6 WEEK CHALLENGE
MEAL PLAN
1600 CALORIES
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.
Welcome to the 1st4Fitness 6 Week Challenge Meal Plan. This book will be your bible over the coming weeks! Your nutrition will play a major role in you achieving the results we want you to get. There is an important lesson to be learned from the story below...

I have come across a number of clients that push HARD in their training sessions with us. With all this dedication to training they thought that the scales and the measuring tape would start moving in the right direction on weigh in days. But seeing a large number of those fall short on their nutrition, even with all this effort and dedication to their training they just weren’t seeing the changes I wanted them to see. As soon as I ask them about their nutrition I start getting a list of foods and quantity of foods that would work against them.

Adding an exercise routine to your lifestyle is the easy part. Dedicating 30 minutes to one hour a day is easy. But you have the other 23 hours (granted you’ll be asleep, or SHOULD be asleep for 6-8 hours) of the day that will make or break your results.

Media, celebs, friends, family, MLM sales reps even the NHS all giving out conflicting and in most cases bad information. PLUS the adverts we see for the “not so healthy” food options.

Sometimes we learn the hard way! I’m pleased to say that once the 1st4Fitness clients start to become fully aware of the importance of nutrition for fat loss, they start to make not only better food choices, but start to understand what they need for THEM. After clients start to get to grips of their nutrition we see huge changes in all of them that put what they learn with us into practice. As the saying goes, “When the student is ready, the teacher will appear.”

And NOW you are ready!
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 recipe book 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 naturally detoxify the body, keeping 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!
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 21 days, then you won’t need to purchase all of the ingredients a second time.

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

For example, the protein powders, herbs, spices, nuts and seeds.
Shopping List
Week One

Please choose from EITHER of the following: Meat, Poultry and Fish ingredients OR the Vegetarian Alternatives.

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

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

**dairy and dairy free alternatives**
- 260g organic butter
- or ghee (low lactose)
- or organic coconut oil (dairy free)

**chilled section**
- 100g low fat hummus

**fruit and vegetables**
- 400g fresh spinach leaves
- 10 baby plum tomatoes
- 2 medium sized vine tomatoes
- 1 beef tomato
- 100g asparagus
- 2 red bell peppers
- 4 green bell peppers
- 1 yellow bell pepper
- 250g closed cup mushrooms
- 1 small cauliflower
- 100g carrots
- 300g celery
- 100g broccoli
- 100g iceberg lettuce
- 200g sweet gem lettuce leaves
- 100g rocket leaves
- 3 avocados
- 2 medium sized red onions
- 5 medium sized white onions
- 375g all rounder potatoes
- 6 medium sized sweet potatoes
- 200g baby new potatoes
- 150g garden peas
- 200g curly kale
- 3 large garlic bulbs
- 1 medium sized fresh ginger root
- 7 green chillis (optional)
- 6 red chillis (optional)
- 100g blueberries - fresh or frozen
- 2 medium sized bananas
- 1 lemon
- 300g strawberries
- 150g raspberries - fresh or frozen
- 1 kiwi fruit
- 1 red grapefruit

* Note: Some meat free alternatives contain gluten and/or MSG. Check the label before you buy.
Shopping List
Week One (continued)

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

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

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

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

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

* Gluten-free if preferred
Week One
Day 1

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

Bacon & Scrambled Eggs With Spinach & Baby Tomatoes

- 2 rashers unsmoked back bacon (use a vegetarian bacon if preferred)
- 3 medium sized free range eggs
- 3 egg whites
- 100g fresh spinach
- 3g organic butter, ghee or coconut oil
- 5 baby plum tomatoes

Method: Cut the bacon up into small pieces, using scissors.
Whisk the eggs and egg whites with a fork. Season with salt and pepper.
Steam the spinach gently for 1-2 minutes.
Melt the butter, ghee or coconut oil in a non stick frying pan over a medium heat. Add the bacon pieces and the tomatoes and fry gently on both sides until the bacon becomes crispy. Remove from pan and set aside. Using a wooden spoon, scrape out any bits from the pan and discard.
Pour the eggs into the frying pan and stir continuously for around 2 minutes until the eggs are cooked. Serve.

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

Crunchy Salad

- 100g iceberg lettuce, washed
- 112g tinned tuna in spring water, (drained weight) (or replace with 1 sliced boiled egg)
- 100g celery, sliced
- 100g red bell pepper, sliced
- 70g avocado, sliced
- 25g red onion, finely diced
- 10g pumpkin seeds

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

**Day 1**

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

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

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Amount</th>
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</thead>
<tbody>
<tr>
<td>3 chicken drumsticks (or use 200g vegetarian chicken replacement)</td>
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</tr>
<tr>
<td>½ tsp dried herbs e.g oregano, rosemary, thyme</td>
<td></td>
</tr>
<tr>
<td>200g sweet potato, skin left on</td>
<td></td>
</tr>
<tr>
<td>100g curly kale</td>
<td></td>
</tr>
<tr>
<td>80g tinned sweetcorn (drained weight)</td>
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</tbody>
</table>

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

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

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

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

Heat the sweetcorn in a saucepan over a gentle heat for several minutes, stirring occasionally. Cut open the sweet potato and use a fork to mash the insides. Season with salt and pepper and serve.
Week One
Day 1

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

1 x Protein Slice

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
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</thead>
<tbody>
<tr>
<td>220g banana, mashed</td>
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<tr>
<td>50g nut butter (any variety, no added sugar)</td>
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</tr>
<tr>
<td>2 medium sized free range eggs</td>
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<tr>
<td>1 egg white</td>
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<tr>
<td>40g porridge oats</td>
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<tr>
<td>20g ground almonds</td>
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<tr>
<td>30g flaxseed, whole or ground</td>
<td></td>
</tr>
<tr>
<td>50g chocolate flavoured protein powder</td>
<td></td>
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<tr>
<td>30g organic raisins</td>
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<tr>
<td>20g dark chocolate, chopped finely</td>
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</table>

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

Line a baking tray with parchment paper.

Mash the bananas removing all lumps.

Add all of the other ingredients and mix well.

Pour the mixture onto the tray and flatten with a spoon.

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

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

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

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

Note For Tomorrow:

Presoak your porridge oats tonight. See breakfast on next page.
Week One
Day 2

Breakfast – 327kcal
15g protein, 7g fat, 47g carbs

Blueberry & Cinnamon Porridge
With Flaxseed

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Amount</th>
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<tbody>
<tr>
<td>60g organic oats</td>
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</tr>
<tr>
<td>100g blueberries</td>
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</tr>
<tr>
<td>2 egg whites</td>
<td></td>
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<tr>
<td>7g ground flaxseed</td>
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<tr>
<td>½ teaspoon ground cinnamon</td>
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<tr>
<td>1 tsp sweetener of your choice</td>
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<tr>
<td>(optional) e.g. stevia</td>
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</table>

Method: Put the oats in a saucepan. Add some cold water - just enough to cover the oats - and place over a medium heat. Stir continuously for 2-3 minutes, adding more water as the mixture starts to thicken. Add a small amount of cold water if the mixture becomes too thick. Egg the egg whites and stir until cooked through. Remove from heat and pour into a serving bowl. Sprinkle over the blueberries, flaxseed, cinnamon and sweetener. Serve.
Week One
Day 2

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

Spicy Chicken Stew

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

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

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

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

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

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

Steam the spinach for 1-2 minutes. Serve.
Method: Remove the steak from its packaging and leave it to rest at room temperature while you prepare the potatoes.

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

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

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

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

Note For Tomorrow:
Presoak your buckwheat tonight. See lunch on next day.
Week One
Day 3

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

Salmon & Poached Egg With Mushrooms, Spinach & Tomato

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Description</th>
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<tbody>
<tr>
<td>3g organic butter, ghee or coconut oil</td>
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</tr>
<tr>
<td>140g salmon fillet or tofu (use a fresh, firm, low fat variety and an additional 2g butter, ghee or oil)</td>
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<tr>
<td>½ tsp cayenne pepper</td>
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</tr>
<tr>
<td>6 closed cup mushrooms, sliced or quartered</td>
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<tr>
<td>2 medium sized vine tomatoes, diced</td>
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<tr>
<td>2 large free range eggs</td>
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<tr>
<td>100g fresh spinach</td>
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**Method:** If using tofu, melt 2g butter, ghee or oil in a non stick frying pan or wok and cook over a medium / high heat for 6 minutes. Use a flat wooden slice to carefully turn the tofu in the pan. Season with salt and cayenne and cook for a further 4 minutes. Remove from pan and set aside.

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

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

For both salmon and tofu, follow these steps.

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

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

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

Steam the spinach gently for 1–2 minutes. Serve.
Week One
Day 3

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

Chickpea & Buckwheat Salad

| 40g (dry weight) buckwheat, soaked overnight |
| 150g tinned chickpeas, drained |
| juice of ½ a lemon |
| ½ tsp dried oregano |
| ½ tsp ground cumin |
| small handful chopped coriander (optional) |
| 80g tinned sweetcorn |
| 50g avocado, diced |
| 50g red onion, sliced finely |
| 50g pickled beetroot, diced |
| 10g pumpkin seeds |

Method: Rinse the pre-soaked buckwheat under cold water until the water runs clear.
Mix the chickpeas with lemon juice, cumin, oregano and coriander.
Assemble all of the other ingredients in a serving bowl and top with the chickpeas.
Serve.
Dinner – 467kcal
40g protein, 9g fat, 57g carbs

**Turkey Mince Curry**

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
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</thead>
<tbody>
<tr>
<td>5g organic butter, ghee or coconut oil</td>
<td></td>
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<tr>
<td>100g white onion, finely sliced</td>
<td></td>
</tr>
<tr>
<td>150g lean turkey breast mince (or use low fat vegetarian turkey mince)</td>
<td></td>
</tr>
<tr>
<td>1 garlic clove, finely chopped</td>
<td></td>
</tr>
<tr>
<td>1 tsp fresh ginger, finely chopped</td>
<td></td>
</tr>
<tr>
<td>1-3 green chillis (optional)</td>
<td></td>
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<tr>
<td>150g chopped tinned tomatoes</td>
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<tr>
<td>1 tsp garam masala</td>
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<tr>
<td>½ tsp turmeric</td>
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<tr>
<td>50g white or wholegrain basmati rice (dry weight)</td>
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</tbody>
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**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

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

**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.

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

<table>
<thead>
<tr>
<th>1 x Protein Slice (made on day 1) PLUS</th>
</tr>
</thead>
<tbody>
<tr>
<td>100g strawberries</td>
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<tr>
<td>25g cashew nuts</td>
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</tbody>
</table>

**DAILY TOTALS** – 1638kcal
119g protein, 66g fat, 145g carbs
### Week One
#### Day 4

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

#### 3 x Bolognaise Muffins

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
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</thead>
<tbody>
<tr>
<td>8g organic butter, ghee or coconut oil</td>
<td></td>
</tr>
<tr>
<td>275g white onion, finely chopped</td>
<td></td>
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<tr>
<td>4-5 basil leaves with stalks (optional), chopped</td>
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</tr>
<tr>
<td>750g extra lean steak mince (or use low fat vegetarian beef mince)</td>
<td></td>
</tr>
<tr>
<td>3 garlic cloves, finely diced</td>
<td></td>
</tr>
<tr>
<td>1 green bell pepper, diced</td>
<td></td>
</tr>
<tr>
<td>160g closed cup mushrooms, finely sliced</td>
<td></td>
</tr>
<tr>
<td>400g tinned chopped tomatoes</td>
<td></td>
</tr>
<tr>
<td>50g tomato purée</td>
<td></td>
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<tr>
<td>small amount of coconut oil, butter or ghee to grease muffin tins</td>
<td></td>
</tr>
<tr>
<td>95g organic oats</td>
<td></td>
</tr>
<tr>
<td>1 medium sized free range egg</td>
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<tr>
<td>1 egg white</td>
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</tbody>
</table>

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

- Melt the butter, ghee or oil in a non stick frying pan over a medium heat. Gently sauté the onion until soft. Add the basil and fry gently, stirring for 20 seconds.
- Add the mince and cook, stirring frequently for 6-8 minutes, until brown all over.
- Add the garlic, green pepper and mushrooms and cook, stirring frequently for 5 minutes.
- Add the chopped tomatoes and tomato purée. Season with salt and pepper and stir.
- Cover and cook for 30 minutes, stirring occasionally. Remove from heat.

Preheat oven to 175˚C / 350˚F.

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

Grease 8 muffin tin compartments.

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

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

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

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

## Day 4

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

**Smoked Mackerel Salad**

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

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

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

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

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

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

**Chinese Stir Fry**

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

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

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

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

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

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

Add the rice noodles and cook according to pack instructions. Serve.
Week One
Day 4

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

<table>
<thead>
<tr>
<th>25g cashew nuts</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 kiwi fruit</td>
</tr>
</tbody>
</table>

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

*Note For Tomorrow:*
Presoak your buckwheat tonight. See breakfast on next page.
### Week One

#### Day 5

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

<table>
<thead>
<tr>
<th>Raspberry Buckwheat Delight</th>
</tr>
</thead>
<tbody>
<tr>
<td>60g (dry weight) buckwheat, soaked overnight</td>
</tr>
<tr>
<td>1 tsp sweetener of your choice (optional)</td>
</tr>
<tr>
<td>15g vanilla flavoured protein powder</td>
</tr>
<tr>
<td>7g ground flaxseed</td>
</tr>
<tr>
<td>½ tsp ground cinnamon</td>
</tr>
<tr>
<td>150g raspberries</td>
</tr>
</tbody>
</table>

**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.

---

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

<table>
<thead>
<tr>
<th>Chicken, Bacon, Avocado, Tomato &amp; Rocket Stack</th>
</tr>
</thead>
<tbody>
<tr>
<td>3g organic butter, ghee or coconut oil</td>
</tr>
<tr>
<td>1 rasher unsmoked back bacon (or use a vegetarian bacon replacement)</td>
</tr>
<tr>
<td>150g fresh chicken breast cooked and sliced in half (“butterfly”), or use a vegetarian chicken replacement</td>
</tr>
<tr>
<td>75g avocado mashed</td>
</tr>
<tr>
<td>1 beef tomato, sliced</td>
</tr>
<tr>
<td>handful rocket leaves</td>
</tr>
</tbody>
</table>

**Method:** Melt the butter, ghee or oil in a non stick frying pan over a medium heat.  
Fry the bacon rasher on both sides until crispy.  
Arrange the items on a plate in a stack, starting with one slice of chicken as a base, and finishing with the other slice of chicken to complete the stack. Serve.
Week One
Day 5

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

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

Method: Whisk the eggs and egg whites in a jug and season well.
Melt half of the butter, ghee or oil in a non-stick frying pan over a medium heat and add the onion. Sauté for 5 minutes, until softened.

Add the broccoli and cook for 5 minutes, stirring occasionally.
Add the red pepper and cook for 3 minutes, stirring occasionally.
Remove the cooked vegetables from the pan and set aside.
Using a wooden spoon, remove any bits from the pan and discard.
Melt the remaining butter, ghee or oil in the pan. Pour the eggs into the pan. Cook gently for around 3-4 minutes until the edges of the mixture start to crisp.
When the centre of the omelette begins to firm up, add the spinach over the entire omelette. Then carefully add the other vegetables on top of the spinach, so that it wilts. Cook for around 1-2 minutes.
Using a wooden slice, fold the omelette in half. Remove the omelette from the pan. Serve.

Snack – 303kcal
9g protein, 15g fat, 31g carbs
1 red grapefruit
30g whole almonds

DAILY TOTALS – 1579kcal
132g protein, 70g fat, 112g carbs
Week One
Day 6

<table>
<thead>
<tr>
<th>Breakfast – 399kcal</th>
</tr>
</thead>
<tbody>
<tr>
<td>36g protein, 25g fat, 5g carbs</td>
</tr>
</tbody>
</table>

**Spicy Lemon Salmon Parcels & Kale**

- 140g salmon fillet or fresh tofu (use a fresh, firm, low fat variety)
- 5g organic butter, ghee or coconut oil, melted
- 1 garlic clove, finely chopped
- 1-3 red chillis, finely chopped
- Juice of ½ a lemon
- 1 medium sized free range egg
- 100g curly kale

**Method:**

Preheat oven to 175°C/350°F.

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

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

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

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

Meanwhile, bring a small saucepan of lightly salted water to the boil. Reduce to a simmer, and carefully place the egg in the water.

Boil for 8-10 minutes, then place in cold water to cool. Peel and slice the egg.

Steam the kale for 3-4 minutes until soft. Serve.
Week One
Day 6

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

Fragrant Thai Mince With Rice

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

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

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

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

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

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

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

When rice is cooked, drain and leave for 2-3 minutes to stand. Serve.
Week One
Day 6

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

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

Method: Melt the butter, ghee or oil in a large saucepan over a gentle heat.
Add the onion and sauté, stirring occasionally, until the onion softens.
Add the sweet potato, cauliflower, garlic, ginger, curry powder and chillis and sauté for 2 minutes.
Add 500ml boiling water and stir in the lentils. Crumble in the stock cube and stir until dissolved.
Reduce the heat to medium-low, cover and simmer for around 20-25 minutes, until the lentils break down and the sweet potatoes are soft.
Season with salt and pepper. Serve.

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

1 Protein Slice (made on day 1)
PLUS
100g strawberries
30g cashew nuts

Note For Tomorrow:
Presoak your porridge oats tonight. See breakfast on next page.

DAILY TOTALS – 1530kcal
110g protein, 66g fat, 124g carbs
## Week One
### Day 7

**Breakfast** – 299kcal
19g protein, 9g fat, 36g carbs

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

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>40g organic oats</td>
<td></td>
</tr>
<tr>
<td>300ml unsweetened almond milk</td>
<td></td>
</tr>
<tr>
<td>2 egg whites</td>
<td></td>
</tr>
<tr>
<td>½ tsp vanilla essence</td>
<td></td>
</tr>
<tr>
<td>100g strawberries, sliced</td>
<td></td>
</tr>
<tr>
<td>7g ground flaxseed</td>
<td></td>
</tr>
<tr>
<td>1 tsp sweetener of your choice (optional)</td>
<td></td>
</tr>
<tr>
<td>½ tsp ground cinnamon</td>
<td></td>
</tr>
</tbody>
</table>

**Method:** Put the oats in a saucepan. Add the almond milk and cook over a medium heat, stirring frequently for 3-4 minutes. Add the egg whites, and cook for a further 1-2 minutes, stirring continuously, until egg is cooked. Remove from heat and stir in the vanilla essence. Pour into a serving bowl. Top with strawberries and sprinkle over the flaxseed, sweetener and cinnamon. Serve.
Week One
Day 7

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

**Spicy Lettuce Wraps**

- 3g organic butter, ghee or coconut oil
- 170g extra lean steak mince (or use low fat vegetarian beef mince)
- 50g red onion, finely chopped
- 100g green bell pepper, diced
- 1 garlic clove, finely chopped
- 20g tomato purée
- 150g chopped tinned tomatoes
- 1 tsp crushed red chilli flakes (optional)
- 80g avocado
- Juice of ½ a lemon
- 200g sweet gem lettuce leaves

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

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

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

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

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

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

Add spoonfuls of the mince onto the lettuce leaves, top with avocado and fold into wraps. Serve.
Week One
Day 7

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

<table>
<thead>
<tr>
<th>Tandoori Chicken Breast With Sweet Potato Mash &amp; Asparagus</th>
</tr>
</thead>
<tbody>
<tr>
<td>160g fresh chicken breast, diced (or use a vegetarian chicken replacement)</td>
</tr>
<tr>
<td>1 tsp tandoori seasoning</td>
</tr>
<tr>
<td>½ tsp cinnamon</td>
</tr>
<tr>
<td>300g sweet potato, skin left on</td>
</tr>
<tr>
<td>100g asparagus</td>
</tr>
</tbody>
</table>

Method: Preheat the oven to 175°C/350°F.
Place a sheet of foil on a baking tray (enough to wrap around the chicken). Place the chicken on the foil and sprinkle on the tandoori seasoning.
Gently wrap the foil around the chicken and seal loosely into a parcel. Cook for 20 minutes or until cooked thoroughly. Use a skewer to check that the chicken is cooked. The juices will run clear when thoroughly cooked.
Bring a saucepan of lightly salted water to the boil. Add the sweet potato and reduce to a gentle simmer. Cook for around 8 minutes, until soft, remove from water and drain.
Bring the saucepan of water to the boil again. Reduce to a simmer, add the asparagus and cook for 3-4 minutes until soft, then drain.
Cut open the sweet potato and use a fork to mash the insides. Sprinkle over the cinnamon, and mash that in to the potato. Serve.

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

| 100g low fat hummus |
| 100g carrot, cut into sticks |
| 25g cashew nuts |

DAILY TOTALS – 1599kcal
121g protein, 56g fat, 145g carbs
Shopping List
Week Two

Please choose from EITHER of the following:

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

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

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

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

* Note: Some meat free alternatives contain gluten and/or MSG. Check the label before you buy.
Shopping List
Week Two (continued)

**fresh herbs**
1 small pack fresh mint
2 small pack fresh rosemary

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

**spices / seasonings**
1 small pot madras curry power
1 small pot chilli powder
**Week Two**  
**Day 1**

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

<table>
<thead>
<tr>
<th>Blackberry Protein Muesli</th>
</tr>
</thead>
<tbody>
<tr>
<td>50g organic jumbo oats</td>
</tr>
<tr>
<td>250ml unsweetened almond milk</td>
</tr>
<tr>
<td>20g chocolate flavoured protein powder</td>
</tr>
<tr>
<td>75g blackberries</td>
</tr>
<tr>
<td>10g omega seed sprinkle (flaxseed, linseed, sesame seeds and sunflower seeds)</td>
</tr>
</tbody>
</table>

**Method:** Put the oats in a saucepan. Add the almond milk and cook over a medium heat, stirring frequently for 4-5 minutes, until mixture starts to thicken. Add a small amount of cold water if the mixture becomes too thick, and continue to cook until the water has been absorbed. Remove from heat and pour into a serving bowl. Stir in the protein powder, mixing well. Top with blackberries and sprinkle over the omega seed sprinkle. Serve.
Week Two  
Day 1

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

### Salmon With Asparagus & Baby Tomatoes

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>5g organic butter, ghee or coconut oil</td>
<td></td>
</tr>
<tr>
<td>140g salmon fillet (or replace with 100g firm tofu, diced and 1 medium sized free range egg)</td>
<td></td>
</tr>
<tr>
<td>½ tsp cayenne pepper</td>
<td></td>
</tr>
<tr>
<td>5 baby plum tomatoes, halved</td>
<td></td>
</tr>
<tr>
<td>100g asparagus, chopped</td>
<td></td>
</tr>
</tbody>
</table>

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

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

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

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

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

Add the asparagus to the pan and cook for 4-5 minutes, stirring frequently. Add the tomatoes and cook for a further 3 minutes, or until soft. Serve.
Week Two
Day 1

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

<table>
<thead>
<tr>
<th>Pork Loin Chops With Baby New Potatoes &amp; Garden Peas</th>
</tr>
</thead>
<tbody>
<tr>
<td>170g pork loin chops (or use a vegetarian pork replacement)</td>
</tr>
<tr>
<td>200g baby new potatoes</td>
</tr>
<tr>
<td>100g garden peas</td>
</tr>
</tbody>
</table>

Method: Preheat the oven to 175˚C/350˚F.
Place a sheet of foil on a baking tray.
Place the meat on the foil and season with salt and pepper.
Cook for 10 minutes then turn and cook for a further 10 minutes.
While the meat is cooking, bring a saucepan of lightly salted water to the boil. Add the potatoes and reduce to a gentle simmer.
Cook for around 15 minutes, until soft, remove from water and drain. Then add the peas and simmer for a further 2-3 minutes until soft.
Drain the vegetables. Serve.

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

<table>
<thead>
<tr>
<th>Chocolate Protein Ball</th>
</tr>
</thead>
<tbody>
<tr>
<td>25g smooth or crunchy nut butter (no added sugar)</td>
</tr>
<tr>
<td>15g chocolate flavoured protein powder</td>
</tr>
<tr>
<td>5g organic cocoa powder (to coat the protein ball)</td>
</tr>
</tbody>
</table>

PLUS
1 kiwi fruit

Method: Mash the nut butter and protein powder together in a small bowl.
Using your hands, roll the mixture into a ball.
Lightly dust a plate with the cocoa powder and roll the ball in the powder to give it a light coating.
Consume immediately or store in an airtight container and refrigerate for up to 3 days.

DAILY TOTALS – 1603kcal
126g protein, 61g fat, 108g carbs
Week Two
Day 2

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

**Bacon, Tomato & Cauliflower Scrambled Eggs**

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

**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.

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

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

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

**Method:** Place the rocket leaves in a serving dish and top with the remaining ingredients.
Week Two
Day 2

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

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

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>handful fresh mint leaves, finely chopped</td>
<td></td>
</tr>
<tr>
<td>3 tbsps malt vinegar</td>
<td></td>
</tr>
<tr>
<td>300g sweet potato, skin left on, cut into wedges</td>
<td></td>
</tr>
<tr>
<td>2 tbsps organic olive oil</td>
<td></td>
</tr>
<tr>
<td>200g lamb leg steaks (or use a vegetarian lamb replacement)</td>
<td></td>
</tr>
<tr>
<td>sprig fresh rosemary or ½ tsp dried rosemary</td>
<td></td>
</tr>
<tr>
<td>100g tender stem broccoli</td>
<td></td>
</tr>
</tbody>
</table>

**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.

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.

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

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

**Note For Tomorrow:**
Presoak your porridge oats tonight. See breakfast on next page.
Week Two
Day 3

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

**Raspberry Protein Porridge Oats**
- 50g organic oats
- 350ml unsweetened almond milk
- 20g vanilla flavoured protein powder
- 100g raspberries

**Method:** Put the oats in a saucepan. Add the almond milk and cook over a medium heat. Stir continuously for 3-4 minutes, as the mixture starts to thicken. Add a small amount of cold water if the mixture becomes too thick, and continue to cook until the water has been absorbed. Remove from heat and pour into a serving bowl. Add the protein powder and mix well to combine. Top with the raspberries. Serve.

---

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

**Turkey Breast Steak Salad With Avocado, Beetroot & Tomatoes**
- 70g mixed salad leaves
- 160g cooked turkey breast steak, cut into strips (or use a vegetarian chicken replacement)
- 70g avocado, sliced
- 50g pickled beetroot, sliced
- 7 baby plum tomatoes, halved
- 2 tsps organic olive oil

**Method:** Place the rocket leaves in a serving dish and top with the remaining ingredients.
Week Two
Day 3

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

**Fish & Chips With Peas**
- 250g all rounder potatoes, cut into chips
- 2 tsps organic olive oil
- 2 tsps paprika
- 1 medium sized free range egg
- 20g ground almonds
- 15g oatbran
- 225g white fish fillet (or replace with 120g firm tofu, diced)
- 100g garden peas

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

Bring a pan of lightly salted water to the boil.

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

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

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

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

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

Whisk the egg in a separate bowl.

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

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

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

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

**Note For Tomorrow:**
Presoak your buckwheat tonight. See breakfast on next page.
Week Two
Day 4

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

**Strawberry Buckwheat Protein Porridge**

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>40g buckwheat (dry weight), soaked overnight</td>
<td></td>
</tr>
<tr>
<td>300ml unsweetened almond milk</td>
<td></td>
</tr>
<tr>
<td>15g vanilla flavoured protein powder</td>
<td></td>
</tr>
<tr>
<td>100g strawberries, sliced</td>
<td></td>
</tr>
</tbody>
</table>

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

Lean Chilli Con Carne

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>3g organic butter, ghee or coconut oil</td>
<td></td>
</tr>
<tr>
<td>150g extra lean steak mince (or use low fat vegetarian beef mince)</td>
<td></td>
</tr>
<tr>
<td>100g green pepper, diced</td>
<td></td>
</tr>
<tr>
<td>1 garlic clove, finely chopped</td>
<td></td>
</tr>
<tr>
<td>200g tinned chopped tomatoes</td>
<td></td>
</tr>
<tr>
<td>50g tomato purée</td>
<td></td>
</tr>
<tr>
<td>1 tsp chilli powder or paprika</td>
<td></td>
</tr>
<tr>
<td>50g tinned red kidney beans</td>
<td></td>
</tr>
<tr>
<td>20g white or wholegrain basmati rice (dry weight)</td>
<td></td>
</tr>
<tr>
<td>100g cauliflower (grated)</td>
<td></td>
</tr>
</tbody>
</table>

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

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

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

Add the garlic and cook for 1-2 minutes.

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

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

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

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

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

**Roasted Chicken Thighs With Mediterranean Roasted Vegetables**

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity/Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>200g chicken thighs (or use a vegetarian chicken replacement)</td>
<td></td>
</tr>
<tr>
<td>2 tsps organic olive oil</td>
<td></td>
</tr>
<tr>
<td>sprig fresh rosemary</td>
<td></td>
</tr>
<tr>
<td>100g red bell pepper, diced</td>
<td></td>
</tr>
<tr>
<td>100g red onion, sliced or quartered</td>
<td></td>
</tr>
<tr>
<td>1-2 garlic clove, left whole or roughly chopped</td>
<td></td>
</tr>
<tr>
<td>7 baby plum tomatoes, left whole</td>
<td></td>
</tr>
</tbody>
</table>

**Method:** Preheat oven to 175°C/350°F.
Line two baking trays with foil.
Add the chicken onto one of the trays. Drizzle over half of the oil over the chicken and season with salt and pepper. Place the fresh rosemary on the chicken.
Cook in the oven for 25 minutes, then turn the chicken and continue to cook for 20 minutes or until thoroughly cooked (use a skewer to test - if the juices run clear then the chicken is cooked).
Place the pepper, onion and garlic on the other baking tray. Drizzle over the remaining oil and turn the vegetables to coat them.
Season with salt and pepper and cook for 20 minutes.
Turn the vegetables, add the tomatoes to the tray and cook for a further 5 minutes, or until the tomatoes are soft. Serve.
Week Two
Day 4

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

<table>
<thead>
<tr>
<th>Chocolate Protein Ball</th>
</tr>
</thead>
<tbody>
<tr>
<td>20g smooth or crunchy nut butter (no added sugar)</td>
</tr>
<tr>
<td>10g chocolate flavoured protein powder</td>
</tr>
<tr>
<td>5g organic cocoa powder (to coat the protein ball)</td>
</tr>
</tbody>
</table>

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

Using your hands, roll the mixture into a ball.

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

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

DAILY TOTALS – 1531kcal
126g protein, 60g fat, 109g carbs
Week Two
Day 5

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

**Scrambled Eggs With Smoked Salmon & Spinach**

<table>
<thead>
<tr>
<th>Ingredients</th>
</tr>
</thead>
<tbody>
<tr>
<td>75g smoked salmon</td>
</tr>
<tr>
<td>(or replace with</td>
</tr>
<tr>
<td>an extra egg and</td>
</tr>
<tr>
<td>2 egg whites)</td>
</tr>
<tr>
<td>3 medium sized free</td>
</tr>
<tr>
<td>range eggs</td>
</tr>
<tr>
<td>3 egg whites</td>
</tr>
<tr>
<td>100g fresh spinach</td>
</tr>
</tbody>
</table>

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

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

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

Steam the spinach gently for 1-2 minutes.

Assemble the salmon on a plate with the cooked eggs and spinach. Serve.
Week Two
Day 5

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

Chicken, Mushroom & Leek With Rice

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>5g organic butter, ghee or coconut oil</td>
<td></td>
</tr>
<tr>
<td>100g leeks, sliced into 5mm thick pieces</td>
<td></td>
</tr>
<tr>
<td>100g cauliflower (grated)</td>
<td></td>
</tr>
<tr>
<td>100g closed cup mushrooms, sliced</td>
<td></td>
</tr>
<tr>
<td>130g fresh chicken breast, diced (or use a vegetarian chicken replacement)</td>
<td></td>
</tr>
<tr>
<td>1 garlic clove, finely chopped</td>
<td></td>
</tr>
<tr>
<td>175ml unsweetened almond milk</td>
<td></td>
</tr>
<tr>
<td>1/2 tsp dried oregano</td>
<td></td>
</tr>
<tr>
<td>50g white or wholegrain basmati rice (dry weight)</td>
<td></td>
</tr>
</tbody>
</table>

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

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

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

Remove the vegetables from the pan and set aside.

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

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

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

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

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

When rice is cooked, drain and leave for 2-3 minutes to stand. Serve.
Week Two
Day 5

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

Venison Steak With Sweet Potato & Asparagus

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>250g sweet potato, skin left on</td>
<td></td>
</tr>
<tr>
<td>5g organic butter, ghee or coconut oil</td>
<td></td>
</tr>
<tr>
<td>160g venison shoulder steak (or use low fat vegetarian beef mince)</td>
<td></td>
</tr>
<tr>
<td>100g asparagus</td>
<td></td>
</tr>
<tr>
<td>½ tsp ground cinnamon</td>
<td></td>
</tr>
</tbody>
</table>

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

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

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

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

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

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

Chocolate Protein Ball

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>25g smooth or crunchy nut butter (no added sugar)</td>
<td></td>
</tr>
<tr>
<td>15g chocolate flavoured protein powder</td>
<td></td>
</tr>
<tr>
<td>5g organic cocoa powder (to coat the protein ball)</td>
<td></td>
</tr>
</tbody>
</table>

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

Using your hands, roll the mixture into a ball.

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

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

DAILY TOTALS – 1600kcal
157g protein, 60g fat, 109g carbs
Week Two
Day 6

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

<table>
<thead>
<tr>
<th>Coconut, Shallot &amp; Spinach Quiche</th>
</tr>
</thead>
<tbody>
<tr>
<td>2 medium sized free range eggs</td>
</tr>
<tr>
<td>4 egg whites</td>
</tr>
<tr>
<td>200ml reduced fat coconut milk</td>
</tr>
<tr>
<td>2 shallots, chopped finely</td>
</tr>
<tr>
<td>1 vine tomato, halved</td>
</tr>
<tr>
<td>60g fresh spinach, chopped finely</td>
</tr>
</tbody>
</table>

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

Stir in the shallots, tomato and spinach.

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

---

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

<table>
<thead>
<tr>
<th>Tandoori Chicken Drumsticks With Salad</th>
</tr>
</thead>
<tbody>
<tr>
<td>3 chicken drumsticks (or use 180g vegetarian chicken replacement)</td>
</tr>
<tr>
<td>1 tsp tandoori mix</td>
</tr>
<tr>
<td>60g avocado, sliced</td>
</tr>
<tr>
<td>juice of ½ a lemon</td>
</tr>
<tr>
<td>100g sweet gem lettuce leaves</td>
</tr>
<tr>
<td>100g red bell pepper, sliced</td>
</tr>
<tr>
<td>25g red onion, finely sliced</td>
</tr>
<tr>
<td>5 baby plum tomatoes, halved</td>
</tr>
</tbody>
</table>

**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**

<table>
<thead>
<tr>
<th>Dinner – 547kcal</th>
</tr>
</thead>
<tbody>
<tr>
<td>37g protein, 21g fat, 50g carbs</td>
</tr>
</tbody>
</table>

**Salmon Fillet With Lemon, Rice & Asparagus**

- 60g white or wholegrain basmati rice (dry weight)
- 5g organic butter, ghee or coconut oil
- 150g salmon fillet or tofu (use a fresh, firm, low fat variety)
- 100g asparagus
- juice of ½ a lemon

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

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

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 – 103kcal**

- 1g protein, 0g fat, 23g carbs

- 1 banana

**DAILY TOTALS – 1596kcal**

- 112g protein, 77g fat, 97g carbs

**Note For Tomorrow:**

Presoak your porridge oats tonight. See breakfast on next page.
Week Two
Day 7

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

<table>
<thead>
<tr>
<th>Kiwi Protein Porridge Oats</th>
</tr>
</thead>
<tbody>
<tr>
<td>45g organic porridge oats</td>
</tr>
<tr>
<td>300ml unsweetened almond milk</td>
</tr>
<tr>
<td>15g vanilla flavoured protein powder</td>
</tr>
<tr>
<td>7g ground flaxseed</td>
</tr>
<tr>
<td>1 kiwi fruit, diced (skin left on or removed)</td>
</tr>
</tbody>
</table>

**Method:** Put the oats in a saucepan. Add the almond milk and place over a medium heat. Stir continuously for 2-3 minutes. Add a small amount of cold water if the mixture becomes too thick, and continue to cook until the water has been absorbed. Remove from heat and pour into a serving bowl. Stir in the protein powder. Sprinkle over the flaxseed and kiwi. Serve.

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

<table>
<thead>
<tr>
<th>Turkey Mince Madras With Potato &amp; Spinach</th>
</tr>
</thead>
<tbody>
<tr>
<td>5g organic butter, ghee or coconut oil</td>
</tr>
<tr>
<td>160g lean turkey breast mince (or use low fat vegetarian turkey mince)</td>
</tr>
<tr>
<td>1 garlic clove, finely chopped</td>
</tr>
<tr>
<td>1 tsp fresh ginger, finely chopped</td>
</tr>
<tr>
<td>1 tsp madras curry powder</td>
</tr>
<tr>
<td>200g tinned chopped tomatoes</td>
</tr>
<tr>
<td>150g baby new potatoes, boiled</td>
</tr>
<tr>
<td>60g fresh spinach, chopped</td>
</tr>
</tbody>
</table>

**Method:** Melt the butter, ghee or oil in a non stick frying pan over a medium heat. Add the mince and cook, stirring frequently, for 5 minutes. Add the garlic, ginger and curry powder and cook stirring, for 3-4 minutes. Stir in the tinned tomatoes, and simmer for 10-12 minutes. While the turkey is cooking, bring a saucepan of lightly salted water to the boil. Add the potatoes and reduce to a gentle simmer. Cook for around 12-15 minutes, until soft, remove from water and drain. Steam the spinach. Serve.
**Week Two**

**Day 7**

**Dinner – 640kcal**

54g protein, 23g fat, 49g carbs

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

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>30g bramley apple, peeled and sliced</td>
<td></td>
</tr>
<tr>
<td>40g quinoa (dry weight)</td>
<td></td>
</tr>
<tr>
<td>10g organic butter, ghee or coconut oil</td>
<td></td>
</tr>
<tr>
<td>25g red onion, finely sliced</td>
<td></td>
</tr>
<tr>
<td>1 garlic clove, finely sliced</td>
<td></td>
</tr>
<tr>
<td>100g tinned chopped tomatoes</td>
<td></td>
</tr>
<tr>
<td>1/2 tsp dried herbs, e.g. oregano, Italian seasoning</td>
<td></td>
</tr>
<tr>
<td>130g pork loin steak (or use a vegetarian pork replacement)</td>
<td></td>
</tr>
<tr>
<td>80g tinned sweetcorn, drained</td>
<td></td>
</tr>
</tbody>
</table>

**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 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.

---

**Snack – 159kcal**

5g protein, 9g fat, 15g carbs

<table>
<thead>
<tr>
<th>Snack</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>1 kiwi fruit</td>
<td></td>
</tr>
<tr>
<td>20g cashews</td>
<td></td>
</tr>
</tbody>
</table>

**DAILY TOTALS – 1611kcal**

122g protein, 56g fat, 147g carbs
Shopping List
Week Three

Please choose from EITHER of the following: Meat, Poultry and Fish ingredients OR the Vegetarian Alternatives.

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

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

**chilled section**
- 60g low fat hummus

**fruit and vegetables**
- 260g fresh spinach leaves
- 19 baby plum tomatoes
- 3 medium sized vine tomatoes
- 1 red bell peppers
- 2 green bell peppers
- 75g closed cup mushrooms
- 175g carrots
- 100g celery
- 130g broccoli
- 1 avocado
- 100g sweet gem lettuce leaves
- 75g mixed lettuce leaves
- 100g mix of spinach, rocket and watercress leaves
- 50g radishes
- 125g shallots
- 1 medium sized red onions
- 3 medium sized white onions
- 75g spring onions
- 4 medium sized sweet potatoes
- 120g all rounder potatoes
- 160g garden peas
- 100g curly kale
- 100g tender stem broccoli
- 3 green or red chillis (optional)
- 2 green chillis (optional)
- 30g lemongrass
- 2 medium sized bananas
- 2 lemons
- 200g blueberries - fresh or frozen
- 75g raspberries - fresh or frozen
- 100g strawberries
- 1 pear
- 5 nectarines
- 1 apple
- 1 kiwi

* Note: Some meat free alternatives contain gluten and/or MSG. Check the label before you buy.
Shopping List
Week Three (continued)

**fresh herbs**
1 small pack fresh coriander

**dry goods**
19 medium sized free range eggs
180g tinned sweetcorn
1 x 200g tin chopped tomatoes
1 x 150g tin chickpeas in water
1 small jar Thai red curry paste
150ml reduced fat coconut milk
2 litres unsweetened almond milk
50g spaghetti*
1 tube tomato purée
300g packet tomato passata
1 small bottle fish sauce “Nam Pla”
1 small pack organic oatcakes

**spices / seasonings**
1 small pot lemon & thyme seasoning
1 small pot steak seasoning
1 small small pot chicken seasoning (or use dried oregano)
1 small pot ground coriander

* Gluten-free if preferred
Week Three
Day 1

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

<table>
<thead>
<tr>
<th>Bacon &amp; Egg Vegetable Breakfast Scramble</th>
</tr>
</thead>
<tbody>
<tr>
<td>5g organic butter, ghee or coconut oil</td>
</tr>
<tr>
<td>120g all rounder potato, finely diced</td>
</tr>
<tr>
<td>75g carrots, finely diced</td>
</tr>
<tr>
<td>60g white onion, chopped finely</td>
</tr>
<tr>
<td>100g celery, chopped finely</td>
</tr>
<tr>
<td>2 rashers unsmoked back bacon (use a vegetarian bacon if preferred)</td>
</tr>
<tr>
<td>1 medium sized free range egg</td>
</tr>
<tr>
<td>4 egg whites</td>
</tr>
</tbody>
</table>

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

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

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

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

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

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

Pour the egg and egg whites into the saucepan and season with salt and pepper. Stir gently until the eggs are cooked thoroughly. Serve.
Week Three
Day 1

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

<table>
<thead>
<tr>
<th>Turkey Thai Red Curry</th>
</tr>
</thead>
<tbody>
<tr>
<td>5g organic butter, ghee or coconut oil</td>
</tr>
<tr>
<td>50g shallots, finely sliced</td>
</tr>
<tr>
<td>160g lean turkey breast mince (or use vegetarian turkey mince)</td>
</tr>
<tr>
<td>75g spring onion, finely sliced</td>
</tr>
<tr>
<td>15g red curry paste</td>
</tr>
<tr>
<td>5 baby plum tomatoes</td>
</tr>
<tr>
<td>40g basmati rice, white or wholegrain</td>
</tr>
<tr>
<td>50g broccoli, cut into florets</td>
</tr>
</tbody>
</table>

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

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

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

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

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

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

Bring a saucepan of lightly salted water to the boil. Reduce to a simmer, add the broccoli and cook for 3-4 minutes, then drain. Serve.
Week Three
Day 1

Dinner – 630kcal
52g protein, 22g fat, 46g carbs

Rump Steak With Spicy Sweet Potato Wedges & Peas

1½ tsps organic olive oil
200g sweet potato, cut into wedges
1 tsp paprika or chilli flakes
175g rump steak, trimmed of fat (or use a vegetarian chicken replacement)
80g garden peas

Method: Preheat oven to 175°C/350°F.
Remove the steak from its packaging and leave it to rest at room temperature while you prepare the potato wedges.

Bring a pan of lightly salted water to the boil.
Add the potatoes and cook for around 4 minutes or until semi-soft. Drain carefully, taking care not to damage the potatoes.

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

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

Melt the remaining oil in a non stick frying pan or griddle, over a medium heat.
Add the meat and cook on both sides, according to pack instructions. If using steak, follow instructions on steak packet to determine length of time to cook to achieve rare, medium, or well done steak.

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

Snack – 75kcal
2g protein, 0g fat, 18g carbs

100g fresh strawberries
1 kiwi fruit

DAILY TOTALS – 1625kcal
147g protein, 50g fat, 138g carbs
**Week Three**

**Day 2**

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

**Nectarine & Flaxseed Protein Muesli**

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>50g organic jumbo oats</td>
<td></td>
</tr>
<tr>
<td>250ml unsweetened almond milk</td>
<td></td>
</tr>
<tr>
<td>20g vanilla flavoured protein powder</td>
<td></td>
</tr>
<tr>
<td>100g nectarine, sliced</td>
<td></td>
</tr>
<tr>
<td>10g ground flaxseed</td>
<td></td>
</tr>
</tbody>
</table>

**Method:** Put the oats in a saucepan. Add the almond milk and cook over a medium heat. Stir continuously for 3-4 minutes, as the mixture starts to thicken. Add a small amount of cold water if necessary, to obtain desired consistency, continuing to cook until the water has been absorbed. Remove from heat and pour into a serving bowl. Add the protein powder and mix well to combine. Top with the nectarine and flaxseed. Serve.

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

**Oven Baked Chicken Drumsticks With Salad**

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

**Method:** Preheat oven to 180°C / 350°F. Place the chicken on a baking tray. Season with salt and pepper and herbs or spices. Oven bake the chicken for 10 minutes, then turn over and cook for a further 15-20 minutes. Use a skewer to check that the chicken is cooked. The juices will run clear from the chicken when thoroughly cooked. Slice the avocado and sprinkle over the lemon juice to prevent the avocado flesh turning brown. Arrange the chicken and salad ingredients on a plate and top with balsamic vinegar. Serve.
### Week Three

#### Day 2

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

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

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

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

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

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

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

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

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

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

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

- 1 kiwi
- 1 banana

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**DAILY TOTALS – 1582kcal**
- 108g protein, 59g fat, 138g carbs
Week Three
Day 3

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

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

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

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

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

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

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

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

Pour the eggs into the frying pan.

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

Steam the spinach gently for 2-3 minutes.

Serve.

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

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

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

Meanwhile, bring a saucepan of lightly salted water to the boil. Cook the spaghetti according to pack instructions. If you find the spaghetti is sticking together, add a dash of olive oil to the water and use a fork to carefully separate the strands. When cooked, drain and leave to stand for 1 minute. Serve.
Week Three
Day 3

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

**Fragrant Thai Noodle Soup**

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

**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.

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

<table>
<thead>
<tr>
<th>Item</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>nectarine</td>
<td>1</td>
</tr>
<tr>
<td>apple</td>
<td>1</td>
</tr>
</tbody>
</table>

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

**Note For Tomorrow:**
Presoak your buckwheat tonight. See breakfast on next page.
**Week Three**

**Day 4**

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

*Chocolate, Coconut & Raspberry Protein Buckwheat Delight*

- 55g (dry weight) buckwheat, soaked overnight
- 150ml reduced fat coconut milk
- 175ml unsweetened almond milk
- 20g chocolate flavoured protein powder
- 75g raspberries

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

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

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

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

*Lemon & Thyme Chicken Breast With Spinach Rice Salad*

- 160g fresh chicken breast (or use a vegetarian chicken replacement), sliced in half (“butterfly”)
- 10g lemon & thyme seasoning
- 2 tsps organic olive oil
- 45g white or wholegrain basmati rice (dry weight)
- 2 vine tomatoes, left whole
- 60g fresh spinach
- 12 black olives, sliced finely

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

Place a large sheet of foil on a baking tray.

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

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

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

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

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

Steam the spinach for 1-2 minutes.

Mix the olives with the rice. Serve.
Week Three
Day 4

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

Lean Venison Sausages With Vegetables

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>100g carrots, chopped</td>
<td></td>
</tr>
<tr>
<td>5g organic butter, ghee or coconut oil</td>
<td></td>
</tr>
<tr>
<td>3 venison sausages (or use a vegetarian sausage replacement)</td>
<td></td>
</tr>
<tr>
<td>100g tender stem broccoli, chopped</td>
<td></td>
</tr>
<tr>
<td>80g garden peas</td>
<td></td>
</tr>
</tbody>
</table>

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

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

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

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

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

<table>
<thead>
<tr>
<th>Snack Item</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>25g whole almonds</td>
<td></td>
</tr>
<tr>
<td>1 nectarine</td>
<td></td>
</tr>
<tr>
<td>1 banana</td>
<td></td>
</tr>
</tbody>
</table>

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

Note For Tomorrow:
Presoak your porridge oats tonight. See breakfast on next page.
Week Three
Day 5

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

Nectarine & Cinnamon Protein Porridge
- 50g organic oats
- 350ml unsweetened almond milk
- 20g vanilla flavoured protein powder
- 1 tsp ground cinnamon
- 100g nectarine, sliced finely

Method: Put the oats in a saucepan. Add the almond milk and place over a medium heat. Stir continuously for 2-3 minutes, adding some water if necessary as the mixture starts to thicken. Remove from heat and pour into a serving bowl. Add the protein powder and stir well. Sprinkle over the cinnamon and top with nectarine. Serve.

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

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

Method: Melt the oil, butter or ghee in a non stick frying pan over a medium heat. Rub the steak seasoning into the steak and gently fry for 2 minutes, then turn and cook for a further 2 minutes. Mix the leaves, radishes and sweetcorn together, and assemble on a plate. Drizzle over the balsamic vinegar and top with the steak. Serve.
## Week Three
### Day 5

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

<table>
<thead>
<tr>
<th>Turkey Breast Mince Madras</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>5g organic butter, ghee or coconut oil</td>
<td></td>
</tr>
<tr>
<td>100g white onion, finely chopped</td>
<td></td>
</tr>
<tr>
<td>175g lean turkey breast mince (or use low fat vegetarian turkey mince)</td>
<td></td>
</tr>
<tr>
<td>2 garlic cloves, finely chopped</td>
<td></td>
</tr>
<tr>
<td>1 tsp fresh ginger, finely chopped</td>
<td></td>
</tr>
<tr>
<td>1-3 chillis (optional)</td>
<td></td>
</tr>
<tr>
<td>5g madras curry powder</td>
<td></td>
</tr>
<tr>
<td>150g passata</td>
<td></td>
</tr>
<tr>
<td>45g white or wholegrain basmati rice (dry weight)</td>
<td></td>
</tr>
</tbody>
</table>

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

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

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

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

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

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

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

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

<table>
<thead>
<tr>
<th>Blueberry Protein Smoothie</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>30g vanilla flavoured protein powder</td>
<td></td>
</tr>
<tr>
<td>350ml unsweetened almond milk</td>
<td></td>
</tr>
<tr>
<td>100g blueberries</td>
<td></td>
</tr>
<tr>
<td>25g ground almonds</td>
<td></td>
</tr>
</tbody>
</table>

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

**DAILY TOTALS – 1623kcal**  
146g protein, 51g fat, 145g carbs
Week Three
Day 6

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

<table>
<thead>
<tr>
<th>Scrambled Eggs With Bacon, Spinach &amp; Baby tomatoes</th>
</tr>
</thead>
<tbody>
<tr>
<td>2 rashers unsmoked back bacon (or use a vegetarian bacon replacement)</td>
</tr>
<tr>
<td>2 medium sized free range eggs</td>
</tr>
<tr>
<td>4 egg whites</td>
</tr>
<tr>
<td>100g fresh spinach</td>
</tr>
<tr>
<td>5g organic butter, ghee or coconut oil</td>
</tr>
<tr>
<td>7 baby plum tomatoes, halved</td>
</tr>
</tbody>
</table>

**Method:** Cut the bacon up into small pieces, using scissors.
Whisk the eggs and egg whites with a fork. Season with salt and pepper.
Steam the spinach gently for 1-2 minutes.
Melt the oil, butter or ghee in a non stick frying pan over a medium heat. Add the bacon pieces and the tomatoes and fry gently on both sides until the bacon becomes crispy. Remove from pan and set aside. Using a wooden spoon, scrape out any bits from the pan and discard.
Pour the eggs into the frying pan and stir continuously for around 2 minutes until the eggs are cooked. Serve.

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

<table>
<thead>
<tr>
<th>Chicken Avocado &amp; Hummus Gem Lettuce Wraps</th>
</tr>
</thead>
<tbody>
<tr>
<td>160g fresh chicken breast, diced (or use a vegetarian chicken replacement)</td>
</tr>
<tr>
<td>1 tsp chicken seasoning or dried oregano</td>
</tr>
<tr>
<td>100g sweet gem lettuce leaves</td>
</tr>
<tr>
<td>juice of ½ a lemon</td>
</tr>
<tr>
<td>75g avocado</td>
</tr>
<tr>
<td>40g red onion, finely chopped</td>
</tr>
<tr>
<td>60g low fat hummus</td>
</tr>
</tbody>
</table>

**Method:** Preheat oven to 175°C/350°F.
Place a sheet of foil on a baking tray.
Place the chicken on the foil and sprinkle on the seasoning or oregano.
Cook for around 15-20 minutes until the chicken is cooked through. Cut the cooked chicken into strips.
Slice the avocado and sprinkle over the lemon juice to prevent the avocado flesh turning brown.
Wrap the chicken, onion, hummus and avocado in the lettuce leaves. Serve.
**Week Three**

**Day 6**

<table>
<thead>
<tr>
<th>Dinner – 615kcal</th>
</tr>
</thead>
<tbody>
<tr>
<td>37g protein, 23g fat, 58g carbs</td>
</tr>
</tbody>
</table>

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

- 150g salmon fillet or tofu (use a fresh, firm, low fat variety)
- juice of ½ a lemon
- 300g sweet potato, skin left on
- ½ tsp ground cinnamon
- 100g curly kale

**Method:**

Preheat oven to 175°C/350°F. Place a sheet of foil on a baking tray (enough to wrap around the fish or tofu). Place the salmon / tofu on the foil and season with salt and pepper. Squeeze the lemon juice over the salmon / tofu. Gently wrap the foil around the salmon or tofu and seal loosely into a parcel. Cook for 15-20 minutes or until salmon is cooked thoroughly (when cooked, the salmon should be a pale pink colour throughout).

Meanwhile, bring a saucepan of lightly salted water to the boil. Add the sweet potato and reduce to a gentle simmer. Cook for around 8 minutes, until soft, remove from water and drain. Steam the curly kale for 3-4 minutes until soft.

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

<table>
<thead>
<tr>
<th>Snack – 57kcal</th>
</tr>
</thead>
<tbody>
<tr>
<td>0g protein, 0g fat, 12g carbs</td>
</tr>
<tr>
<td>1 pear</td>
</tr>
</tbody>
</table>

**DAILY TOTALS – 1593kcal**

137g protein, 71g fat, 90g carbs
Week Three
Day 7

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

**Protein Power Smoothie**
- 35g vanilla flavoured protein powder
- 350ml unsweetened almond milk
- 100g banana
- 100g blueberries
- 7g ground flaxseed

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

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

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

**Method:** Melt the butter, ghee or oil in a large saucepan over a gentle heat. Sauté the onion for 3 minutes, stirring frequently. Add the pepper, garlic, spices and almonds and fry gently for 2 minutes, stirring constantly. Add the stock and bring to a boil, then reduce to a simmer. Add the stock and bring to a boil, then reduce to a simmer. Add the quinoa and tomatoes, season with salt and pepper and stir well. Cover and simmer for 20 minutes. Stir in the chickpeas, and cook for 5 minutes. Serve.
Week Three
Day 7

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

**Garlic & Onion Lamb With Broccoli**

- 5g organic butter, ghee or coconut oil
- 100g white onion, finely chopped
- 180g diced lamb leg, visible fat removed (or use low fat vegetarian beef mince)
- 1 garlic clove, finely chopped
- 2 green chillis (optional)
- ½ tsp ground turmeric
- 1 tsp ground coriander
- ½ tsp garam masala
- 80g broccoli, cut into florets
- small handful chopped coriander (optional)

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

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

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

Cover and simmer for 15-20 minutes.

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

Sprinkle the coriander over the sauce and serve.

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

- 2 organic oatcakes
- 20g nut butter (any variety)
- 1 nectarine

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