



Body Transformation Fat Loss Recipes

- 1600 CALORIES -





Nina Lancaster has a Sports Science degree and has been teaching Fitness for over thirty years. Following her hugely successful Body Transformation courses at the award winning Rudding Park Hotel and Spa, she has now taken her courses online and has produced a series of e-books to give both men and women the tools, knowledge and motivation to look and feel their best and achieve their goals.

Medical Disclaimer

Always consult your medical practitioner, registered dietician or nutritionist before making any significant changes to your diet – particularly if you are an adolescent, pregnant, breastfeeding or have / develop a medical condition.

Whilst our meal options can help most people lose weight as part of a calorie controlled diet and active lifestyle, they have not been specifically designed for you and individual results will vary.

Where calorie and macronutrient information is provided, it is calculated using common databases. Exact values will vary, however, and so the values will only be approximations for your finished dish.

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Welcome...



Body Transformation Fat Loss Recipe Book.

This book will be your bible over the coming weeks! Nutrition will count for approximately 80% of your results!

In your 20's and 30's you could probably get away with having a poor or satisfactory diet and still keep the weight off. However, in your 40's and 50's this is definitely not the case and the key to a healthy, lean physique lies in what you eat.

Below I have included the key principles that work nutritionally for health and fat loss. This is a way of eating that will enable you to achieve both fast and permanent results in a way that is 100% sustainable. For this change to be permanent it has to be both straightforward and above all enjoyable. My recipe book will show you how to produce quick, easy and tasty meals, suitable for the whole family.

1. Drink at least 3 litres of water daily to naturally detoxify the body and keep it hydrated. **Water is the single biggest component of fat loss!**
2. Avoid processed food that is laden with salt and sugar. Make your meals (including sauces) from scratch and from fresh ingredients.
3. Eat plenty of protein for growth, repair and maintenance of lean muscle tissue. Eating protein will keep you fuller for longer and satisfies the appetite more than any other macronutrient.
4. Include healthy fats from oily fish, nuts, avocados and coconut oil. They are important for fat loss and will help you absorb vitamins A,D,E and K. You will not be able to burn fat without consuming HEALTHY fats!
5. Eat plenty of vegetables and some fruit (3:1 ratio) as they are rich in antioxidants and micro-nutrients (vitamins and minerals).
6. Eat fewer calories than you burn to put yourself in a calorie deficit.
7. Try and limit starchy carbohydrates to days that you exercise. Sweet potato and brown rice are the healthiest starchy carbs as they have a low glycemic index so will not cause a quick spike in blood sugar, making you feel fuller for longer.

How to use this meal plan



Some of the meal options in this book 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 or intolerant to, for example nuts.

ABOUT THE SHOPPING LISTS

Shopping lists are included in this book. 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 these meal options for longer than 28 days, then you won't need to purchase all of the ingredients a second time.

The shopping list featured in Week One is the longest list. However, many of the ingredients on this list will last you for the full four weeks.

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

Calculate your daily calorie allowance



A good way to ascertain the correct calorie target before you start to follow the meal plan is to track your food for around one week to see how many calories you are currently consuming.

You can use a calorie / tracker app such as My Fitness Pal.

Take your time over this, as it's important to get a really clear idea of your current calorie intake. If the daily totals vary considerably, take a total average by adding up the daily calories from all of the days and dividing this figure by the number of days over which you've tracked your food.

e.g. Day 1 kcal + Day 2 kcal + Day 3 kcal + Day 4 kcal + Day 5 kcal + Day 6 kcal

Divide the total number by 6 to get the average daily calorie total

If your current daily calorie intake is around 2600 calories, and you want to lose fat, you could start by following the 2200 calorie meal plan. Follow it for 1-2 weeks, then take your measurements / weigh yourself to see if there have been any changes.

If you don't notice any changes, you could swap the meal plan for a slightly lower calorie target, e.g. 2000 calories. Again, follow it for 1-2 weeks and take your measurements/weight.

You could also consider increasing your exercise levels if your weight loss/fat loss stalls.

I find this approach is more sensible and healthy than starting immediately on a really low daily calorie target.

The average weight loss should be around 1-2 pounds per week, but this can vary from one person to another. If you are losing much more than this, then consider increasing your daily calories.

Please note: It is quite common for people to drop more weight in the first 1-2 weeks, so it's best to look at the results of the second or third week.

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
3 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)
- 200g buckwheat flakes
- 100g buckwheat groats
- 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 – 396kcal
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 – 377kcal
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 – 565kcal
46g protein, 21g fat, 48g carbs

Chicken Drumsticks With Sweet Corn, Sweet Potato & Kale

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

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

200g sweet potato, skin left on

100g curly kale

80g tinned sweetcorn (drained weight)



Method: Preheat oven to 180°C / 350°F.
Place the chicken drumsticks / vegetarian
chicken on a baking tray. Season with salt
and 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 – 168kcal
11g protein, 8g fat, 13g carbs

1 x Protein Slice

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



Snack – 96kcal
1g protein, 0g fat, 23g carbs
1 banana

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

Line a baking tray with parchment paper.

Mash the bananas removing all lumps.

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

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

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

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

DAILY TOTALS – 1602kcal
131g protein, 70g fat, 112g carbs

Note For Tomorrow:

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

Week One

Day 2



Breakfast – 311kcal
15g protein, 7g fat, 47g carbs

Blueberry & Cinnamon Porridge With Flaxseed

60g organic oats

100g blueberries

2 egg whites

7g ground flaxseed

½ teaspoon ground cinnamon

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

Method: Put the oats in a saucepan.

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

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

Add 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 – 444kcal
51g protein, 12g fat, 33g carbs

Spicy Chicken Stew

10g organic butter, ghee or coconut oil

100g white onion, finely chopped

100g celery, sliced

100g yellow bell pepper, sliced

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

1 garlic clove, finely chopped

1-4 green chillis (optional), finely sliced

200g tinned chopped tomatoes

1 tsp paprika

100g fresh spinach

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

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

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

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

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

Steam the spinach for 1-2 minutes. Serve.



Week One

Day 2



Dinner – 591kcal
58g protein, 23g fat, 38g carbs

Steak With New Potatoes & Garden Peas

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

200g baby new potatoes

150g garden peas

10g organic butter, ghee or coconut oil

1 sprig fresh mint (optional), chopped



Snack – 279kcal
7g protein 15g fat 29g carbs

1 banana

30g whole almonds

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.



DAILY TOTALS – 1625kcal
131g protein, 57g fat, 147g carbs

Note For Tomorrow:

Presoak your buckwheat tonight. See lunch on next day.

Week One

Day 3



Breakfast – 484kcal
47g protein, 28g fat, 11g carbs

Salmon & Poached Egg With Mushrooms, Spinach & Tomato

3g organic butter, ghee or coconut oil

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

½ tsp cayenne pepper

6 closed cup mushrooms, sliced or quartered

2 medium sized vine tomatoes, diced

2 large free range eggs

100g fresh spinach



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

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

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

For both salmon and tofu, follow these steps.

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

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

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

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

Week One

Day 3



Lunch – 489kcal
21g protein, 21g fat, 54g carbs

Chickpea & Buckwheat Salad

40g (dry weight) buckwheat groats,
soaked overnight

150g tinned chickpeas, drained

juice of ½ a lemon

½ tsp dried oregano

½ tsp ground cumin

small handful chopped coriander
(optional)

80g tinned sweetcorn

50g avocado, diced

50g red onion, sliced finely

50g pickled beetroot, diced

10g pumpkin seeds



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

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

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

Week One

Day 3



Dinner – 469kcal
40g protein, 9g fat, 57g carbs

Turkey Mince Curry

5g organic butter, ghee or coconut oil

100g white onion, finely sliced

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

1 garlic clove, finely chopped

1 tsp fresh ginger, finely chopped

1-3 green chillis (optional)

150g chopped tinned tomatoes

1 tsp garam masala

½ tsp turmeric

50g white or wholegrain basmati rice (dry weight)



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

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

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

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

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

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

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

Week One

Day 3



Snack – 180kcal
5g protein, 12g fat, 13g carbs

100g strawberries

25g cashew nuts



Note For Tomorrow:

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

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

DAILY TOTALS – 1622kcal
113g protein, 70g fat, 135g carbs

Week One

Day 4



Breakfast – 348kcal
33g protein, 12g fat, 27g carbs

3 x Bolognaise Muffins

8g organic butter, ghee or coconut oil

275g white onion, finely chopped

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

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

3 garlic cloves, finely diced

1 green bell pepper, diced

160g closed cup mushrooms, finely
sliced

400g tinned chopped tomatoes

50g tomato purée

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

95g organic oats

1 medium sized free range egg

1 egg white



Method: First make the bolognaise sauce.

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

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

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

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

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

Preheat oven to 175°C / 350°F.

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

Grease 8 muffin tin compartments.

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

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

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

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

Week One

Day 4



Lunch – 517kcal
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 – 484kcal
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 – 187kcal
5g protein, 11g fat, 17g carbs

25g cashew nuts

1 kiwi fruit



DAILY TOTALS – 1536kcal
113g protein, 72g fat, 109g carbs

Note For Tomorrow:

Presoak your buckwheat tonight. See breakfast on next page.

Week One

Day 5



Breakfast – 354kcal
23g protein, 6g fat, 52g carbs

Raspberry Buckwheat Delight

60g (dry weight) buckwheat flakes,
soaked overnight

1 tsp sweetener of your choice
(optional)

15g vanilla flavoured protein powder

7g ground flaxseed

½ tsp ground cinnamon

150g 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. Serve.



Lunch – 451kcal
54g protein, 23g fat, 7g carbs

Chicken, Bacon, Avocado, Tomato & Rocket Stack

3g organic butter, ghee or coconut oil

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

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

75g avocado mashed

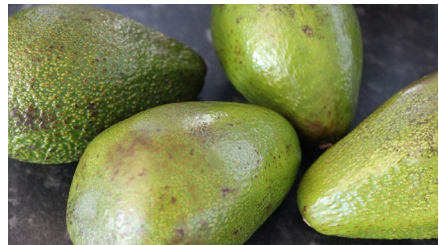
1 beef tomato, sliced

handful rocket leaves

Method: 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 – 506kcal
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 – 295kcal
9g protein, 15g fat, 31g carbs

1 red grapefruit
30g whole almonds



DAILY TOTALS – 1606kcal
132g protein, 70g fat, 112g carbs

Week One

Day 6



Breakfast – 389kcal
36g protein, 25g fat, 5g carbs

Spicy Lemon Salmon Parcels & Kale

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

5g organic butter, ghee or coconut oil, melted

1 garlic clove, finely chopped

1-3 red chillis, finely chopped

juice of ½ a lemon

1 medium sized free range egg

100g curly kale



Method: Preheat oven to 175°C/350°F.

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

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

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

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

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

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

Week One

Day 6



Lunch – 484kcal
42g protein, 12g fat, 52g carbs

Fragrant Thai Mince With Rice

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



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

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

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

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

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

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

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

Week One

Day 6



Dinner – 279kcal
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

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

1 Protein Slice (made on day 1)

PLUS
100g strawberries
30g cashew nuts

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

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

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

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

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

Season with salt and pepper. Serve.



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

Note For Tomorrow:

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

Week One

Day 7



Breakfast – 301kcal
19g protein, 9g fat, 36g carbs

Strawberry, Vanilla, Cinnamon, Flaxseed Protein Porridge

40g organic oats
300ml unsweetened almond milk
2 egg whites
½ tsp vanilla essence
100g strawberries, sliced
7g ground flaxseed
1 tsp sweetener of your choice (optional)
½ tsp ground cinnamon

Method: Put the oats in a saucepan.

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

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

Remove from heat and stir in the vanilla essence.

Pour into a serving bowl.

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



Week One

Day 7



Lunch – 481kcal
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 – 504kcal
54g protein, 4g fat, 63g carbs

Tandoori Chicken Breast With Sweet Potato Mash & Asparagus

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

1 tsp tandoori seasoning

½ tsp cinnamon

300g sweet potato, skin left on

100g asparagus

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

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

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

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

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

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

Snack – 282kcal
9g protein, 18g fat, 21g carbs

100g low fat hummus

100g carrot, cut into sticks

25g cashew nuts



DAILY TOTALS – 1568kcal
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 Tenderstem 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
4 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 – 367kcal
26g protein, 11g fat, 41g carbs

Blackberry Protein Muesli

50g organic jumbo oats

250ml unsweetened almond milk

20g chocolate flavoured protein powder

75g blackberries

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



Method: Put the oats in a saucepan.

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

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

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

Week Two

Day 1



Lunch – 315kcal
31g protein, 19g fat, 5g carbs

Salmon With Asparagus & Baby Tomatoes

5g organic butter, ghee or coconut oil

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

½ tsp cayenne pepper

5 baby plum tomatoes, halved

100g asparagus, chopped



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

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

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

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

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

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

Week Two

Day 1



Dinner – 529kcal
50g protein, 17g fat, 44g carbs

Pork Loin Chops With Baby New Potatoes & Garden Peas

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

200g baby new potatoes

100g garden peas

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

Place a sheet of foil on a baking tray.

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

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

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

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

Drain the vegetables. Serve.

Snack – 370kcal
20g protein, 14g fat, 41g carbs

Chocolate Protein Ball

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

15g chocolate flavoured protein powder

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

PLUS

1 kiwi fruit

1 banana

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

Using your hands, roll the mixture into a ball.

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

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



DAILY TOTALS – 1581kcal
127g protein, 61g fat, 131g carbs

Week Two

Day 2



Breakfast – 342kcal
41g protein, 18g fat, 4g carbs

Bacon, Tomato & Cauliflower Scrambled Eggs

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



Lunch – 504kcal
45g protein, 28g fat, 18g carbs

Chicken Salad With Rocket, Almonds, Olives & Sweetcorn

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

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

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

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

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

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

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

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

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

Week Two

Day 2



Dinner – 614kcal
47g protein, 18g fat, 66g carbs

Lamb Leg Steaks With Mint Sauce, Sweet Potatoes & Tenderstem Broccoli

handful fresh mint leaves, finely chopped

3 tbsps malt vinegar

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

2 tps organic olive oil

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

sprig fresh rosemary or ½ tsp dried rosemary

100g Tenderstem broccoli

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

Line 2 baking trays with foil.

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

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 – 96kcal
1g protein, 0g fat, 23g carbs

1 banana

DAILY TOTALS – 1556kcal
134g protein, 64g fat, 111g carbs

Note For Tomorrow:

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

Week Two

Day 3



Breakfast – 337kcal
22g protein, 9g fat, 42g carbs

Raspberry Protein Porridge Oats

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



Lunch – 431kcal
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: Put the oats in a saucepan.

Add the almond milk and cook over a medium heat.

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

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

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

Week Two

Day 3



Dinner – 782kcal
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 – 1550kcal
129g protein, 66g fat, 110g carbs

Note For Tomorrow:

Presoak your buckwheat tonight. See breakfast on next page.

Week Two

Day 4



Breakfast – 288kcal
19g protein, 4g fat, 44g carbs

Strawberry Buckwheat Protein Porridge

40g buckwheat flakes (dry weight), soaked overnight

300ml unsweetened almond milk

15g vanilla flavoured protein powder

100g strawberries, sliced



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

Put the buckwheat in a saucepan.

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

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

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

Week Two

Day 4



Lunch – 457kcal
45g protein, 9g fat, 49g carbs

Lean Chilli Con Carne

3g organic butter, ghee or coconut oil

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

100g green pepper, diced

1 garlic clove, finely chopped

200g tinned chopped tomatoes

50g tomato purée

1 tsp chilli powder or paprika

50g tinned red kidney beans

20g white or wholegrain basmati rice (dry weight)

100g cauliflower (grated)



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

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

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

Add the garlic and cook for 1-2 minutes.

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

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

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

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

Week Two

Day 4



Dinner – 576kcal
49g protein, 36g fat, 14g carbs

Roasted Chicken Thighs With Mediterranean Roasted Vegetables

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

2 tsps organic olive oil

sprig fresh rosemary

100g red bell pepper, diced

100g red onion, sliced or quartered

1-2 garlic clove, left whole or roughly chopped

7 baby plum tomatoes, left whole



Method: Preheat oven to 175°C/350°F.

Line two baking trays with foil.

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

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

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

Season with salt and pepper and cook for 20 minutes.

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

Week Two

Day 4



Snack – 271kcal
14g protein, 11g fat, 29g carbs

Chocolate Protein Ball

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

10g chocolate flavoured protein powder

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

PLUS

1 banana

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

Using your hands, roll the mixture into a ball.

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

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



DAILY TOTALS – 1592kcal
127g protein, 60g fat, 136g carbs

Week Two

Day 5



Breakfast – 454kcal
50g protein, 26g fat, 5g carbs

Scrambled Eggs With Smoked Salmon & Spinach

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

3 medium sized free range eggs

3 egg whites

100g fresh spinach



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

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

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

Steam the spinach gently for 1-2 minutes.

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

Week Two

Day 5



Lunch – 466kcal
49g protein, 10g fat, 45g carbs

Chicken, Mushroom & Leek With Rice

5g organic butter, ghee or coconut oil

100g leeks, sliced into 5mm thick pieces

100g cauliflower (grated)

100g closed cup mushrooms, sliced

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

1 garlic clove, finely chopped

175ml unsweetened almond milk

½ tsp dried oregano

50g white or wholegrain basmati rice (dry weight)



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

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

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

Remove the vegetables from the pan and set aside.

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

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

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

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

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

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

Week Two

Day 5



Dinner – 454kcal
40g protein, 10g fat, 51g carbs

Venison Steak With Sweet Potato & Asparagus

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

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

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

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

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

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

Snack – 230kcal
18g protein, 14g fat, 8g carbs

Chocolate Protein Ball

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

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

Using your hands, roll the mixture into a ball.

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

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



DAILY TOTALS – 1604kcal
157g protein, 60g fat, 109g carbs

Week Two

Day 6



Breakfast – 389kcal
31g protein, 25g fat, 10g carbs

Coconut, Shallot & Spinach Quiche

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

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

Stir in the shallots, tomato and spinach.

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

Lunch – 507kcal
43g protein, 31g fat, 14g carbs

Tandoori Chicken Drumsticks With Salad

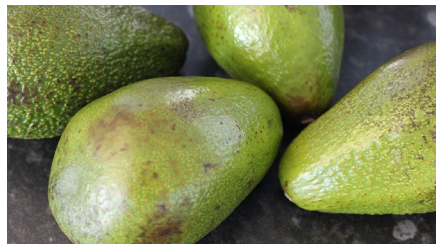
3 chicken drumsticks (or use 180g vegetarian chicken replacement)
1 tsp tandoori mix
60g avocado, sliced
juice of ½ a lemon
100g sweet gem lettuce leaves
100g red bell pepper, sliced
25g red onion, finely sliced
5 baby plum tomatoes, halved

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

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

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

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



Week Two

Day 6



Dinner – 537kcal
37g protein, 22g fat, 50g carbs

Salmon Fillet With Lemon, Rice & Asparagus

60g white or wholegrain basmati rice (dry weight)

5g organic butter, ghee or coconut oil

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

100g asparagus

juice of ½ a lemon

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

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



Snack – 96kcal
1g protein, 0g fat, 23g carbs

1 banana

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

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

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

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

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

DAILY TOTALS – 1538kcal
112g protein, 78g fat, 97g carbs

Note For Tomorrow:

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

Week Two

Day 7



Breakfast – 354kcal
20g protein, 10g fat, 46g carbs

Kiwi Protein Porridge Oats

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



Lunch – 446kcal
43g protein, 14g fat, 37g carbs

Turkey Mince Madras With Potato & Spinach

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

Method: 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.

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 – 619kcal
54g protein, 23g fat, 49g carbs

Pork Loin Steaks With Apple Sauce, Sweetcorn & Quinoa

30g bramley apple, peeled and sliced
40g quinoa (dry weight)
10g organic butter, ghee or coconut oil
25g red onion, finely sliced
1 garlic clove, finely sliced
100g tinned chopped tomatoes
½ tsp dried herbs, e.g. oregano, Italian seasoning
130g pork loin steak (or use a vegetarian pork replacement)
80g tinned sweetcorn, drained

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

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



Snack – 161kcal
5g protein, 9g fat, 15g carbs

1 kiwi fruit
20g cashews

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

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

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

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

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

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

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

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

DAILY TOTALS – 1580kcal
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 Tenderstem 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
2 kiwis

* 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 – 508kcal
48g protein, 20g fat, 34g carbs

Bacon & Egg Vegetable Breakfast Scramble

5g organic butter, ghee or coconut oil

120g all rounder potato, finely diced

75g carrots, finely diced

60g white onion, chopped finely

100g celery, chopped finely

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

1 medium sized free range egg

4 egg whites



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

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

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

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

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

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

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

Week Three

Day 1



Lunch – 412kcal
45g protein, 8g fat, 40g carbs

Turkey Thai Red Curry

5g organic butter, ghee or coconut oil

50g shallots, finely sliced

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

75g spring onion, finely sliced

15g red curry paste

5 baby plum tomatoes

40g basmati rice, white or wholegrain

50g broccoli, cut into florets



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

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

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

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

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

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

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

Week Three

Day 1



Dinner – 590kcal
52g protein, 22g fat, 46g carbs

Rump Steak With Spicy Sweet Potato Wedges & Peas

1½ tps 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 – 80kcal
2g protein, 0g fat, 18g carbs

100g fresh strawberries
1 kiwi fruit

DAILY TOTALS – 1590kcal
147g protein, 50g fat, 138g carbs

Week Three

Day 2



Breakfast – 389kcal
26g protein, 9g fat, 51g carbs

Nectarine & Flaxseed Protein Muesli

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

Lunch – 529kcal
45g protein, 29g fat, 22g carbs

Oven Baked Chicken Drumsticks With Salad

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

Method: 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.

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 – 457kcal
35g protein, 21g fat, 32g carbs

Salmon Fillet With Asparagus & Garlic & Red Onion Quinoa

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

Method: Preheat oven to 175°C/350°F.

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

Place the salmon / tofu on the foil.

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

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

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

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

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

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

Snack – 140kcal
3g protein, 0g fat, 43g carbs

2 kiwis
1 banana



DAILY TOTALS – 1559kcal
109g protein, 59g fat, 148g carbs

Week Three

Day 3



Breakfast – 429kcal
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 – 560kcal
43g protein, 16g fat, 61g carbs

Lean Spaghetti Bolognese

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

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

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

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

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

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

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



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

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

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

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

Week Three

Day 3



Dinner – 449kcal
50g protein, 9g fat, 42g carbs

Fragrant Thai Noodle Soup

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



Snack – 128kcal
1g protein, 0g fat, 31g carbs

1 nectarine
1 apple

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

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

Add the tomatoes and cook for 2-3 minutes.

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

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

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

Add the noodles and cook for several minutes. Serve.

DAILY TOTALS – 1566kcal
138g protein, 46g fat, 150g carbs

Note For Tomorrow:

Presoak your buckwheat tonight. See breakfast on next page.

Week Three

Day 4



Breakfast – 414kcal
23g protein, 14g fat, 49g carbs

Chocolate, Coconut & Raspberry Protein Buckwheat Delight

55g (dry weight) buckwheat flakes, soaked overnight

150ml reduced fat coconut milk

175ml unsweetened almond milk

20g chocolate flavoured protein powder

75g raspberries

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

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

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



Lunch – 565kcal
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 – 360kcal
39g protein, 12g fat, 24g carbs

Lean Venison Sausages With Vegetables

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

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

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

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

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

Snack – 293kcal
7g protein, 13g fat, 37g carbs

25g whole almonds
1 nectarine
1 banana



DAILY TOTALS – 1632kcal
126g protein, 56g fat, 156g carbs

Note For Tomorrow:

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

Week Three

Day 5



Breakfast – 364kcal
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



Lunch – 409kcal
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: Put the oats in a saucepan.

Add the almond milk and place over a medium heat.

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

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

Method: 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 – 488kcal
45g protein, 8g fat, 59g carbs

Turkey Breast Mince Madras

5g organic butter, ghee or coconut oil

100g white onion, finely chopped

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

2 garlic cloves, finely chopped

1 tsp fresh ginger, finely chopped

1-3 chillis (optional)

5g madras curry powder

150g passata

45g white or wholegrain basmati rice (dry weight)

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

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

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

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

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

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

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

Snack – 362kcal
32g protein, 18g fat, 18g carbs

Blueberry Protein Smoothie

30g vanilla flavoured protein powder

350ml unsweetened almond milk

100g blueberries

25g ground almonds

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



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

Week Three

Day 6



Breakfast – 366kcal
43g protein, 18g fat, 8g carbs

Scrambled Eggs With Bacon, Spinach & Baby tomatoes

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

2 medium sized free range eggs

4 egg whites

100g fresh spinach

5g organic butter, ghee or coconut oil

7 baby plum tomatoes, halved



Lunch – 546kcal
57g protein, 30g fat, 12g carbs

Chicken Avocado & Hummus Gem Lettuce Wraps

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

1 tsp chicken seasoning or dried oregano

100g sweet gem lettuce leaves

juice of ½ a lemon

75g avocado

40g red onion, finely chopped

60g low fat hummus

Method: 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.

Method: Preheat oven to 175°C/350°F.

Place a sheet of foil on a baking tray.

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

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

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

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

Week Three

Day 6



Dinner – 587kcal
37g protein, 23g fat, 58g carbs

Salmon Fillet With Sweet Potato Mash & Kale

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

juice of ½ a lemon

300g sweet potato, skin left on

½ tsp ground cinnamon

100g curly kale



Method: Preheat oven to 175°C/350°F.

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

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

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

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

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

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

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

Snack – 48kcal
0g protein, 0g fat, 12g carbs

1 pear

DAILY TOTALS – 1547kcal
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 – 552kcal
24g protein, 20g fat, 69g carbs

Chickpea, Quinoa & Almond Stew

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

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

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

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

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

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

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



Week Three

Day 7



Dinner – 424kcal
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)



Snack – 237kcal
8g protein, 13g fat, 22g carbs

2 organic oatcakes

20g nut butter (any variety)

1 nectarine

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.

DAILY TOTALS – 1580kcal
103g protein, 64g fat, 148g carbs

Shopping List

Week Four



Please choose from EITHER of the following:

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

meat, poultry and fish

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

vegetarian alternatives

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

chilled section

50g low fat feta cheese

fruit and vegetables

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

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

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

Shopping List

Week Four (continued)



fresh herbs

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

dry goods

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

* Gluten-free if preferred

Week Four

Day 1



Breakfast – 340kcal
24g protein, 8g fat, 43g carbs

Raspberry Protein Porridge Oats

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



Lunch – 439kcal
50g protein, 7g fat, 44g carbs

Chicken With Rice & Vegetables

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

Method: Put the oats in a saucepan.

Add the almond milk and cook over a medium heat.

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

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

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

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

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

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

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

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

Week Four

Day 1



Dinner – 635kcal
38g protein, 31g fat, 51g carbs

Oven Roasted Salmon With Mediterranean Roast Veg

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

½ tsp garam masala

½ tsp ground cumin

½ tsp ground coriander

100g red bell pepper, finely chopped

100g red onion, chopped into wedges

100g cherry tomatoes

2 garlic cloves, chopped roughly or left
whole

2 tsps organic olive oil

200g baby new potatoes, halved



Snack – 166kcal
5g protein, 10g fat, 14g carbs

20g whole almonds

1 kiwi fruit

Method: Preheat oven to 175°C/350°F.

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

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

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

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

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

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

DAILY TOTALS – 1580kcal
117g protein, 56g fat, 152g carbs

Week Four

Day 2



Breakfast – 371kcal
36g protein, 23g fat, 5g carbs

Bacon & Spring Onion Scramble

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



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

Add the bacon pieces and cook for 3 minutes.

Add the spring onions and sauté gently for 2 minutes.

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

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

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

Sprinkle over the chives. Serve.

Week Four

Day 2



Lunch – 498kcal
44g protein, 10g fat, 58g carbs

Italian Pork, Vegetables & Pasta

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



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

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

Add the pepper and cook for 2 minutes, stirring.

Add the garlic and cook for 2 minutes, stirring.

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

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

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

Week Four

Day 2



Dinner – 428kcal
57g protein, 8g fat, 32g carbs

Turkey Thai Curry

5g organic butter, ghee or coconut oil

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

1 tsp Chinese 5 spice

2 spring onions, finely chopped

1 garlic clove, finely chopped

10g fresh ginger, finely chopped

30g white or wholegrain basmati rice (dry weight)

130g cauliflower, grated or finely chopped



Snack – 257kcal
6g protein, 9g fat, 38g carbs

20g cashew nuts

1 banana

1 kiwi

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

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

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

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

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

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

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

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

DAILY TOTALS – 1554kcal
143g protein, 50g fat, 133g carbs

Week Four

Day 3



Breakfast – 292kcal
41g protein, 8g fat, 14g carbs

Turkey Pizza

2g organic butter, ghee or coconut oil

1 medium sized free range egg

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

40g fresh spinach, chopped

30g white onion, finely diced

25g porridge oats

½ tsp dried oregano

5 baby plum tomatoes

Lunch – 495kcal
51g protein, 27g fat, 12g carbs

Stuffed Chicken Breast

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

20g red onion, finely chopped

small handful fresh coriander

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

1 tsp organic olive oil

50g tinned sweetcorn, drained

juice of ½ a lemon

75g avocado

Method: Preheat oven to 150°C/300°F.

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

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

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

Serve with tomatoes.



Method: Preheat oven to 180°C/350°F.

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

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

Place the chicken on the foil and drizzle with oil.

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

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

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

Serve.

Week Four

Day 3



Dinner – 539kcal
49g protein, 15g fat, 52g carbs

Steak With Sweet Potato & Broccoli

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

250g sweet potato, skin left on

5g organic butter, ghee or coconut oil

80g broccoli

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

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

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

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

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

Snack – 254kcal
5g protein, 10g fat, 36g carbs

1 kiwi fruit

1 apple

20g whole almonds



DAILY TOTALS – 1580kcal
146g protein, 60g fat, 114g carbs

Note For Tomorrow:

Presoak your buckwheat tonight. See breakfast on next page.

Week Four

Day 4



Breakfast – 439kcal
28g protein, 15g fat, 48g carbs

Blueberry & Coconut Buckwheat Porridge

40g buckwheat flakes (dry weight), soaked overnight

250ml unsweetened almond milk

25g vanilla flavoured protein powder

100g blueberries

10g desiccated coconut

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

1 tsp ground cinnamon

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

Put the buckwheat in a saucepan.

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

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

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



Week Four

Day 4



Lunch – 536kcal
45g protein, 16g fat, 53g carbs

Thai Red Pork Curry

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



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

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

Add the pepper and cook for 2 minutes, stirring.

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

Stir in the coconut milk and simmer for 5 minutes.

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

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

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

Week Four

Day 4



Dinner – 483kcal
52g protein, 11g fat, 44g carbs

Chicken & Quinoa

50g quinoa (dry weight)

5g organic butter, ghee or coconut oil

40g red onion, finely diced

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

1 garlic clove, finely diced

small handful coriander, chopped finely



Snack – 169kcal
5g protein, 13g fat, 8g carbs

30g cashew nuts

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

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

Add the onion and sauté gently until soft.

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

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

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

DAILY TOTALS – 1627kcal
130g protein, 55g fat, 153g carbs

Week Four

Day 5



Breakfast – 482kcal
46g protein, 30g fat, 7g carbs

Salmon, Egg, Baby Tomatoes & Spinach

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



Lunch – 501kcal
47g protein, 9g fat, 58g carbs

Mediterranean Chicken With Tagliatelle

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

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

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

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

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

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

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

Add the onion and sauté gently until soft.

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

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

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

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

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

Week Four

Day 5



Dinner – 544kcal
51g protein, 12g fat, 58g carbs

Turkey, Chickpea & Quinoa Curry

40g quinoa (dry weight)

5g organic butter, ghee or coconut oil

60g white onion, finely chopped

120g lean turkey breast, diced (or use a vegetarian turkey replacement)

1 garlic clove, finely chopped

1 tsp fresh chopped ginger, finely chopped

1-3 green chillies (optional), finely chopped

1 tsp garam masala

1 tsp curry powder

1 tsp turmeric

200g tinned chopped tomatoes

100g tinned cooked chickpeas

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

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

Add the onion and sauté gently until soft.

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

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

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

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

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



DAILY TOTALS – 1527kcal
144g protein, 51g fat, 123g carbs

Week Four

Day 6



Breakfast – 343kcal
24g protein, 7g fat, 46g carbs

Peachy Porridge

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

Method: Put the oats in a saucepan.

Add the almond milk and cook over a medium heat.

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

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

Lunch – 368kcal
34g protein, 20g fat, 13g carbs

Crunchy Tuna Salad

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

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



Week Four

Day 6



Dinner – 654kcal
66g protein, 22g fat, 48g carbs

Lean Lamb Chops With Sweet Potatoes & Garden Peas

200g sweet potato, cut into wedges

½ tsp paprika or cayenne pepper

½ tsp organic olive oil

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

sprig fresh rosemary

100g curly kale

100g garden peas



Snack – 230kcal
6g protein, 10g fat, 29g carbs

1 kiwi fruit

1 peach

20g almonds

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

Line 2 baking trays with foil.

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

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

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

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

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

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

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

DAILY TOTALS – 1595kcal
130g protein, 59g fat, 136g carbs

Note For Tomorrow:

Presoak your buckwheat tonight. See dinner on next day.

Week Four

Day 7



Breakfast – 548kcal
48g protein, 24g fat, 35g carbs

Healthy Cooked Breakfast

3g organic butter, ghee or coconut oil

3 rashers bacon (or use a vegetarian bacon replacement)

1 beef tomato, halved

100g closed cup mushrooms, sliced

200g reduced sugar and salt baked beans

100g fresh spinach

2 medium sized free range eggs



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

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

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

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

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

Wilt the spinach gently for 2-3 minutes.

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

Week Four

Day 7



Lunch – 496kcal
48g protein, 8g fat, 58g carbs

Chicken With New Potatoes & Vegetables

250g baby new potatoes, sliced

5g organic butter, ghee or coconut oil

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

½ tsp paprika

100g carrots, sliced

80g broccoli, cut into florets



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

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

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

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

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

Week Four

Day 7



Dinner – 417kcal
41g protein, 9g fat, 43g carbs

Turkey With Buckwheat & Vegetables

45g buckwheat groats (dry weight), soaked overnight

1 organic vegetable stock cube

3g organic butter, ghee or coconut oil

60g white onion, chopped finely

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

100g green bell pepper, chopped finely

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

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

Snack – 166kcal
5g protein, 10g fat, 14g carbs

20g whole almonds

1 kiwi fruit

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

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

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

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

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

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



DAILY TOTALS – 1627kcal
142g protein, 51g fat, 150g carbs



This recipe book can be purchased alone or as part of the 28 day Body Transformation Course. The course provides invaluable support to both men and women as it addresses the mental, physical, emotional, nutritional and lifestyle needs. The ultimate aim is to achieve your goals, feeling fitter, healthier, leaner, toned and ultimately more confident.

Good luck on your journey. *Nina x*

For more information on this course please visit the website or contacts below.

Other E-books available:

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