs

### **Spicy Lemon Salmon Parcels & Kale**

140g salmon fillet or fresh tofu (use a fresh, firm, low fat variety)

5g organic butter, ghee or coconut oil, melted

1 garlic clove, finely chopped

1-3 red chillis, finely chopped

juice of ½ a lemon

1 medium sized free range egg

100g curly kale

**Method:** Preheat oven to 175°C/350°F.

Place a sheet of foil on a baking tray (enough to wrap around the fish/tofu).

Place the salmon or tofu on the foil. Drizzle over the butter, ghee or oil. Add the garlic and chillis. Squeeze the juice of the lemon over the salmon or tofu.

Gently wrap the foil around the salmon or tofu and seal loosely into a parcel.

Cook for 15-20 minutes or until salmon is cooked right through or tofu is a golden colour (when cooked, the salmon should be a pale pink colour throughout).

Meanwhile, bring a small saucepan of lightly salted water to the boil. Reduce to a simmer, and carefully place the egg in the water. Boil for 8-10 minutes, then place in cold water to cool. Peel and slice the egg.

Steam the kale for 3-4 minutes until soft. Serve.

# Week One

## Day 6



**Lunch – 500kcal**  
42g protein, 12g fat, 52g carbs

### Fragrant Thai Mince With Rice

10g organic butter, ghee or coconut oil  
50g red onion, finely chopped  
175g lean turkey breast mince (or use low fat vegetarian turkey mince)  
100g celery, finely sliced  
100g green bell pepper, finely sliced  
1 garlic clove, finely chopped  
100g chopped tinned tomatoes  
1 tsp paprika  
1 tsp Thai 7 spice mix  
40g white or wholegrain basmati rice (dry weight)

**Method:** Melt the butter, ghee or oil in a large non stick frying pan. Add the onion, and sauté gently for 3-4 minutes until soft.

Add the mince and cook for 3-4 minutes, stirring frequently.

Add the celery and green pepper and cook for 2-3 minutes, stirring continuously.

Add the garlic and cook for 1-2 minutes, stirring continuously.

Add the chopped tomatoes, paprika and Thai 7 spice mix and cook for 10-15 minutes, stirring frequently.

Meanwhile, bring a saucepan of lightly salted water to the boil. Reduce to a simmer, and add the rice. For timings, follow pack instructions (note: wholegrain rice takes longer than white rice). If using white rice, avoid stirring too much as this can cause the rice to become too sticky.

When rice is cooked, drain and leave for 2-3 minutes to stand. Serve.

# Week One

## Day 6



**Dinner – 292kcal**  
15g protein, 7g fat, 39g carbs

### **Lentil & Sweet Potato Curry**

5g organic butter, ghee or coconut oil  
50g white onion, finely chopped  
60g sweet potato, peeled and cut into small cubes  
100g cauliflower, grated or finely chopped  
1 garlic clove, finely chopped  
1 tsp fresh ginger, finely chopped  
40g red split lentils (dry weight)  
1 tsp curry powder  
1 organic vegetable stock cube  
1-3 red chillis (optional), finely chopped

**Method:** Melt the butter, ghee or oil in a large saucepan over a gentle heat.

Add the onion and sauté, stirring occasionally, until the onion softens.

Add the sweet potato, cauliflower, garlic, ginger, curry powder and chillis and sauté for 2 minutes.

Add 500ml boiling water and stir in the lentils. Crumble in the stock cube and stir until dissolved.

Reduce the heat to medium-low, cover and simmer for around 20-25 minutes, until the lentils break down and the sweet potatoes are soft.

Season with salt and pepper. Serve.

**Snack – 378kcal**  
17g protein, 22g fat, 28g carbs

### **1 Protein Slice (made on day 1)**

PLUS

100g strawberries  
30g cashew nuts



**DAILY TOTALS – 1530kcal**  
110g protein, 66g fat, 124g carbs

**Note For Tomorrow:**

**Presoak your porridge oats tonight. See breakfast on next page.**

# Week One

## Day 7



**Breakfast – 299kcal**

19g protein, 9g fat, 36g carbs

### **Strawberry, Vanilla, Cinnamon, Flaxseed Protein Porridge**

40g organic oats

300ml unsweetened almond milk

2 egg whites

½ tsp vanilla essence

100g strawberries, sliced

7g ground flaxseed

1 tsp sweetener of your choice  
(optional)

½ tsp ground cinnamon

**Method:** Put the oats in a saucepan.

Add the almond milk and cook over a medium heat, stirring frequently for 3-4 minutes.

Add the egg whites, and cook for a further 1-2 minutes, stirring continuously, until egg is cooked.

Remove from heat and stir in the vanilla essence.

Pour into a serving bowl.

Top with strawberries and sprinkle over the flaxseed, sweetener and cinnamon. Serve.



# Week One

## Day 7



**Lunch** – 497kcal  
39g protein, 25g fat, 25g carbs

### Spicy Lettuce Wraps

3g organic butter, ghee or coconut oil

170g extra lean steak mince (or use low fat vegetarian beef mince)

50g red onion, finely chopped

100g green bell pepper, diced

1 garlic clove, finely chopped

20g tomato purée

150g chopped tinned tomatoes

1 tsp crushed red chilli flakes (optional)

80g avocado

juice of ½ a lemon

200g sweet gem lettuce leaves

**Method:** Melt the butter, ghee or oil in a non stick frying pan over a medium heat.

Add the mince and red onion and cook gently for 8-10 minutes, stirring frequently until mince is brown all over.

Season with salt and pepper. Add the green pepper and cook for 2-3 minutes, stirring frequently.

Add the garlic, and cook for 1-2 minutes, stirring frequently.

Add the purée, tinned tomatoes and chilli flakes and cook for 10 minutes, stirring occasionally.

Slice the avocado and sprinkle over the lemon juice to prevent the avocado flesh turning brown.

Add spoonfuls of the mince onto the lettuce leaves, top with avocado and fold into wraps. Serve.



# Week One

## Day 7



**Dinner – 506kcal**  
54g protein, 4g fat, 63g carbs

### **Tandoori Chicken Breast With Sweet Potato Mash & Asparagus**

160g fresh chicken breast, diced (or use a vegetarian chicken replacement)

1 tsp tandoori seasoning

½ tsp cinnamon

300g sweet potato, skin left on

100g asparagus

**Method:** Preheat the oven to 175°C/350°F.

Place a sheet of foil on a baking tray (enough to wrap around the chicken). Place the chicken on the foil and sprinkle on the tandoori seasoning.

Gently wrap the foil around the chicken and seal loosely into a parcel. Cook for 20 minutes or until cooked thoroughly. Use a skewer to check that the chicken is cooked. The juices will run clear when thoroughly cooked.

Bring a saucepan of lightly salted water to the boil. Add the sweet potato and reduce to a gentle simmer. Cook for around 8 minutes, until soft, remove from water and drain.

Bring the saucepan of water to the boil again. Reduce to a simmer, add the asparagus and cook for 3-4 minutes until soft, then drain.

Cut open the sweet potato and use a fork to mash the insides. Sprinkle over the cinnamon, and mash that in to the potato. Serve.

**Snack – 297kcal**  
9g protein, 18g fat, 21g carbs

100g low fat hummus

100g carrot, cut into sticks

25g cashew nuts



**DAILY TOTALS – 1599kcal**  
121g protein, 56g fat, 145g carbs

# Shopping List

## Week Two



Please choose from EITHER of the following:

**Meat, Poultry and Fish** ingredients OR the **Vegetarian Alternatives**.

### **meat, poultry and fish**

2 rashers lean unsmoked back bacon  
3 chicken drumsticks  
200g chicken thighs  
130g fresh chicken breast  
125g cooked chicken breast  
160g venison shoulder steak  
150g extra lean steak mince  
200g lamb leg steaks  
160g lean turkey breast mince  
160g cooked turkey breast steak  
130g pork loin steak  
300g pork loin chops  
290g salmon fillet  
75g smoked salmon  
225g white fish fillet

### **vegetarian alternatives**

2 rashers vegetarian back bacon\*  
300g vegetarian pork\*  
670g vegetarian chicken\*  
125g vegetarian cooked chicken\*  
200g vegetarian lamb\*  
310g low fat vegetarian beef mince\*  
160g vegetarian turkey mince\*  
390g fresh firm tofu\*

### **fruit and vegetables**

220g fresh spinach leaves  
24 baby plum tomatoes  
2 medium sized vine tomatoes  
100g leeks  
300g asparagus  
100g tender stem broccoli  
2 red bell peppers  
1 green bell pepper  
100g closed cup mushrooms  
1 medium sized cauliflower  
100g sweet gem lettuce leaves  
70g rocket leaves  
70g mixed salad leaves  
1 avocado  
2 medium sized red onions  
2 shallots  
350g baby new potatoes  
250g all rounder potatoes  
3 medium sweet potatoes  
200g garden peas  
75g blackberries - fresh or frozen  
2 medium sized bananas  
1 lemon  
100g strawberries  
100g raspberries - fresh or frozen  
3 kiwi fruit  
1 small bramley apple  
1 medium sized banana

\* Note: Some meat free alternatives contain gluten and/or MSG. Check the label before you buy.



# Shopping List

## Week Two (continued)



### **fresh herbs**

- 1 small pack fresh mint
- 2 small pack fresh rosemary

### **dry goods**

- 23 medium sized free range eggs
- 100g tinned sweetcorn
- 50g bag oatbran
- 2 x 200ml tin reduced fat coconut milk
- 3 x 200g tins chopped tomatoes
- 1 x 50g tin red kidney beans
- 1 small pot organic cocoa powder
- 1.4 litres unsweetened almond milk
- 1 tube tomato purée
- 50ml malt vinegar
- 35g black olives

### **spices / seasonings**

- 1 small pot madras curry power
- 1 small pot chilli powder

# Week Two

## Day 1



**Breakfast – 373kcal**  
26g protein, 11g fat, 41g carbs

### **Blackberry Protein Muesli**

50g organic jumbo oats

250ml unsweetened almond milk

20g chocolate flavoured protein powder

75g blackberries

10g omega seed sprinkle (flaxseed, linseed, sesame seeds and sunflower seeds)



**Method:** Put the oats in a saucepan.

Add the almond milk and cook over a medium heat, stirring frequently for 4-5 minutes, until mixture starts to thicken. Add a small amount of cold water if the mixture becomes too thick, and continue to cook until the water has been absorbed.

Remove from heat and pour into a serving bowl. Stir in the protein powder, mixing well.

Top with blackberries and sprinkle over the omega seed sprinkle. Serve.

# Week Two

## Day 1



**Lunch – 329kcal**  
31g protein, 19g fat, 5g carbs

### Salmon With Asparagus & Baby Tomatoes

5g organic butter, ghee or coconut oil

140g salmon fillet (or replace with 100g firm tofu, diced and 1 medium sized free range egg)

½ tsp cayenne pepper

5 baby plum tomatoes, halved

100g asparagus, chopped

**Method:** If you are having tofu and eggs, bring a saucepan of lightly salted water to the boil. Reduce to a simmer, and carefully place the eggs in the water.

Boil for 10 minutes, then place in cold water until cool. Peel and slice the eggs.

Melt the butter, ghee or oil in a non stick frying pan over a medium heat.

If using salmon, season with salt and pepper. Cook for 10 minutes, or until the salmon is thoroughly cooked (the salmon flesh is a pale pink colour throughout when cooked).

If using tofu, cook over a medium heat for 6 minutes. Use a flat wooden slice to carefully turn the tofu in the pan. Season with salt and cayenne and cook for a further 4 minutes.

Add the asparagus to the pan and cook for 4-5 minutes, stirring frequently. Add the tomatoes and cook for a further 3 minutes, or until soft. Serve.

# Week Two

## Day 1



**Dinner – 621kcal**  
50g protein, 17g fat, 44g carbs

### **Pork Loin Chops With Baby New Potatoes & Garden Peas**

170g pork loin chops (or use a vegetarian pork replacement)

200g baby new potatoes

100g garden peas

**Method:** Preheat the oven to 175°C/350°F.

Place a sheet of foil on a baking tray.

Place the meat on the foil and season with salt and pepper.

Cook for 10 minutes then turn and cook for a further 10 minutes.

While the meat is cooking, bring a saucepan of lightly salted water to the boil. Add the potatoes and reduce to a gentle simmer.

Cook for around 15 minutes, until soft, remove from water and drain. Then add the peas and simmer for a further 2-3 minutes until soft.

Drain the vegetables. Serve.

**Snack – 280kcal**  
19g protein, 14g fat, 18g carbs

### **Chocolate Protein Ball**

25g smooth or crunchy nut butter (no added sugar)

15g chocolate flavoured protein powder

5g organic cocoa powder (to coat the protein ball)

PLUS

1 kiwi fruit

**Method:** Mash the nut butter and protein powder together in a small bowl.

Using your hands, roll the mixture into a ball.

Lightly dust a plate with the cocoa powder and roll the ball in the powder to give it a light coating.

Consume immediately or store in an airtight container and refrigerate for up to 3 days.



**DAILY TOTALS – 1603kcal**  
126g protein, 61g fat, 108g carbs

# Week Two

## Day 2



**Breakfast – 368kcal**  
41g protein, 18g fat, 4g carbs

### **Bacon, Tomato & Cauliflower Scrambled Eggs**

3g organic butter, ghee or coconut oil  
2 rashers unsmoked back bacon (or use a vegetarian bacon if preferred), cut into small pieces  
50g cauliflower, grated  
1 medium sized vine tomato, diced  
2 medium sized free range eggs  
4 egg whites



**Lunch – 499kcal**  
45g protein, 28g fat, 18g carbs

### **Chicken Salad With Rocket, Almonds, Olives & Sweetcorn**

70g rocket leaves  
90g tinned sweetcorn, drained  
125g cooked chicken breast, cut into strips (or use a vegetarian chicken replacement)  
20g flaked almonds  
15g black olives (approx 6 olives)  
15ml balsamic vinegar  
2 tsps organic olive oil

**Method:** Melt the butter, ghee or oil in a non stick frying pan over a medium heat.

Add the bacon and fry for 3-4 minutes, stirring frequently, until crispy. Remove from pan and set aside.

Add the cauliflower to the pan and sauté gently for 3-4 minutes, stirring frequently.

Add the tomato and cook for a further 2-3 minutes, until softened.

Remove the vegetables from the pan and set aside. Using a wooden spoon, scrape any bits from the pan and discard.

Whisk the eggs and egg whites and pour into the frying pan over a medium heat. Season with salt and pepper, and stir continuously.

As the eggs start to cook, add the bacon and vegetables back into the pan and mix well to combine. Serve.

**Method:** Place the rocket leaves in a serving dish and top with the remaining ingredients.

# Week Two

## Day 2



**Dinner – 622kcal**  
47g protein, 18g fat, 66g carbs

### **Lamb Leg Steaks With Mint Sauce, Sweet Potatoes & Tender Stem Broccoli**

handful fresh mint leaves, finely chopped

3 tbsps malt vinegar

300g sweet potato, skin left on, cut into wedges

2 tps organic olive oil

200g lamb leg steaks (or use a vegetarian lamb replacement)

sprig fresh rosemary or ½ tsp dried rosemary

100g tender stem broccoli

**Method:** Preheat the oven to 175°C/350°F.

Line 2 baking trays with foil.

Mix the mint leaves and vinegar together in a jug and set aside.

**Snack – 103kcal**  
1g protein, 0g fat, 23g carbs

1 banana

Bring a saucepan of lightly salted water to the boil. Add the sweet potato wedges and reduce to a gentle simmer. Cook for around 6-8 minutes, remove from water and drain.

Add the wedges to one of the baking trays and season with a little salt and pepper. Sprinkle over the olive oil, turning the wedges to coat them.

Cook in the oven for around 40 minutes, turning halfway, until golden brown and crispy.

While the wedges are cooking, place the lamb on the other baking tray, season with salt and pepper, and add the rosemary.

Cook in the oven for 10 minutes then turn and cook for a further 10-15 minutes or until the meat is thoroughly cooked.

Bring a saucepan of lightly salted water to the boil. Reduce to a simmer, add the broccoli and cook for 3-4 minutes until soft, then drain.

Drizzle the mint sauce over the lamb. Serve.

**DAILY TOTALS – 1592kcal**  
134g protein, 64g fat, 108g carbs

### **Note For Tomorrow:**

**Presoak your porridge oats tonight. See breakfast on next page.**

# Week Two

## Day 3



**Breakfast – 338kcal**  
22g protein, 9g fat, 42g carbs

### Raspberry Protein Porridge Oats

50g organic oats  
350ml unsweetened almond milk  
20g vanilla flavoured protein powder  
100g raspberries



**Method:** Put the oats in a saucepan.

Add the almond milk and cook over a medium heat.

Stir continuously for 3-4 minutes, as the mixture starts to thicken. Add a small amount of cold water if the mixture becomes too thick, and continue to cook until the water has been absorbed.

Remove from heat and pour into a serving bowl. Add the protein powder and mix well to combine. Top with the raspberries. Serve.

**Lunch – 430kcal**  
39g protein, 27g fat, 8g carbs

### Turkey Breast Steak Salad With Avocado, Beetroot & Tomatoes

70g mixed salad leaves  
160g cooked turkey breast steak, cut into strips (or use a vegetarian chicken replacement)  
70g avocado, sliced  
50g pickled beetroot, sliced  
7 baby plum tomatoes, halved  
2 tsps organic olive oil

**Method:** Place the rocket leaves in a serving dish and top with the remaining ingredients.

# Week Two

## Day 3



**Dinner – 824kcal**  
68g protein, 30g fat, 60g carbs

### Fish & Chips With Peas

250g all rounder potatoes, cut into chips

2 tsps organic olive oil

2 tsps paprika

1 medium sized free range egg

20g ground almonds

15g oatbran

225g white fish fillet (or replace with 120g firm tofu, diced)

100g garden peas

**Method:** Preheat oven to 175°C/350°F.

Bring a pan of lightly salted water to the boil.

Add the potatoes and cook for around 6 minutes. Drain carefully, taking care not to damage the potatoes.

Place a sheet of foil on a baking tray. Drizzle with the oil and add the potatoes. Turn them over to coat them in the oil. Sprinkle with paprika and season with salt and pepper.

Oven bake for 20 minutes, then turn the chips and cook for a further 20-30 minutes, until golden.

While the chips are baking, line another baking tray with foil.

Pour the almonds onto a plate and stir in the oatbran. Season with a sprinkle of paprika and salt and pepper.

Whisk the egg in a separate bowl.

Take the fish/tofu and dip into the egg mixture, coating thoroughly. Then dip into the almonds, turning over to give an even coating.

Place the fish/tofu onto the baking tray and bake in the oven for around 15 minutes, or until golden and crispy.

Bring a saucepan of lightly salted water to the boil. Reduce to a simmer, add the peas and cook for 3-4 minutes, then drain. Serve.

**DAILY TOTALS – 1592kcal**  
129g protein, 66g fat, 112g carbs

### Note For Tomorrow:

Presoak your buckwheat tonight. See breakfast on next page.



# Week Two

## Day 4



**Breakfast – 273kcal**  
19g protein, 4g fat, 44g carbs

### **Strawberry Buckwheat Protein Porridge**

40g buckwheat (dry weight),  
soaked overnight

300ml unsweetened almond milk

15g vanilla flavoured protein powder

100g strawberries, sliced

**Method:** Rinse the pre-soaked buckwheat under cold water until the water runs clear.

Put the buckwheat in a saucepan.

Add the almond milk and cook over a medium heat until the buckwheat is soft, stirring occasionally. Add a small amount of cold water if the mixture becomes too thick, and continue to cook until the water has been absorbed.

When cooked, remove the buckwheat from heat and pour into a serving bowl.

Add the protein powder and mix well to combine. Top with the strawberries. Serve.

# Week Two

## Day 4



**Lunch – 465kcal**  
45g protein, 9g fat, 49g carbs

### Lean Chilli Con Carne

3g organic butter, ghee or coconut oil

150g extra lean steak mince (or use low fat vegetarian beef mince)

100g green pepper, diced

1 garlic clove, finely chopped

200g tinned chopped tomatoes

50g tomato purée

1 tsp chilli powder or paprika

50g tinned red kidney beans

20g white or wholegrain basmati rice (dry weight)

100g cauliflower (grated)

**Method:** Melt the butter, ghee or oil in a large non stick frying pan over a medium heat.

Add the mince and fry for 4-5 minutes, to brown all over. Season with salt and pepper.

Add the green pepper and cook for 2-3 minutes until soft.

Add the garlic and cook for 1-2 minutes.

Add the tinned tomatoes, tomato purée and chilli powder or paprika.

Simmer gently for 15-20 minutes. Add the kidney beans and cook for 10 minutes.

Meanwhile, bring a saucepan of lightly salted water to the boil. Reduce to a simmer, and add the rice. For timings, follow pack instructions (note: wholegrain rice takes longer than white rice). If using white rice, avoid stirring too much as this can cause the rice to become too sticky. When rice is cooked, drain and leave for 2-3 minutes to stand.

Bring a saucepan of lightly salted water to the boil. Reduce to a simmer, add the cauliflower and cook for 3-4 minutes, then drain and mix with the rice. Serve.

# Week Two

## Day 4



**Dinner – 607kcal**  
49g protein, 36g fat, 14g carbs

### **Roasted Chicken Thighs With Mediterranean Roasted Vegetables**

200g chicken thighs (or use a vegetarian chicken replacement)

2 tsps organic olive oil

sprig fresh rosemary

100g red bell pepper, diced

100g red onion, sliced or quartered

1-2 garlic clove, left whole or roughly chopped

7 baby plum tomatoes, left whole

**Method:** Preheat oven to 175°C/350°F.

Line two baking trays with foil.

Add the chicken onto one of the trays. Drizzle over half of the oil over the chicken and season with salt and pepper. Place the fresh rosemary on the chicken.

Cook in the oven for 25 minutes, then turn the chicken and continue to cook for 20 minutes or until thoroughly cooked (use a skewer to test - if the juices run clear then the chicken is cooked).

Place the pepper, onion and garlic on the other baking tray. Drizzle over the remaining oil and turn the vegetables to coat them.

Season with salt and pepper and cook for 20 minutes.

Turn the vegetables, add the tomatoes to the tray and cook for a further 5 minutes, or until the tomatoes are soft. Serve.

# Week Two

## Day 4



**Snack – 186kcal**  
13g protein, 11g fat, 6g carbs

### Chocolate Protein Ball

20g smooth or crunchy nut butter (no added sugar)

10g chocolate flavoured protein powder

5g organic cocoa powder (to coat the protein ball)



**Method:** Mash the nut butter and protein powder together in a small bowl.

Using your hands, roll the mixture into a ball.

Lightly dust a plate with the cocoa powder and roll the ball in the powder to give it a light coating.

Consume immediately or store in an airtight container and refrigerate for up to 3 days.

**DAILY TOTALS – 1531kcal**  
126g protein, 60g fat, 109g carbs

# Week Two

## Day 5



**Breakfast** – 460kcal  
50g protein, 26g fat, 5g carbs

### Scrambled Eggs With Smoked Salmon & Spinach

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75g smoked salmon (or replace with an extra egg and 2 egg whites)

3 medium sized free range eggs

3 egg whites

100g fresh spinach

**Method:** Whisk the eggs and whites in a jug and season with salt and pepper.

Pour into a non stick frying pan over a medium heat.

Stir continuously for around 2 minutes until the eggs are cooked.

Steam the spinach gently for 1-2 minutes.

Assemble the salmon on a plate with the cooked eggs and spinach. Serve.

# Week Two

## Day 5



**Lunch – 439kcal**  
49g protein, 10g fat, 45g carbs

### Chicken, Mushroom & Leek With Rice

5g organic butter, ghee or coconut oil

100g leeks, sliced into 5mm thick pieces

100g cauliflower (grated)

100g closed cup mushrooms, sliced

130g fresh chicken breast, diced (or use a vegetarian chicken replacement)

1 garlic clove, finely chopped

175ml unsweetened almond milk

½ tsp dried oregano

50g white or wholegrain basmati rice (dry weight)

**Method:** Melt the butter, ghee or oil in a large non stick frying pan over a medium heat.

Add the leeks and sauté gently for around 5 minutes, stirring frequently, until soft.

Add the mushrooms and cauliflower and sauté gently for 3-4 minutes, stirring.

Remove the vegetables from the pan and set aside.

Add the chicken to the pan and cook for around 7-8 minutes, stirring frequently, until brown on all sides.

Add the vegetables back into the pan, mix with the chicken and season with salt and pepper.

Add the garlic and cook for 1-2 minutes, stirring. Add the almond milk and oregano. Mix well to combine.

Cover and simmer for 5 minutes, then check. If the mixture seems dry, add more almond milk, and stir well. Continue to cook, covered for a further 10 minutes, stirring frequently.

Meanwhile, bring a saucepan of lightly salted water to the boil. Reduce to a simmer, and add the rice. For timings, follow pack instructions (note: wholegrain rice takes longer than white rice). If using white rice, avoid stirring too much as this can cause the rice to become too sticky.

When rice is cooked, drain and leave for 2-3 minutes to stand. Serve.

# Week Two

## Day 5



**Dinner – 463kcal**  
40g protein, 10g fat, 51g carbs

### Venison Steak With Sweet Potato & Asparagus

250g sweet potato, skin left on  
5g organic butter, ghee or coconut oil  
160g venison shoulder steak (or use low fat vegetarian beef mince)  
100g asparagus  
½ tsp ground cinnamon

**Method:** Bring a saucepan of lightly salted water to the boil. Add the sweet potato and reduce to a gentle simmer.

Cook for around 8 minutes, until soft, remove from water and drain. Reserve the water in the saucepan for later.

Melt half of the butter, ghee or oil in a non stick frying pan or skillet / griddle. Add the steak/mince and cook on both sides. Follow instructions on steak packet to determine length of time to cook to achieve rare, medium, or well done steak.

Bring the saucepan of water to the boil again. Reduce to a simmer, add the asparagus and cook for 3-4 minutes until soft, then drain.

Cut open the sweet potato and use a fork to mash the insides. Season with salt, pepper and cinnamon and serve.

**Snack – 238kcal**  
18g protein, 14g fat, 8g carbs

### Chocolate Protein Ball

25g smooth or crunchy nut butter (no added sugar)  
15g chocolate flavoured protein powder  
5g organic cocoa powder (to coat the protein ball)

**Method:** Mash the nut butter and protein powder together in a small bowl.

Using your hands, roll the mixture into a ball.

Lightly dust a plate with the cocoa powder and roll the ball in the powder to give it a light coating.

Consume immediately or store in an airtight container and refrigerate for up to 3 days.



**DAILY TOTALS – 1600kcal**  
157g protein, 60g fat, 109g carbs

# Week Two

## Day 6



**Breakfast – 409kcal**  
31g protein, 25g fat, 10g carbs

### Coconut, Shallot & Spinach Quiche

2 medium sized free range eggs  
4 egg whites  
200ml reduced fat coconut milk  
2 shallots, chopped finely  
1 vine tomato, halved  
60g fresh spinach, chopped finely

**Method:** Whisk the eggs and whites in a large bowl and season with salt and pepper. Stir in the coconut milk.

Stir in the shallots, tomato and spinach.

Pour the mixture into a baking dish and bake in the oven for 20 minutes or until set in the middle. Serve.

**Lunch – 537kcal**  
43g protein, 31g fat, 14g carbs

### Tandoori Chicken Drumsticks With Salad

3 chicken drumsticks (or use 180g vegetarian chicken replacement)  
1 tsp tandoori mix  
60g avocado, sliced  
juice of ½ a lemon  
100g sweet gem lettuce leaves  
100g red bell pepper, sliced  
25g red onion, finely sliced  
5 baby plum tomatoes, halved

**Method:** Preheat oven to 180°C / 350°F. Place the chicken drumsticks on a baking tray. Season with salt and pepper and tandoori mix.

Oven bake the chicken for 10 minutes, then turn over and cook for a further 10 minutes. Use a skewer to check that the chicken is cooked. The juices will run clear from the chicken when thoroughly cooked.

Slice the avocado and sprinkle over the lemon juice to prevent the avocado flesh turning brown.

Assemble the salad ingredients on a plate and serve with the cooked chicken.





# Week Two

## Day 6



**Dinner – 547kcal**  
37g protein, 21g fat, 50g carbs

### Salmon Fillet With Lemon, Rice & Asparagus

60g white or wholegrain basmati rice (dry weight)

5g organic butter, ghee or coconut oil

150g salmon fillet or tofu (use a fresh, firm, low fat variety)

100g asparagus

juice of ½ a lemon

**Method:** Bring a saucepan of lightly salted water to the boil. Reduce to a simmer, and add the rice. For timings, follow pack instructions (note: wholegrain rice takes longer than white rice). If using white rice, avoid stirring too much as this can cause the rice to become too sticky.

When rice is cooked, drain and leave for 2-3 minutes to stand.

**Snack – 103kcal**  
1g protein, 0g fat, 23g carbs

1 banana

Melt the butter, ghee or oil in a non stick frying pan or skillet over a medium / high heat.

If using salmon, place in the pan skin side down, and cook for 4-5 minutes. Reduce to a medium heat, then turn the salmon over, flesh side down, and cook for 5 minutes or until the flesh is a pale pink colour throughout.

If using tofu, cook over a medium heat for 6 minutes. Use a flat wooden slice to carefully turn the tofu in the pan. Season with salt and cook for a further 4 minutes. Remove from pan and set aside.

Bring a saucepan of lightly salted water to the boil. Reduce to a simmer, add the asparagus and cook for 3-4 minutes until soft, then drain.

Squeeze the juice of the lemon over the salmon and serve.

**DAILY TOTALS – 1596kcal**  
112g protein, 77g fat, 97g carbs

### Note For Tomorrow:

Presoak your porridge oats tonight. See breakfast on next page.

# Week Two

## Day 7



**Breakfast – 347kcal**  
20g protein, 10g fat, 46g carbs

### Kiwi Protein Porridge Oats

45g organic porridge oats  
300ml unsweetened almond milk  
15g vanilla flavoured protein powder  
7g ground flaxseed  
1 kiwi fruit, diced (skin left on or removed)

**Method:** Put the oats in a saucepan.

Add the almond milk and place over a medium heat.

Stir continuously for 2-3 minutes. Add a small amount of cold water if the mixture becomes too thick, and continue to cook until the water has been absorbed.

Remove from heat and pour into a serving bowl. Stir in the protein powder. Sprinkle over the flaxseed and kiwi. Serve.

**Lunch – 465kcal**  
43g protein, 14g fat, 37g carbs

### Turkey Mince Madras With Potato & Spinach

5g organic butter, ghee or coconut oil  
160g lean turkey breast mince (or use low fat vegetarian turkey mince)  
1 garlic clove, finely chopped  
1 tsp fresh ginger, finely chopped  
1 tsp madras curry powder  
200g tinned chopped tomatoes  
150g baby new potatoes, boiled  
60g fresh spinach, chopped

**Method:** Melt the butter, ghee or oil in a non stick frying pan over a medium heat.

Add the mince and cook, stirring frequently, for 5 minutes.

Add the garlic, ginger and curry powder and cook stirring, for 3-4 minutes.

Stir in the tinned tomatoes, and simmer for 10-12 minutes.

While the turkey is cooking, bring a saucepan of lightly salted water to the boil. Add the potatoes and reduce to a gentle simmer. Cook for around 12-15 minutes, until soft, remove from water and drain.

Steam the spinach. Serve.

# Week Two

## Day 7



### Dinner – 640kcal

54g protein, 23g fat, 49g carbs

#### Pork Loin Steaks With Apple Sauce, Sweetcorn & Quinoa

30g bramley apple, peeled and sliced

40g quinoa (dry weight)

10g organic butter, ghee or coconut oil

25g red onion, finely sliced

1 garlic clove, finely sliced

100g tinned chopped tomatoes

½ tsp dried herbs, e.g. oregano, Italian seasoning

130g pork loin steak (or use a vegetarian pork replacement)

80g tinned sweetcorn, drained

**Method:** Bring a small saucepan of water to the boil. Add the apple and simmer gently for around 4 minutes, until soft. Remove from heat and drain through a fine sieve.

Stir gently to remove excess water. Transfer apple to a small pot or jug and set aside.

### Snack – 159kcal

5g protein, 9g fat, 15g carbs

1 kiwi fruit

20g cashews

Bring a saucepan of lightly salted water to the boil. Add the quinoa and reduce to a gentle simmer. Cook according to pack instructions. When water is absorbed, fluff with a fork.

Melt half of the butter, ghee or oil in a non stick frying pan over a medium heat.

Add the onion and sauté gently, stirring, for 3-4 minutes until soft.

Add the garlic and cook stirring, for 2 minutes until soft.

Add the tomatoes, season with salt and pepper and dried herbs, and simmer gently for 10-12 minutes, stirring occasionally.

Meanwhile, melt the remaining butter, ghee or oil over a medium heat in a frying pan or skillet.

Add the meat and cook on one side for 3-4 minutes. Turn and cook for a further 3-4 minutes, or until cooked through. Remove from heat and set aside.

Add the sweetcorn and cooked quinoa to the tomato sauce and cook, stirring, for 3-4 minutes. Serve.

### DAILY TOTALS – 1611kcal

122g protein, 56g fat, 147g carbs

# Shopping List

## Week Three



Please choose from EITHER of the following:

**Meat, Poultry and Fish ingredients OR the Vegetarian Alternatives.**

### **meat, poultry and fish**

4 rashers lean unsmoked back bacon  
3 chicken drumsticks  
320g fresh chicken breast  
170g extra lean steak mince  
200g rump steak  
160g rump steak strips  
180g diced lamb leg  
3 venison sausages  
335g lean turkey breast mince  
150g salmon fillet  
225g white fish fillets

### **vegetarian alternatives**

4 rashers vegetarian back bacon\*  
845g vegetarian chicken\*  
350g low fat vegetarian beef mince\*  
335g low fat vegetarian turkey mince\*  
160g vegetarian beef\*  
3 vegetarian sausages\*  
375g fresh firm low fat tofu\*

### **chilled section**

60g low fat hummus

### **fruit and vegetables**

260g fresh spinach leaves  
19 baby plum tomatoes  
3 medium sized vine tomatoes  
1 red bell peppers  
2 green bell peppers

75g closed cup mushrooms  
175g carrots  
100g celery  
130g broccoli  
1 avocado  
100g sweet gem lettuce leaves  
75g mixed lettuce leaves  
100g mix of spinach, rocket and watercress leaves  
50g radishes  
125g shallots  
1 medium sized red onions  
3 medium sized white onions  
75g spring onions  
4 medium sized sweet potatoes  
120g all rounder potatoes  
160g garden peas  
100g curly kale  
100g tender stem broccoli  
3 green or red chillis (optional)  
2 green chillis (optional)  
30g lemongrass  
2 medium sized bananas  
2 lemons  
200g blueberries - fresh or frozen  
75g raspberries - fresh or frozen  
100g strawberries  
1 pear  
5 nectarines  
1 apple  
1 kiwi

\* Note: Some meat free alternatives contain gluten and/or MSG. Check the label before you buy.

# Shopping List

## Week Three (continued)



### **fresh herbs**

1 small pack fresh coriander

### **dry goods**

19 medium sized free range eggs

180g tinned sweetcorn

1 x 200g tin chopped tomatoes

1 x 150g tin chickpeas in water

1 small jar Thai red curry paste

150ml reduced fat coconut milk

2 litres unsweetened almond milk

50g spaghetti\*

1 tube tomato purée

300g packet tomato passata

1 small bottle fish sauce "Nam Pla"

1 small pack organic oatcakes

### **spices / seasonings**

1 small pot lemon & thyme seasoning

1 small pot steak seasoning

1 small small pot chicken seasoning (or use dried oregano)

1 small pot ground coriander

\* Gluten-free if preferred

# Week Three

## Day 1



**Breakfast – 490kcal**  
48g protein, 20g fat, 34g carbs

### **Bacon & Egg Vegetable Breakfast Scramble**

5g organic butter, ghee or coconut oil

120g all rounder potato, finely diced

75g carrots, finely diced

60g white onion, chopped finely

100g celery, chopped finely

2 rashers unsmoked back bacon (use a vegetarian bacon if preferred)

1 medium sized free range egg

4 egg whites



**Method:** Melt the butter, ghee or oil in a non stick frying pan over a medium heat.

Add the potato and carrots and sauté for 10 minutes, turning the potatoes after 5 minutes. When cooked, potatoes and carrots from pan and set aside.

Add the onion to the pan and sauté gently, stirring, for 3-4 minutes until soft.

Add the celery, and cook for 4-5 minutes, stirring, until soft.

Add the bacon and fry for 3-4 minutes, then turn. Cook until crispy.

Add the potatoes and carrots back into the pan and mix well.

Pour the egg and egg whites into the saucepan and season with salt and pepper. Stir gently until the eggs are cooked thoroughly. Serve.

# Week Three

## Day 1



**Lunch – 430kcal**  
45g protein, 8g fat, 40g carbs

### Turkey Thai Red Curry

5g organic butter, ghee or coconut oil

50g shallots, finely sliced

160g lean turkey breast mince (or use vegetarian turkey mince)

75g spring onion, finely sliced

15g red curry paste

5 baby plum tomatoes

40g basmati rice, white or wholegrain

50g broccoli, cut into florets



**Method:** Melt the butter, ghee or oil in a non stick frying pan over a medium heat.

Add the shallots and sauté gently for 3-4 minutes, stirring, until soft.

Add the mince and fry for 4-5 minutes, stirring, until cooked.

Add the spring onion and the curry paste, and stir well. Cook for 3 minutes, stirring.

Stir in the plum tomatoes, reduce heat to medium / low and cook for 10-12 minutes.

Meanwhile, bring a saucepan of lightly salted water to the boil. Reduce to a simmer, and add the rice. For timings, follow pack instructions (note: wholegrain rice takes longer than white rice). If using white rice, avoid stirring too much as this can cause the rice to become too sticky. When rice is cooked, drain and leave for 2-3 minutes to stand.

Bring a saucepan of lightly salted water to the boil. Reduce to a simmer, add the broccoli and cook for 3-4 minutes, then drain. Serve.

# Week Three

## Day 1



### Dinner – 630kcal

52g protein, 22g fat, 46g carbs

#### Rump Steak With Spicy Sweet Potato Wedges & Peas

1½ tpsps organic olive oil

200g sweet potato, cut into wedges

1 tsp paprika or chilli flakes

175g rump steak, trimmed of fat (or use a vegetarian chicken replacement)

80g garden peas

**Method:** Preheat oven to 175°C/350°F.

Remove the steak from its packaging and leave it to rest at room temperature while you prepare the potato wedges.

Bring a pan of lightly salted water to the boil.

Add the potatoes and cook for around 4 minutes or until semi-soft. Drain carefully, taking care not to damage the potatoes.

Place a sheet of foil on a baking tray. Drizzle with half of the oil and add the wedges. Turn them over to coat them in the oil. Sprinkle with paprika or chilli flakes and season with salt and pepper.

Oven bake for 20 minutes, turn the wedges and cook for a further 20 minutes, or until golden.

Melt the remaining oil in a non stick frying pan or griddle, over a medium heat.

Add the meat and cook on both sides, according to pack instructions. If using steak, follow instructions on steak packet to determine length of time to cook to achieve rare, medium, or well done steak.

Bring a saucepan of water to the boil. Reduce to a simmer, add the peas and cook for 3-4 minutes until soft, then drain.

### Snack – 75kcal

2g protein, 0g fat, 18g carbs

100g fresh strawberries

1 kiwi fruit

### DAILY TOTALS – 1625kcal

147g protein, 50g fat, 138g carbs



# Week Three

## Day 2



**Breakfast – 387kcal**  
26g protein, 9g fat, 51g carbs

### Nectarine & Flaxseed Protein Muesli

50g organic jumbo oats  
250ml unsweetened almond milk  
20g vanilla flavoured protein powder  
100g nectarine, sliced  
10g ground flaxseed

**Method:** Put the oats in a saucepan.

Add the almond milk and cook over a medium heat.

Stir continuously for 3-4 minutes, as the mixture starts to thicken. Add a small amount of cold water if necessary, to obtain desired consistency, continuing to cook until the water has been absorbed.

Remove from heat and pour into a serving bowl. Add the protein powder and mix well to combine. Top with the nectarine and flaxseed. Serve.

**Lunch – 568kcal**  
45g protein, 29g fat, 22g carbs

### Oven Baked Chicken Drumsticks With Salad

3g organic butter, ghee or coconut oil  
3 chicken drumsticks (or use 180g vegetarian chicken replacement)  
½ tsp dried herbs or spice e.g. paprika, rosemary, oregano, Italian seasoning,  
50g avocado  
juice of ½ a lemon  
75g mixed lettuce leaves  
75g cucumber, sliced  
1 medium sized vine tomato, sliced  
80g tinned sweetcorn, drained  
15ml balsamic vinegar

**Method:** Preheat oven to 180°C / 350°F. Place the chicken on a baking tray. Season with salt and pepper and herbs or spices.

Oven bake the chicken for 10 minutes, then turn over and cook for a further 15-20 minutes. Use a skewer to check that the chicken is cooked. The juices will run clear from the chicken when thoroughly cooked.

Slice the avocado and sprinkle over the lemon juice to prevent the avocado flesh turning brown.

Arrange the chicken and salad ingredients on a plate and top with balsamic vinegar. Serve.

# Week Three

## Day 2



**Dinner – 482kcal**  
35g protein, 21g fat, 32g carbs

### Salmon Fillet With Asparagus & Garlic & Red Onion Quinoa

- 1 tsp organic olive oil
- 140g salmon fillet or fresh tofu (use a fresh, firm, low fat variety)
- 30g red onion, chopped into chunks
- 1 garlic clove, chopped finely
- 45g quinoa (dry weight)
- 70g asparagus
- juice of ½ a lemon

**Method:** Preheat oven to 175°C/350°F.

Place a sheet of foil on a baking tray (enough to wrap around the fish).

Place the salmon / tofu on the foil.

Add the onion and garlic and drizzle the oil over the onion. Season with salt and pepper.

Gently wrap the foil around the salmon or tofu and seal loosely into a parcel.

Cook for 20 minutes or until the salmon is cooked right through or the tofu is a golden colour (when cooked, the salmon should be a pale pink colour throughout).

Bring a saucepan of lightly salted water to the boil. Add the quinoa and reduce to a gentle simmer. Cook according to pack instructions. When water is absorbed, fluff with a fork.

Bring a pan of water to the boil, reduce to a simmer and add the asparagus. Cook for 3-4 minutes until soft, then drain. Chop into small pieces.

Mix the quinoa with the asparagus, red onion and garlic and top with salmon or tofu. Drizzle over the lemon juice. Serve.

**Snack – 145kcal**  
2g protein, 0g fat, 33g carbs

- 1 kiwi
- 1 banana

**DAILY TOTALS – 1582kcal**  
108g protein, 59g fat, 138g carbs

# Week Three

## Day 3



**Breakfast – 446kcal**  
44g protein, 21g fat, 16g carbs

### Scrambled Eggs With Vegetables

4 medium sized free range eggs  
4 egg whites  
3g organic butter, ghee or coconut oil  
60g white onion, chopped finely  
75g red bell pepper, chopped finely  
100g fresh spinach

**Lunch – 578kcal**  
43g protein, 16g fat, 61g carbs

### Lean Spaghetti Bolognese

7g organic butter, ghee or coconut oil  
170g extra lean steak mince (or use low fat vegetarian beef mince)  
1 garlic clove, finely chopped  
75g green bell pepper, finely chopped  
75g closed cup mushrooms, finely chopped  
150g tomato passata  
20g tomato purée  
½ tsp Italian seasoning or oregano  
60g spaghetti

**Method:** Whisk the eggs and egg whites with a fork. Season with salt and pepper.

Melt the butter, ghee or coconut oil in a non stick frying pan over a medium heat.

Add the white onion and sauté for 3-4 minutes, stirring.

Add the pepper and sauté for 2-3 minutes, stirring.

Pour the eggs into the frying pan. Stir continuously for around 2 minutes until the eggs are cooked.

Steam the spinach gently for 2-3 minutes. Serve.



**Method:** Melt the butter, ghee or oil in a large saucepan over a medium heat. Gently sauté the mince until soft. Add the garlic and fry gently, stirring for 20 seconds.

Add the pepper and mushrooms and cook, stirring frequently for 5 minutes.

Stir in the passata, purée and dried herbs. Season with salt and pepper if you wish and stir. Cover and cook for 15-20 minutes, stirring occasionally.

Meanwhile, bring a saucepan of lightly salted water to the boil. Cook the spaghetti according to pack instructions. If you find the spaghetti is sticking together, add a dash of olive oil to the water and use a fork to carefully separate the strands. When cooked, drain and leave to stand for 1 minute. Serve.

# Week Three

## Day 3



**Dinner – 467kcal**  
50g protein, 9g fat, 42g carbs

### Fragrant Thai Noodle Soup

5g organic butter, ghee or coconut oil  
75g shallots, cut into chunks or quarters  
30g lemongrass, chopped finely  
7 baby plum tomatoes, left whole  
20g Thai red curry paste  
1 organic vegetable stock cube, dissolved in 400ml boiling water  
225g white fish fillets or fresh tofu (use a fresh, firm, low fat variety)  
2 tsps fish sauce  
70g dry rice noodles

**Snack – 114kcal**  
1g protein, 0g fat, 31g carbs

1 nectarine  
1 apple

**Method:** Melt the butter, ghee or oil in a large saucepan over a medium heat. Gently sauté the shallots, stirring until soft.

Add the lemongrass and fry gently, stirring for 20 seconds.

Add the tomatoes and cook for 2-3 minutes.

Add the Thai paste and stir well. Cook for 30 seconds, stirring.

Add the liquid stock, bring to the boil then reduce to a simmer.

Add the fish/tofu and fish sauce. Cover and cook for 15 minutes.

Add the noodles and cook for several minutes. Serve.

**DAILY TOTALS – 1605kcal**  
138g protein, 46g fat, 150g carbs

### Note For Tomorrow:

**Presoak your buckwheat tonight. See breakfast on next page.**

# Week Three

## Day 4



**Breakfast – 417kcal**  
23g protein, 14g fat, 49g carbs

### **Chocolate, Coconut & Raspberry Protein Buckwheat Delight**

55g (dry weight) buckwheat, soaked overnight

150ml reduced fat coconut milk

175ml unsweetened almond milk

20g chocolate flavoured protein powder

75g raspberries

**Method:** Rinse the pre-soaked buckwheat under cold water until the water runs clear.

Put all of the ingredients except for the raspberries into a blender and pulse until creamy.

Pour the mixture into a bowl and stir in the raspberries.



**Lunch – 559kcal**  
57g protein, 17g fat, 46g carbs

### **Lemon & Thyme Chicken Breast With Spinach Rice Salad**

160g fresh chicken breast (or use a vegetarian chicken replacement), sliced in half (“butterfly”)

10g lemon & thyme seasoning

2 tsps organic olive oil

45g white or wholegrain basmati rice (dry weight)

2 vine tomatoes, left whole

60g fresh spinach

12 black olives, sliced finely

**Method:** Preheat oven to 175°C/350°F.

Place a large sheet of foil on a baking tray.

Place the chicken on the foil and sprinkle on the lemon and thyme seasoning. Season with salt and pepper if you wish and drizzle over the olive oil.

Cook for around 15-20 minutes until the chicken is cooked through.

Meanwhile, bring a saucepan of lightly salted water to the boil. Reduce to a simmer, and add the rice. For timings, follow pack instructions (note: wholegrain rice takes longer than white rice). If using white rice, avoid stirring too much as this can cause the rice to become too sticky.

When rice is cooked, drain and leave for 2-3 minutes to stand.

When the chicken is cooked, add the tomatoes to the baking tray with the chicken and cook for 3-4 minutes.

Steam the spinach for 1-2 minutes.

Mix the olives with the rice. Serve.

# Week Three

## Day 4



**Dinner – 342kcal**  
39g protein, 12g fat, 24g carbs

### Lean Venison Sausages With Vegetables

100g carrots, chopped  
5g organic butter, ghee or coconut oil  
3 venison sausages (or use a vegetarian sausage replacement)  
100g tender stem broccoli, chopped  
80g garden peas

**Method:** Bring a pan of water to the boil, reduce to a simmer and add the carrots. Cook for 6-7 minutes or until soft, then drain, reserving the water in the pan.

While the carrots are cooking, melt the butter, ghee or oil in a non stick frying pan over a medium heat. Gently cook the sausages for 8-10 minutes, turning occasionally to brown them all over.

When the sausages are nearly cooked, bring the saucepan of water to the boil again, reduce to a simmer and add the broccoli. Cook for around 3-5 minutes depending on whether you prefer the broccoli al dente or soft. Drain the broccoli, reserving the water in the pan.

Bring the water back to the boil, reduce to a simmer and add the peas. Cook for 2-3 minutes, then drain. Serve.

**Snack – 291kcal**  
7g protein, 13g fat, 37g carbs

25g whole almonds  
1 nectarine  
1 banana



**DAILY TOTALS – 1609kcal**  
126g protein, 56g fat, 156g carbs

### Note For Tomorrow:

Presoak your porridge oats tonight. See breakfast on next page.

# Week Three

## Day 5



**Breakfast – 360kcal**  
23g protein, 8g fat, 50g carbs

### **Nectarine & Cinnamon Protein Porridge**

50g organic oats  
350ml unsweetened almond milk  
20g vanilla flavoured protein powder  
1 tsp ground cinnamon  
100g nectarine, sliced finely

**Method:** Put the oats in a saucepan.

Add the almond milk and place over a medium heat.

Stir continuously for 2-3 minutes, adding some water if necessary as the mixture starts to thicken.

Remove from heat and pour into a serving bowl. Add the protein powder and stir well. Sprinkle over the cinnamon and top with nectarine. Serve.

**Lunch – 399kcal**  
46g protein, 17g fat, 18g carbs

### **Rump Steak Strip Spinach, Rocket & Watercress Salad**

5g organic butter, ghee or coconut oil  
1 tsp steak seasoning  
175g rump steak strips (or use a vegetarian chicken replacement)  
100g mix of spinach, rocket and watercress leaves  
50g radishes, sliced  
100g tinned sweetcorn  
15ml balsamic vinegar

**Method:** Melt the oil, butter or ghee in a non stick frying pan over a medium heat.

Rub the steak seasoning into the steak and gently fry for 2 minutes, then turn and cook for a further 2 minutes.

Mix the leaves, radishes and sweetcorn together, and assemble on a plate. Drizzle over the balsamic vinegar and top with the steak. Serve.

# Week Three

## Day 5



**Dinner – 507kcal**  
45g protein, 8g fat, 59g carbs

### Turkey Breast Mince Madras

5g organic butter, ghee or coconut oil

100g white onion, finely chopped

175g lean turkey breast mince (or use low fat vegetarian turkey mince)

2 garlic cloves, finely chopped

1 tsp fresh ginger, finely chopped

1-3 chillis (optional)

5g madras curry powder

150g passata

45g white or wholegrain basmati rice (dry weight)

**Method:** Melt the butter, ghee or oil in a large non stick frying pan.

Add the onion, and sauté gently for 3-4 minutes until softened.

Add the mince and cook for 3-4 minutes, stirring.

Add the garlic and ginger and chillis and cook for 1-2 minutes, stirring.

Add the madras powder and passata and stir well. Cook for 10 minutes, stirring frequently.

Meanwhile, bring a saucepan of lightly salted water to the boil. Reduce to a simmer, and add the rice. For timings, follow pack instructions (note: wholegrain rice takes longer than white rice). If using white rice, avoid stirring too much as this can cause the rice to become too sticky.

When rice is cooked, drain and leave for 2-3 minutes to stand. Serve.

**Snack – 358kcal**  
32g protein, 18g fat, 18g carbs

### Blueberry Protein Smoothie

30g vanilla flavoured protein powder

350ml unsweetened almond milk

100g blueberries

25g ground almonds

**Method:** Put all of the ingredients into a blender and pulse until creamy.



**DAILY TOTALS – 1623kcal**  
146g protein, 51g fat, 145g carbs



# Week Three

## Day 6



**Breakfast – 384kcal**  
43g protein, 18g fat, 8g carbs

### Scrambled Eggs With Bacon, Spinach & Baby tomatoes

2 rashers unsmoked back bacon (or use a vegetarian bacon replacement)

2 medium sized free range eggs

4 egg whites

100g fresh spinach

5g organic butter, ghee or coconut oil

7 baby plum tomatoes, halved

**Method:** Cut the bacon up into small pieces, using scissors.

Whisk the eggs and egg whites with a fork. Season with salt and pepper.

Steam the spinach gently for 1-2 minutes.

Melt the oil, butter or ghee in a non stick frying pan over a medium heat. Add the bacon pieces and the tomatoes and fry gently on both sides until the bacon becomes crispy. Remove from pan and set aside. Using a wooden spoon, scrape out any bits from the pan and discard.

Pour the eggs into the frying pan and stir continuously for around 2 minutes until the eggs are cooked. Serve.

**Lunch – 537kcal**  
57g protein, 30g fat, 12g carbs

### Chicken Avocado & Hummus Gem Lettuce Wraps

160g fresh chicken breast, diced (or use a vegetarian chicken replacement)

1 tsp chicken seasoning or dried oregano

100g sweet gem lettuce leaves

juice of ½ a lemon

75g avocado

40g red onion, finely chopped

60g low fat hummus

**Method:** Preheat oven to 175°C/350°F.

Place a sheet of foil on a baking tray.

Place the chicken on the foil and sprinkle on the seasoning or oregano.

Cook for around 15-20 minutes until the chicken is cooked through. Cut the cooked chicken into strips.

Slice the avocado and sprinkle over the lemon juice to prevent the avocado flesh turning brown.

Wrap the chicken, onion, hummus and avocado in the lettuce leaves. Serve.

# Week Three

## Day 6



**Dinner – 615kcal**

37g protein, 23g fat, 58g carbs

### **Salmon Fillet With Sweet Potato Mash & Kale**

150g salmon fillet or tofu (use a fresh, firm, low fat variety)

juice of ½ a lemon

300g sweet potato, skin left on

½ tsp ground cinnamon

100g curly kale



**Method:** Preheat oven to 175°C/350°F.

Place a sheet of foil on a baking tray (enough to wrap around the fish or tofu).

Place the salmon / tofu on the foil and season with salt and pepper. Squeeze the lemon juice over the salmon / tofu.

Gently wrap the foil around the salmon or tofu and seal loosely into a parcel.

Cook for 15-20 minutes or until salmon is cooked thoroughly (when cooked, the salmon should be a pale pink colour throughout).

Meanwhile, bring a saucepan of lightly salted water to the boil. Add the sweet potato and reduce to a gentle simmer. Cook for around 8 minutes, until soft, remove from water and drain.

Steam the curly kale for 3-4 minutes until soft.

Cut open the sweet potato and use a fork to mash the insides. Sprinkle on the cinnamon and mash. Serve.

**Snack – 57kcal**

0g protein, 0g fat, 12g carbs

1 pear

**DAILY TOTALS – 1593kcal**

137g protein, 71g fat, 90g carbs

# Week Three

## Day 7



**Breakfast – 367kcal**  
34g protein, 7g fat, 42g carbs

### Protein Power Smoothie

35g vanilla flavoured protein powder  
350ml unsweetened almond milk  
100g banana  
100g blueberries  
7g ground flaxseed

**Lunch – 569kcal**  
24g protein, 20g fat, 69g carbs

### Chickpea, Quinoa & Almond Stew

5g organic butter, ghee or coconut oil  
40g red onion, finely chopped  
75g green bell pepper, diced  
1 garlic clove, finely chopped  
1 tsp ground coriander  
1 tsp ground cumin  
20g flaked almonds  
575ml stock made with an organic vegetable stock cube  
60g quinoa (dry weight)  
150g tinned tomatoes  
130g tinned chickpeas

**Method:** Put all of the ingredients into a blender and pulse until creamy. Serve.

**Method:** Melt the butter, ghee or oil in a large saucepan over a gentle heat. Sauté the onion for 3 minutes, stirring frequently.

Add the pepper, garlic, spices and almonds and fry gently for 2 minutes, stirring constantly.

Add the stock and bring to a boil, then reduce to a simmer.

Add the quinoa and tomatoes, season with salt and pepper and stir well. Cover and simmer for 20 minutes.

Stir in the chickpeas, and cook for 5 minutes. Serve.



# Week Three

## Day 7



**Dinner – 433kcal**  
37g protein, 24g fat, 15g carbs

### **Garlic & Onion Lamb With Broccoli**

5g organic butter, ghee or coconut oil

100g white onion, finely chopped

180g diced lamb leg, visible fat removed (or use low fat vegetarian beef mince)

1 garlic clove, finely chopped

2 green chillis (optional)

½ tsp ground turmeric

1 tsp ground coriander

½ tsp garam masala

80g broccoli, cut into florets

small handful chopped coriander (optional)

**Method:** Melt the butter, ghee or oil in a large saucepan over a gentle heat. Sauté the onion for 3 minutes, stirring frequently.

Add the lamb / mince and fry gently for 5-6 minutes, stirring occasionally to brown all over.

Add the garlic, chillis and spices. Stir well to coat the meat in the spices.

Cover and simmer for 15-20 minutes.

Around 5-10 minutes before the end of cooking time, bring a saucepan of lightly salted water to the boil. Add the broccoli and reduce to a gentle simmer. Cook for around 3-5 minutes depending on whether you prefer the broccoli al dente or soft. Drain the broccoli.

Sprinkle the coriander over the sauce and serve.

**Snack – 244kcal**  
8g protein, 13g fat, 22g carbs

2 organic oatcakes

20g nut butter (any variety)

1 nectarine

**DAILY TOTALS – 1613kcal**  
103g protein, 64g fat, 148g carbs

# Shopping List

## Week Four



Please choose from EITHER of the following:

**Meat, Poultry and Fish** ingredients OR the **Vegetarian Alternatives**.

### **meat, poultry and fish**

6 rashers lean unsmoked back bacon  
680g fresh chicken breast  
200g rump steak  
200g lean lamb chops  
290g lean turkey breast mince  
260g lean turkey breast  
300g pork stir fry strips  
310g salmon fillet

### **vegetarian alternatives**

6 rashers vegetarian back bacon\*  
890g vegetarian chicken\*  
170g vegetarian lamb\*  
260g vegetarian turkey breast\*  
310g fresh firm low fat tofu\*  
290g vegetarian turkey mince\*  
330g vegetarian pork (suitable for stir fry)\*

### **chilled section**

50g low fat feta cheese

### **fruit and vegetables**

240g fresh spinach leaves  
17 baby plum tomatoes  
100g cherry tomatoes  
100g fine green beans  
1 beef tomato

4 red bell peppers  
2 green bell peppers  
1 yellow bell pepper  
100g closed cup mushrooms  
1 small head cauliflower  
100g carrots  
50g celery  
160g broccoli  
50g mixed salad leaves  
1 avocado  
3 medium sized red onions  
2 medium sized white onions  
4 spring onions  
450g sweet potatoes  
450g baby new potatoes  
100g curly kale  
100g garden peas  
thumb sized piece fresh ginger root  
3 green chillis (optional)  
1 medium sized banana  
1 lemon  
100g blueberries - fresh or frozen  
100g raspberries - fresh or frozen  
4 kiwi fruit  
1 apple  
3 peaches

\* Note: Some meat free alternatives contain gluten and/or MSG. Check the label before you buy.

# Shopping List

## Week Four (continued)



### fresh herbs

- 1 small pack fresh coriander
- 1 small pack fresh rosemary
- 1 small pack fresh chives

### dry goods

- 10 medium sized free range eggs
- 1 x 200g tin baked beans (reduced sugar and salt)
- 1 x 50g tinned sweetcorn
- 1 x 112g (drained weight) tins tuna in spring water
- 1 x 100ml tin reduced fat coconut milk
- 3 x 200g tins chopped tomatoes
- 1 x 100g tin chickpeas in water
- 1.25 litres unsweetened almond milk
- 1 small bag desiccated/shredded coconut
- 50g penne pasta\*
- 50g tagliatelle pasta\*
- 1 tube tomato purée

\* Gluten-free if preferred

# Week Four

## Day 1



**Breakfast – 344kcal**  
24g protein, 8g fat, 43g carbs

### Raspberry Protein Porridge Oats

50g organic porridge oats  
350ml unsweetened almond milk  
20g vanilla flavoured protein powder  
100g raspberries



**Method:** Put the oats in a saucepan.

Add the almond milk and cook over a medium heat.

Stir continuously for 3-4 minutes, as the mixture starts to thicken. Add a small amount of cold water if necessary, to obtain desired consistency, continuing to cook until the water has been absorbed.

Remove from heat and pour into a serving bowl. Add the protein powder and mix well to combine. Top with the raspberries. Serve.

**Lunch – 432kcal**  
50g protein, 7g fat, 44g carbs

### Chicken With Rice & Vegetables

5g organic butter, ghee or coconut oil  
50g white onion, finely chopped  
140g fresh chicken breast, diced (or use a vegetarian chicken replacement)  
50g celery, finely chopped  
75g red bell pepper, finely chopped  
20g tomato purée  
40g white or wholegrain basmati rice (dry weight)

**Method:** Melt the butter, ghee or oil in a non stick frying pan over a gentle heat. Sauté the onion for 3 minutes, stirring frequently.

Add the chicken and cook for 5-6 minutes, stirring occasionally, until brown on all sides.

Add the celery and pepper and cook for 2 minutes, stirring.

Add the tomato purée, season with salt and pepper and stir well. Cook for 10 minutes, stirring occasionally.

Meanwhile, bring a saucepan of lightly salted water to the boil. Reduce to a simmer, and add the rice. For timings, follow pack instructions (note: wholegrain rice takes longer than white rice). If using white rice, avoid stirring too much as this can cause the rice to become too sticky.

When rice is cooked, drain and leave for 2-3 minutes to stand. Serve.

# Week Four

## Day 1



**Dinner – 667kcal**  
38g protein, 31g fat, 51g carbs

### Oven Roasted Salmon With Mediterranean Roast Veg

160g fresh salmon fillet or fresh tofu (use a fresh, firm, low fat variety)

½ tsp garam masala

½ tsp ground cumin

½ tsp ground coriander

100g red bell pepper, finely chopped

100g red onion, chopped into wedges

100g cherry tomatoes

2 garlic cloves, chopped roughly or left whole

2 tsps organic olive oil

200g baby new potatoes, halved



**Snack – 158kcal**  
5g protein, 10g fat, 14g carbs

20g whole almonds

1 kiwi fruit

**Method:** Preheat oven to 175°C/350°F.

Place a sheet of foil on a baking tray (enough to wrap around the salmon/tofu).

Place the salmon/tofu on the foil and sprinkle over the dried spices.

In a bowl mix together the pepper, onion, tomatoes, garlic and oil. Add to the baking tray.

Gently wrap the foil around the ingredients and seal loosely into a parcel.

Cook for 15-20 minutes or until salmon is cooked right through or the tofu is golden (when cooked, the salmon should be a pale pink colour throughout).

While the salmon / tofu is cooking, bring a saucepan of lightly salted water to the boil. Add the potatoes and cook for around 15 minutes or until soft, then drain. Serve.

**DAILY TOTALS – 1601kcal**  
117g protein, 56g fat, 122g carbs



# Week Four

## Day 2



**Breakfast** – 386kcal  
36g protein, 23g fat, 5g carbs

### Bacon & Spring Onion Scramble

5g organic butter, ghee or coconut oil  
2 rashers unsmoked back bacon, cut into small pieces (or use a vegetarian bacon replacement)  
2 spring onions, finely chopped  
2 medium sized free range eggs  
3 egg whites  
handful of chopped chives



**Method:** Melt the butter, ghee or oil in a non stick frying pan over a gentle heat.

Add the bacon pieces and cook for 3 minutes.

Add the spring onions and sauté gently for 2 minutes.

Remove the bacon and onions from pan and set aside. Using a wooden spoon, scrape out any bits from the pan and discard.

Whisk together the eggs and egg whites and season with salt and pepper.

Pour the eggs into the frying pan and stir continuously for around 2 minutes until the eggs are cooked.

Sprinkle over the chives. Serve.

# Week Four

## Day 2



**Lunch – 507kcal**  
44g protein, 10g fat, 58g carbs

### Italian Pork, Vegetables & Pasta

5g organic butter, ghee or coconut oil
50g white onion, finely chopped
160g pork stir fry strips (or use a vegetarian pork alternative)
75g green bell pepper, finely chopped
1 garlic clove, finely chopped
200g chopped tinned tomatoes
15ml balsamic vinegar
½ tsp Italian seasoning
50g penne pasta

**Method:** Melt the butter, ghee or oil in a non stick frying pan over a gentle heat. Sauté the onion for 3 minutes, stirring frequently.

Add the pork and cook for 5-6 minutes, stirring occasionally, until brown on all sides.

Add the pepper and cook for 2 minutes, stirring.

Add the garlic and cook for 2 minutes, stirring.

Add the tomatoes, season with salt and pepper and stir well. Cook for 10 minutes, stirring occasionally.

Meanwhile, bring a saucepan of lightly salted water to the boil. Cook the pasta according to pack instructions. If you find the pasta is sticking together, add a dash of olive oil to the water and use a fork to carefully separate the strands. When cooked, drain and leave to stand for 1 minute.

Stir the balsamic vinegar into the tomato sauce, and season to taste with salt and pepper. Cook for 2-3 minutes. Serve.

# Week Four

## Day 2



**Dinner – 436kcal**  
57g protein, 8g fat, 32g carbs

### Turkey Thai Curry

5g organic butter, ghee or coconut oil

140g fresh turkey breast, diced (or use a vegetarian turkey replacement)

1 tsp Chinese 5 spice

2 spring onions, finely chopped

1 garlic clove, finely chopped

10g fresh ginger, finely chopped

30g white or wholegrain basmati rice (dry weight)

130g cauliflower, grated or finely chopped



**Snack – 220kcal**  
5g protein, 9g fat, 28g carbs

20g cashew nuts

1 banana

**Method:** Melt the butter, ghee or oil in a non stick frying pan over a gentle heat.

Add the turkey and cook for 4-5 minutes, stirring frequently to brown on all sides.

Add the Chinese 5 spice, and stir well to coat the turkey.

Add the onions, garlic and ginger and cook for 2 minutes, stirring.

Meanwhile, bring two saucepans of lightly salted water to the boil and reduce to a simmer.

Add the rice to one pan. For timings, follow pack instructions (note: wholegrain rice takes longer than white rice). If using white rice, avoid stirring too much as this can cause the rice to become too sticky.

When rice is cooked, drain and leave for 2-3 minutes to stand.

Add the cauliflower to the other saucepan and cook for 4 minutes then drain. Serve the turkey curry with the cauliflower.

**DAILY TOTALS – 1549kcal**  
142g protein, 50g fat, 123g carbs

# Week Four

## Day 3



**Breakfast – 306kcal**  
41g protein, 8g fat, 14g carbs

### Turkey Pizza

2g organic butter, ghee or coconut oil

1 medium sized free range egg

140g lean turkey breast mince (or use a vegetarian turkey mince replacement)

40g fresh spinach, chopped

30g white onion, finely diced

25g porridge oats

½ tsp dried oregano

5 baby plum tomatoes

**Lunch – 478kcal**  
51g protein, 27g fat, 12g carbs

### Stuffed Chicken Breast

140g fresh chicken breast, sliced in half ("butterfly") (or use a vegetarian chicken replacement)

20g red onion, finely chopped

small handful fresh coriander

1 rasher unsmoked back bacon, (or use a vegetarian bacon replacement)

1 tsp organic olive oil

50g tinned sweetcorn, drained

juice of ½ a lemon

75g avocado

**Method:** Preheat oven to 150°C/300°F.

Grease a small ovenproof dish with the butter, ghee or oil.

Mix all of the ingredients together, except for the tomatoes. Season with salt and pepper.

Pour into the dish and cook for 10 minutes or until firm in the centre.

Serve with tomatoes.



**Method:** Preheat oven to 180°C/350°F.

Place a sheet of foil on a baking tray (enough to wrap around the chicken) then place the chicken on the tray.

Place the onion and coriander on the chicken. Season with salt and pepper then fold half of the breast over the other half to cover the onion and coriander. Wrap the bacon around the chicken.

Place the chicken on the foil and drizzle with oil.

Cook for 15-20 minutes or until chicken is cooked right through.

Heat the sweetcorn in a saucepan for 3-4 minutes.

Slice the avocado and sprinkle over the lemon juice to prevent the avocado flesh turning brown.

Serve.

# Week Four

## Day 3



**Dinner – 551kcal**  
49g protein, 15g fat, 52g carbs

### Steak With Sweet Potato & Broccoli

200g rump steak trimmed of fat (or use a vegetarian chicken replacement)

250g sweet potato, skin left on

5g organic butter, ghee or coconut oil

80g broccoli

**Method:** Remove the steak from its packaging and leave it to rest at room temperature while you prepare the potato.

Bring a saucepan of lightly salted water to the boil. Add the sweet potato and reduce to a gentle simmer. Cook for around 8 minutes, until soft, remove from water and drain. Reserve the water in the saucepan for later.

Melt the butter, ghee or oil in a non stick frying pan or skillet / griddle. Add the steak or vegetarian chicken, season with salt and pepper and cook on both sides. Follow instructions on steak packet to determine length of time to cook to achieve rare, medium, or well done steak.

Bring the saucepan of water to the boil again. Reduce to a simmer, add the broccoli and cook for 3-4 minutes until soft, then drain.

Cut open the sweet potato and use a fork to mash the insides. Season with salt and pepper and serve.

**Snack – 229kcal**  
5g protein, 10g fat, 36g carbs

1 kiwi fruit

1 apple

20g whole almonds



**DAILY TOTALS – 1564kcal**  
146g protein, 60g fat, 114g carbs

**Note For Tomorrow:**

**Presoak your buckwheat tonight. See breakfast on next page.**

# Week Four

## Day 4



**Breakfast – 411kcal**  
28g protein, 15g fat, 48g carbs

### **Blueberry & Coconut Buckwheat Porridge**

40g buckwheat (dry weight), soaked overnight

250ml unsweetened almond milk

25g vanilla flavoured protein powder

100g blueberries

10g desiccated coconut

8g omega seed sprinkle (flaxseed, linseed, sesame seeds and sunflower seeds)

1 tsp ground cinnamon

**Method:** Rinse the pre-soaked buckwheat under cold water until the water runs clear.

Put the buckwheat in a saucepan.

Add the almond milk and cook over a medium heat until the buckwheat is soft, stirring occasionally. Add a small amount of cold water if the mixture becomes too thick.

When cooked, remove the buckwheat from heat and pour into a serving bowl.

Add the protein powder and mix well to combine. Top with the blueberries, coconut, omega seeds and cinnamon. Serve.



# Week Four

## Day 4



**Lunch – 539kcal**  
45g protein, 16g fat, 53g carbs

### Thai Red Pork Curry

5g organic butter, ghee or coconut oil  
170g pork stir fry meat, cut into strips  
(or use a vegetarian pork replacement)  
100g red bell pepper, sliced  
20g Thai red curry paste  
100ml reduced fat coconut milk  
50g white or wholegrain basmati rice  
(dry weight)  
100g fine green beans, ends removed

**Method:** Melt the butter, ghee or oil in a non stick frying pan over a gentle heat.

Cook the pork for 5 minutes, stirring frequently, until brown on all sides.

Add the pepper and cook for 2 minutes, stirring.

Add the paste, and cook for 2 minutes, stirring constantly.

Stir in the coconut milk and simmer for 5 minutes.

Meanwhile, bring a saucepan of lightly salted water to the boil. Reduce to a simmer, and add the rice. For timings, follow pack instructions (note: wholegrain rice takes longer than white rice). If using white rice, avoid stirring too much as this can cause the rice to become too sticky.

When rice is cooked, drain and leave for 2-3 minutes to stand.

Meanwhile, add the beans to the pork sauce and heat for 5 minutes or until the beans are cooked. Serve

# Week Four

## Day 4



**Dinner – 471kcal**  
52g protein, 11g fat, 44g carbs

### Chicken & Quinoa

50g quinoa (dry weight)

5g organic butter, ghee or coconut oil

40g red onion, finely diced

140g fresh chicken breast, diced (or use a vegetarian chicken replacement)

1 garlic clove, finely diced

small handful coriander, chopped finely



**Snack – 176kcal**  
5g protein, 13g fat, 8g carbs

30g cashew nuts

**Method:** Bring a saucepan of lightly salted water to the boil. Add the quinoa and reduce to a gentle simmer. Cook according to pack instructions. When water is absorbed, fluff with a fork.

Melt the butter, ghee or oil in a non stick frying pan over a gentle heat.

Add the onion and sauté gently until soft.

Add the chicken and cook for 6 minutes, stirring frequently, until brown on all sides.

Add the garlic and cook for 2-3 minutes, stirring constantly.

Stir in the quinoa, season with salt and pepper. Sprinkle over the coriander and serve.

**DAILY TOTALS – 1597kcal**  
127g protein, 55g fat, 153g carbs



# Week Four

## Day 5



**Breakfast – 488kcal**  
46g protein, 30g fat, 7g carbs

### Salmon, Egg, Baby Tomatoes & Spinach

5g organic butter, ghee or coconut oil  
150g salmon fillet or tofu (use a fresh, firm, low fat variety)  
sprinkle of cayenne pepper  
2 medium sized free range eggs  
100g fresh spinach  
6 baby plum tomatoes

**Method:** Melt the butter, ghee or oil in a non stick frying pan or wok.

Season the salmon with salt and pepper and sprinkle over the cayenne. Cook over a medium heat for 10-12 minutes (when cooked the salmon should be a pale pink colour throughout). Remove from pan and set aside.

If using tofu, cook over a medium heat for 6 minutes. Use a flat wooden slice to carefully turn the tofu in the pan. Season with salt and cayenne and cook for a further 4 minutes. Remove from pan and set aside.

Reduce the heat and crack the eggs into the pan. Fry gently for 2 minutes, turn and cook for 1 minute. Remove from heat.

Gently wilt the spinach for 2 minutes. Serve with baby tomatoes.

**Lunch – 478kcal**  
47g protein, 9g fat, 58g carbs

### Mediterranean Chicken With Tagliatelle

5g organic butter, ghee or coconut oil  
60g red onion, finely chopped  
130g fresh chicken breast, diced (or use a vegetarian chicken replacement)  
100g yellow bell pepper, finely chopped  
1 garlic clove, finely chopped  
½ tsp Italian seasoning  
200g tinned chopped tomatoes  
50g tagliatelle pasta

**Method:** Melt the butter, ghee or oil in a non stick frying pan.

Add the onion and sauté gently until soft.

Add the chicken and cook for 6 minutes, stirring frequently, until brown on all sides.

Add the pepper and cook for 2-3 minutes, stirring constantly.

Add the garlic and cook for 2 minutes, stirring constantly.

Sprinkle over the seasoning and stir in the tomatoes. Simmer for 15 minutes.

Meanwhile, bring a saucepan of lightly salted water to the boil. Cook the pasta according to pack instructions. If you find the pasta is sticking together, add a tsp of olive oil to the water and use a fork to carefully separate the strands. When cooked, drain and leave to stand for 1 minute. Serve.

# Week Four

## Day 5



**Dinner – 567kcal**  
51g protein, 12g fat, 58g carbs

### Turkey, Chickpea & Quinoa Curry

40g quinoa (dry weight)  
5g organic butter, ghee or coconut oil  
60g white onion, finely chopped  
120g lean turkey breast, diced (or use a vegetarian turkey replacement)  
1 garlic clove, finely chopped  
1 tsp fresh chopped ginger, finely chopped  
1-3 green chillies (optional), finely chopped  
1 tsp garam masala  
1 tsp curry powder  
1 tsp turmeric  
200g tinned chopped tomatoes  
100g tinned cooked chickpeas

**Snack – 59kcal**  
1g protein, 0g fat, 15g carbs

1 peach

**Method:** Bring a saucepan of lightly salted water to the boil. Add the quinoa and reduce to a gentle simmer. Cook according to pack instructions. When water is absorbed, fluff with a fork.

Melt the butter, ghee or oil in a non stick frying pan over a gentle heat.

Add the onion and sauté gently until soft.

Add the turkey and cook for 6 minutes, stirring frequently, until brown on all sides.

Add the garlic, ginger and chillis and cook for 2-3 minutes, stirring constantly.

Sprinkle over the spices, season with salt and stir well. Cook for 1 minute.

Add the tomatoes and chickpeas, stir and simmer for 15 minutes.

Stir in the quinoa, cook for 1 minute then serve.

**DAILY TOTALS – 1592kcal**  
145g protein, 51g fat, 128g carbs

# Week Four

## Day 6



**Breakfast – 341kcal**  
24g protein, 7g fat, 46g carbs

### Peachy Porridge

50g porridge oats  
300ml unsweetened almond milk  
20g vanilla flavoured protein powder  
100g peach, sliced or diced

**Method:** Put the oats in a saucepan.

Add the almond milk and cook over a medium heat.

Stir continuously for 3-4 minutes, as the mixture starts to thicken. Add a small amount of cold water if necessary, to obtain desired consistency, continuing to cook until the water has been absorbed.

Remove from heat and pour into a serving bowl. Add the protein powder and mix well to combine. Top with the peach. Serve.

**Lunch – 361kcal**  
34g protein, 20g fat, 13g carbs

### Crunchy Tuna Salad

50g mixed salad leaves  
112g tinned tuna in spring water, (drained weight) (or replace with 50g low fat feta cheese)  
100g red bell pepper, sliced finely  
20g red onion, chopped finely  
6 baby plum tomatoes, halved  
20g almond flakes  
2 tsps organic olive oil

**Method:** Place the lettuce leaves in a serving dish and top with the remaining ingredients.



# Week Four

## Day 6



**Dinner – 681kcal**  
66g protein, 22g fat, 48g carbs

### Lean Lamb Chops With Sweet Potatoes & Garden Peas

200g sweet potato, cut into wedges

½ tsp paprika or cayenne pepper

½ tsp organic olive oil

200g lean lamb chops (or use 170g vegetarian lamb replacement)

sprig fresh rosemary

100g curly kale

100g garden peas

**Method:** Preheat the oven to 175°C/350°F.

Line 2 baking trays with foil.

Bring a saucepan of lightly salted water to the boil. Add the sweet potato wedges and reduce to a gentle simmer. Cook for 5 minutes, remove from water and drain.

Add the wedges to one of the baking trays and season with salt and pepper and the paprika or cayenne. Sprinkle over the olive oil, turning the wedges to coat them.

Cook in the oven for 20 minutes, remove from oven and turn the wedges over.

Place the lamb on the other baking tray, season with salt and pepper and place the rosemary on the lamb.

Return the wedges to the oven for a further 20 minutes or until golden brown and crispy.

Meanwhile, place the lamb in the oven for 10 minutes then turn and cook for a further 10 minutes or until the lamb is thoroughly cooked.

Bring a saucepan of lightly salted water to the boil. Reduce to a simmer, add the kale and peas and cook for 3-4 minutes until soft, then drain. Serve.

**Snack – 217kcal**  
6g protein, 10g fat, 29g carbs

1 kiwi fruit

1 peach

20g almonds

**DAILY TOTALS – 1600kcal**  
130g protein, 59g fat, 136g carbs

**Note For Tomorrow:**

**Presoak your buckwheat tonight. See dinner on next day.**

# Week Four

## Day 7



**Breakfast – 559kcal**  
48g protein, 24g fat, 35g carbs

### Healthy English Breakfast

3g organic butter, ghee or coconut oil

3 rashers bacon (or use a vegetarian bacon replacement)

1 beef tomato, halved

100g closed cup mushrooms, sliced

200g reduced sugar and salt baked beans

100g fresh spinach

2 medium sized free range eggs



**Method:** Melt the butter, ghee or oil in a non stick frying pan over a gentle heat.

Add the bacon and cook for around 2-3 minutes, then turn and cook until crispy.

Add the tomato, season with pepper and cook for 2 minutes, then turn.

Add the mushrooms and cook for 3-4 minutes or until soft.

Heat the beans in a saucepan for 4-5 minutes, stirring frequently, until heated thoroughly.

Wilt the spinach gently for 2-3 minutes.

Finally, crack the eggs into a pan and fry for 2-3 minutes, then turn and cook for 1 minute. Serve.

# Week Four

## Day 7



**Lunch – 492kcal**  
48g protein, 8g fat, 58g carbs

### Chicken With New Potatoes & Vegetables

250g baby new potatoes, sliced

5g organic butter, ghee or coconut oil

130g fresh chicken breast, cut into strips (or use a vegetarian chicken alternative)

½ tsp paprika

100g carrots, sliced

80g broccoli, cut into florets

**Method:** Bring a saucepan of lightly salted water to the boil. Reduce to a simmer and add the potatoes. Boil for 8 minutes, then remove from the water and drain, taking care not to damage the potatoes. Reserve the water in the pan for later.

Melt the butter, ghee or oil in a non stick frying pan over a gentle heat.

Add the chicken, season with salt and pepper and sprinkle over the paprika. Cook for 5 minutes, stirring until brown on all sides.

Carefully add the potatoes to the frying pan with the chicken and sauté gently for around 8 minutes or until golden, turning halfway.

Meanwhile, bring the saucepan of water to the boil again, add the carrots and simmer gently for 3 minutes. Add the broccoli and cook for around 3-5 minutes depending on whether you prefer the broccoli al dente or soft. Drain the vegetables. Serve.

# Week Four

## Day 7



**Dinner – 401kcal**  
41g protein, 9g fat, 43g carbs

### Turkey With Buckwheat & Vegetables

45g buckwheat (dry weight) soaked overnight

1 organic vegetable stock cube

3g organic butter, ghee or coconut oil

60g white onion, chopped finely

150g lean turkey breast mince (or use a vegetarian turkey mince replacement)

100g green bell pepper, chopped finely

**Method:** Rinse the pre-soaked buckwheat under cold water until the water runs clear.

Add 100ml cold water to a saucepan. Bring to the boil and add the stock cube. Stir until dissolved.

Add the buckwheat and cook for around 4-5 minutes. Top up with water if necessary. Remove pan from heat and set aside.

Melt the butter, ghee or oil in a non stick frying pan over a gentle heat.

Add the white onion and sauté for around 3-4 minutes until soft.

Add the mince and cook for 3-4 minutes, stirring until brown all over.

Add the pepper, and cook for 3-4 minutes.

Stir in the buckwheat and cook for 1 minute. Serve.

**Snack – 158kcal**  
5g protein, 10g fat, 14g carbs

20g whole almonds

1 kiwi fruit



**DAILY TOTALS – 1610kcal**  
142g protein, 51g fat, 150g carbs