



# 28 DAY MEAL PLAN



*2000 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



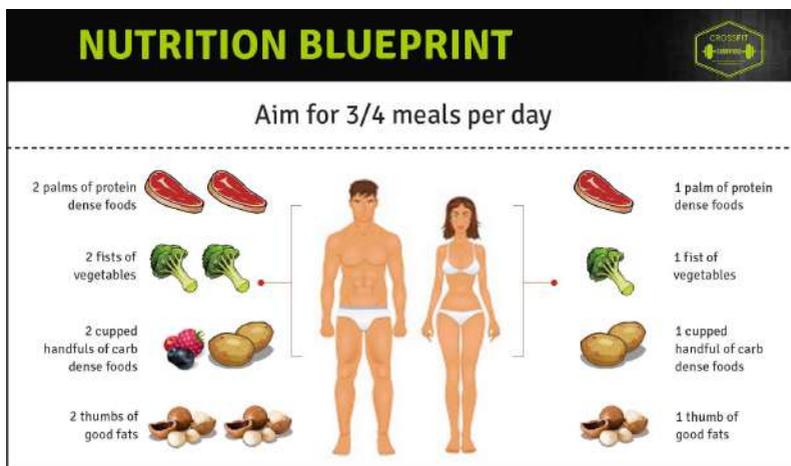
If changing the appearance of your body is a goal for you, remember these two guidelines at all times: 1) Your body SIZE is determined by how much total food you eat, and 2) your body SHAPE is determined by the quality of the food you eat, and your strength levels.

## 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**

5 rashers lean unsmoked back bacon  
3 chicken drumsticks  
485g fresh chicken breast  
285g cooked chicken breast  
225g rump steak  
920g extra lean steak mince  
360g lean turkey breast mince  
200g stir fry pork  
280g salmon fillet  
160g smoked mackerel

### **vegetarian alternatives**

5 rashers vegetarian back bacon\*  
910g vegetarian chicken\*  
285g cooked vegetarian chicken\*  
920g low fat vegetarian beef mince\*  
440g fresh firm low fat tofu\*  
360g vegetarian turkey mince\*  
200g vegetarian pork (suitable for stir fry)\*

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

270g organic butter  
or ghee (low lactose)  
or organic coconut oil (dairy free)

### **chilled section**

100g low fat hummus

### **fruit and vegetables**

475g fresh spinach leaves  
1 beef tomato

3 medium sized vine tomatoes  
10 baby plum tomatoes  
2 red bell peppers  
4 green bell peppers  
240g closed cup mushrooms  
1 small head cauliflower  
100g asparagus  
100g carrots  
300g celery  
70g broccoli  
100g iceberg lettuce  
3 avocados  
handful rocket leaves  
200g sweet gem lettuce leaves  
265g medium sized red onions  
600g medium sized white onions  
600g sweet potatoes  
150g garden peas  
250g baby new potatoes  
200g curly kale  
thumb sized piece fresh ginger root  
7 green chillis (optional)  
6 red chillis (optional)  
3 medium sized bananas  
2 lemons  
200g strawberries  
180g blueberries - fresh or frozen  
150g raspberries - fresh or frozen  
1 kiwi fruit

\* 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

- 25 medium sized free range eggs
- 11 large free range eggs
- 160g tinned sweetcorn
- 1 x 300g (drained weight) tins tuna in spring water
- 5 x 200g tinned chopped tomatoes
- 150g tin chickpeas in water
- 150g pickled beetroot
- 670g organic porridge oats\*
- 130g organic jumbo oats\*
- 80g organic raisins
- small pack natural sweetener of your choice e.g. stevia
- 250g nut butter, any variety (no added sugar)
- 1 small pot vanilla essence
- 470g vanilla flavoured protein powder
- 200g chocolate flavoured protein powder
- 30g brown rice protein powder
- 650ml unsweetened almond milk
- 40g bar dairy free dark chocolate (minimum 85% cocoa)
- 400g buckwheat
- 350g quinoa
- 200g dry rice noodles
- 100g soft rice noodles
- 100g red split lentils
- 1kg white or wholegrain basmati rice

- 1 tube tomato purée
- 125ml balsamic vinegar
- 160ml 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

- 30g pumpkin seeds
- 300g whole almonds
- 180g cashew nuts
- 120g ground almonds
- 130g ground flaxseed
- 120g bag flaked almonds
- 75g bag omega seed sprinkle (flaxseed, linseed, sesame seeds and sunflower seeds)
- 75g brazil nuts

\* Gluten-free if preferred

# Week One

## Day 1



**Breakfast – 498kcal**  
45g protein, 29g fat, 7g carbs

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

3 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



**Lunch – 608kcal**  
53g protein, 21g fat, 51g carbs

### **Crunchy Salad**

45g white or wholegrain basmati rice (dry weight)

100g iceberg lettuce, washed

10g pumpkin seeds

150g tinned tuna in spring water, (drained weight) (or replace with 1 sliced boiled egg)

100g celery, sliced

100g red bell pepper, sliced

75g avocado, sliced

25g red onion, finely diced

**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.

**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.

Place the lettuce leaves in a serving dish and top with the remaining ingredients. Serve.

# 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 – 240kcal**  
11g protein, 8g fat, 35g 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  
PLUS  
1 banana

**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 – 1964kcal**  
155g protein, 79g fat, 143g 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 – 578kcal**  
58g protein, 13g fat, 63g carbs

### Spicy Chicken Stew

40g white or wholegrain basmati rice (dry weight)

10g organic butter, ghee or coconut oil

100g white onion, finely chopped

100g celery, sliced

100g yellow bell pepper, sliced

150g 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:** 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.

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 – 627kcal**  
59g protein, 23g fat, 46g carbs

### **Steak With New Potatoes & Garden Peas**

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

250g 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.

**Snack – 459kcal**  
35g protein, 20g fat, 29g carbs

### **Banana, Almond and Blueberry Protein Smoothie**

300ml unsweetened almond milk

100g banana

80g blueberries

30g vanilla flavoured protein powder

30g ground almonds

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.

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

**DAILY TOTALS – 1985kcal**  
167g protein, 63g fat, 195g carbs

### **Note For Tomorrow:**

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

# Week One

## Day 3



**Breakfast – 588kcal**  
55g protein, 34g fat, 13g 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

3 medium sized vine tomatoes, diced

3 large free range eggs

125g 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 – 687kcal**  
59g protein, 23g fat, 57g carbs

### **Chickpea & Buckwheat Salad**

50g (dry weight) buckwheat, soaked overnight

125g cooked chicken breast, cut into strips (or use a vegetarian chicken replacement)

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 – 519kcal**  
49g protein, 9g fat, 61g carbs

### Turkey Mince Curry

5g organic butter, ghee or coconut oil

100g white onion, finely sliced

185g 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

55g 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 – 169kcal**  
11g protein, 8g fat, 13g carbs

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



### 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 – 1938kcal**  
174g protein, 74g fat, 144g carbs

# Week One

## Day 4



**Breakfast – 456kcal**  
44g protein, 16g fat, 36g carbs

### 4 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 – 556kcal**  
36g protein, 40g fat, 12g carbs

### Smoked Mackerel Salad

50g fresh spinach  
160g smoked mackerel (or replace with 160g 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 – 540kcal**  
52g protein, 13g fat, 54g carbs

### Chinese Stir Fry

5g organic butter, ghee or coconut oil  
6 closed cup mushrooms, sliced  
200g 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 – 431kcal**  
19g protein, 30g fat, 26g carbs

3 medium sized free range eggs,  
boiled. See method on right.

PLUS

25g cashew nuts

1 kiwi fruit

**Method:** Bring a saucepan of lightly salted water to the boil. Reduce to a simmer, and carefully place the eggs in the water. Boil for 8-10 minutes, then place in cold water to cool. Peel and slice the eggs.

**DAILY TOTALS – 1983kcal**  
141g protein, 99g fat, 128g carbs

**Note For Tomorrow:**

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

# Week One

## Day 5



**Breakfast** –438kcal  
37g protein, 7g fat, 63g carbs

### Raspberry Buckwheat Delight

70g (dry weight) buckwheat, soaked overnight

1 tsp sweetener of your choice (optional)

30g brown rice protein powder

7g ground flaxseed

½ tsp ground cinnamon

150g raspberries



**Lunch** – 504kcal  
60g protein, 27g fat, 7g carbs

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

3g organic butter, ghee or coconut oil

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

160g 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.

# Week One

## Day 5



**Snack – 521kcal**  
37g protein, 26g fat, 34g carbs

### **Nutty Tuna With Rice**

30g white or wholegrain basmati rice  
(dry weight)

112g tinned tuna in spring water,  
(drained weight)

30g whole almonds, roughly chopped

40g red onion, finely chopped

15ml balsamic vinegar

2 tsps organic olive oil

**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.

Mix all of the remaining ingredients together in a bowl and stir in the rice. Serve.

**DAILY TOTALS – 1960kcal**  
180g protein, 86g fat, 125g carbs

# Week One

## Day 6



**Breakfast – 472kcal**  
43g protein, 30g fat, 6g 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

2 medium sized free range eggs

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 eggs 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 – 559kcal**  
69g protein, 10g fat, 47g carbs

### Lentil & Sweet Potato Curry

5g organic butter, ghee or coconut oil

50g white onion, finely chopped

175g fresh chicken breast, diced (or use a vegetarian chicken replacement)

100g 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

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

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

PLUS

100g strawberries

30g cashew nuts

**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 chicken and cook, stirring, for around 5 minutes.

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.



**DAILY TOTALS – 1925kcal**  
171g protein, 73g fat, 138g carbs

**Note For Tomorrow:**

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

# Week One

## Day 7



**Breakfast – 343kcal**  
20g protein, 11g fat, 42g carbs

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

50g organic oats
350ml 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.



# 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 – 540kcal**

30g protein, 36g fat, 22g carbs

3 medium sized free range eggs, boiled. See method on right.

PLUS

100g low fat hummus

100g carrot, cut into sticks



**Method:** Bring a saucepan of lightly salted water to the boil. Reduce to a simmer, and carefully place the eggs in the water. Boil for 8-10 minutes, then place in cold water to cool. Peel and slice the eggs.

**DAILY TOTALS – 1991kcal**

131g protein, 64g fat, 168g 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**

3 rashers lean unsmoked back bacon  
4 chicken drumsticks  
225g chicken thighs  
160g fresh chicken breast  
140g cooked chicken breast  
170g cooked turkey breast  
180g venison shoulder steak  
185g extra lean steak mince  
210g lamb leg steaks  
200g lean turkey breast mince  
160g cooked turkey breast steak  
155g pork loin steak  
200g pork loin chops  
310g salmon fillet  
90g smoked salmon  
225g white fish fillet

### **vegetarian alternatives**

3 rashers vegetarian back bacon\*  
155g vegetarian pork\*  
565g vegetarian chicken\*  
310g cooked vegetarian chicken\*  
210g vegetarian lamb\*  
365g low fat vegetarian beef mince\*  
200g vegetarian turkey mince\*  
380g fresh firm tofu\*

### **fruit and vegetables**

270g fresh spinach leaves  
31 baby plum tomatoes  
3 medium sized vine tomatoes  
2 red bell peppers  
1 green bell peppers  
120g closed cup mushrooms  
1 large head cauliflower  
120g leeks  
100g tender stem broccoli  
300g asparagus  
2 shallots  
70g rocket leaves  
100g sweet gem lettuce leaves  
70g mixed salad leaves  
1 avocado  
2 medium sized red onions  
420g baby new potatoes  
3 medium sized sweet potatoes  
275g all rounder potatoes  
300g garden peas  
thumb sized piece fresh ginger root  
4 medium sized bananas  
1 lemon  
120g raspberries - fresh or frozen  
120g strawberries  
85g blackberries  
3 kiwi fruit  
1 small bramley apple  
1 apple  
1 tangerine

\* 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

- 26 medium sized free range eggs
- 180g tinned sweetcorn
- 50g bag oatbran
- 2 x 200ml tin reduced fat coconut milk
- 3 x 200g tins chopped tomatoes
- 1 x 100g tin red kidney beans
- 1 small pot organic cocoa powder
- 1.75 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 – 395kcal**  
27g protein, 12g fat, 44g carbs

### **Blackberry Protein Muesli**

55g organic jumbo oats

250ml unsweetened almond milk

20g chocolate flavoured protein powder

85g 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 – 511kcal**  
38g protein, 23g fat, 34g carbs

### Salmon With Asparagus & Baby Tomatoes

40g quinoa (dry weight)  
5g organic butter, ghee or coconut oil  
30g red onion, finely chopped  
150g salmon fillet (or replace with 100g firm tofu, diced and 1 medium sized free range egg)  
½ tsp cayenne pepper  
100g asparagus, chopped  
7 baby plum tomatoes, halved

**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 medium heat.

Add the onion, and sauté for 4-5 minutes, stirring, until soft.

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

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.

Cook the tofu in the frying pan 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 – 732kcal**  
61g protein, 20g fat, 49g carbs

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

200g pork loin chops (or use a vegetarian pork replacement)

200g baby new potatoes

150g 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.

# Week Two

## Day 1



**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 – 1918kcal**  
145g protein, 69g fat, 145g carbs

# Week Two

## Day 2



**Breakfast** – 467kcal  
53g protein, 23g fat, 6g carbs

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

3g organic butter, ghee or coconut oil

3 rashers unsmoked back bacon (or use a vegetarian bacon if preferred), cut into small pieces

75g cauliflower, grated

2 medium sized vine tomato, diced

2 medium sized free range eggs

5 egg whites



**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.

# Week Two

## Day 2



**Lunch – 615kcal**  
54g protein, 28g fat, 38g carbs

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

25g white or wholegrain basmati rice  
(dry weight)

70g rocket leaves

100g tinned sweetcorn, drained

140g 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:** 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.

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

# Week Two

## Day 2



**Dinner – 653kcal**  
51g protein, 19g 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

210g 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 – 261kcal**  
6g protein, 10g fat, 37g carbs

1 banana

1 kiwi

20g almonds

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 – 1996kcal**  
164g protein, 80g fat, 144g carbs

**Note For Tomorrow:**

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

# Week Two

## Day 3



**Breakfast – 424kcal**  
29g protein, 10g fat, 54g carbs

### Raspberry Protein Porridge Oats

65g organic oats  
400ml unsweetened almond milk  
28g vanilla flavoured protein powder  
120g raspberries



**Lunch – 484kcal**  
43g protein, 31g fat, 10g carbs

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

70g mixed salad leaves  
170g cooked turkey breast steak, cut into strips (or use a vegetarian chicken replacement)  
80g avocado, sliced  
75g pickled beetroot, sliced  
7 baby plum tomatoes, halved  
2 tsps organic olive oil

**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.

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

# Week Two

## Day 3



**Dinner – 886kcal**  
72g protein, 30g fat, 71g carbs

### Fish & Chips With Peas

275g all rounder potatoes, cut into chips

2 tsp organic olive oil

2 tsp paprika

1 medium sized free range egg

20g ground almonds

15g oatbran

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

150g 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.

**Snack – 209kcal**  
3g protein, 14g fat, 24g carbs

1 apple

5 brazil nuts

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 – 2003kcal**  
147g protein, 85g fat, 159g carbs

### Note For Tomorrow:

Presoak your buckwheat tonight. See breakfast on next page.

# Week Two

## Day 4



**Breakfast – 352kcal**  
26g protein, 5g fat, 54g carbs

### **Strawberry Buckwheat Protein Porridge**

50g buckwheat (dry weight),  
soaked overnight

400ml unsweetened almond milk

25g vanilla flavoured protein powder

120g 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 – 600kcal**  
57g protein, 10g fat, 67g carbs

### Lean Chilli Con Carne

3g organic butter, ghee or coconut oil

185g 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

70g tinned red kidney beans

40g 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 – 762kcal**  
55g protein, 51g fat, 14g carbs

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

225g 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

10 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 – 288kcal**  
26g protein, 12g fat, 16g 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 tangerine



**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 – 1913kcal**  
164g protein, 77g fat, 141g carbs

# Week Two

## Day 5



**Breakfast – 522kcal**  
58g protein, 29g fat, 6g carbs

### **Scrambled Eggs With Smoked Salmon & Spinach**

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90g smoked salmon (or replace with an extra egg and 2 egg whites)

3 medium sized free range eggs

4 egg whites

150g 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 – 574kcal**  
59g protein, 13g fat, 60g carbs

### Chicken, Mushroom & Leek With Rice

7g organic butter, ghee or coconut oil

120g leeks, sliced into 5mm thick pieces

100g cauliflower (grated)

120g closed cup mushrooms, sliced

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

1 garlic clove, finely chopped

175ml unsweetened almond milk

½ tsp dried oregano

70g 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 – 505kcal**  
44g protein, 13g fat, 51g carbs

### **Venison Steak With Sweet Potato & Asparagus**

250g sweet potato, skin left on

5g organic butter, ghee or coconut oil

180g 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.

# Week Two

## Day 5



**Snack – 374kcal**  
21g protein, 17g fat, 32g carbs

### Chocolate Protein Ball

30g smooth or crunchy nut butter (no added sugar)

15g chocolate flavoured protein powder

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

PLUS

1 banana



**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 – 1975kcal**  
182g protein, 72g fat, 149g carbs

# Week Two

## Day 6



**Breakfast – 435kcal**  
36g protein, 25g fat, 12g carbs

### Coconut, Shallot & Spinach Quiche

2 medium sized free range eggs  
5 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 – 659kcal**  
56g protein, 37g fat, 15g carbs

### Tandoori Chicken Drumsticks With Salad

4 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  
7 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 – 585kcal**  
40g protein, 22g fat, 53g carbs

### Salmon Fillet With Lemon, Rice & Asparagus

65g white or wholegrain basmati rice (dry weight)

5g organic butter, ghee or coconut oil

160g 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.

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.

**Snack – 275kcal**  
27g protein, 4g fat, 33g carbs

### Banana Protein Smoothie

30g vanilla flavoured protein powder

400ml unsweetened almond milk

1 banana

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

**DAILY TOTALS – 1954kcal**  
159g protein, 88g fat, 113g carbs

# Week Two

## Day 7



**Breakfast – 472kcal**  
28g protein, 11g fat, 53g carbs

### Kiwi Protein Porridge Oats

55g organic porridge oats  
350ml unsweetened almond milk  
25g 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 – 564kcal**  
53g protein, 14g fat, 49g carbs

### Turkey Mince Madras With Potato & Spinach

5g organic butter, ghee or coconut oil  
200g 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  
220g 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 – 731kcal**  
64g protein, 26g fat, 55g carbs

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

30g bramley apple, peeled and sliced  
50g 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  
155g 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 – 279kcal**  
6g protein, 13g fat, 31g carbs

1 banana  
30g 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 – 2046kcal**  
151g protein, 64g fat, 188g 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**

5 rashers lean unsmoked back bacon  
4 chicken drumsticks  
345g fresh chicken breast  
190g extra lean steak mince  
185g rump steak  
200g rump steak strips  
190g diced lamb leg  
4 venison sausages  
370g lean turkey breast mince  
340g salmon fillet  
225g white fish fillets

### **vegetarian alternatives**

5 rashers vegetarian back bacon\*  
910g vegetarian chicken\*  
380g low fat vegetarian beef mince\*  
370g low fat vegetarian turkey mince\*  
4 vegetarian sausages\*  
565g fresh firm low fat tofu\*

### **chilled section**

60g low fat hummus

### **fruit and vegetables**

280g fresh spinach leaves  
19 baby plum tomatoes  
4 medium sized vine tomatoes  
2 green bell peppers  
1 red bell pepper  
75g closed cup mushrooms  
70g asparagus  
175g carrots

100g celery  
130g broccoli  
100g tender stem broccoli  
75g mixed lettuce leaves  
100g sweet gem lettuce leaves  
100g mix of spinach, rocket and watercress leaves  
75g cucumber  
50g radishes  
1 avocado  
1 medium sized red onion  
3 medium sized white onions  
75g spring onions  
125g shallots  
3 medium sized sweet potatoes  
120g all rounder potatoes  
160g garden peas  
100g curly kale  
30g fresh lemongrass  
thumb sized piece fresh ginger root  
2 green chillis (optional)  
3 red or green chillis (optional)  
3 medium sized banana  
2 lemons  
300g blueberries - fresh or frozen  
75g raspberries - fresh or frozen  
100g strawberries  
1 kiwi fruit  
1 pear  
5 nectarines  
1 apple

\* 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**

18 medium sized free range eggs

180g tinned sweetcorn

1 x 150g tin chopped tomatoes

1 x 150g tin chickpeas in water

1 small jar Thai red curry paste

2.8 litres unsweetened almond milk

60g 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 – 563kcal**  
55g protein, 25g fat, 35g 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)

2 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 – 476kcal**  
48g protein, 8g fat, 48g carbs

### Turkey Thai Red Curry

5g organic butter, ghee or coconut oil

50g shallots, finely sliced

170g lean turkey breast mince (or use vegetarian turkey mince)

75g spring onion, finely sliced

15g red curry paste

5 baby plum tomatoes

50g 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 – 675kcal**  
55g protein, 23g fat, 55g carbs

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

1½ tsps organic olive oil  
250g sweet potato, cut into wedges  
1 tsp paprika or chilli flakes  
185g 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.

**Snack – 271kcal**  
19g protein, 11g fat, 26g carbs

### Fruit Protein Smoothie

15g vanilla flavoured protein powder  
300ml unsweetened almond milk  
100g blueberries  
15g ground almonds  
100g strawberries  
PLUS  
1 kiwi fruit

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.

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

**DAILY TOTALS – 1985kcal**  
177g protein, 67g fat, 164g carbs

# Week Three

## Day 2



**Breakfast – 399kcal**  
28g protein, 9g fat, 51g carbs

### Nectarine & Flaxseed Protein Muesli

50g organic jumbo oats  
250ml unsweetened almond milk  
25g 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 – 684kcal**  
58g protein, 35g fat, 22g carbs

### Oven Baked Chicken Drumsticks With Salad

3g organic butter, ghee or coconut oil  
4 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  
2 medium sized vine tomatoes, 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 – 597kcal**  
43g protein, 26g fat, 41g carbs

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

- 1 tsp organic olive oil
- 170g salmon fillet or fresh tofu (use a fresh, firm, low fat variety)
- 30g red onion, chopped into chunks
- 1 garlic clove, chopped finely
- 60g 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 – 304kcal**  
8g protein, 13g fat, 36g carbs

- 2 organic oatcakes
- 1 banana
- 20g nut butter

**DAILY TOTALS – 1987kcal**  
137g protein, 83g fat, 150g carbs

# Week Three

## Day 3



**Breakfast – 468kcal**  
48g protein, 21g fat, 16g carbs

### Scrambled Eggs With Vegetables

4 medium sized free range eggs  
5 egg whites  
3g organic butter, ghee or coconut oil  
60g white onion, chopped finely  
75g red bell pepper, chopped finely  
120g fresh spinach

**Lunch – 637kcal**  
49g protein, 17g fat, 68g carbs

### Lean Spaghetti Bolognese

7g organic butter, ghee or coconut oil  
190g 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  
70g 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 – 553kcal**  
51g protein, 14g fat, 50g 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  
90g dry rice noodles

**Snack – 289kcal**  
5g protein, 17g fat, 32g carbs

1 nectarine  
1 apple  
25g brazil nuts

**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 – 1947kcal**  
153g protein, 69g fat, 166g carbs

### Note For Tomorrow:

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

# Week Three

## Day 4



**Breakfast – 478kcal**  
32g protein, 14g fat, 53g carbs

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

60g (dry weight) buckwheat, soaked overnight

150ml reduced fat coconut milk

190ml unsweetened almond milk

30g 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 – 590kcal**  
61g protein, 17g fat, 50g carbs

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

170g fresh chicken breast (or use a vegetarian chicken replacement), sliced in half (“butterfly”)

10g lemon & thyme seasoning

2 tsps organic olive oil

50g 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 – 722kcal**  
64g protein, 25g fat, 53g carbs

### **Lean Venison Sausages With Vegetables and Carrot and Sweet Potato Mash**

150g sweet potato, diced  
100g carrots, chopped  
½ tsp ground cinnamon  
5g organic butter, ghee or coconut oil  
4 venison sausages (or use a vegetarian sausage replacement)  
100g tender stem broccoli, chopped  
80g garden peas  
2 medium sized free range eggs

**Method:** Bring a pan of water to the boil, reduce to a simmer and add the sweet potato. After 2 minutes, add the carrots. Cook for 6-7 minutes or until vegetables are soft, then drain, reserving the water in the pan. Mash thoroughly and stir in the cinnamon.

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 almost cooked, bring the saucepan of water to the boil again, reduce to a simmer and add the broccoli. Cook for 3 minutes then add the peas. Cook for 2-3 minutes, then drain.

Remove the sausages from the pan and set aside. Scrape out any bits from the frying pan and discard.

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

**Snack – 216kcal**  
7g protein, 15g fat, 15g carbs

30g whole almonds  
1 nectarine



**DAILY TOTALS – 2006kcal**  
164g protein, 71g fat, 171g carbs

### **Note For Tomorrow:**

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

# Week Three

## Day 5



**Breakfast – 391kcal**  
26g protein, 8g fat, 53g carbs

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

55g organic oats  
350ml unsweetened almond milk  
25g vanilla flavoured protein powder  
1 tsp ground cinnamon  
100g nectarine, sliced finely

**Lunch – 572kcal**  
55g protein, 18g fat, 48g carbs

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

40g white or wholegrain basmati rice (dry weight)  
5g organic butter, ghee or coconut oil  
1 tsp steak seasoning  
200g 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:** 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.

**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.

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 with the rice. Drizzle over the balsamic vinegar and top with the steak. Serve.

# Week Three

## Day 5



**Dinner – 585kcal**  
52g protein, 8g fat, 71g carbs

### Turkey Breast Mince Madras

5g organic butter, ghee or coconut oil

100g white onion, finely chopped

200g 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

60g 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 – 473kcal**  
40g protein, 25g fat, 22g carbs

### Blueberry Protein Smoothie

30g vanilla flavoured protein powder

350ml unsweetened almond milk

100g blueberries

20g ground almonds

20g nut butter

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



**DAILY TOTALS – 2021kcal**  
173g protein, 59g fat, 194g carbs

# Week Three

## Day 6



**Breakfast – 464kcal**  
53g protein, 22g fat, 8g carbs

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

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

2 medium sized free range eggs

5 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.

# Week Three

## Day 6



**Lunch** –716kcal  
66g protein, 30g fat, 46g carbs

### Chicken Avocado & Hummus Gem Lettuce Wraps

45g white or wholegrain basmati rice (dry weight)

175g 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.

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.

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 with rice.

# Week Three

## Day 6



**Dinner – 635kcal**  
39g protein, 24g fat, 58g carbs

### Salmon Fillet With Sweet Potato Mash & Kale

170g 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



**Snack – 160kcal**  
1g protein, 0g fat, 35g carbs

1 pear

1 banana

**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.

**DAILY TOTALS – 1975kcal**  
156g protein, 76g fat, 147g carbs

# Week Three

## Day 7



**Breakfast – 455kcal**  
42g protein, 8g fat, 56g carbs

### Protein Power Smoothie

45g vanilla flavoured protein powder  
400ml unsweetened almond milk  
150g banana  
100g blueberries  
7g ground flaxseed

**Lunch – 596kcal**  
26g protein, 20g fat, 74g 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  
140g 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 – 451kcal**  
39g protein, 25g fat, 15g carbs

### Garlic & Onion Lamb With Broccoli

5g organic butter, ghee or coconut oil

100g white onion, finely chopped

190g 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 – 493kcal**  
29g protein, 32g fat, 22g carbs

3 medium sized free range eggs, boiled. See method on right.

PLUS

2 organic oatcakes

20g nut butter (any variety)

1 nectarine

**Method:** Bring a saucepan of lightly salted water to the boil. Reduce to a simmer, and carefully place the eggs in the water. Boil for 8-10 minutes, then place in cold water to cool. Peel and slice the eggs.

**DAILY TOTALS – 1995kcal**  
136g protein, 85g fat, 167g 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**

8 rashers lean unsmoked back bacon  
760g fresh chicken breast  
230g rump steak  
250g lean lamb chops  
325g lean turkey breast mince  
290g lean turkey breast  
380g pork stir fry strips  
330g salmon fillet

### **vegetarian alternatives**

8 rashers vegetarian back bacon\*  
990g vegetarian chicken\*  
200g vegetarian lamb\*  
290g vegetarian turkey breast\*  
330g fresh firm low fat tofu\*  
325g vegetarian turkey mince\*  
380g vegetarian pork (suitable for stir fry)\*

### **chilled section**

70g low fat hummus

### **fruit and vegetables**

250g fresh spinach leaves  
17 baby plum tomatoes  
100g cherry tomatoes  
1 beef tomato  
4 red bell peppers  
3 green bell peppers  
1 yellow bell pepper  
100g closed cup mushrooms  
1 small head cauliflower  
170g carrots  
50g celery  
160g broccoli  
50g mixed salad leaves  
1 avocado  
3 medium sized red onions  
3 medium sized white onions  
2 spring onions  
500g baby new potatoes  
2 large sweet potatoes  
100g curly kale  
100g garden peas  
thumb sized piece fresh ginger root  
3 green chillis (optional)  
100g fine green beans  
1 medium sized banana  
1 lemon  
100g blueberries - fresh or frozen  
100g raspberries - fresh or frozen  
5 kiwi fruit  
3 peaches  
2 apples

\* 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

- 14 medium sized free range eggs
- 1 x 200g tin baked beans (reduced sugar and salt)
- 1 x 50g tinned sweetcorn
- 3 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
- 1.6 litres unsweetened almond milk
- 1 small bag desiccated/shredded coconut
- 70g penne pasta\*
- 70g tagliatelle pasta\*
- 1 tube tomato purée

\* Gluten-free if preferred

# Week Four

## Day 1



**Breakfast – 423kcal**  
33g protein, 9g fat, 50g carbs

### Raspberry Protein Porridge Oats

60g organic porridge oats  
350ml unsweetened almond milk  
30g vanilla flavoured protein powder  
100g raspberries



**Lunch – 493kcal**  
57g protein, 8g fat, 52g carbs

### Chicken With Rice & Vegetables

5g organic butter, ghee or coconut oil  
50g white onion, finely chopped  
160g 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:** 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.

**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 – 730kcal

41g protein, 33g fat, 60g carbs

#### Oven Roasted Salmon With Mediterranean Roast Veg

170g 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

250g baby new potatoes, halved

**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.

### Snack – 346kcal

29g protein, 14g fat, 24g carbs

#### Chocolate Almond Smoothie

30g chocolate flavoured protein powder

300ml almond milk

25g ground almonds

PLUS

1 kiwi fruit

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

### DAILY TOTALS – 1922kcal

160g protein, 64g fat, 186g carbs

# Week Four

## Day 2



**Breakfast – 540kcal**  
51g protein, 32g fat, 5g carbs

### Bacon & Spring Onion Scramble

5g organic butter, ghee or coconut oil

3 rashers unsmoked back bacon, cut into small pieces (or use a vegetarian bacon replacement)

2 spring onions, finely chopped

3 medium sized free range eggs

4 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 – 598kcal**  
50g protein, 10g fat, 72g carbs

### Italian Pork, Vegetables & Pasta

5g organic butter, ghee or coconut oil

50g white onion, finely chopped

180g 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

70g 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 – 504kcal**  
62g protein, 10g fat, 39g carbs

### Turkey Thai Curry

5g organic butter, ghee or coconut oil

160g 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

40g white or wholegrain basmati rice (dry weight)

130g cauliflower, grated or finely chopped



**Snack – 350kcal**  
6g protein, 13g fat, 53g carbs

20g cashew nuts

1 apple

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 – 1922kcal**  
169g protein, 65g fat, 169g carbs

# Week Four

## Day 3



**Breakfast** – 461kcal  
55g protein, 15g fat, 26g carbs

### Turkey Pizza

2g organic butter, ghee or coconut oil

2 medium sized free range eggs

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

50g fresh spinach, chopped

40g white onion, finely diced

30g porridge oats

½ tsp dried oregano

5 baby plum tomatoes

**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.



# Week Four

## Day 3



**Lunch – 633kcal**  
58g protein, 28g fat, 42g carbs

### Stuffed Chicken Breast

150g 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

40g white or wholegrain basmati rice (dry weight)

50g tinned sweetcorn, drained

juice of ½ a lemon

75g avocado

**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.

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

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 – 590kcal**  
56g protein, 17g fat, 52g carbs

### Steak With Sweet Potato & Broccoli

230g 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 – 315kcal**  
8g protein, 18g fat, 39g carbs

1 kiwi fruit

1 apple

35g whole almonds



**DAILY TOTALS – 1999kcal**  
177g protein, 78g fat, 159g carbs

### Note For Tomorrow:

Presoak your buckwheat tonight. See breakfast on next page.

# Week Four

## Day 4



**Breakfast – 531kcal**  
37g protein, 17g fat, 64g carbs

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

60g buckwheat (dry weight), soaked overnight

300ml unsweetened almond milk

30g vanilla flavoured protein powder

100g blueberries

10g desiccated coconut

12g 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 – 617kcal**  
54g protein, 18g fat, 54g carbs

### Thai Red Pork Curry

5g organic butter, ghee or coconut oil  
200g pork stir fry meat, cut into strips  
(or use a vegetarian pork replacement)  
100g red bell pepper, sliced  
25g Thai red curry paste  
100ml reduced fat coconut milk  
60g 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 – 496kcal**  
58g protein, 12g fat, 44g carbs

### Chicken & Quinoa

50g quinoa (dry weight)

5g organic butter, ghee or coconut oil

40g red onion, finely diced

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

1 garlic clove, finely diced

small handful coriander, chopped finely



**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.

**Snack – 354kcal**  
13g protein, 24g fat, 22g carbs

25g cashew nuts

70g low fat hummus

70g carrot, cut into sticks

**DAILY TOTALS – 1998kcal**  
162g protein, 71g fat, 184g carbs

# Week Four

## Day 5



**Breakfast – 508kcal**  
48g protein, 31g fat, 7g carbs

### Salmon, Egg, Baby Tomatoes & Spinach

5g organic butter, ghee or coconut oil  
160g 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

**Lunch – 575kcal**  
54g protein, 10g fat, 74g carbs

### Mediterranean Chicken With Tagliatelle

5g organic butter, ghee or coconut oil  
60g red onion, finely chopped  
150g 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  
70g tagliatelle pasta

**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.

**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 – 618kcal**  
55g protein, 13g fat, 64g carbs

### Turkey, Chickpea & Quinoa Curry

50g quinoa (dry weight)  
5g organic butter, ghee or coconut oil  
60g white onion, finely chopped  
130g 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

**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.

**Snack – 232kcal**  
7g protein, 15g fat, 21g carbs

1 peach  
30g almonds

**DAILY TOTALS – 1935kcal**  
164g protein, 69g fat, 166g carbs

# Week Four

## Day 6



**Breakfast – 427kcal**  
33g protein, 9g fat, 53g carbs

### Peachy Porridge

60g porridge oats  
350ml unsweetened almond milk  
30g 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 – 420kcal**  
48g protein, 20g fat, 13g carbs

### Crunchy Tuna Salad

50g mixed salad leaves  
167g (1½ x 112g tins) 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 – 875kcal**  
82g protein, 28g fat, 67g carbs

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

300g sweet potato, cut into wedges

½ tsp paprika or cayenne pepper

½ tsp organic olive oil

250g lean lamb chops (or use 200g 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 – 288kcal**  
8g protein, 14g fat, 40g carbs

2 kiwi fruit

1 peach

25g almonds

**DAILY TOTALS – 2010kcal**  
171g protein, 71g fat, 173g carbs

### **Note For Tomorrow:**

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

# Week Four

## Day 7



**Breakfast – 633kcal**  
54g protein, 29g fat, 35g carbs

### Healthy English Breakfast

3g organic butter, ghee or coconut oil

4 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

3 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 – 505kcal**  
51g protein, 8g fat, 58g carbs

### **Chicken With New Potatoes & Vegetables**

250g baby new potatoes, sliced

5g organic butter, ghee or coconut oil

140g 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 – 485kcal**  
47g protein, 9g fat, 58g carbs

### Turkey With Buckwheat & Vegetables

55g buckwheat (dry weight) soaked overnight

1 organic vegetable stock cube

3g organic butter, ghee or coconut oil

60g white onion, chopped finely

165g lean turkey breast mince (or use a vegetarian turkey mince replacement)

100g green bell pepper, chopped finely

**Snack – 370kcal**  
36g protein, 16g fat, 16g carbs

1 tin tuna (112g drained)

15ml balsamic vinegar

100g green pepper, diced

PLUS

30g whole almonds

1 kiwi fruit

**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.

**Method:** Mix the tuna, balsamic vinegar and pepper in a bowl. Serve.

**DAILY TOTALS – 1933kcal**  
188g protein, 62g fat, 176g carbs