

LIFT LEAN INSTRUCTOR

NUTRITION, MEAL PLANNING,
RECIPES AND THEMED WEEKS

LIFT  LEAN™

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TRACKING AND CALORIE DEFICIT WEEK

 ELEVATE 2019

LIFT  **LEAN™**

TRACKING AND CALORIE DEFICIT WEEK

JUICE

CUCUMBER
APPLES
CELERY
CARROTS
LEMON
GINGER
BANANAS
PINEAPPLE
KALE BEETROOT
STRAWBERRIES
BLUEBERRIES
ORANGES

FOOD

BACON
EGGS
AVOCADOS
COURGETTES
GARLIC CLOVES
GREEK YOGHURT
CUCUMBERS
SPRING ONIONS
LEMONS
CHICKEN BREASTS
CAULIFLOWER
CHILLIS
CHICKPEAS
ONIONS
TOMATOES
QUINOA
SLICED ALMONDS
BUTTON MUSHROOMS
SPINACH
BEEF STEAK
MIXED PEPPERS
BROCCOLI
KALE
COD FILLETS
BUTTER BEANS
BLACK BEANS
TROUT FILLET
MANGE TOUT
TENDERSTEM BROCCOLI
HERBS AND SPICES
FRESH PARSLEY
FRESH DILL
FRESH CORIANDER
CUMIN SEEDS
CHILLI POWDER
GROUND CORIANDER
GROUND TURMERIC
CAYENNE PEPPER
FENNEL SEEDS
DRIED THYME
FRESH BASIL
MIXED SEEDS

DAY ONE

Juice

EASY GREEN

Cucumber, Apple and Celery

Meal 1

BACON, EGGS AND AVOCADO

Ingredients

- 2 rashers of organic bacon • 2 eggs
- 1 avocado
- Himalayan salt
- Pepper
- Kick Start coconut oil

Method

Fry 2 rashers of bacon in coconut oil for 5 mins or until crispy. Crack 2 eggs, whisk them up and pour into a frying pan with a small amount of coconut oil and stir until cooked through and fluffy. Add a small pinch of Himalayan salt and pepper to taste. Half an avocado and scoop out the inside and chop into chunks. Plate it all up together.

Meal 2

COURGETTE CARBONARA

Ingredients

- 1 courgette, spiralized
- 150g organic bacon
- 2 large eggs
- 1 clove crushed garlic
- Extra virgin olive oil
- 60ml Greek yoghurt
- 1/2 handful fresh parsley

Method

Spiralize 1 courgette and place to the side. Add the oil, chopped bacon and crushed garlic to a frying pan on a medium heat and cook until the bacon begins to brown, then turn the frying pan heat to low. Add the courgette to the frying pan for 2-3minutes. Beat the 2 eggs in a bowl together with the yoghurt and finely chopped parsley. Remove the frying pan from the heat and stir in the mixture for a minute. Serve immediately.

DAY TWO

Juice GINGER GEM

Carrot, Lemon and Ginger

Meal 1

CHILLED AVOCADO AND CUCUMBER SOUP

Ingredients

- 1 cucumber, peeled and chopped
- 1 avocado, pitted and chopped
- 2 spring onions, chopped
- 1 tbsp fresh dill
- 1 tsp Himalayan salt
- 1 tsp lemon zest
- 1 lemon squeezed
- 60ml water

Method

Blend all ingredients together until smooth, add more water if needed, it tastes even better if chilled for 2 hours.

Meal 2

CHILLI CHICKEN AND SPICY RICE

Ingredients

- 1 chicken breast, sliced
- 1 cauliflower head
- 1 handful coriander, chopped
- 1 pinch cumin seeds, toasted
- 1 tbsp grass fed butter
- 1 red chilli, chopped
- 1 pinch chilli powder
- 1 clove garlic, sliced
- Kick Start coconut oil
- 1 spring onion, sliced

Method

Sprinkle your sliced chicken with a small pinch of chilli powder and cumin seeds and fry in coconut oil with the garlic for 10 minutes or until cooked.

Meanwhile to make the rice, pulse the head of a cauliflower in a food processor to make grains the size of rice.

Warm the grass fed butter in a large pan over medium heat. Stir in the cauliflower and red chilli with a little salt. Cover the pan and cook for 5 to 8 minutes, until the cauliflower is as tender as you like.

Pour out the cooked rice and top with chicken, spring onion and coriander.

DAY THREE

Juice TROPICAL BLEND

Banana, Pineapple and Kale

Meal 1 HOT CHICKPEA SALAD

Ingredients

- 1 red onion, chopped
- 2 courgettes, thickly sliced
- 375g tomatoes, chopped
- 3 tbsp extra virgin olive oil
- Juice of half lemon
- 3 tbsp chopped fresh mixed herbs • 400g cooked chickpeas
- Himalayan salt and black pepper

Method

Fry the courgettes, pepper, chickpeas and tomatoes in a pan on medium heat with a tablespoon of coconut oil until starting to brown and season with black pepper.

Meanwhile, mix the lemon juice and olive oil to make a dressing. Season with salt and pepper and stir in the herbs.

When the vegetables are cooked, allow them to cool for 5 minutes, then tip into a bowl and pour over the dressing. Toss before serving.

Meal 2

NUTTY QUINOA SALAD

Ingredients

- 150g cooked quinoa
- 60g sliced almonds, toasted • 2 tbsp fresh lemon juice
- 2 tsp olive oil
- 2 tsp dark sesame oil
- 1/4 tsp Himalayan salt
- 3 green onions, thinly sliced • 4 baby tomatoes sliced,

Method

Pour cooked quinoa into a pan on medium heat with a drizzle of olive oil. Stir in almonds, juice, oils, salt, tomatoes and onions. Remove from the heat after 3 minutes and serve.

DAY FOUR

Juice ANTIOXIDANT JUICE

Beetroot, Strawberry and Blueberries

Meal 1

MUSHROOM AND SPINACH OMELETTE

Ingredients

- 1 handful button mushrooms • 2 handfuls spinach
- 3 eggs, whisked
- Himalayan salt
- Black pepper
- 1 knob grass fed butter

Method

Cut up the mushrooms and add them along with a small knob of butter to a small frying pan on a low heat and let it get hot. Fry for one minute and add your eggs and move the pan around to spread them out evenly. When the omelette begins to cook and firm up, sprinkle over the spinach. Ease around the edges of the omelette with a spatula, then fold it over in half. When it starts to turn gold- en brown underneath, remove the pan from the heat and slide the omelette on to a plate.

Meal 2

SPEEDY STIR FRY

Ingredients

beef steak, sliced handful mange tout
red pepper, sliced
florets cauliflower, grated carrot, grated
red onion, sliced
spring onions, chopped inch fresh ginger, sliced tbsp Kick Start coconut oil

Method

Melt the coconut oil in a hot pan. Add the beef strips and fry until brown, add in the remaining ingredients and fry for 3-4 minutes.

DAY FIVE

Juice IMMUNITY JUICE

Orange, lemon and ginger

Meal 1

GREEN SOUP

Ingredients

- 400ml vegetable stock
- 1 tbsp extra virgin olive oil
- 2 garlic cloves, sliced
- 1 inch ginger, sliced
- 1/2 tsp ground coriander
- 1/2 tsp ground turmeric
- Himalayan salt to taste
- 200g courgettes, sliced
- 85g broccoli
- 100g kale, chopped
- 1 lime, zested and juiced
- 1 handful fresh parsley, chopped

Method

Put the oil in a deep pan, add the garlic, ginger, coriander, turmeric and salt, fry on a medium heat for 2 mins, then add 3 tbsp water. Add the courgettes and cook for 3 mins. Add 300ml stock and leave to simmer for 3 mins.

Add the broccoli, kale and lime juice with the rest of the stock. Leave to cook again for another 3-4 mins until all the vegetables are soft. Take off the heat and add the chopped parsley. Pour everything into a blender and blend on high speed until smooth. Garnish with lime zest.

Meal 2

SPICED COD AND FENNEL VEG

Ingredients

- 2 cod fillets
- 1/4 tsp cumin
- 1/4 tsp cayenne pepper
- 1 tbsp Kick Start coconut oil

Fennel veg

- 1 tbsp fennel seeds
- 1 tbsp dried thyme
- 2 tbsp Himalayan salt • 2 florets cauliflower • 2 florets broccoli

Method

Steam the cauliflower and broccoli for 5-6 minutes. Meanwhile, grind in a small mortar the fennel seeds, dried thyme and Himalayan salt (this mixture can be stored in the freezer for 2 months). Sprinkle over the vegetables once cooked.

Melt the coconut oil and add the spices for the cod fillets, start at a high heat and reduce down to medium. Place the cod in the pan and fry for 2-3 minutes each side starting with skin side down for extra crispiness. Serve all together.

DAY SIX

Juice SOUR APPLE

Tart apple and kale

Meal 1

CHILLI AND BUTTERBEAN SALAD

Ingredients

- 540g butter beans
- 500g tomatoes, peeled
- 1 red chilli, chopped
- 1 bunch basil
- 1 garlic clove, sliced
- 1 tbsp extra virgin olive oil • 1 tbsp red wine vinegar
- Mixed seeds

Method

Drain and rinse the butter beans and place in a mixing bowl. Chop the tomatoes and add to the beans. Place the chilli, basil, garlic, olive oil and vinegar in the small bowl of a food processor then whizz until smooth. Add to the tomatoes and beans, season and mix. Serve scattered with a few mixed seeds.

Meal 2

BELL PEPPER SANDWICH

Ingredients

- Feta cheese
- 1 handful mixed salad
- 1 red bell pepper, halved
- 1 slice cooked organic ham

Method

Cut 1 bell pepper in half and place under the grill for 2 minutes until lightly browned. Fill half of the pepper with your meat, mixed salad and cheese and top with the other half.

DAY SEVEN

Juice DARK GREEN

Kale, Orange, Banana and strawberries

Meal 1

VEG BURRITO BOWL

Ingredients

- 3 tbsp cauliflower rice
- 1 roasted red pepper, chopped
- 100g cooked black beans
- 4 cherry tomatoes, chopped
- 1 handful fresh parsley, chopped • 1 avocado, diced
- 1/2 lime

Method

In a bowl, reheat the cauliflower rice. Top with chopped red pepper. Mix together the black beans and chopped tomatoes in a separate bowl, and heat them up together. Pour on top of the cauliflower rice and red pepper. Top with avocado, parsley and a big squeeze of lime.

Meal 2

PAN FRIED TROUT

Ingredients

- 1 trout fillet
- 1 handful mange tout
- 2 sprigs tenderstem broccoli • 1 clove garlic, chopped
- 1/2 handful fresh parsley
- 25g grass fed butter
- 1 tsp Kick Start coconut oil

Method

Fry the coconut oil in a pan and once heated on a medium heat add the trout frying from 3-4 minutes each side. Steam the vegetables for 6 minutes or until cooked as you like. In another pan add the butter, garlic and parsley. Add the vegetables ensuring they are coated in the sauce and serve.

**BACK TO
BASICS
HEALTH
FAVOURITES
PART 1**

LIFT  **LEAN™**

BACK TO BASICS PART ONE

DAY ONE

BREAKFAST

Boiled Eggs “Hollandaise”

Boil your egg and cut into quarters. Top with a knob of grass fed butter. Chop avocado and place on top.

LUNCH

Smoked Salmon Asparagus

Boil 1 egg and set to the side.

Lightly fry your asparagus in melted coconut oil and season with salt and pepper. Roll your smoked salmon slices with a rolling pin so they are nice and thin. Remove the asparagus and wrap the salmon around the spears.

Dunk away!

DINNER

Steak, Eggs and Tomato

Grill 1 steak per person.

Fry 2 eggs in coconut oil and place to the side. Grill 4 tomatoes in the same pan. Plate up all together and season to taste.

DAY TWO

BREAKFAST

Frittata

In a frying pan over medium heat lightly fry courgettes, broccoli and peppers in coconut oil.

Crack 3 eggs into a bowl and whisk.

Pour the eggs into the pan.

Allow to cook for 5 minutes then flip over and cook for a further 5 minutes or until golden brown on each side.

LUNCH

Turkey Salad

Spread coconut oil onto 1 turkey breast and grill.

Chop 1 handful lettuce, 1/4 cucumber, 4 cherry tomatoes and 1 avocado. Place your salad in a bowl and drizzle with extra virgin olive oil.

Once the turkey is cooked, slice and place on top of your salad. Season to taste.

DINNER

VEG STEW

Heat a teaspoon of coconut oil large, heavy-based pan. Add 1 onion and cook gently for 5 –10 minutes until softened. Add the 3 cloves chopped garlic, dried thyme,

3 carrots, 2 sticks of celery and 2 peppers and cook for 5 minutes. Add the 800g peeled cherry tomatoes, 250ml vegetable stock and fresh thyme and cook for 20 - 25 minutes.

Take out the thyme sprigs. Stir in 250g cooked lentils and bring back to a simmer.

DAY THREE BREAKFAST

Ultimate Green Juice

Juice the following ingredients; 1 bunch celery 4-5 kale leaves

1 green apple

1 handful parsley 1 lime

1 lemon

1 inch fresh ginger

LUNCH

AVOCADO AND SMOKED SALMON NOODLES

Ingredients

- 2 medium courgettes
- 2 avocados
- 8-10 fresh basil leaves
- 2 garlic cloves
- juice of half a lemon
- Himalayan pink salt
- black pepper
- 3 tbsp extra virgin olive oil
- 2 smoked or grilled salmon fillets
- pine nuts

Method

Spiralize the courgette and place in a large bowl. Place avocado, basil, garlic, lemon juice, salt, pepper and extra virgin olive oil in a food processor and blend until smooth. Stir the avocado sauce through the zoodles, shred the salmon on top and toss. Transfer to 2 serving bowls and sprinkle with pine nuts.

DINNER

FISH AND CAULI RICE

Place in tin foil on a baking tray 2 pieces of white fish, squeeze over 1 lemon, sprinkle a little salt and pepper, place 6 cherry tomatoes around the fish and fold the foil over to create a package. Cook in the oven at 180c for 25 minutes. Check it is cooked and serve with the cauliflower rice.

For the cauliflower rice:

Heat a frying pan and add a teaspoon of coconut oil. Grate in cauliflower. Crack one egg into a bowl and whisk.

DAY FOUR

BREAKFAST

QUINOA PORRIDGE Ingredients

- 1 handful of dates
- 1 banana

- coconut oil
- quinoa
- almond milk
- 1/2 tsp cinnamon

Method

Chop a handful of dates and 1 banana. Add coconut oil, cooked quinoa, almond milk, cinnamon and bring to boil then simmer until cooked through.
(Amount of quinoa up to you, then add almond milk until creamy)

LUNCH

Vegetable Soup

Put a teaspoon of coconut oil into a saucepan.

Chop and sweat off 1 carrot, 2 florets of broccoli, 1 onion, a handful of cabbage and 1 stick of celery.

Pour in 500ml of vegetable stock and allow to simmer for 10 minutes. Season to taste. Blend with a hand blender.

DINNER

CUMIN COATED LAMB STEAKS Ingredients

- 100g quinoa
- Himalayan salt

- ground pepper
- coconut oil
- 1 mug of water or stock
- 500g tomatoes
- 1 garlic clove, finely chopped
- 1 small handful of almonds, chopped and toasted
- 1 handful of fresh coriander, or parsley, finely chopped
- 1 pinch of chilli powder
- 2 lamb steaks
- 1/2 tsp paprika
- 1 tbsp cumin seeds
- 1 lime, zest and juice

Method

Cook the quinoa as per instructions on packet. Dice your tomatoes. Mix with the garlic and a little salt and pepper. Stir through the cooked quinoa. Add the almonds, chilli powder, herbs, a little lime zest and juice. Taste. Adjust seasoning as needed. Rub the lamb steaks with a little salt, pepper and the paprika. Sprinkle the cumin seeds over the steaks and press them in on both sides. Get a large frying pan really hot. Add coconut oil and when hot add the steaks. Cook in the hot pan until golden on each side. Turn a few times during cooking. Press the centre of each steak to test if it is done, the firmer it is in the centre the more well done it is.

DAY FIVE

BREAKFAST

BODY BALANCING JUICE

Ingredients

- 1 apple
 - 1 pear

 - 1 handful of kale
 - 1 handful of spinach
 - 1 handful of parsley
 - 1 handful of coriander
 - 1/4 cucumber
 - 1/4 courgette
 - 2 broccoli tender stems • 2 sticks of celery
 - 1 lime
 - 1/4 avocado
 - 1 tsp coconut oil
- Blend ingredients

LUNCH

MORROCAN STYLE CHICKPEA SALAD

Ingredients

- 1 can chickpeas
- 1 small onion

- 1/2 tsp cumin seeds
- 1/2 tsp coriander seeds
- 3 tomatoes, chopped
- 1 bag mixed salad
- coconut oil

Method

Lightly fry coriander seeds, onion, cumin seeds and chickpeas in coconut oil, chop tomatoes and mix together.

DINNER

COURGETTE AND CHICKEN CASSEROLE

Ingredients

- 4 courgettes, peeled
- 2 lbs chicken strips

- coconut oil
- almond milk
- 1 Tbsp Himalayan pink salt
- 1 Tbsp black pepper
- 90g onion, finely chopped
- 4 cloves garlic, finely chopped
- 300g sliced mushrooms
- 1 tsp fresh thyme, finely chopped

Method

Spiralize courgettes and set to the side. In a large sauté pan over high heat, melt coconut oil. Season the chicken strips with salt and pepper and cook until lightly browned. Set aside to cool then chop into bite-sized pieces.

In the same sauté pan with the leftover oil and chicken drippings (may need to add more oil), fry the onions, garlic, and mushrooms together. Add enough almond milk to cover the mixture and let it simmer for about 5 minutes, or until thick.

When gravy is at desired thickness, mix with the noodles and chopped chicken until well combined. Pour into a casserole dish. Bake at 180c for 25-30 minutes. Top with the fresh parsley.

DAY 6

BREAKFAST

PINK PANCAKES

Ingredients

- 2 eggs
- 225g of gluten free flour
- 1 heaped tsp of baking powder
- 300ml freshly made apple juice
- 150g peeled and grated beetroot • 1/2 tsp mixed spice

- coconut oil

Method

Whisk eggs until frothy. Add flour plus baking powder, apple juice, beetroot and mixed spice. Fold everything together. Get a large frying pan hot. Add a knob of coconut oil. Dollop 2 tbsp batter for each pancake. Cook until golden on each side.

LUNCH

COURGETTE PASTA AND PESTO

Ingredients

- 2 courgettes
- 1 lemon (juice and zest)
- Himalayan salt
- ground pepper
- 1 handful of almonds
- 2 large handfuls of fresh basil
- 1 pinch of red or yellow chilli, finely chopped
- 1 glug of olive oil
- 2 large handfuls of fresh rocket

Method

Trim the end off the courgettes. Then cut lengthwise into long, thin panels. Cut each panel into thin ribbons (or use your spiralizer). Toss in a bowl with a pinch of salt, the zest from the lemon and a good squeeze of juice. Place the almonds, basil, chilli and a good pinch of salt in a food processor (or pestle and mortar), pulse or pound until it starts to come together. Add a good squeeze of lemon juice and then trickle in enough oil to bring everything together. Taste. Adjust seasoning or balance of basil, nuts, lemon and oil. Pop a good spoonful or two of the pesto in with your courgettes. Gently mix it with your hands until the courgettes have a nice pesto coating. Toss the rocket leaves in. Gently mix through. Finish with a drizzle of olive oil, a squeeze of lemon and a few fresh basil leaves.

DINNER

CLEAN CHICKEN TAGINE

Ingredients

- 1 butternut squash
- 2 medium tomatoes
- 1 medium onion
- 2 cloves of garlic
- 1 can chickpeas
- 500ml chicken broth • 1 tbsp of raisins
- 2 tsp ground coriander
- 2 tsp ground cumin
- 1/2 tsp ground cinnamon
- 1/2 tsp salt
- 1/4 tsp pepper
- 3 lb boned skinless chicken thigh • 200g plain couscous
- 100g pitted green olives

Method

In a slow cooker, combine squash, tomatoes, onion, garlic, beans, broth, and raisins. In a cup, combine coriander, cumin, cinamon, salt and ground black pepper. Rub spice mixture all over chicken thighs, place chicken on top of vegetable mixture. Cover the slow cooker with the lid and cook as manufacturer directs, on low 8 hours or high 4 hours. About 10 minutes before serving, prepare couscous as label directs. To serve fluff couscous with a fork, stir olives into chicken mixture. Serve chicken mixture over couscous.

DAY 7

BREAKFAST

HEALTHY BREAD

Ingredients

- 170g flaxseed
- 85g almond flour
- 3tsp baking powder • 4 eggs

- 3 tbsp olive oil
- salt and pepper to taste

Method

Mix the eggs and olive oil together. In a separate bowl mix the dry ingredients. Add the eggs and oil mix to the dry ingredients and mix; it should be slightly runny. Spread out on some greased paper in a shallow tin. Bake for 30 mins at 175c or 350f.

LUNCH

FETA COURGETTA

Ingredients

- 100g feta
- coconut oil

- salt and black pepper
- 1 mug of quinoa
- 2 courgettes, spiralized
- 1 tbsp mint, chopped
- 1 tbsp flat leaf parsley, chopped
- 3 chives, chopped
- 1 lemon, juice only

Method

Heat your oven to 200c / gas mark 6. Pop your feta in an ovenproof dish, drizzle with a little melted coconut oil and sprinkle with pepper. Pop in the oven for 10-15 mins. Put a dry roasting tin in the oven to get hot. Boil 2 mugs of water in a pan, pour in a mug of quinoa and cover. Cook for around 10 mins. You will want a slight bite in the quinoa. Use a spiralizer to create ribbons of courgette. Grab your warm roasting tin from the oven and drizzle with coconut oil. Put your courgettes in, season and pop them in the oven for around 5 mins to soften. When the quinoa is cooked, stir through half of your chopped herbs and add a squeeze of lemon juice. Top with the courgette ribbons and the baked feta. Sprinkle over the remainder of herbs.

DINNER

BUTTERNUT SQUASH RISOTTO

Ingredients

- 2 tbsp coconut oil
- 2 shallots

- 2 sprigs fresh thyme

- 240g pearl barley
- 500ml veg broth
- 240ml of water

- 1 butternut squash
- Himalayan salt
- pepper
- 2 tbsp chopped fresh flat leaf parsley leaves

Method

In a 12 inch pan, put in 1 tbsp coconut oil. Add shallots and cook for 2 minutes or until golden, stirring often. Add thyme, cook 30 secs. Add barley and cook 2 mins or until toasted and golden stirring often. Transfer to 6 quart slow cooker bowl, along with the broth, water, squash, and 1/2 teaspoon salt. cover and cook on high 3 1/2 to 4 hours or until the liquid is absorbed and the squash is tender. Uncover, discard thyme. Add the remaining coconut oil, 1 tsp salt, and 1/4 tsp freshly ground black pepper. Transfer one-third of mixture to container and refrigerate for up to 3 days. Transfer the remaining mixture to serving dishes and garnish with parsley.

**BACK TO
BASICS
HEALTH
FAVOURITES
PART 2**

LIFT  **LEAN™**

BACK TO BASICS PART 2

DAY ONE

BREAKFAST

COURGETTE PANCAKES

Ingredients

- 1 medium size courgette
- 1 medium size spring onion • 1 large egg • Salt and pepper to taste

- 2 tbsp coconut oil for frying

Method

1. Grate the courgette into a small bowl.
2. Finely chop the spring onion and mix with the courgette.
3. Combine a large egg into the bowl and mix thoroughly, adding salt and pepper to taste.
4. Heat the oil in frying pan and spoon 3 mounds of the courgette mixture into the pan and fry until lightly browned, pressing down to flatten. Flip the pancake till browned on both sides.

LUNCH

KEDGEREE

Ingredients

- 450g smoked haddock fillets • 3 medium boiled eggs
- 2 tbsp parsley
- 150g (raw) brown rice
- 60g butter
- 75ml rice milk

Method

1. Place the fish in a large frying pan, cover with water and allow to simmer for 10-12 minutes until fish is tender. Meanwhile cook the rice in a separate saucepan.
2. Drain the fish, remove and discard the skin and bones. Flake the flesh.
3. Chop 2 eggs. Reserve the third to garnish.
4. Mix together the fish, rice, chopped eggs, parsley and rice milk in a large saucepan. Cook, stirring, until heated through and milk has been absorbed.
5. Serve immediately and garnished with parsley and slices of remaining egg.

DINNER

BEEF STIR FRY

Ingredients

- 1 organic rib eye steak, cut into strips
- 2 shallots, peeled and chopped lengthwise
- 1 red pepper, chopped into long strips
- 2 garlic cloves, peeled and cut lengthwise
- 4-5 fresh curry leaves
- 1 green chilli, finely chopped
- 1 tsp coconut oil, Himalayan rock salt, ground black pepper, ground cinnamon, ground turmeric

Method

1. Mix salt, pepper and turmeric on a plate and cover the beef strips well with the mix until yellow.
2. Add the shallots, red pepper, garlic, curry leaves, green chilli and a heaped tablespoon of cinnamon to a wok or pan with hot coconut oil.
3. Add a little salt and pepper.
4. Cook for about 2 minutes max at high heat and add the beef.
5. Mix it all well and cook the beef to taste.
6. Sprinkle a few roughly chopped fresh coriander leaves on top.
7. Serve piping hot in a bowl.

DAY TWO

BREAKFAST

SHABANG EGGS

Ingredients

- 2 medium free range eggs, beaten
- 1 small avocado peeled, pitted, and diced
- 1 red pepper, seeded and diced
- 1/2 small red onion, peeled and chopped
- 1/2 tomato, diced
- Fresh baby spinach leaves
- Handful fresh cooked prawns
- 1 tsp coconut oil
- 1-2 cloves garlic, peeled and minced
- A combination of the following fresh herbs, washed and chopped: parsley, basil, sage, tarragon, dill, or chives. Sea salt and pepper to taste.

Method

1. In a large wok, sauté the onion, bell pepper, and garlic in oil. 2. When the onions are soft, add the eggs, prawns, avocado, tomato, and spinach.
3. Continue cooking on medium heat until eggs are cooked and scrambled, then add herbs. Season if needed.

LUNCH

BROCCOLI AND MINT SOUP

Ingredients

- 1 large onion, diced
- 1 tbsp coconut oil
- 1 head of broccoli
- 400ml chicken or vegetable stock
- Small bunch of mint leaves, shredded

Method

1. Fry the onion in a large pan with oil on a medium heat until softened.
2. Add broccoli and stock and simmer for 10-15 minutes or until broccoli has softened. Cool slightly. 3. Place in a food processor with the mint leaves or use an electric blender to form a smooth texture. 4. Heat to serve.

DINNER

COCONUT CHICKEN

Ingredients

- 300ml coconut milk
- 2 tbsp tomato puree
- 1 tbsp (or to taste) dried, crushed chilli • 2 tbsp ground almonds
- 2 tsp turmeric
- 2 tsp garam masala
- 2 tsp cumin
- 4 chicken breast fillets, cut into bite size pieces • 2 onions, chopped
- 2 cloves garlic, crushed or finely chopped • 2 tbsp coconut oil
- 4 tbsp fresh coriander

Method

1. Mix the coconut milk with the tomato puree, chilli, almonds, turmeric, garam masala, cumin and 1 tbsp water. Add the chicken and coat all of the pieces. Cover with cling film and refrigerate for at least 1 hour.
2. Cook the onions and garlic in 1 tsp of coconut oil until soft.
3. Remove the chicken from the marinade, add to the pan with the onion and cook for 2 minutes, covered over a low heat. Add the marinade and the remaining oil and cook for 15-20 minutes.
4. Stir in the fresh coriander and serve.

DAY THREE

BREAKFAST

HOMEMADE MUESLI

Ingredients

- 1lb gluten free porridge oats
- 200g flaked almonds (or mixed nuts according to preference) • 100g flax seeds
- 400ml coconut milk

Method

1. Mix all of the dry ingredients together in a big bowl with coconut milk and leave until the liquid is absorbed by the oats. Spread the mix thinly across a baking tray and toast in a low heated oven until lightly browned and fully dried.
2. Serve with coconut milk when cooled.

LUNCH

PRAWN MANGO AND AVO SALAD

Ingredients

- 12 large cooked prawns
- 1 mango, peeled and chopped • 1/4 cucumber, finely chopped • 1/2 avocado, chopped
- 20g unsalted plain cashew nuts • 1 tsp olive oil • Juice of a half a lime
- Chilli flakes

Method

1. Combine the lime juice, oil and chilli flakes together.
2. Mix all other ingredients together in a bowl and dress with the oil mixture.
3. Serve on a big bed of watercress and spinach
4. Season if needed.

DINNER

ROASTED FENNEL AND CHICKPEA DINNER

Ingredients

- 2 medium fennel buds • 2 sprigs of fresh sage • Juice of half a lemon
- 12 cherry tomatoes
- 400g jar of chickpeas, drained
- Coconut oil
- Sea salt and cracked black pepper

Method

1. Oven temperature of 180oC.
2. Cut the fennel bulbs into quarters and place them in a roasting tray with 2 teaspoons of coconut oil, salt and pepper.
3. Roast on the middle shelf of an oven for 25 minutes, turning often, or until charred but not burnt. Remove from the oven, tip into a bowl and keep to one side. Roast the cherry tomatoes for 10 minutes by placing them in a roasting tin with a generous pinch of sea salt, no oil needed.
4. Place a large, heavy based, non-stick frying pan on a low heat with teaspoon of coconut oil. When melted squeeze in the lemon juice and add the sage. Cook for 1 minute to allow the flavour of the sage to infuse the oil and then add the roasted tomatoes, 2 generous pinches of pepper and 1 of salt.
5. Cook for 2 minutes, stirring constantly. Then add the fennel and the chickpeas. Cook for a further 3 minutes, stirring often, then serve.

DAY FOUR

BREAKFAST

BANANA AND CINNAMON OMELETTE

Ingredients

1 chopped banana

3 medium free range eggs

2 tbsp cinnamon

1 tbsp coconut oil

Method

1. Heat the coconut oil in pan on a medium heat then add the chopped banana until they soften.
2. While the banana is warming, beat the 3 eggs in a bowl.
3. Pour the eggs over the banana.
4. When the omelette is almost cooked, sprinkle the cinnamon over the top to serve.

LUNCH

STUFFED PEPPERS

Ingredients

100g cooked quinoa (follow directions on packet)

2 red onions, chopped

2 tomatoes, chopped

1 red pepper, chopped

1 clove garlic, crushed

4 tbsp of lemon juice

2 large red peppers

1 tsp of coconut oil

1-2 tbsp of extra virgin olive oil

Method

1. Pre-heat the oven to 200oC.
2. Heat the coconut oil in a pan. Fry off the onions, garlic and chopped pepper for 2 minutes then add in quinoa and cook for further 1 minute.
3. Cut the tops of the peppers and de-seed.
4. Stuff the peppers with the warm mixture, place in a dish, cover with foil and cook in the oven for 20-25 minutes.
5. Drizzle olive oil over the peppers once cooked and serve.

DINNER

CHILLI CON CARNE

Ingredients

- 2 medium onions
- 1 clove of garlic
- 1 tbsp olive oil
- 2 tsp of chilli powder
 - 1 fresh red chilli, deseeded and finely chopped
 - 1 heaped tsp of ground cumin
- • Sea salt and freshly ground black pepper
- 450g turkey mince
- 4 large tomatoes or 2 x 400g tin tomatoes
- 1/2 a stick of cinnamon
- Red kidney beans soaked overnight or 2 x 400g tin

Method

1. Use a metal pan or casserole dish with a lid, that can be used both on the hob and the oven.
2. Pre-heat the oven to 150oC.
3. Put the onions and garlic into a food processor until finely chopped, then fry in a little oil until soft.
4. Add the chilli powder, fresh chilli, cumin and a little seasoning.
5. Now add the mince and continue to cook, stirring until all has browned.
6. Now add the tomatoes, cinnamon stick and a wineglass of water (not wine).
7. Season a little more if need be.
8. Bring to the boil, cover with greaseproof paper and the lid, then either turn the heat down to simmer and cook for 1 hour 30 minutes or transfer to the oven for about 1 hour 30 minutes.
9. Add the kidney beans 30 minutes before the end of the cooking time.
10. This often tastes better if you cook it the day before, as the flavours will develop. Serve with a Green Salad, guacamole and rice.

DAY FIVE

BREAKFAST

ASPARAGUS SOLDIERS

Ingredients

- 2 large free range/organic eggs

4 asparagus spears

- 1 tsp of coconut oil
- Sea salt and black pepper

Method

1. Boil enough water in a pan to cover the eggs by 1 cm.
2. When the water is boiling, place the eggs gently into the water to avoid cracking - boil for 5 minutes for a soft consistency.
3. While the eggs are boiling heat the oil in a frying pan and cook the asparagus spears for 2-3 minutes.

4. Place your eggs in an eggcup and serve asparagus soldiers to dip, season if need be.

LUNCH

CHICKEN KEBABS

Ingredients

- 2 chicken breasts, cubed into 1" pieces

1 yellow pepper, cut into 1" pieces

- 1 red pepper, cut into 1" pieces
- 1 red onion, cut into 1" pieces
- 1 mango, cut into 1" pieces

- 4 cherry tomatoes

- Wooden skewers

- 1 tsp coconut oil

- Chilli flakes

Method

1. Skewer the chicken, onion, pepper, mango and tomatoes onto the sticks.
2. Melt coconut oil and brush all over the skewers, sprinkle with chilli flakes then grill until the chicken is cooked through.
3. Serve with an avocado salad.

DINNER

FISH CAKES

Ingredients

- 1 rainbow trout

- 100g smoked salmon

- 2 large sweet potatoes

1 portion of soft goat's cheese

- 2 cloves garlic, crushed

- 1 red chilli, diced

- 1 beaten egg

- 100g of ground almonds

- 6 chives, finely chopped

Method

1. Wrap rainbow trout in foil and place in the oven for 25 minutes at 200oc.
2. Once the rainbow trout is cooked, leave out to cool.
- 3 Peel and boil the sweet potatoes, once soft mash and place in a bowl to cool. Flake rainbow trout into the mash, watching out for bones. Cut the smoked salmon into small pieces and add to mash. Then add the garlic, chilli and chives.
4. Mix all ingredients together. Place in the fridge for 1-2 hours.
5. Now beat an egg in one bowl, ground almonds in another. Remove the bowl from fridge. Using your hands take handfuls of the mixture and shape into fishcakes. Place the fishcake into the bowl of beaten egg until covered, then into the bowl of ground almonds until completely covered. Repeat this until you have used all of your mixture (4 fishcakes).
6. Place the fishcakes in the oven for 30-45 minutes until golden brown. Serve with baby spinach, rocket and cherry tomato salad then drizzle with balsamic vinegar and olive oil.

DAY SIX

BREAKFAST

BAKED EGG IN AVOCADO CUPS

Ingredients

- 1 avocado
- 2 eggs, beaten

- Sea salt and black pepper
- 1 tsp of coconut oil
- Handful of chopped chives
- Chilli flakes to your preference

Method

1. Pre-heat the oven to 200 C.
2. Slice avocado in half and remove pip.
3. Use a spoon to scoop out some of the avocado to make room for the egg. Place the avocado halves in a tin or oven safe bowl so they don't roll around. You can slice a little off the avocado to give it a flat base and make them more stable. Crack an egg into each avocado half. Sprinkle with salt and pepper and add a pinch of chilli flakes.
4. Bake for 8-15 minutes depending how well done you like your eggs.
5. Sprinkle with chives and serve with a green salad.

LUNCH

GOATS CHEESE AND ASPARAGUS FRITTATA

Ingredients

- 400g asparagus tips
- 1 tbsp olive oil

- 90-100g of goats' cheese, crumbled • 6 large eggs • 2 tbsp chopped chives

Method

1. Preheat the grill to medium-high. Place

the asparagus in a pan of simmering salted water. Remove after 5 minutes when still tender and bright green.

Refresh under a cold tap and cut into 1 cm pieces.

2. Heat oil in frying pan and add the asparagus, cook for 3 minutes.
3. Lightly beat the eggs, adding the asparagus, chives and season well.
4. Pour the eggs mixture into the pan. Cook over a gentle heat for 2 minutes and then add cheese, place under the grill for a few minutes or until lightly golden and the top is set.

DINNER

LETTUCE WRAPS

Ingredients

- 4 leaves iceberg lettuce leaves
- 2 cooked turkey breasts, sliced
- 1/2 cucumber, cut into long strips
- 4 spring onions, cut into long strips • 250g hummus
- A sprinkle of paprika

Method

1. Place the sliced turkey breast with the cucumber, onion, hummus and paprika in the lettuce leaf. Then wrap with another leaf to make a wrap. Repeat with the remaining ingredients.

DAY SEVEN

BREAKFAST

SCRAMBLED EGG AND SMOKED SALMON

Ingredients

- 3 large free range eggs
- Sea salt and black pepper to taste

1 tsp coconut oil

- 2 spring onions, green tops only, thinly sliced

- 2 slices smoked salmon, thinly sliced

Method

1. Combine the eggs and seasoning in a small bowl. Stir briskly with a fork until well blended.
2. Heat oil in a non-stick frying pan over a medium-low heat. Add spring onions and cook, stirring until softened (about 30 seconds).
3. Pour the eggs into the pan and cook until they just begin to set, about 10 seconds; stir in the salmon. Cook for about 3-5 minutes, stirring gently from time to time, until the eggs have thickened into soft creamy curds.
4. Serve immediately.

LUNCH

SOUTH ASIAN GRILLED CHICKEN

Ingredients

- 4 cloves garlic
- 1 inch thick piece of fresh ginger, peeled

- Zest of two limes

- 1 tbsp olive oil

- 1 red chilli, chopped
- 1 tsp wheat free soy sauce
- 2 skinless chicken breasts
- Salt and pepper to taste

Method

1. Place all the ingredients except the chicken into a blender and pulse to a rough paste. Coat the chicken with the paste and place in a hot oven for 25 minutes.
2. Serve with a green salad including baby leaf spinach, avocado and watercress.

DINNER

SHEPHERDS PIE

Ingredients

- 500g turkey mince
- 4 sweet potatoes
- 2 sliced carrots
- 1 large white onion
- 10 organic mushrooms
- Wheat and gluten free gravy
- 1 portion of goat's cheese
- 1-2 tbsp coconut oil
- 1-2 tbsp dried mixed herbs

Method

1. Pre-heat oven at 180oc for 20 minutes. Skin the sweet potatoes, chop and place in a pan of boiling water. Leave potatoes to soften and boil for 20-30 minutes.
2. Chop the onion, mushrooms and carrots. Heat a deep pan with 1 teaspoon of coconut oil. Add the onions and mushrooms, stir for 2-3 minutes until slightly golden. Add the turkey mince to the pan and cook until brown for about 10 minutes.
3. Add 1 teaspoon of mixed herbs and stir. Add the sliced carrots, 250ml of boiling water and 4 heaped tablespoons of gravy mix.
4. Stir and simmer for approximately 10 minutes.
5. Mash the sweet potatoes together until they are smooth with no lumps. Layout over the top and bake for 45 mins.

RAPID FAT LOSS 7 DAY PLAN



LIFT  **LEAN™**

14 DAY RAPID FAT LOSS

DAY ONE

BREAKFAST

Courgette Pancakes Serves 1

Ingredients

- 1 medium size courgette
- 1 medium size spring onion

- 1 large egg

- Salt and pepper to taste

- 2 tbsp coconut oil for frying

Method

1. Grate the courgette into a small bowl.
2. Finely chop the spring onion and mix with the courgette.
3. Combine a large egg into the bowl and mix thoroughly, adding salt and pepper to taste.
4. Heat the oil in frying pan and spoon 3 mounds of the courgette mixture into the pan and fry until lightly browned, pressing down to flatten. Flip the pancake till browned on both sides.

LUNCH

- 1 tbsp coconut oil
- 1 onion, chopped
- 1 large fennel bulb, quartered, sliced and leafy tops reserved
- 400g cherry tomatoes
- 200g large prawns, cooked and peeled

- 1 handful of black or green olives

Method

1. Heat the oil in a large pan. Add the onion and fennel and cook for 5 minutes, stirring every so often. 2. Add the tomatoes and seasoning, then bring to the boil.
3. Cover and cook on a low heat for 10 minutes until the fennel is tender, then stir in the prawns and warm through.
4. Serve scattered with olives and the reserved fennel tops, roughly chopped.

DINNER

Veggie Burgers Serves 4

Ingredients

- Coconut oil
- 1 onion, finely chopped

- 1 carrot, grated

1/2 red pepper

- 3 garlic cloves, smashed, peeled and finely chopped

- 2 tbsp tomato puree
- 2 tsp dried herbs
- 1 tsp oregano
- 2 tsp sprouted, ground flaxseed
- 400g kidney beans or black beans, cooked
- 200g brown rice, cooked
- 50g chopped nuts
- Himalayan salt and black pepper
- 3 tbsp brown rice flour

Method

1. Melt 1 tablespoon coconut oil in a saucepan.
2. Add onion, garlic, herbs, oregano.
3. Season with salt and pepper to taste. Stir fry for 5 minutes.
4. Chop the beans and rice in a blender. Add the onion mix and nuts. Blend briefly.
5. Chill the mix in the freezer for 15 minutes.
6. Dust work surface with flour. Make 6-8 burger shapes. Place on a baking sheet and chill.
7. Melt 1 tablespoon of coconut oil in a frying pan on a high heat. Fry burgers until brown (Approximately 10 minutes.)
8. The burgers freeze well. Defrost for 4 hours.

DAY TWO

BREAKFAST

Almond Pancakes Serves 1-2 Ingredients

- 1 cup of almond flour
- 2 medium free range eggs

3-4 tbsp of coconut milk

- 1 vanilla pod, split and seeds scraped out

- 1 tbsp of ground cinnamon
- 1 tbsp of Coconut oil

Method

1. Mix the eggs, coconut milk and vanilla in a bowl and whisk together.
2. Sift in the almond flour and cinnamon.
3. Heat a teaspoon of coconut oil in a large frying pan over a medium heat. Add a scoop of the pancake batter, swirl the pan to evenly coat the base with the mix.
4. Cook for around 45 seconds until brown and then flip to brown the other side.

LUNCH

Chicken in Walnut and Garlic Sauce Serves 3-4

Ingredients

- 4 large chicken breasts, skin removed
- 4 tbsp of coconut oil, melted down
- 3 heaped tbsp of walnuts, roughly chopped
- 3 heaped tbsp of parsley, chopped
- 3 plump cloves of garlic, peeled and crushed
- Himalayan sea salt and freshly ground black pepper

Method

1. Preheat the oven to 200°C.
2. Place the chicken breasts in an ovenproof serving dish.
3. Put all the remaining ingredients into a food processor and blend briefly into a sauce.
4. Spread the mixture over the chicken and bake in the oven for 40 minutes until golden and cooked through. Serve with a huge avocado salad.

DINNER

VEG STEW

Heat a teaspoon of coconut oil large, heavy-based pan. Add 1 onion and cook gently for 5 –10 minutes until softened. Add the 3 cloves chopped garlic, dried thyme, 3 carrots, 2 sticks of celery and 2 peppers and cook for 5 minutes. Add the 800g peeled cherry tomatoes, 250ml vegetable stock and fresh thyme and cook for 20 - 25 minutes. Take out the thyme sprigs. Stir in 250g cooked lentils and bring back to a simmer.

DAY THREE

BREAKFAST

Sha Bang Eggs Serves 1

Ingredients

- 2 medium free range eggs, beaten
- 1 small avocado peeled, pitted, and diced
- 1 red pepper, seeded and diced
- 1/2 small red onion, peeled and chopped
- 1/2 tomato, diced
- Fresh baby spinach leaves
- Handful fresh cooked prawns
- 1 tsp coconut oil
- 1-2 cloves garlic, peeled and minced
- A combination of the following fresh herbs, washed and chopped: parsley, basil, sage, tarragon, dill, or chives. Sea salt and pepper to taste.

Method

1. In a large wok, sauté the onion, bell pepper, and garlic in oil. 2. When the onions are soft, add the eggs, prawns, avocado, tomato, and spinach.
3. Continue cooking on medium heat until eggs are cooked and scrambled, then add herbs. Season if needed.

LUNCH

AVOCADO AND SMOKED SALMON NOODLES

Ingredients

- 2 medium courgettes
- 2 avocados
- 8-10 fresh basil leaves
- 2 garlic cloves
- juice of half a lemon
- Himalayan pink salt
- black pepper
- 3 tbsp extra virgin olive oil
- 2 smoked or grilled salmon fillets
- pine nuts

Method

Spiralize the courgette and place in a large bowl. Place avocado, basil, garlic, lemon juice, salt, pepper and extra virgin olive oil in a food processor and blend until smooth. Stir the avocado sauce through the zoodles, shred the salmon on top and toss. Transfer to 2 serving bowls and sprinkle with pine nuts.

DINNER

FISH AND CAULI RICE

Place in tin foil on a baking tray 2 pieces of white fish, squeeze over 1 lemon, sprinkle a little salt and pepper, place 6 cherry tomatoes around the fish and fold the foil over to create a package. Cook in the oven at 180c for 25 minutes. Check it is cooked and serve with the cauliflower rice.

For the cauliflower rice:

Heat a frying pan and add a teaspoon of coconut oil. Grate in cauliflower. Crack one egg into a bowl and whisk.

DAY FOUR

BREAKFAST

Homemade Muesli Serves 1-2

Ingredients

- 1lb gluten free porridge oats

200g flaked almonds (or mixed nuts according to preference)

- 100g flax seeds
- 400ml coconut milk

Method

1. Mix all of the dry ingredients together in a big bowl with coconut milk and leave until the liquid is absorbed by the oats. Spread the mix thinly across a baking tray and toast in a low heated oven until lightly browned and fully dried.

2. Serve with coconut milk when cooled.

LUNCH

Banana and Cinammon Omelette Serves 1

Ingredients

- 1 chopped banana
- 3 medium free range eggs • 2 tbsp cinnamon
- 1 tbsp coconut oil

Method

1. Heat the coconut oil in pan on a medium heat then add the chopped banana until they soften. 2. While the banana is warming, beat the 3 eggs in a bowl.

3. Pour the eggs over the banana.

4. When the omelette is almost cooked, sprinkle the cinnamon over the top to serve.

DINNER

CUMIN COATED LAMB STEAKS

Ingredients

- 100g quinoa
- Himalayan salt
- ground pepper
- coconut oil
- 1 mug of water or stock
- 500g tomatoes
- 1 garlic clove, finely chopped
- 1 small handful of almonds, chopped and toasted
- 1 handful of fresh coriander, or parsley, finely chopped
- 1 pinch of chilli powder
- 2 lamb steaks
- 1/2 tsp paprika
- 1 tbsp cumin seeds
- 1 lime, zest and juice

Method

Cook the quinoa as per instructions on packet. Dice your tomatoes. Mix with the garlic and a little salt and pepper. Stir through the cooked quinoa. Add the almonds, chilli powder, herbs, a little lime zest and juice. Taste. Adjust seasoning as needed. Rub the lamb steaks with a little salt, pepper and the paprika. Sprinkle the cumin seeds over the steaks and press them in on both sides. Get a large frying pan really hot. Add coconut oil and when hot add the steaks. Cook in the hot pan until golden on each side. Turn a few times during cooking. Press the centre of each steak to test if it is done, the firmer it is in the centre the more well done it is.

DAY FIVE

BREAKFAST

Asparagus Eggy Soldiers Serves 1

Ingredients

- 2 large free range/organic eggs
- 4 asparagus spears
- 1 tsp of coconut oil
- Sea salt and black pepper

Method

1. Boil enough water in a pan to cover the eggs by 1 cm.
2. When the water is boiling, place the eggs gently into the water to avoid cracking - boil for 5 minutes for a soft consistency.
3. While the eggs are boiling heat the oil in a frying pan and cook the asparagus spears for 2-3 minutes.
4. Place your eggs in an eggcup and serve asparagus soldiers to dip, season if need be.

LUNCH

MORROCAN STYLE CHICKPEA SALAD

Ingredients

- 1 can chickpeas
- 1 small onion
- 1/2 tsp cumin seeds
- 1/2 tsp coriander seeds
- 3 tomatoes, chopped
- 1 bag mixed salad
- coconut oil

Method

Lightly fry coriander seeds, onion, cumin seeds and chickpeas in coconut oil, chop tomatoes and mix together.

DINNER

COURGETTE AND CHICKEN CASSEROLE

Ingredients

- 4 courgettes, peeled
- 2 lbs chicken strips
- coconut oil
- almond milk
- 1 Tbsp Himalayan pink salt
- 1 Tbsp black pepper
- 90g onion, finely chopped
- 4 cloves garlic, finely chopped
- 300g sliced mushrooms
- 1 tbsp fresh thyme, finely chopped

Method

Spiralize courgettes and set to the side. In a large sauté pan over high heat, melt coconut oil. Season the chicken strips with salt and pepper and cook until lightly browned. Set aside to cool then chop into bite-sized pieces.

In the same sauté pan with the leftover oil and chicken drippings (may need to add more oil), fry the onions, garlic, and mushrooms together. Add enough almond milk to cover the mixture and let it simmer for about 5 minutes, or until thick. When gravy is at desired thickness, mix with the noodles and chopped chicken until well combined. Pour into a casserole dish. Bake at 180c for 25-30 minutes. Top with the fresh parsley.

DAY SIX

BREAKFAST

Baked Egg in Avocado Cups Serves 1

Ingredients

- 1 avocado
- 2 eggs, beaten
- Sea salt and black pepper
- 1 tsp of coconut oil
- Handful of chopped chives
- Chilli flakes to your preference

Method

1. Pre-heat the oven to 200 C.
2. Slice avocado in half and remove pip.
3. Use a spoon to scoop out some of the avocado to make room for the egg. Place the avocado halves in a tin or oven safe bowl so they don't roll around. You can slice a little off the avocado to give it a flat base and make them more stable. Crack an egg into each avocado half. Sprinkle with salt and pepper and add a pinch of chilli flakes.
4. Bake for 8-15 minutes depending how well done you like your eggs.
5. Sprinkle with chives and serve with a green salad.

LUNCH

Crab and Cauli Cakes Serves 2-3

Ingredients

- 350g white crabmeat
- 1 small head of cooked cauliflower, mashed
- 3 stalks of celery, finely chopped
- 1 finely chopped onion
- 1 tbsp parsley, chopped
- 2 eggs, beaten
- 1 tsp chilli powder or 1 chopped red chilli
- 1 tbsp of coconut oil

Method- Combine all ingredients in a large bowl except the oil. Form into 6 patties and chill in the fridge for at least 1 hour. Heat the oil in frying pan and brown for 3 minutes on each side. Serve with a green salad and lime wedges.

DINNER

Guilty Free Family Shepherd's Pie Serves 4

- 500g turkey mince
- 4 sweet potatoes
- 2 sliced carrots
- 1 large white onion
- 10 organic mushrooms
- Wheat and gluten free gravy
(goodnessdirect.co.uk)
- 1 portion of goat's cheese

- 1-2 tbsp coconut oil
- 1-2 tbsp dried mixed herbs

Method

1. Pre-heat oven at 180oc for 20 minutes. Skin the sweet potatoes, chop and place in a pan of boiling water. Leave potatoes to soften and boil for 20-30 minutes.
2. Chop the onion, mushrooms and carrots. Heat a deep pan with 1 teaspoon of coconut oil. Add the onions and mushrooms, stir for 2-3 minutes until slightly golden. Add the turkey mince to the pan and cook until brown for about 10 minutes.
3. Add 1 teaspoon of mixed herbs and stir. Add the sliced carrots, 250ml of boiling water and 4 heaped tablespoons of gravy mix.
4. Stir and simmer for approximately 10 minutes.
5. Mash the sweet potatoes together until they are smooth with no lumps. Place the mince mixture into a large deep oven dish. Place the sweet mash evenly over the mince mixture.
6. Sprinkle a handful of grated goat's cheese over sweet mash. Place in oven at 180oC for 30 minutes.
7. Serve with Savoy cabbage and enjoy!

DAY SEVEN

BREAKFAST

Cashew Granola

Ingredients

- 200g rolled oats (gluten free)

10g organic butter, melted

- 120g chopped cashew nuts

- 1 tsp vanilla essence
- 2 tsp minced fresh ginger

Method

1. Pre-heat the oven to 300°F/150°C.
2. Thoroughly combine rolled oats and melted butter in a mixing bowl. Transfer to a large baking dish and spread out evenly.
3. Bake for 45-55 minutes, stirring every ten minutes, until oats are lightly coloured. Add cashews, ginger, and vanilla 20 minutes into the baking time and stir in thoroughly.
4. Serve or store in a covered container. Will keep refrigerated for up to 2 weeks.

LUNCH

FETA COURGETTA

Ingredients

- 100g feta
- coconut oil
- salt and black pepper
- 1 mug of quinoa
- 2 courgettes, spiralized
- 1 tbsp mint, chopped
- 1 tbsp flat leaf parsley, chopped
- 3 chives, chopped
- 1 lemon, juice only

Method

Heat your oven to 200c / gas mark 6. Pop your feta in an ovenproof dish, drizzle with a little melted coconut oil and sprinkle with pepper. Pop in the oven for 10-15 mins. Put a dry roasting tin in the oven to get hot. Boil 2 mugs of water in a pan, pour in a mug of quinoa and cover. Cook for around 10 mins. You will want a slight bite in the quinoa. Use a spiralizer to create ribbons of courgette. Grab your warm roasting tin from the oven and drizzle with coconut oil. Put your courgettes in, season and pop them in the oven for around 5 mins to soften. When the quinoa is cooked, stir through half of your chopped herbs and add a squeeze of lemon juice. Top with the courgette ribbons and the baked feta. Sprinkle over the remainder of herbs.

DINNER BUTTERNUT SQUASH RISOTTO

Ingredients

- 2 tbsp coconut oil
- 2 shallots
- 2 sprigs fresh thyme
- 240g pearl barley
- 500ml veg broth
- 240ml of water
- 1 butternut squash
- Himalayan salt
- pepper
- 2 tbsp chopped fresh flat leaf parsley leaves

Method

In a 12 inch pan, put in 1 tbsp coconut oil. Add shallots and cook for 2 minutes or until golden, stirring often. Add thyme, cook 30 secs. Add barley and cook 2 mins or until toasted and golden stirring often. Transfer to 6 quart slow cooker bowl , along with the broth, water, squash, and 1/2 teaspoon salt. cover and cook on high 3 1/2 to 4 hours or until the liquid is absorbed and the squash is tender. Uncover, discard thyme. Add the remaining coconut oil, 1 tsp salt, and 1/4 tsp freshly ground black pepper. Transfer one-third of mixture to container and refrigerate for up to 3 days. Transfer the remaining mixture to serving dishes and garnish with parsley.

DAY EIGHT

BREAKFAST

Special Breakfast Eggs

Ingredients

- 2 organic eggs, beaten

A handful of frozen or fresh peas

- A handful of (7 or so) chunky and juicy tiger prawns

- Himalayan rock salt, ground black pepper

- Handful of chopped coriander

- 1 tsp of coconut oil

Method

1. Heat a frying pan with butter or coconut oil.
2. Add the beaten eggs and let them cook as you scramble them.
3. Add the peas and prawns, salt and pepper to taste.
4. Mix it all well until eggs are cooked.
5. Serve it hot sprinkled with coriander.

LUNCH

Prawn, Mango and Avocado Salad

Ingredients

- 12 large cooked prawns
- 1 mango, peeled and chopped

1/4 cucumber, finely chopped

- 1/2 avocado, chopped
- 20g unsalted plain cashew nuts

- 1 tsp olive oil
- Juice of a half a lime
- Chilli flakes

Method

1. Combine the lime juice, oil and chilli flakes together.
2. Mix all other ingredients together in a bowl and dress with the oil mixture.
3. Serve on a big bed of watercress and spinach
4. Season if needed.

DINNER

Chicken Wraps with Pesto-Yoghurt Dressing Serves 2

Ingredients

- 2 skinless chicken breasts, cut into strips • 1 small tomato, sliced
- 1 tbsp of fresh oregano leaves
- 1 or 2 large leaves Romano lettuce
- 2 tsp coconut oil

Dressing

- 1-2 tbsp of plain, active-culture yoghurt
- 1 tbsp coarsely chopped pine nuts or walnuts • 1 clove garlic, peeled
- 2 tbsp olive oil
- 1 tbsp fresh basil leaves, shredded
- A pinch of sea salt

Method

1. Heat the coconut oil in a pan and add the chicken strips and oregano. Cook the chicken thoroughly, then set aside.
2. Put the pine nuts or walnuts and the garlic into the food blender until finely blended. Add the extra virgin olive oil and pulse several times. Add in the basil, yo- ghurt, and salt. Pulse until thoroughly mixed.
3. Lay the lettuce leaf flat on a plate. Cover the whole of the leaf with the dressing and then assemble your chicken and tomato slices. Wrap, secure with a toothpick and serve.

DAY NINE

BREAKFAST

Fruity Omelette Serves 1

Ingredients

- 1 handful of fresh blueberries or raspberries

- 1 banana cut into slices

- 1 tsp coconut oil

- 4 eggs, beaten till frothy

- 1/2 teaspoon cinnamon (add more if you wish)

Method

1. Heat coconut oil in a small omelette pan.

2. Add the fruit and fry for 2 minutes.

3. Add the eggs and allow to cook on a medium heat for 2-3 minutes.

4. Before the omelette is fully cooked, sprinkle the cinnamon on top, transfer to the grill to finish cooking and brown on top.

LUNCH

Sweet Potato Mess Serves 1

Ingredients

- 1 sweet potato

- 40g fresh goat's cheese

- 1 fresh red chilli chopped finely

- 1 handful of parsley leaves chopped finely

- 1 handful of baby spinach

- 6 cherry tomatoes

- 1-2 tbsp extra virgin olive oil

- Balsamic vinegar

- 1-2 tsp coconut oil

- 1 handful of pine nuts

Method

1. Pre-heat oven at 180°C for 20 minutes.

2. Chop the sweet potato in half and place on a baking tray, cover sparingly with 2-3 teaspoons of coconut oil and place in oven for 25-30 minutes.

3. Once the potatoes are cooked place on a chopping board, cover in chopped parsley, chilli, goats cheese and pour 2 large tablespoons of olive oil over. Using a large kitchen knife, chop up the potatoes until the mixture is well blended together.

DINNER

Butternut Squash and Goat's Cheese with Purple Sprouting Broccoli Serves 2

Ingredients

- 1 large butternut squash • 2 chicken breasts

- 1 tbsp harrisa paste

- 2 tbsp coconut oil

- 1 tsp chilli flakes

- 1 tsp cumin seeds

- Sea salt and ground pepper

- 200g purple sprouting broccoli • 100g pumpkin seeds

- 200g goat's cheese roulade

Method

1. Pre-heat the oven to 200°C. Cut the chicken breast into strips and mix with the harrisa paste; leave for 15 minutes for the flavours to marinate.

2. Peel and cut the squash into chunks, toss in oil and then mix in the chilli flakes and cumin seeds. Put the squash in a roasting tin and place in the oven for about 40 minutes until they start to brown at the edges.

3. Roast the chicken breast for around 30 minutes while steaming the broccoli for about 3 minutes.

4. Assemble on a plate and crumble the goat's cheese on top to serve.

DAY TEN

BREAKFAST

SHAPE Green Smoothie

Serves 1

Ingredients

- 2 celery sticks
- 1/2 cucumber
- 1 tsp cashew nut butter
- 1 tsp coconut oil
- Handful of spinach & watercress
- Half an avocado
- Splash of coconut milk, depending on how thick you like it
- 4 ice cubes

Method

1. Place all ingredients into blender and blend until smooth.
2. Pour into a large glass and enjoy.

LUNCH

Kedgerree Serves 3

Ingredients

- 450g smoked haddock fillets
- 3 medium boiled eggs
- 2 tbsp parsley
- 150g (raw) brown rice
- 60g butter
- 75ml rice milk

- #### Method
1. Place the fish in a large frying pan, cover with water and allow to simmer for 10-12 minutes until fish is tender. Meanwhile cook the rice in a separate saucepan.
 2. Drain the fish, remove and discard the skin and bones. Flake the flesh.
 3. Chop 2 eggs. Reserve the third to garnish.
 4. Mix together the fish, rice, chopped eggs, parsley and rice milk in a large saucepan. Cook, stirring, until heated through and milk has been absorbed.
 5. Serve immediately and garnished with parsley and slices of remaining egg.

DINNER

Spicy Pork Serves 4

Ingredients

- 400g pork loin fillet or boneless chops
- 1 tbsp olive oil
- 3 tbsp tamari
- 2 tsp tomato puree
- 1" ginger peeled and grated
- 1 large red chilli, chopped finely
- 1 spring onion, finely chopped
- 2 large garlic cloves, crushed
- 2 tsp of raw organic honey

Method

1. Whizz all the ingredients except the pork together in a blender.
2. Rub the mixture all over the pork and leave to marinade for at least 1 hour, the longer the better.
3. Place in an oven proof tin, cover with foil and bake for about 30- 35 minutes at 180oC.
4. Serve with sweet potato wedges and steamed green veg.

DAY ELEVEN

BREAKFAST

Breakfast Stir Fry Serves 1

Ingredients

- 1/2 bag ready sliced cabbage and leeks
- 5 asparagus tips, chopped
- 1 handful of sugar snap peas

2 medium free range eggs

- 75g smoked salmon

- 1 tbsp coconut oil
- 1 tsp cinnamon
- Lemon wedge

Method

1. Heat the oil in pan until it softens then add the vegetables and fry off for 3-4 minutes.
2. Add eggs & cinnamon stirring continuously until set then serve with smoked salmon and a lemon wedge.

LUNCH

Broccoli and Mint Soup Serves 2

Ingredients

- 1 large onion, diced
- 1 tbsp coconut oil
- 1 head of broccoli
- 400ml chicken or vegetable stock
- Small bunch of mint leaves, shredded

Method

1. Fry the onion in a large pan with oil on a medium heat until softened.
2. Add broccoli and stock and simmer for 10-15 minutes or until broccoli has softened. Cool slightly.
3. Place in a food processor with the mint leaves or use an electric blender to form a smooth texture.
4. Heat to serve.

DINNER

Roasted Fennel, Cherry Tomatoes and Chickpeas Serves 2

Ingredients

- 2 medium fennel buds • 2 sprigs of fresh sage • Juice of half a lemon
- 12 cherry tomatoes
- 400g jar of chickpeas, drained
- Coconut oil
- Sea salt and cracked black pepper

Method

1. Oven temperature of 180oC.
2. Cut the fennel bulbs into quarters and place them in a roasting tray with 2 teaspoons of coconut oil, salt and pepper.
3. Roast on the middle shelf of an oven for 25 minutes, turning often, or until charred but not burnt. Re- move from the oven, tip into a bowl and keep to one side. Roast the cherry tomatoes for 10 minutes by placing them in a roasting tin with a generous pinch of sea salt, no oil needed.
4. Place a large, heavy based, non-stick frying pan on a low heat with teaspoon of coconut oil. When melted squeeze in the lemon juice and add the sage. Cook for 1 minute to allow the flavour of the sage to infuse the oil and then add the roasted tomatoes, 2 generous pinches of pepper and 1 of salt.
5. Cook for 2 minutes, stirring constantly. Then add the fennel and the chickpeas. Cook for a further 3 minutes, stirring often, then serve.

DAY TWELVE

BREAKFAST

Banana and Cinnamon Smoothie

Serves 1

Ingredients

- 4 ice cubes
- 1 large banana
- 1 tsp cinnamon
- 250ml coconut milk

Method

Place ice cubes, banana and coconut milk into a blender. and blend until smooth. Pour into a large glass and enjoy.

LUNCH

Baked Salmon and Asparagus Frittata Serves 2

Ingredients

- 4 medium free range eggs
- 50g coconut milk
- 125g smoked salmon
- 6 asparagus spears, trimmed and chopped

- 1 red onion, sliced
- 1 handful of garlic, crushed
- 1 handful of basil leaves
- 1 tsp of coconut oil
- Sea salt and black pepper to taste

Method

1. Pre-heat oven to 200o prior to cooking and heat a small frying pan in oven with 1 tbsp of oil.
2. Blend eggs, milk and seasoning in a blender until fluffy.
3. Pour onions, asparagus and garlic into the hot pan, top with salmon and egg mixture.
4. Bake in hot oven for 15-20 minutes.
5. Serve with a large plate of spinach.

DINNER

Thai Chicken Curry Soup Recipe Serves 4

Ingredients

- 2 tsp coconut oil
- 1 chicken breast, chopped
- 1 onion, finely chopped
- 1 red pepper, chopped
- 2 handfuls of button mushrooms, chopped
- 2-3 tbsp curry powder
- 500ml water or chicken stock
- 1 tbsp almond flour, optional, for thickening
- 700ml coconut milk
- 1 tbsp fish sauce, optional
- 1/2 tsp fresh coriander, finely chopped
- Sea salt and freshly ground black pepper to taste

Method

1. Add the coconut oil and chicken to a large saucepan over a medium heat. Toss the chicken in the oil and cook for about 2 minutes.
2. Add the onion, red pepper and mushrooms to the saucepan and cook for a minute. Season to taste with salt and pepper at this point.
3. Coat the meat and vegetables in the curry powder (add up to 3 tbsp depending on how spicy you want the dish to be). Cook for about 45 seconds.
4. Add the water or stock, almond flour, coconut milk and fish sauce. Stir well. Allow the soup to simmer for 5-10 minutes, until the vegetables are tender and the chicken is cooked through.
5. Adjust the seasoning, if needed, and top with the fresh coriander prior to serving.

DAY THIRTEEN

BREAKFAST

OMEGA Breakfast

Serves 1

Ingredients

- 2 tsbp of walnuts

2 tsbp of pecans

- 1 tbsp cinnamon
- 1 pinch of ginger
- 1 pinch of nutmeg
- 1 tbsp of almond butter

- 1 mashed banana

- 2 whole eggs

200ml of coconut or almond milk

- 2 tbsp of pumpkin seeds
- 1 handful of berries

Method

1. Blend nuts and spices in a food processor to make a grain like consistency and put to one side. 2. Whisk the eggs and almond milk together then blend with the mashed banana and almond butter. 3. Stir in the nut and spice mixture and warm on the stove until it reaches your desired consistency. 3. Sprinkle the pumpkin seeds and berries on top and add further almond milk if you wish.

LUNCH

Stuffed Peppers Serves 1-2

Ingredients

- 100g cooked quinoa (follow directions on packet)

2 red onions, chopped

- 2 tomatoes, chopped
- 1 red pepper, chopped
- 1 clove garlic, crushed

- 4 tbsp of lemon juice
- 2 large red peppers
- 1 tsp of coconut oil
- 1-2 tbsp of extra virgin olive oil

Method

1. Pre-heat the oven to 200oC.
2. Heat the coconut oil in a pan. Fry off the onions, garlic and chopped pepper for 2 minutes then add in quinoa and cook for further 1 minute.
3. Cut the tops of the peppers and de-seed.
4. Stuff the peppers with the warm mixture, place in a dish, cover with foil and cook in the oven for 20-25 minutes.
5. Drizzle olive oil over the peppers once cooked and serve.

DINNER

Oven Baked Sea Bass with Sweet Potato Chilli Mash and Spinach Serves 2

Ingredients

- 4 seabass fillets
- 2 medium sweet potatoes • 2 chopped garlic cloves
- 1 finely chopped red chilli • Ground cinnamon
- 1 tbsp of coconut oil

Method

1. Coat the sea bass fillets with garlic and chilli and coconut oil and place in the oven for 20-30 minutes on gas mark 8.
2. Peel, boil and mash 4 medium sweet potatoes then add chillies and a dash of cinnamon. 3. Serve with a bed of fresh raw spinach.

DAY FOURTEEN

BREAKFAST

Scrambled Eggs and Smoked Salmon

Serves 1

Ingredients

- 3 large free range eggs
- Sea salt and black pepper to taste
- 1 tsp coconut oil
- 2 spring onions, green tops only, thinly sliced

- 2 slices smoked salmon, thinly sliced

Method

1. Combine the eggs and seasoning in a small bowl. Stir briskly with a fork until well blended.
2. Heat oil in a non-stick frying pan over a medium-low heat. Add spring onions and cook, stirring until softened (about 30 seconds).
3. Pour the eggs into the pan and cook until they just begin to set, about 10 seconds; stir in the salmon. Cook for about 3-5 minutes, stirring gently from time to time, until the eggs have thickened into soft creamy curds.
4. Serve immediately.

LUNCH

Greek Salad with Lamb Serves 3

Ingredients

- 450g of minced lamb
- 3-4 tbsp of finely chopped Greek herbs such as dill, mint, oregano and parsley
- Sea salt to taste
- 2 hearts Romaine lettuce finely chopped
- 1-2 tomatoes, chopped
- 1 large or 2-4 small cucumbers, chopped
- 1 cup pitted Kalamata or other Greek olives

- 2 tbsp of lemon juice
- 3-4 tbsp of extra virgin olive oil

Method

1. Saute ground lamb with herbs for 12-15 minutes, or until cooked through. Add salt to taste.
2. Combine meat with lettuce, tomato, cucumber and olives.
3. Whisk together with lemon juice and olive oil. Drizzle on top of the salad.

DINNER

Sizzling Cajun Steak Salad Serves 1

Ingredients

- 1 head Romaine lettuce
- 8 cherry tomatoes, cut in half
- 1 cucumber peeled and sliced into thin rounds

1 roasted pepper, cut into strips

- 2 radishes sliced into thin rounds and any other salad vegetable you might like, be creative!
- Few sprinkles of cajun spices according to your taste (chilli, garlic, cayenne, mustard powder)

- Nice piece of rump or sirloin steak

- 1-2 tsp of coconut oil

Method

1. Prepare the salad in large bowl and set aside.
2. Sprinkle the cajun spice mix over the steak on both sides.
3. Heat the oil in a frying pan or griddle and cook the steak to your liking.
4. Slice the steak and place slices on top of salad.
5. Serve immediately.

WINTER WARMER WEEK



LIFT  **LEAN™**

JUICE

KALE
SPINACH

STRAWBERRIES

APPLES
LIME

PINEAPPLE

SPINACH

CELERY

TANGERINE

GINGER

BROCCOLI

CUCUMBER

ORANGES

BANANAS

ALMOND MILK

CHIA SEEDS

GREEN TEA

FOOD

BANANAS
EGGS

GLUTEN-FREE OATS

ONIONS

GARLIC
TOMATO PUREE
TINS CHOPPED TOMATOES

MIXED VEG
CHICKEN BREASTS

GINGER
COCONUT MILK
MINCED BEEF
MIXED PEPPERS
PASSATA
KIDNEY BEANS

CANNELLINI BEANS

BACON
AVOCADO
SWEET POTATOES

CHICKEN THIGHS

CARROTS
LEEKs
PARSNIPS
SMOKED SALMON

WATERCRESS
SPINACH
BUTTER BEANS
SUNDRIED TOMATOES

FETA CHEESE
CABBAGE
MIXED MUSHROOMS

BEETROOT
RED CHILLI
SWEDE

SPICES

FRESH MINT
CURRY POWDER
KORMA CURRY POWDER

FRESH CORIANDER

GROUND CUMIN

GROUND CORIANDER

CHILL POWDER
DRIED PARSLEY
DRIED BASIL
DRIED OREGANO

TURMERIC
FRESH ROSEMARY

FRESH THYME

CINNAMON
FLAT LEAF PARSLEY

DILL
FENUGREEK
MUSTARD SEEDS

DAY ONE

Juice

BEGINNERS BERRY JUICE

Six large leaves of kale and one cup of spinach, then add 12 strawberries, two green apples, one whole lime and a handful of fresh mint.

Meal 1

BANANA PANCAKES

INGREDIENTS

1 banana

1 egg

30g gluten-free oats

1/2 tsp cinnamon

2 tsp coconut oil

INSTRUCTIONS

Mix all ingredients together in a bowl. Heat coconut oil in a frying pan. Half the ingredients and make into balls. Press down the balls into the pan. Cook for a couple of minutes each side.

Meal 2

QUICK VEG CURRY

- 1 tbsp coconut oil
- 1 onion, chopped
- 2 cloves garlic, crushed
- 2 1/2 tbsp curry powder
- 2 tbsp tomato purée
- 1 (400g) tin chopped tomatoes
- 1 vegetable stock cube
- 285g frozen mixed vegetables
- 340ml water
- Himalayan salt and pepper to taste
- 1 tbsp chopped fresh coriander to garnish

Method

1. In a large saucepan over medium high heat, heat coconut oil and sauté onion and garlic until golden.
2. Stir in curry powder and tomato purée, cook 2 to 3 minutes.
3. Stir in tomatoes, vegetable stock cube, mixed vegetables, water, salt and pepper to taste.
4. Cook approximately 20 to 30 minutes until vegetables are well done (not crunchy). Sprinkle with fresh coriander prior to serving.

DAY TWO

Juice 1

SECRET GREEN JUICE

To create this blend, combine one cup of pineapple chunks with six cups of spinach, one stalk of celery and one large, peeled tangerine and chill for an hour before serving in an ice-filled glass.

Meal 1

BBQ CHICKEN SKEWERS

Ingredients:

4 chicken breasts cut into cubes Marinade:

2 limes, juiced

2 tsp ground cumin

2 tsp ground coriander

4 garlic cloves, finely grated

4 tsp ginger, finely grated

4 tbsp coconut milk

Method:

Marinate the chicken in the mix and leave for a few hours. Remove the chicken pieces and thread onto skewers. Place in a frying pan on medium heat and cook 4-5 mins on each side or BBQ.

Meal 2

CHILLI CON CARNE

500g (1 1/4 lb) minced beef

- 1 onion, diced
- 2 stalks celery, diced
- 1 green pepper, diced
- 2 cloves garlic, minced
- 1 (600g) jar passata
- 2 (400g) tins kidney beans, liquid reserved from one tin
- 1 (400g) tin cannellini beans, liquid reserved
- 1/2 tbsp chilli powder
- 1/2 tsp dried parsley
- 1 tsp Himalayan salt
- 3/4 tsp dried basil
- 3/4 tsp dried oregano
- 1/4 tsp ground black pepper

Method

1. Place the mince in a frying pan over medium heat, and cook until evenly brown. Drain fat.
2. Place the mince in a slow cooker, and mix in remaining ingredients.
3. Cover, and cook 8 hours on Low.

DAY THREE

Juice

GOLDEN LIVER FLUSHING DRINK

INGREDIENTS

1/2 tsp turmeric

A small knob of ginger Juice 1/2 a lemon 1/2 cup water

INSTRUCTIONS Blend all together

Meal 1

BACON AND EGGS

Ingredients

- 2 rashers of organic bacon
- 2 eggs
- 1 avocado
- Himalayan salt
- Pepper
- Kick Start coconut oil

Method

Fry 2 rashers of bacon in coconut oil for 5 mins or until crispy. Crack 2 eggs, whisk them up and pour into a frying pan

with a small amount of coconut oil and stir until

cooked through and fluffy. Add a small pinch of Himalayan salt and pepper to taste.

Half an avocado and scoop out the inside and chop into chunks. Plate it all up together.

Meal 2

CHICKEN STEW

1 tbsp coconut oil

- 1 onion, finely chopped
- 4 garlic cloves, sliced
- 1.4l chicken stock
- 1 large sweet potato, finely grated
- 1 tbsp fresh thyme leaves
- 2 tsp fresh rosemary leaves
- 2 x 850g packs skinless chicken thighs
- 6 carrots, halved lengthways and cut into chunks

- 2 parsnips, halved lengthways and cut into chunks

- 3 leeks, well washed and thickly sliced

Method

1. Heat the coconut oil in your largest pan – an extra-large wok with a lid is ideal. Fry the onion and garlic for a few mins until soft, then pour in the stock and stir in the potato and herbs.

2. Add the chicken and bring to the boil. Stir in the carrots, parsnips and leeks, then cover the pan and leave to simmer on a low heat for 40-45 mins, stirring every now and then, until the chicken is tender.

DAY FOUR

Juice

GREEN COLADA

INGREDIENTS

1 cucumber

1/2 head broccoli 2CM fresh ginger 100ml coconut milk 1 slice pineapple

INSTRUCTIONS

Juice the cucumber, broccoli and ginger. Blend with coconut milk and finely diced pineapple. Add more coconut milk to taste.

Meal 1

AVOCADO SALAD

Ingredients

1 large avocado, 100g smoked salmon (optional),

1 boiled egg, 4 handfuls fresh spinach, 4 handfuls watercress, 2 green peppers, 1 garlic clove, 1 small onion, 2 tbsp extra virgin olive oil.

Method

Chop and combine all ingredients and drizzle with olive oil.

Meal 2

BUTTERBEAN STEW

- 4 x 235g cans butter beans
- 100ml extra virgin olive oil
- 3 small red onions, finely sliced
- 2 large carrots, finely sliced
- 3 celery stalks with leaves, finely chopped
- 4 sundried tomatoes, sliced
- 1kg ripe tomatoes, skinned, deseeded and finely chopped

- 4 garlic cloves, chopped
- 1 tsp paprika
- 1 tsp ground cinnamon
- 2 tbsp tomato purée
- small pack flat-leaf parsley, finely chopped
- small pack dill, finely chopped
- 100g feta (optional), crumbled

Method

1. Drain the canned beans, reserving 200ml of the liquid.
2. Heat the oil in a large flameproof lidded casserole dish, and cook the onions, carrots and celery until tender and the onions are soft and transparent, but not coloured. Stir in the remaining ingredients, re- serving half of the chopped herbs and feta (if using).
3. Pour it into a slow cooker and cook for 4-6 hours on low until ready.

DAY FIVE

Juice

MORNING BOOST JUICE

Process one medium beet along with one large red apple, a few stalks of celery and one whole lime.

Meal 1

GREEN SOUP

Ingredients

Onions, Kale, Broccoli, Red pepper, Carrots, Sweet potato, cabbage and 300ml vegetable stock.

Method

Sweat off the vegetables in coconut oil then add vegetable stock and simmer for 15 minutes. Blitz with a hand blender until smooth. Season with salt and pepper.

Meal 2

MUSHROOM CURRY

- 500g mixed mushrooms (portobello, chestnut etc)
- 2 cloves of garlic, chopped
- 5 cm piece of ginger, chopped
- 1 onion, chopped
- 1 fresh red chilli, copped
- 500g ripe mixed-colour tomatoes, chopped
- Groundnut oil
- 1 tsp turmeric
- 1 tsp fenugreek
- 1 heaped tsp black mustard seeds
- 1 heaped tsp medium curry powder
- 1 tin of coconut milk
- 2 limes
- 1 bunch of fresh coriander

Method

1. Preheat the oven to 200°C/400°F. Roughly chop some of the mushrooms, keeping the smaller ones whole and tearing up the rest. Tip into a large casserole dish and toast on the hob over a medium heat for 5 to 8 minutes, until nutty and really golden.
2. Meanwhile, peel and finely slice the garlic, ginger and onion. Trim and finely slice the chilli, then roughly chop the tomatoes.
3. Add all of it to the pan except the tomatoes, then add 1 tablespoon of oil and the spices. Toss for 2 minutes, stirring continuously, until the spices are toasted and it's smelling lovely. Add the tomatoes and coconut milk, stir to combine and season well with sea salt and black pepper.
4. Cook for 30 minutes until all cooked through. Taste and season as required, adding a little lime juice if needed.
5. Roughly chop the coriander leaves and scatter over the top when serving. Cut the remaining lime into wedges for people to squeeze over the top.

DAY SIX

Juice

SPINACH AND ORANGE SMOOTHIE

Ingredients

- 1 orange, peeled
- 1/2 banana, peeled

- 1 handful fresh spinach

- 60ml almond milk
- 1 tbsp chia seeds
- Ice

Method

Add all ingredients to a blender with a few ice cubes and blend. Add more almond milk if needed.

Meal 1

GREEN AND PINK SALAD

INGREDIENTS

Extra virgin olive oil
1 lemon, zest and juice
1 bag mixed salad
1 beetroot peeled, coarsley grated

1 pinch Himalayan salt
1 pinch black pepper
1 pinch red chilli, finely chopped

INSTRUCTIONS

Combine all ingredients with a squeeze of lemon and glug of olive oil. Toss in a bowl to coat and serve!

Meal 2

VEG STEW

Ingredients

- 1 tbsp coconut oil
- 1 onion, peeled and sliced
- 2 carrots, peeled and diced
- 2 parsnips, peeled and diced
- 2 celery stalks, chopped
- 250g swede, peeled and diced

600ml hot vegetable stock

- 400g can tomatoes
- 420g can butter beans, drained

- A handful of chopped parsley

Method

1. Heat the coconut oil in a large pan, add the onion and fry slowly for 5 mins. Add the other vegetables, cover and fry over a medium heat for 5 minutes, so they start to soften.
2. Pour in the stock and canned tomatoes, bring to the boil, cover and simmer for 10 minutes. Stir in the beans and cook for another 5 minutes, until the vegetables are tender. Sprinkle with the chopped parsley.

DAY SEVEN

Juice

GREEN KALE JUICE

Ingredients

- 240ml green tea, chilled
- 1 handful fresh parsley
- 1 handful kale
- 1/2 cucumber, chopped
- 1/4 pineapple, chopped
- Juice of 1 lemon
- 1 tbsp fresh ginger, grated
- 1/2 avocado, chopped

Method

Blend all ingredients together until smooth.

Meal 1

EGGS MARINARA Ingredients

- 2 eggs
- 1 handful cherry tomatoes

- 1 handful parsley

- Himalayan salt
- 1 tsp Kick Start coconut oil

Method

Heat the coconut oil in a saucepan on a medium heat. Crack in 2 eggs and fry until cooked to your desired consistency.

Blend 1 handful of cherry tomatoes and 1 handful of parsley with a sprinkle of Himalayan salt.

Serve the tomato sauce over your eggs.

Meal 2

CHICKEN KORMA

- 1 tbsp coconut oil
- 1 onion, chopped
- 1 tsp finely chopped fresh root ginger
- 2 tbsp korma (mild) curry powder
- 600g skinless chicken breast fillets, thickly sliced

- 150ml hot chicken stock
- 400ml can coconut milk
- 50g ground almonds
- 2 tbsp chopped fresh coriander (optional)

Method

1. Fry the flavourings: Preheat the oven to 180°C (160°C fan oven), gas 4. Heat the oil in a flameproof casserole or heavy pan and lightly cook the onion and ginger for 4-5 minutes or until softened. Stir in the curry paste or powder and cook over a low heat for 1 minute, taking care that it does not burn.

2. Cook the chicken: Add the chicken slices to the casserole or pan, stirring to coat them in the spicy onions.

3. Add the stock and coconut milk, and bring to the boil. Season.

If cooked in a pan, transfer to a warm slow cooker. Leave to cook 4-6 hours on low. Add the almonds: When ready to serve, stir in the ground almonds to thicken the sauce. Scatter coriander on top, if you like.

MIDSECTION MELTDOWN WEEK



LIFT  **LEAN™**

JUICE

Apples

Carrots

Cucumber

Celery Broccoli

Beetroot

Avocados

Pears

Parsnips

Lime

Oranges

Fresh ginger

Spinach

FOOD

Cauliflower

Red lentils

Lemon

Iceberg lettuce

Turkey breasts

Cucumber

Chicken breasts

Onions

Mixed peppers

Mango

Tomatoes

Sweet potatoes

Chestnut mushrooms

Garlic cloves

Pollock fillets

Avocados

Smoked salmon

Eggs

Fresh spinach

Fresh watercress

Tuna steak
Baby asparagus

Broccoli
Sesame seeds

Kale
Cabbage

Courgette

Carrots

Butternut squash

SPICES

Paprika
Chilli flakes

Fresh rosemary

Sesame oil

Coriander seeds

Fresh coriander

Dried oregano

Fresh parsley

Fresh basil

Cumin seeds

Fennel seeds

Fresh Turmeric

Fresh Mint

Curry paste

DAY ONE

Juice

3 Apples
1 Carrot
2 – 3cm of Lemon
1/4 Yellow Bell Pepper

2 – 3cm Cucumber

1/4 Celery Stalk
2 – 3cm Broccoli
2 – 3cm Raw Beetroot

1 Avocado
1 small handful of Ice

Juice

Place one whole apple in the juicer and then add all the other ingredients except the avocado, finishing off with the final apples and juice.

Blend

Place a couple of ice cubes in the blender along with the flesh from the avocado.

Add the juice and blend until creamy and smooth.

Meal 1

CAULIFLOWER AND LENTIL SOUP

SERVES 3 - 4

Ingredients

1 cauliflower
1 1/2 tbsp oil
2 tsp fennel seeds
150g red lentils
3 tbsp curry paste of your choice
1/2 lemon, juiced

Method

Remove the outer leaves from the cauliflower, cut off the stalk and roughly chop, then cut the head into small florets. Toss a quarter of the florets in 1 tbsp oil and 1 tsp of the fennel seeds, season well, then tip into a roasting tin and set aside.

Heat oven to 220C/200C fan/gas 7. Heat 1/2 tbsp oil in a saucepan over a medium heat and add the remaining fennel seeds, toast for 2 mins, then add the lentils and the remaining cauliflower. Stir in the curry paste, then add 1 litre water and bring to the boil. Simmer for 25 mins until the cauliflower is tender and the lentils are cooked through.

Meanwhile, put the roasting tin of cauliflower in the oven and cook for 20 mins until crisp and slightly charred. Tip the soup mixture into a food processor and blitz until smooth, tip back into the pan to warm through, adding the lemon juice and a little water if it's too thick. Tip into bowls and top with the crispy cauliflower and fennel seeds to serve.

Meal 2

LETTUCE WRAPS

Ingredients

4 leaves of iceberg lettuce leaves,
2 cooked turkey breasts,
1/2 cucumber, 4 spring onions, A sprinkle of paprika

Method

Chop and slice all ingredients and arrange in the lettuce leaf then sprinkle with paprika.

DAY TWO

Juice 1

GINGER GEM

Carrot, Lemon and Ginger

Juice

2 Golden Delicious Apples

1/3 of a Wax-Free Lemon

2 Ice Cubes

Simply juice the apples and lemon and pour over ice - it really does taste like cloudy lemonade!

Meal 1

CHICKEN KEBABS

Ingredients

2 chicken breasts, 1 yellow pepper, 1 red pepper, 1 onion, 1 mango, 4 cherry tomatoes, chilli flakes, coconut oil.

Method

Skewer the chicken, onion, pepper, mango and tomatoes onto sticks. Brush over melted coconut oil and sprinkle with chilli flakes. Serve with salad or vegetables.

Meal 2

SWEET POTATO JACKETS ingredients

2 sweet potatoes

1 tbsp coconut oil

1 red pepper, sliced

1 handful chestnut mushrooms, quartered

1 tsp chopped fresh rosemary

Any other toppings of your choice: for example
bacon or baked beans.

1. Preheat the oven to 180C.

2. Prick the potatoes several times with a fork then microwave on high for 8-10 mins. (or until tender) 3. Meanwhile, heat the oil in a pan and add the mushrooms, peppers and rosemary. Stir and cook until the mushrooms are tender. Season to taste.

4. Put the potatoes in the oven and roast for 15 mins until the skin starts to crisp. Split open and spoon over the mushroom mix and any other toppings you like.

DAY THREE

Juice

1 Apple

2 Pears

1 Parsnip

1/4 Cucumber

1/2 Lime (Peeled with the pith left on)

Fresh Mint (1 small handful)

Ice (1 small handful)

Juice all the ingredients. Simply pour over ice and enjoy!

Meal 1

CAULIFLOWER AND CORIANDER SOUP

Ingredients

3 tbsp coconut oil, 1 large onion,

4 garlic cloves, 1 1/2 tbsp coriander seeds, 2 sweet potatoes, 1kg califlower, 750ml vegetable stock, 1 handful fresh coriander, 1 tsp chilli flakes.

Method

In coconut oil heat onions, garlic, coriander seeds until golden brown. Add cauliflower, sweet potato and half the stock and simmer for 20-30 mins.

Add the rest of the stock once the sweet potato is soft and simmer for a further 10 mins. Blend until smooth and season to taste.

Meal 2

GREEK ROAST FISH

ingredients

400g sweet potatoes, scrubbed and cut into wedges

1 onion, halved and sliced

2 garlic cloves, roughly chopped

1/2 tsp dried oregano

2 tbsp olive oil

1/2 lemon, cut into wedges

2 large tomatoes, cut into wedges

200g fresh skinless pollock fillets

1 small handful parsley, roughly chopped

1. Heat oven to 200C/180C fan/gas 6. Tip the sweet potatoes, onion, garlic, oregano and olive oil in roasting tin, season, then mix together with your hands to coat everything in the oil. Roast for 15 mins, turn everything over and bake for 15 mins more.

2. Add the lemon and tomatoes, and roast for 10 mins, then top with the fish fillets and cook for 10 mins more. Serve with parsley scattered over.

DAY FOUR

Juice

MINTY JUICE

2 Oranges

3 Carrots

1-2cm Raw Ginger

4 Sprigs of Fresh Mint

1 small handful of Ice

Peel the oranges, remembering to leave the white pith on as this is where the majority of the nutrients are to be found.

Juice the oranges, carrots, ginger, and gorgeous mint. Pour the juice over ice and enjoy!

Meal 1

AVOCADO SALAD

Ingredients

1 large avocado, 100g smoked salmon,

1 boiled egg, 4 handfuls fresh spinach, 4 handfuls watercress, 2 green peppers, 1 garlic clove, 1 small onion, 2 tbsp extra virgin olive oil.

Method

Chop and combine all ingredients and drizzle with olive oil.

Meal 2

TUNA WITH ASPARAGUS ingredients

1 tuna steak

1 tsp sesame oil

100g baby asparagus

100g broccoli florets

1 tsp sesame seeds, toasted

Juice of 1/2 lime

Salt and black pepper to taste

1. Place the tuna on a baking tray and drizzle with the sesame oil.

2. Grill on each side for 5 minutes. While the tuna is cooking, steam the asparagus and broccoli for 2-3 minutes.

3. Lightly toast the sesame seeds by placing in a small frying pan over a medium heat for 1-2 minutes. 4. Toss the vegetables with the toasted sesame seeds and lime juice and season.

5. Serve all together.

DAY FIVE

Juice

GINGER JUICE

2 stalks celery

1/2 cucumber

1.5cm ginger, peeled 1/2 cup parsley 1/2 lemon, juice only 1 green apple

2 cups spinach Juice all ingredients.

Meal 1

GREEN SOUP

Ingredients

Onions, Kale, Broccoli, Red pepper, Carrots, Sweet potato, cabbage and 300ml vegetable stock. Method

Sweat off the vegetables in coconut oil then add vegetable stock and simmer for 15 minutes. Blitz with a hand blender until smooth. Season with salt and pepper.

Meal 2

SWEET POTATO TORTILLA

300g bag baby spinach leaves

8 tbsp olive oil

2 large onions, thinly sliced

4 medium sweet potatoes, peeled, cut into thin slices

2 garlic cloves, finely chopped

8 large eggs

1. Put the spinach in a large colander and pour over a kettleful of boiling water. Drain well and, when cooled a little, squeeze dry.

2. Heat 3 tbsp oil in a 25cm pan with a lid, then sweat the onions for 15 mins until really soft. Add another 3 tbsp oil and add the potatoes and garlic. Mix in with the onions, season well, cover and cook over a gentle heat for another 15 mins or so until the potatoes are very tender. Stir occasionally.

3. Whisk the eggs in a large bowl, tip in the cooked potato and onion, and mix together. Separate the spinach clumps, add to the mix and fold through.

4. Add 2 tbsp more oil to the pan and pour in the sweet potato and egg mix. Cover and cook over a low-medium heat for 20 mins until the base and sides are golden brown and the centre has mostly set. Run a palette knife around the sides to stop it from sticking.

5. To turn the tortilla over, put a plate face down onto the pan, then flip it over. Slide the tortilla back into the pan and cook for a further 5-10 mins until just set and golden all over. other side until just set and golden all over. Allow to rest for 5 mins, then tip onto a board before cutting into wedges.

DAY SIX

Juice

1.5cm fresh ginger, peeled 3 beets 3 carrots
3 stalks celery

Meal 1

OREGANO CHICKEN

Ingredients

2 chicken breasts, 1 tsp dried oregano, 1 tbsp coconut oil, 1 courgette, 1 carrot.

Method

Cover chicken in oregano and fry in coconut oil until cooked. add spiralized/ sliced carrot and courgette for the last few minutes then serve.

Meal 2

BAKED SALMON AND ASPARAGUS FRITTATA

Ingredients

4 medium eggs, 125g smoked salmon, 6 asparagus spears, 1 red onion, a handful basil leaves, 1 tsp coconut oil.

Method

Preheat oven to 200c. In a frying pan put 1 tbsp coconut oil pour in onions and asparagus then pour on top whisked eggs and salmon. Fry for 5 minutes then bake in a hot oven for 15-20 mins. Serve with spinach.

DAY SEVEN

Juice

ANTI INFLAMMATORY JUICE 2cm fresh turmeric 4 carrots 1cm fresh ginger 1 orange
1/2 lemon

3 stalks celery
Juice all ingredients.

Meal 1

TURKEY SALAD

Ingredients

1 turkey steak, 1/2 iceberg lettuce, 1 carrot shredded, cherry tomatoes, 1 lime, 1 tsp
coconut oil. Method

Squeeze 1/2 lime and spread 1 tsp coconut oil on a turkey steak and grill.

Mix the salad together and squeeze over remaining lime juice. Serve all together.

Meal 2

BUTTERNUT SQUASH SOUP

Ingredients

1 Butternut squash,

1 red onion

2 Garlic cloves,

1 red chilli,

1 small bunch coriander,

1/2 tsp cumin seeds,

300ml vegetable stock,

1 tsp coconut oil.

Method

Fry the onion, garlic, coriander leaves and chilli in the coconut oil. Add the diced squash
and onion for 2 minutes then cover in stock and cook for 30 mins. Season with salt and
pepper.