



LIFT  **LEAN™**

**Nutrition,
Meal Plans and
Themed Weeks
Manual
VOLUME 2**

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JUICE BOOK



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What is the INFERNO JUICE Programme?

Welcome to the LIFT LEAN INFERNO Juice Programme.

Juicing has become so popular and it's the perfect way to get your daily quota of vegetables into your diet and perfect if you are short on time in the morning.

Why not juice a large batch in one go and freeze so you are always ready to go.

This book covers juicing do's and don't, a guide to purchasing your juicer and lots of tips and tricks for getting the most out of juicing.

Our 7 day plan can be mixed into the detox phase of your personal nutrition programme and contains a luscious mix of a juice/ smoothie, soup and dinner made from ingredients from the Upgraded detox shopping list.

Happy Juicing!

Love Rachel xx





Why Juice Detox?

We should not just be eating fruit and vegetables for their fibre but also for the myriad of vitamins and minerals and enzymes - the catalysts that make every chemical reaction in your body happen – and just like the chemistry experiments at school the reactions can have positive effects – health, vibrancy and wellness or they could be not so FABulous with sickness, tiredness and depression.

So if you are sick and tired of feeling sick and tired then juicing just may be the ultimate health solution for your soul.

The nutrients contained in raw, live juice are extremely easy for the body to digest, extract the nutrients and dispose of any waste. As I said the ultimate fast food and you can feel the benefits within 15 minutes of drinking and chewing your fresh juice.

Your body is your statement of your health account and any disease of the body will manifest itself without any warning signs. Just like your financial bank account you need to put deposits in or you will become overdrawn. The same is true of your

health account too and for optimum health and to be free of disease, you need daily deposits in terms of good quality nutrition. Every time you eat or drink something toxic you are making a withdrawal from your health account i.e. every time you eat a high refined sugar product just to keep you going your pancreas has to secrete insulin to normalise your sugar levels, and if this happens too often your body can become insulin resistant and this can lead to type 2 diabetes.

Signs that you are “overdrawn” in the health department will manifest as things such as: headaches, skin disorders, digestion issues, type 2 diabetes, excess weight, high blood pressure, arthritis and so on. These signs of “dis-ease” are your bodies’ way of telling you that your account is overdrawn and you need to invest in your health. As Jason Vale the Juice Master says when it comes to the vast majority of lifestyle diseases big health improvements can be made if a person does just two things: removes the toxicity and replaces the deficiencies and fresh raw juice may just be part of your health and wellness answer.

Let’s see where you are right now?

Please fill in this form. We will re-visit it again, at the end of the 7 days, to chart your progress.

How do you feel right now? How is your self-esteem and confidence?

What are your expectations of the next 7 days?

What do you hope to achieve in the next 7 Days?

What are your 5 fitness, weight loss and food goals right now?

1.
2.
3.
4.
5.

How is your current nutrition, body image and diet?

How are your stress levels?

Do you get good quality sleep and how much?

Do you eat processed foods, coffee/tea and fruit daily and if so what is the quantity?



INFERNO JUICING DETOX

The whole approach to this nutrition plan is clean eating and cooking from scratch. Don't panic, the meals are quick and simple to prepare. If you prepare your own food, you know exactly what is in it.

We have created a 7 day meal plan so you don't need to think what to have, just prepare your shopping for the week. Obviously if you are a seasoned Kick Starter or already have some of our recipe books then please feel free to swap the meals to suit your tastes and needs.

What is the aim of the DETOX?

1. Break the body's addiction to sugar.
2. Detoxify the body and cells so fat is burned more effectively.
3. Regulate blood sugar throughout the day to stop craving high fat, high carb foods.
4. Enjoy cooking from scratch with whole, natural and seasonal foods and ingredients.
5. Stop grazing through the day, eating more and more food and calories that you do not need.
6. Understand the importance of vegetables in the war against body fat.
7. Give you unlimited energy.
8. Lose body fat and inches.

Preparation

1. Clear out the fridge, pantry, freezer and kitchen of anything likely to cause you to ruin the plan.
2. Dump processed food, packaged, microwave dinners, frozen foods, ready meals – anything packaged, and containing E numbers.
3. Give away all bread, biscuits, cakes and breakfast cereals. Wheat and gluten, for many people, are simply indigestible or place a large stress on the digestive system.
4. Throw out dairy – milk, butter and cheese.
5. Alcohol - that includes wine and spritzers.
Alcohol is a toxin your body has to work hard to remove from your system, placing stress on the liver, kidneys and adrenal glands.
6. Remove fizzy drinks, fizzy water included.
7. Sugar – all forms create an insulin response. The simpler the makeup of the sugar, the more rapid and aggressive the insulin response.
8. No chocolate, sweets or confectionary.

HELP!

What if you have a family or a partner who aren't dieting with you?

That's going to be tough.

Either get them to come on it with you or they will have to help you so don't get weak and fall into eating any of the foods on the toxic list. You will have to be extra tough if this applies to you.

Be Strong! Don't allow friends and family to sabotage your efforts.

INFERNO Shopping List

If you are able to afford organic, then choose organic and local produce wherever possible.

The beauty of this plan is that you design your own meals, as long as you eat the food contained on the shopping list and nothing else.

This is a Clean Eating plan, getting rid of all processed foods that clog up the body. Grass fed beef, organic eggs, and meat are much better quality than standard variations. Think of the food the animals are fed on.

If they are fed hormones and bad quality food then their produce will be the same. This is worth bearing in mind when doing your shopping.

This is a gluten and dairy free eating plan..

UPGRADED DETOX BASIC SHOPPING LIST

Proteins

Beef	Shellfish/Shrimp	Prawns
Chicken	Crab	Eggs
Duck	Lobster	Rainbow Trout
Turkey	Salmon	Haddock
Lamb	Cod	Mackerel
Liver	Plaice	Sea Bass
Kidney	Halibut/Turbot	Fresh Tuna – not tinned
Veal	Hake	
Bacon - very lean	Bream	

“Get organic wherever possible and ensure veg is fresh, washed and peeled before you eat it. Steam, grill, poach and lightly fry fish and meat”

Carbohydrates

As much green veg as you can eat at every meal.

Spinach	All leafy greens	Peas
Courgette	Tomatoes	Green Peppers
Cucumber	Onion	Green Beans
Broccoli	Kale	Purple Sprouting Broccoli
Rocket	Cabbage	Broad Beans
Aubergine	Celery	Cauliflower
Squash	Mushrooms	

Fats

Use Kick Start coconut oil freely to cook with.

Flavour your food with olive oil; don't cook with it as it goes rancid at high temperatures. Butter and Ghee. Avocado.

Nuts

Go easy on nuts if, when you eat a few, you have to finish the packet. We call these domino foods as, once you have a few, you are compelled to eat the whole lot.

Almonds	Macadamia Nuts
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Starchy carbs

Only eat post- workout and not daily.

Brown Rice	Sweet Potato	Quinoa
	Fruit	Beetroot

Drink

Water- 3 litres per day	A glass of bottled water with A pinch of Himalayan salt.	Fruit Tea
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WHY LIFT LEAN WORKOUTS?

What is Lift Lean?

The Lift Lean Workout is a weights and resistance training class set to timed music designed to fit into the busiest of schedules.

“We designed and trialed the concept last year and have had amazing results with our participants. Strength training using weights, barbells, kettlebells and mini bands plus a tweaked 5:2 nutritional protocol works so well together.” Says Kick Start Creator Rachel Holmes.

The 5:2 method is a tried and tested nutrition plan providing more flexibility to fit into busy lifestyles and social lives. The plan is a long term and easily sustainable method of maintaining your results too meaning you don't just pile the weight back on following the plan.

“It's a flexible way of eating without severe restriction. We teach Lift Leaners how to eat healthily in the week and allow for a little wriggle room at the weekend.” Explains Rachel.

“For most people, it is at the weekend when they may fall down with their nutrition, but we teach our clients how to balance out their calories, and to make daily habits changes that are sustainable for long term success.” Rachel continues.

Weight training changes the shape of the body, increasing bone density and muscle mass, also improving mental clarity and reducing mid section weight gain. This type of exercise is often something women shy away from, thinking they may get muscular or bulky, and this is just not the case.

What Equipment will I need?

- Dumbbells
- Kettlebells
- Resistance Band
- Mat
- Step



Goal Setting

Write down and be descriptive and clear:

My perfect weight is

My body will look like (describe your ideal shape, muscle tone,)

My energy levels are

My mind set is

Next write down everything you hope to get out of this program

If you would like to share these goals on the facebook page please do. You should now feel excited and elated knowing you are going to achieve your dreams and you can turn the above points into reality.

The Plan

Key Basics

Eat 3 meals per day - there are added extras if you feel you need more.

Ensure you eat plenty at every meal and fill up on veggies.

Perform a daily 10-minute HIIT Workout from the website before breakfast.

Aim to drink 2/3 litres of bottled water daily.

Drink herbal teas.

Use the 7 day meal plan included.

Only choose foods from the shopping list to make up your meals.



Day one

Breakfast- FABulicious breakfast salad juice

1 apple, 1 pear, 1/2 green pepper, 1/4 cucumber, 2 carrots, 2 broccoli tender stems, 1 beetroot, 1 head romaine lettuce, 1 lime, 1/2 avocado, 1/2 banana. Juice all ingredients together apart from the avocado and banana which should be blended in.

Lunch- Broccoli soup

Ingredients

1 chopped red onion, 2 tsp olive oil, 1/4 tsp dried tarragon, 2 full broccoli heads, 250ml water, 300ml vegetable stock.

Method

In a saucepan mix onion, oil, tarragon, broccoli and salt to taste. Simmer over heat for 3 mins. Add broth, pepper, and stock, simmer for 10 mins. Blend until smooth.

Dinner- Prawn and avocado salad

Ingredients

12 large cooked prawns, 1/4 cucumber, 1/2 avocado, 20g cashew nuts, 1 tsp olive oil, juice of half a lime, chilli flakes, 2 handfuls spinach.

Method

Combine the lime juice, olive oil and chilli flakes. Mix all ingredients together in a bowl.

Extras

Super juice shot

1 apple, 1 large piece ginger, 1 heaped tsp greens powder.

Herbal tea

Day two

Breakfast- Body balancing breakfast blend

1 apple, 1 handful kale, 1 handful spinach, 1 pear, 2 sticks celery, 1/4 cucumber, 1/4 courgette, 1/2 avocado, 1 tsp coconut oil, 1 lime, 1 cup water. Blend all ingredients together.

Lunch -Watercress and asparagus soup

Ingredients

900ml vegetable stock, 1 small cauliflower, 350g asparagus, 4 spring onions, 50g watercress, 25g fresh mint, salt and pepper.

Method

Put the cauliflower in a large pan and bring to the boil then add the asparagus and spring onions. Simmer for 3 mins. Take off the heat and stir in watercress and mint then blend until smooth.

Dinner- Sea bass with mash

Ingredients

4 seabass fillets, 2 medium sweet potatoes, 2 chopped garlic cloves, 1 red chilli, ground cinnamon, 1 tbs coconut oil.

Method

Coat the seabass in garlic, chopped chilli and coconut oil and place in the oven for 20-30 mins. Peel, boil and mash 4 medium sweet potatoes then add a dash of cinnamon. Serve all together with a bed of spinach.

Extras

Simple salad

Rocket salad, 1 boiled egg, cherry tomatoes and drizzle of olive oil.

Herbal tea

Day three

Breakfast- FABulicious breakfast salad juice

1 apple, 1 pear, 1/2 green pepper, 1/4 cucumber, 2 carrots, 2 broccoli tender stems, 1 beetroot, 1 head romaine lettuce, 1 lime, 1/2 avocado, 1/2 banana. Juice all ingredients together apart from the avocado and banana which should be blended in.

Lunch- Avocado and smoked salmon 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.

Dinner- 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.

Extras

Ginger shot
Juice 1 apple and a knob of ginger.

Herbal tea

Day four

Breakfast- Green smoothie

1 celery stick, 1/2 cucumber, 1 tsp cashew nut butter, 1 tsp coconut oil, handful of spinach and watercress, half an avocado, 4 ice cubes.
Blend together until smooth.

Lunch -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 cauliflower, 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.

Dinner- 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.

Extras

Dippy eggs and asparagus

Herbal tea



Day five

Breakfast- Ultimate green juice

1 stick celery, 1/2 cucumber, 4-5 kale leaves, 1 green apple, 1 handful parsley, 1 lime, 1 avocado, 1 inch fresh ginger.

Juice all ingredients except the Avocado which should be blended, then serve.

Lunch- 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.

Dinner- Baked cod salad

Ingredients

1 fillet cod, 1 lemon, cherry tomatoes, 1 bag spinach, coconut oil,

Method

In a tin foil parcel place in fish, sliced lemon, cherry tomatoes and season with coconut oil, salt and pepper. Wrap up and bake for 30 minutes or until cooked. Serve with spinach.

Extras

Green shot

Juice 1 handful kale, 1 knob ginger, half an apple.

Herbal tea

Day six

Breakfast- detox blend

1/4 Cucumber, 2 florets broccoli, 1 handful spinach, 1 handful Rocket salad, 1 beetroot, a sprinkle himalayan sea salt, a spinkle extra virgin olive oil.

Blend all together.

Lunch- Baked salmon and asparagus frittata

Ingredients

4 medium eggs, 125g smoked salmon, 6 asparagus spears, 1 red onion, 1 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.

Dinner- Oregano Chicken and spiralized courgette

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.

Extras

Tomato salad

Cherry tomatoes, cucumber and rocket salad with a squeeze of lemon over the top.

Herbal tea

Day seven

More Recipes

Breakfast- Rise'n'Shine Juice

3 handfuls Spinach , 3 handfuls Kale,
1 Lime , 2" stem Broccoli stem,
1 handful Coriander & Parsley,
1/4 Cucumber, 1/2 Courgette
1 stick Celery, Knuckle Ginger
1/4 Pepper

If you need to add ½ an apple or pear for taste.

Juice all ingredients.

Lunch- Spicy 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.

Dinner -Turkey and lime 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.

Extras

Green Shot

Juice 1 courgette, 1 floret broccoli, 1 inch slice celery.

Herbal Tea

Berry and Spinach Smoothie

Serves 1

Ingredients

- 1 handful of strawberries
- 1 handful of blackberries
- 200ml coconut milk
- 3 blocks of frozen spinach
- 4 ice cubes

Method

Add all ingredients into a blender and blend until smooth.

Pour into a large glass and enjoy.

Pineapple and coconut smoothie

Serves 2

Ingredients

- 1/2 fresh pineapple, chopped
- 2 bananas
- 400ml of coconut milk
- 1 tsp organic cashew nut butter
- 4 ice cubes

Method

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

Banana and cinammon 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.

Green Smoothie

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.

Fitness Workout & Results Section

Par Q and Physical Activity Questionnaire

We need to assess that you are healthy and suitable to do the exercise workouts. If in any doubt, please contact your GP or, if you have any special medical conditions, always check with your doctor before embarking on LIFT LEAN.

- 1 Has your doctor ever said you have a heart condition and that you should only do physical activity recommended by a doctor?
- 2 Do you feel pain in your chest when you do physical activity?
- 3 In the past month, have you had a chest pain when you were not doing physical activity?
- 4 Do you suffer from asthma - if so, do you use inhalers?
- 5 Are you diabetic?
- 6 Do you have a bone or joint problem (e.g. back, knee or hip) that could be made worse by a change in your physical activity?
- 7 Are you pregnant or have you been pregnant in the last 6 months?
- 8 Are you currently taking any medication? If yes, what and for what reason?
- 9 Do you suffer from regular back pain or have you had any back injury?
- 10 Do you know of any other reason why you shouldn't exercise?

'I have read, understood and accurately completed this questionnaire. I confirm that I am voluntarily engaging in an acceptable level of exercise, and my participation involves a risk of injury.'

Client Name

Signature Date DOB

Telephone Email

KSFL Leader Name

Signature Date

The Fit Test

Before you embark on any fitness programme, we need to establish exactly from where you are starting.

We can then measure your exact progress over the 28 days.

Here are the 10 exercises you need to perform as a workout on day 1.

You will then perform the fit test every 7 days and record your scores.

There is an online video with all of the exercises demonstrated for your information.

Do each exercise for 40 seconds, rest for 20 seconds and record your scores below.

Ensure you warm up before you start.

We can then track you progress and fitness levels.

	Week 1	Week 2	Week 3	Week 4
Power Squat				
Split Lunge				
Tricep Dips				
V Sit				
Burpee				
Press Up				
Hill Climber				
Corkscrew Burpee				
Tuck Jumps				
High Knee Runs				

We can then track your progress and fitness levels.



LIFT  **LEAN™**



**HIGH PERFORMANCE
HANDBOOK**



**Welcome to the
Lift Lean
Programme!**



LIFT  **LEAN™**

BREAKFASTS



Banana Breakfast Bars

Ingredients

3 bananas, dried
1 1/2 cups pecans
4 large medjool dates, pitted
1/4 tsp Himalayan salt
1 cup gluten-free rolled oats
1/2 cup pecans

Method

Slice the bananas about 1/8th inch and dehydrate. This can be done on a parchment-lined baking sheet, baked at 175 or in a food dehydrator, each for 2-3 hours. Once bananas are dried but still bendable, remove. In a food processor or powerful blender, mix together dried bananas, 1 1/2 cup pecans, dates, and salt until it forms a smooth paste. Add oats and remaining 1/2 cup of pecans and blend until well combined. Place dough on a piece of parchment paper and press out to about 1/2 inch. Place a second piece of parchment on top of dough and roll smooth to about 1/4 inch thick, straightening the sides as you roll to form approximately a 6x12 rectangle. Cut into 12 equal pieces and enjoy. Store in refrigerator for up to 5 days.



***KICK START* #MeatFree**



Cheeky Chia Cups

Ingredients

- 2 cups almond milk
- 1 tablespoon grated fresh ginger
- Zest of 1 orange
- ¼ cup squeezed orange juice
- 2 tablespoons maple syrup (or to taste)
- 6 tablespoons chia seeds
- ½ cup pistachios, shelled & chopped
- ¼ cup goji berries



Method

Blend together the almond milk, ginger, orange zest and juice, and maple syrup. Pour the mixture over the chia seeds in a medium sized mixing bowl. Stir the mixture well, and then give it another stir every five minutes for the next twenty minutes. Place the mixture in the fridge for at least two hours, or preferably overnight. To serve, divide the chia pudding into four mason jars, cups, or serving bowls. Top each with two tablespoons of pistachios and one tablespoon of goji berries.

***KICK START* #MeatFree**



Easy Avo Smoothie Bowl

Ingredients

- 2 bananas, sliced and frozen
- 1 cup fresh strawberries
- ½ cup fresh blueberries
- 1 avocado, sliced
- Juice of ½ lime
- 1 cup almond milk
- 1-2 tbsp honey (optional)
- For topping: thinly sliced avocado, sliced strawberries, slivered almonds

Method

In a blender, combine the bananas, berries, avocado, lime juice, almond milk, and honey. Blend on high speed until completely smooth and creamy. Pour into bowls and garnish with the avocado, strawberry slices, and slivered almonds. You can eat this straight away or store in the fridge!



***KICK START* #MeatFree**



Juice Recipes

KSFL Alkaline Juice

Ingredients

- ½ cucumber
- 2 stalks celery
- 1 cup cos lettuce
- 1 cup broccoli
- 1 green apple
- ½ lime

Method

Juice ingredients and serve.



Juice Recipes

KSFL Green Green Juice

Ingredients

- 1 cucumber
- 1 cup parsley
- 1 cup spinach
- 2 green apples
- Super Detox:
 - 2cm fresh turmeric
 - ¾ cucumber
 - ½ lime
 - 1 green apple
 - 2 beets
 - 1 cup spinach

Method

Juice ingredients and serve.



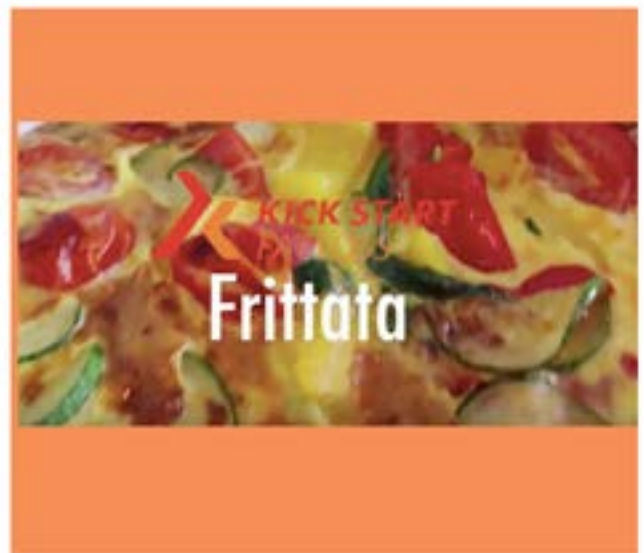
Easy Frittata

Ingredients

- 4 eggs, whisked
- 1 handful spinach
- 1 tbsp coconut oil
- 1/2 red pepper, sliced
- 1 courgette, sliced

Method

Add the coconut oil to a pan over medium heat. Add the vegetables into the pan and stir for 1 minute. Pour over the beaten eggs. Cook until browning then place under the grill and cook until golden brown on the top. Slice and serve.



5 Ingredient Recipe



Strawberry and Cream Oats

Ingredients

- 1 cup gluten-free rolled oats
- ½ cup coconut milk
- ½ cup almond or cashew milk
- 1 tablespoon chia seeds
- 1 teaspoon vanilla extract
- ½ teaspoon almond extract
- 1-2 tablespoon maple syrup
- pinch of Himalayan salt
- ¾ cup chopped strawberries

Additional Toppings ideas

- sliced strawberries
- blueberries
- raspberries
- shredded coconut



Method

- 1 Combine oats, milk, chia seeds, vanilla and almond extract, salt and maple syrup in a large bowl. Stir together until well combined.
- 2 Fold in chopped strawberries.
- 3 Cover a place in the refrigerator at least 4 hours or overnight.
- 4 When ready, divide into two cups and top with desired toppings.

***KICK START* #MeatFree**



Homemade Granola

Ingredients

- For the granola:
 - 400g gluten-free porridge oats
 - 1 tbsp raw honey
 - 1 tbsp coconut oil
 - 75ml almond milk
 - 75g pecans
 - 1 tbsp desiccated coconut
 -
- To serve:
 - 1 tbsp coyo
 - 1 handful of blueberries
 - 1 handful of raspberries



Method

Heat the oven to 180C. Place the oats in a mixing bowl and add the honey, oil and the almond milk and combine well with your hands; the oats should form small clusters.

Spread out on a baking tray and place in the oven for 15 minutes.

Remove and add the pecans, and bake for 5-8 minutes until the oats are lightly golden.

Remove from the oven and leave to cool.

Transfer the oats to a large bowl and add desiccated coconut. The granola will keep for up to 30 days in an airtight container. Serve 100g granola with the coyo and berries.

***KICK START* Healthy Food**



Easy Recipes

KSFL Coconut Quinoa Porridge

Ingredients

- 175g quinoa
- ½ tsp vanilla extract
- 15g creamed coconut
- 4 tbsp chia seeds
- 125g coconut yogurt
- For the topping (to serve 2)*
- 125g pot coconut yogurt
- 280g mixed summer berries
- 2 tbsp flaked almonds (optional)



Method

Activate the quinoa by soaking overnight in cold water. The next day, drain and rinse the quinoa through a fine sieve (the grains are so small that they will wash through a coarse one).

Tip the quinoa into a pan and add the vanilla, creamed coconut and 600ml water. Cover the pan and simmer for 20 mins. Stir in the chia with another 300ml water and cook gently for 3 mins more. Stir in the pot of coconut yogurt. Spoon half the porridge into a bowl for another day. Will keep for 2 days covered in the fridge. Serve the remaining porridge topped with another pot of yogurt, the berries and almonds, if you like.

To have the porridge another day, tip into a pan and reheat gently, with milk or water. Top with fruit - for instance, orange slices and pomegranate seeds.



Boiled Eggs and Avocado Mash

Ingredients

- 2 eggs
- 1/2 avocado
- 1 tbsp pumpkin seeds
- Pinch salt
- Pinch pepper

Method

Place a pan of water on a high heat to boil. Gently place the eggs in the water and boil for 6 minutes for a soft boiled egg. Boil for up to 10 minutes if you prefer hard boiled. Peel the eggs and slice in half. Place the avocado in a bowl and mash it together with the pumpkin seeds, salt and pepper. Serve with the eggs.



***KICK START* Healthy Food**



Spicy Scrambled Eggs

Ingredients

- 2 Eggs
- 1/2 teaspoon Coconut Oil
- 1/8 teaspoon Mild Chilli Powder
- 1/8 teaspoon Ground Turmeric
- 1 pinch Himalayan Salt
- 1 pinch Dried Chilli Flakes optional

Method

Whisk up your eggs in a jug or bowl. Sprinkle in the chilli powder, turmeric and salt and whisk again. Heat the oil in a pan over a medium/high heat. Add the egg mixture and stir until the eggs are cooked. Serve with some organic bacon.



Back to Basics Recipe

Banana Pancakes

- 
- 1 large banana
 - 2 medium eggs, beaten
 - pinch of baking powder
 - splash of vanilla extract
 - 1 tsp oil
- Whatever toppings you like

In a bowl, mash 1 large banana with a fork until it resembles a thick purée. Stir in 2 beaten eggs, a pinch of baking powder and a splash of vanilla extract. Heat a large frying pan over a medium heat and brush with $\frac{1}{2}$ tsp oil. Using half the batter, spoon two pancakes into the pan, cook for 1-2 mins each side, then tip onto a plate. Repeat the process with another $\frac{1}{2}$ tsp oil and the remaining batter. Top the pancakes with your favourite topping.

 **LIFT**  **LEAN™**

LUNCH



Chickpea “Tacos”

Ingredients

- 1/2 cup chickpea flour
- 1/2 cup water
- 1 tbsp ground flax seed
- 1/2 tsp turmeric
- 1 tbsp nutritional yeast
- 1/2 tsp garlic powder
- 1 tsp Himalayan salt
- 1/2 tsp black pepper
- 2 tsp coconut oil
- 1 cup spinach
- 1/2 cup salsa, to serve
- 1 avocado, to serve



Method

Combine chickpea flour, water, flaxseed, turmeric, nutritional yeast, garlic powder, salt and pepper in a high speed blender. Blend on high until smooth. Heat 1 tbsp coconut oil in a large pan over medium heat. Add batter and let set for 2 minutes. Add spinach. Using a spatula, break up batter as it cooks to "scramble." Once all batter is cooked and scrambled, divide mixture evenly. Top with salsa and avocado and enjoy!

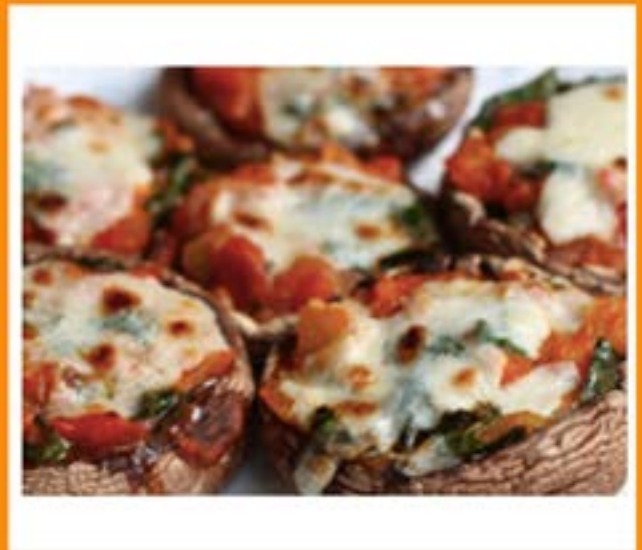
***KICK START* #MeatFree**



Portobello Pizzas

Ingredients

- 3 large portobello mushrooms, wiped clean, stems removed
- Coconut oil
- 1/4 tsp garlic powder
- 1/4 tsp dried basil
- 1/4 tsp dried oregano
- 1 cup tomato passata
- 1/2 cup mixed veggies (onion, peppers, tomato,)
- Parmesan Cheese / feta cheese



Method

Preheat oven to 400 degrees F (204 C). Place cleaned mushrooms on a baking sheet and lightly drizzle both sides with a little coconut oil. Sprinkle with garlic powder, basil, and oregano. Then bake for 5 minutes. In the meantime, prep veggies and prepare pizza sauce. Once par-baked, pull mushrooms out of the oven and top with desired amount of pizza sauce, veggies, and a sprinkle of cheese. Bake for 15-20 minutes. Serve with fresh basil and a little extra cheese.

***KICK START* #MeatFree**



Salmon Noodles

Ingredients

- 1 pack smoked salmon
- 2 courgettes, spiralled
- 1 tsp coconut oil
- 2 cloves garlic
- 1 avocado

Method

Add the coconut oil to a pan over medium heat. Add the courgettes and lightly fry. Meanwhile, blend the garlic and avocado into a paste (add a little water to loosen if needed). Plate up the courgette, topped with shredded smoked salmon pieces and a dollop of the avocado sauce.



5 Ingredient Recipe



Salmon Salad

Ingredients

- 2 salmon fillets
- 1 large grapefruit
- 100g bag watercress
- ½ pack feta
- 2 tbsp extra virgin olive oil

Method

Heat oven to 80C fan and roast the salmon for 8 mins. Meanwhile, segment the grapefruit and mix the juices with 2 tbsp extra virgin olive oil to make a dressing. Toss the watercress with the grapefruit segments, dressing and feta, and serve with the salmon, flaked into large pieces.



5 Ingredient Recipe



Turkey and Coconut Soup

Ingredients

- 1 tsp coconut oil
- 1 small onion, sliced
- 1 clove garlic, peeled and finely chopped
- 1 thumb sized piece of ginger, peeled and finely chopped
- 2 sticks celery, diced
- 1 lemon grass, hit with a rolling pin
- 100ml organic vegetable stock
- 200ml coconut milk
- 200g cooked turkey, roughly chopped
- Pinch of Himalayan salt
- Pinch of pepper
- 1 handful spinach, roughly chopped
- 1 handful coriander, finely chopped
- Juice of 1 lime



Method

Place a little coconut oil in a medium pan. Add the onions to the pan and sauté for 5 minutes until translucent. Add in the garlic and ginger and sauté for 3 minutes until the garlic is lightly golden. Then add in the celery, lemon grass, vegetable stock and coconut milk and bring to a simmer. Simmer for 15 minutes until the celery is completely soft. Add in the leftover turkey, salt and pepper and simmer for 5 minutes until the turkey is piping hot throughout. Remove the pan from the heat and finally stir in the chopped spinach and coriander.

Serve into two bowls and add a final sprinkle of coriander and squeeze of lime juice.

KICK START

DETOX



Thai Chicken Curry

Ingredients

- For the paste:
- 2 spring onions, roughly chopped
- 1 garlic clove
- 1 thumb-sized piece of ginger
- 1/2 lemongrass, roughly chopped
- 1 lime leaf
- 1/2 red chilli, deseeded and roughly chopped
- 1 tsp tamari
- 1 tsp rapeseed oil
-
- 1 chicken breast
- 1 handful edamame
- 200ml coconut milk
- 1/2 courgette, diced
- 50g baby corn, roughly chopped
- 1/2 red pepper, slice



Method

Place all the ingredients for the paste in a small food processor. Blitz to a rough paste. Place the paste in a pan and gently heat for 2-3 minutes. Then add in the chicken and cook for a few minutes until it is completely sealed and lightly golden. Now add in the coconut milk and vegetables and simmer for a further 10 minutes until the chicken is cooked throughout. Serve with a wedge of lime and fresh coriander.

***KICK START* Healthy Food**



Broccoli and Ginger Soup

Ingredients

- 1 tsp coconut oil
- 3 spring onions, finely sliced
- 1 thumb-sized piece of ginger, grated
- 2 sticks of celery
- 1/2 head of broccoli, stalks diced and florets roughly chopped
- 400ml of vegetable stock
- 100g frozen peas
- Sea salt and black pepper



Method

Place the oil in a pan and gently fry the spring onion and ginger for 5 minutes. Then add the celery, broccoli stalks and stock, season and bring to the boil. Simmer for 20 minutes, then add the peas and broccoli florets, return to the boil, then reduce to a simmer for 5 minutes. Blend the soup until smooth and serve.

***KICK START* Healthy Food**



Celeriac Soup

Ingredients

- 1 cauliflower, finely chop the stalk and roughly chop the florets
- ½ celeriac, finely diced
- 1 large onion, finely diced
- 2 cloves of garlic, finely diced
- 1 stick celery, diced
- 600ml organic vegetable stock
- ½ tsp paprika

Method

Place the cauliflower and celeriac in a roasting tin, sprinkle with the paprika and salt. Cook in the oven for 20 minutes. Cook the onion in a little coconut oil for 10 minutes until soft. Then add the garlic and cook for a further 5 minutes. Add the celery and stock and bring to the boil, then simmer for 5 minutes. Once the cauliflower and celeriac is cooked, place it in the pan with the stock and simmer for 15 minutes.

Place all the ingredients in the blender and blitz for 3 minutes until completely smooth. Serve with a light dusting of paprika.



KICK START

DETOX



Squash Salad

Ingredients

- 4 Slices organic bacon
- 2 Tbsp Maple syrup
- 1 Medium Butternut squash Spiralized
- 1 Large onion Spiralized
- 1 tsp Himalayan salt, pinch of pepper

Method

Cook the bacon in a large, high-sided pan set over medium heat until golden brown and crispy, flipping once. Once cooked, transfer to a paper-towel lined plate and lightly press out any excess fat. Reserve the fat in the pan. Into the pan add the maple syrup. Cook, stirring constantly for 1 minute. Add in the spiralized squash and onion noodles and toss until evenly coated in the maple syrup. Add in the salt and pepper and toss until evenly mixed. Cook, tossing occasionally, until the squash is fork tender and the begins to caramelize, about 8-12 minutes. Once cooked, remove from heat and crumble the bacon and stir it in.



5 Ingredient Recipe



KSFL Mediterranean Squash and Chickpea Stew

Serves 4

Ingredients

- ▶ 1 large butternut squash (1 – 1.5kg)
- ▶ 2 red onions, roughly chopped
- ▶ 130g cauliflower florets
- ▶ 1 red pepper, roughly chopped
- ▶ 2 cloves garlic, crushed
- ▶ 400g cooked chickpeas, rinsed
- ▶ 400g tinned chopped tomatoes
- ▶ 1 red chilli, deseeded and finely chopped
- ▶ 1 litre vegetable stock
- ▶ 2 tsp coconut oil
- ▶ 1 tsp ground cinnamon
- ▶ 50g green olives, pitted (optional)
- ▶ 1 tsp flaked almonds
- ▶ Bunch of fresh coriander, chopped (300 -350g)
- ▶ Himalayan sea salt
- ▶ Black pepper

Method

- Preheat oven to 200 Gas Mark 6.
- Peel the butternut squash then scoop out seeds with a large spoon before cutting into large chunks about 3cm.
- Place squash on a baking tray and dot 1 tsp coconut oil over, season then bake for 35 – 40 minutes or until caramelised and soft.
- Meanwhile heat and place remaining coconut oil in a large casserole pan.
- Add in onions, garlic, coriander, cinnamon, chilli, tomatoes and almonds flakes then sauté for 3 -4 minutes.
- When squash is cooked through add to onion mixture with cauliflower, stock, tomato paste, olives and chickpeas.
- Bring to the boil on the hob then season and simmer with lid on for 30 minutes or until reduced to thick consistency.
- Check for seasoning and serve immediately.

Please Share This Recipe **#ksflfood**



LIFT  **LEAN™**

DINNER



CHICKEN AND PEPPER TRAY BAKE

Ingredients

- * 4 large chicken breasts
- 2 red peppers, sliced
- 2 yellow peppers, sliced
- 2 red onions, sliced
- 6 cloves of garlic, bashed
- 6 sprigs fresh thyme
- Sea salt and black pepper
- Olive oil

Method

Preheat oven to 180c. Place the chicken, peppers, onions, garlic and herbs in one large roasting tin. Sprinkle evenly with a good pinch of salt and pepper. Drizzle over olive oil generously and mix together. Place the tin in the oven and roast for 35 minutes until the chicken is golden brown and cooked through and the peppers are caramelised. Allow the chicken to rest then serve.



SERVES 4
PREP 10 MINS
COOK 35 MINS



ROASTING DISHES



ORIENTAL PRAWNS

Ingredients

- 180g king prawns
- 200g mixed shiitake/ oyster mushrooms
- 1 lime, zest and juice
- 2/12 cm ginger, grated
- 2 cloves garlic, grated
- 1 tbsp olive oil
- 1/2 red chilli, finely sliced
- 3 spring onions, finely sliced
- A handful fresh coriander, chopped
- Sea salt



Method

Preheat your grill to the highest setting.

Combine all the ingredients in a large roasting tin so that they sit in a single layer, and season with sea salt.

Place on the highest shelf of the grill for 5 minutes, until the prawns are evenly pink and cooked through. Taste and season with more sea salt as required. Scatter over the coriander and serve.

SERVES 2
PREP 7 MINS
COOK 5 MINS



ROASTING DISHES



SALMON A LA PESTO

Ingredients

- 200g giant wholewheat cous cous
- 400ml vegetable stock
- 2 lemons, zest and juice
- 2 salmon fillets, skinned
- 2 tbsp pesto
- 20g pine nuts, chopped
- 100g watercress, chopped
- Sea salt and pepper

Method

Preheat the oven to 180c fan. Pop the giant cous cous into a roasting tin along with the vegetable stock and zest. Place the salmon fillets on top of the cous cous and spread the pesto over each fillet. Press the pine nuts over the top of the pesto, cover the dish tightly with foil then transfer to the oven and bake for 20 mins. Remove the salmon fillets from the roasting tin and stir the chopped watercress through the cous cous. Season with lemon juice, salt and pepper.



SERVES 2
PREP 5 MINS
COOK 20 MINS



ROASTING DISHES



SWEET POTATO THAI CURRY

Ingredients

- 750g sweet potatoes, sliced
- 1 stick lemongrass, broken
- 5cm ginger, grated
- 2 cloves garlic, grated
- 1 large red chilli, halved
- 1 400ml tine coconut milk
- 500ml boiling vegetable stock
- 2 packets straight to wok cooked noodles
- 1 lime, juice only
- 25g fresh coriander, leaves only



Method

Preheat the oven to 180c fan. Tip the sweet potatoes, lemongrass, ginger, garlic, chilli, coconut milk and stock into a deep roasting tin and cook uncovered for 45 mins. Once the sweet potato is soft remove from the oven and immediately add the noodles and submerge in the liquid for 5 minutes, then stir in the lime juice. Scatter over coriander and serve.

SERVES 2
PREP 5 MINS
COOK 45 MINS



ROASTING DISHES



WARMING POLENTA ROAST

Ingredients

- 150g polenta
- 400ml vegetable stock
- 3 tbsp olive oil
- 300g sweet potatoes, peeled and in chunks
- Black pepper
- 300g mini portobello mushrooms, sliced
- 250g cherry tomatoes, halved
- 2 cloves garlic, crushed
- 1 tsp sea salt



Method

Preheat your oven to 180c fan. Line a roasting tin with baking paper then tip in the polenta, vegetable stock, 2 tbsp olive oil and the sweet potatoes. Stir, season well with black pepper then cook uncovered for 40 mins.

Meanwhile, mix parsley, lemon juice, olive oil and chilli flakes for the dressing. Stir the mushrooms, tomatoes, garlic, salt and pepper and another tbsp olive oil and set aside. Once Polenta has cooked 40 mins take it out and stir, top with mushroom and tomato mix and cook a further 15 mins. Serve with the dressing and a salad.

SERVES 2
PREP 1- MINS
COOK 55 MINS



ROASTING DISHES



CRISPY COD

Ingredients

- 2 cod fillets
- 300g cherry tomatoes on the vine
- 1 red onion, finely sliced
- 4 tsp olive tapenade
- 15g pine nuts
- 15g panko breadcrumbs
- Sea salt and pepper to taste
- Olive oil

Method

Preheat the oven to 180c fan. Arrange the cod fillets, cherry tomatoes and onion in a large roasting tin. Spread the tapenade evenly over the top of the cod fillets. Lightly crush the pine nuts in a pestle and mortar, then mix them with the panko breadcrumbs, a pinch of salt and a tbsp olive oil. Pat this mixture down. Drizzle a little olive oil over the cherry tomatoes and onion, season with salt and pepper. Pop the tin into the oven and roast for 15 mins.



SERVES 2
PREP 10 MINS
COOK 15 MINS



ROASTING DISHES

AUBERGINE ROAST

Ingredients

- 2 aubergines, sliced
- 2 1/2 tbsp olive oil
- 20g Harissa
- 1 red onion, sliced
- 8 large vine tomatoes
- 1 tsp sea salt
- 40g flaked almonds
- 25g fresh coriander

Method

Preheat the oven to 180c fan. Lay the aubergine slices in a roasting tin, then brush each side with harissa and 2 tbsp oil. Mix the red onion with the remaining oil and scatter over the aubergines.

Tuck the tomato halves around the dish, season with salt, then transfer to the oven and roast for 30 mins. Tip over the almonds then return to the oven for a further 15 mins. Scatter with coriander and serve with cauliflower rice.



SERVES 4
PREP 10 MINS
COOK 45 MINS



PAK CHOI FEAST

Ingredients

- 300g mini portobelle mushrooms
- 120g shitake mushrooms
- 200g asparagus
- 200g pak choi
- 2 tbsp sesame oil
- 1 tsp sea salt

DRESSING

- 1 lime, zest and 2 tbsp juice
- 1 tbsp sesame oil
- 1 tbsp soy sauce

TO SERVE

- 25g fresh coriander, chopped
- Cauliflower rice or quinoa



SERVES 4
PREP 10 MINS
COOK 10 MINS

Method

Preheat the grill to max. Spread out the mushrooms, asparagus and pak choi in a single layer on a large grill tray, then add the sesame oil and salt and mix well. Transfer to the grill for 5-10 minutes until the mushrooms are cooked. Mix the dressing ingredients and drizzle the vegetables, scatter with coriander and serve with cauliflower rice or quinoa.



ROASTING DISHES



SWEET POTATO THAI CURRY

Ingredients

- 750g sweet potatoes, sliced
- 1 stick lemongrass, broken
- 5cm ginger, grated
- 2 cloves garlic, grated
- 1 large red chilli, halved
- 1 400ml tine coconut milk
- 500ml boiling vegetable stock
- 2 packets straight to wok cooked noodles
- 1 lime, juice only
- 25g fresh coriander, leaves only



Method

Preheat the oven to 180c fan. Tip the sweet potatoes, lemongrass, ginger, garlic, chilli, coconut milk and stock into a deep roasting tin and cook uncovered for 45 mins. Once the sweet potato is soft remove from the oven and immediately add the noodles and submerge in the liquid for 5 minutes, then stir in the lime juice. Scatter over coriander and serve.

SERVES 2
PREP 5 MINS
COOK 45 MINS



ROASTING DISHES

FENNEL CHICKEN

Ingredients

- 300g fennel, sliced
- 12 shallots, quartered
- 1 lemon, sliced
- 6 cloves garlic, bashed
- A few sprigs fresh thyme
- 4 free-range chicken breasts
- Sea salt and black pepper
- Olive oil

MUSTARD MAYO

- 4 heaped tbsp mayonnaise
- 2 heaped tbsp mustard
- 2 tsp honey

Method

Preheat oven to 180c fan. Place the fennel, shallots, lemon, garlic and thyme in a large roasting tin and put the chicken breasts on top. Season and drizzle over oil. Mix well and transfer to the oven to roast for 30 mins. For the sauce mix the ingredients and set aside. Serve all together.



SERVES 4
PREP 10 MINS
COOK 30 MINS



Steak and Beans

Ingredients

- 4 ribeye steaks (each 1-inch thick)
- 3 tablespoons Greek vinaigrette
- 3/4 pound green beans, trimmed
- 8 ounces cherry tomatoes, halved
- 2 ounces crumbled feta

Method

Bring large pot of salted water to boil. Brush steaks all over with 1 1/2 tbsp. v inaignrette; season. Grill over medium-high, minutes for medium-rare. Transfer to cutting board; let rest 10 minutes. Boil green beans, 3 minutes; drain. Transfer to bowl of ice water to chill; drain. Place in large bowl and toss with tomatoes, feta and 1 1/2 tbsp. vinaigrette; season. Serve with steak.



5 Ingredient Recipe



Sausage and Chips

Ingredients

- 2 large orange sweet potatoes
- 1 large swede
- 3 tbsp coconut oil
- 8 sausages

Method

Preheat the oven to fan 180C. Cut the sweet potatoes and swede into wedges and put them in a large roasting tin. Drizzle over 2 tablespoons of the oil and toss the wedges to coat. Roast for 40-45 minutes until cooked through and crisp. Halfway through the cooking time, heat the remaining oil in a frying pan. Add the sausages and cook for 20 minutes, turning regularly until cooked through. Drain off any fat. Sprinkle the chips with a little salt and serve!





Squash Lasagna

Ingredients

Ragu:

- Beef mince
- Pepper
- Carrot
- Courgette
- Onion
- Garlic
- Mushroom
- Tinned tomatoes
- Tomato puree
- Mixed herbs
- Salt and pepper
- Balsamic vinegar
- Coconut oil

Sauce:

- Almond milk
- Butter
- Hard and soft goats cheese
- Mustard powder

Faux lasagna sheets use butternut squash slices



Recipe Ideas



Easy Recipes

KSFL Herb Roasted Turkey

Ingredients

- 1 split bone-in, skin-on turkey breast (about 2 1/2 lb)
- 2 tbsp olive oil
- 2 tsp fresh lemon juice
- 1 tsp lemon zest
- 1 tsp minced fresh rosemary leaves
- 1 tsp minced fresh sage leaves
- 2 tsp minced fresh thyme leaves
- 1/2 tsp kosher salt
- 1/4 tsp ground black pepper



Method

- Preheat oven to 425°F. Place turkey breast, skin-side-up, on a rack in a roasting pan.
- In a small bowl, whisk together oil, lemon juice and zest, herbs, salt and pepper. Using your fingers, gently loosen skin from turkey breast meat without removing it completely. Rub herb-oil mixture under skin and all over turkey breast meat (including underneath breast as well).
- Roast, skin side-up, for 50 to 60 minutes or until an instant-read thermometer reads 165°F when inserted into thickest part of breast (test in a few places to make sure).
- Cover turkey with foil and let rest at room temperature for 15 minutes. Remove and discard skin, then cut turkey breast from bone. Slice meat and serve.



Chorizo Stew

Ingredients

- 200g cooking chorizo
- 1 tsp coconut oil
- 2 x 400g cans chopped tomatoes
- 2 x 400g cans drained butter beans
- 1 tub fresh pesto

Method

Slice the chorizo and tip into a large saucepan over a medium heat with 1 tsp coconut oil.

Fry gently for 5 mins or until starting to turn dark brown. Add the tomatoes and butter beans, bring to the boil, then simmer for 10 mins. Swirl through the pesto, season lightly and ladle into bowls.



5 Ingredient Recipe



Berry Sweet Potato Bowl

Ingredients

- 1 whole, small sweet potato, pre-baked and mashed
- 2 tbsp natural peanut butter
- 1/4 cup blueberries, whole or mashed
- 4 sliced strawberries
- 1 tbsp raw cacao nibs
- 1 tbsp hemp seeds
- 1 tbsp unsweetened shredded coconut



Method

Place your sweet potato in a bowl and top with the peanut butter, blueberries, sliced strawberries, cacao nibs and any other toppings you desire!



Vegetarian Recipe



Courgetti and Basil Pesto

Ingredients

- 3 x courgettes
- For the pesto
 - 1 tbsp olive oil
 - 1 handful basil leaves
 - 1 handful spinach leaves
 - 30g sunflower seeds
 - 30g cashew nuts
 - Pinch Himalayan pink salt
 - Pinch pepper
 - Juice ½ lemon



Method

Using a julienne peeler, or spiralizer, peel the courgette into long thin strips, similar to spaghetti. Once you get to the seedy part of the courgette stop peeling that side and turn the courgette and continue to peel the next strip. Place the courgette in a large bowl.

To make the pesto simply place all the ingredients in a small food processor and blitz to a coarse consistency. Tip this into the bowl with the courgette and mix well. Add a squeeze of lemon juice to serve

***KICK START* Healthy Food**



Sweet Potato Coconut Dal

Ingredients

- 1 tbsp melted coconut oil
- 1 clove garlic
- 1 tbsp. grated ginger
- 1 spring onion, chopped
- 100g red lentils
- 1 sweet potatoes, peeled and cut into cubes
- 100g cherry tomatoes
- 5 cardamom pods
- 5 cloves
- 2 bay leaves
- 1 tsp turmeric powder
- 200ml organic vegetable stock
- 200ml coconut milk
- Pinch Himalayan salt
- Pinch pepper
- Small bunch coriander, roughly chopped



Method

Place a large pan on the hob on a medium heat and add a little coconut oil, when the oil is hot add in the garlic, ginger and spring onions and sauté for a few minutes until the garlic is golden. Add in the red lentils, sweet potato, cherry tomatoes, cardamom, clove, bay leaves and turmeric and cook for a few minutes, stirring continuously. Add the vegetable stock, stir well and bring to the boil. Then simmer for around 15 minutes until the vegetables have softened and the lentils are starting to fall apart. Add in the coconut milk, season with salt and pepper and leave to simmer for a further 15 minutes. Remove the cardamom and cloves. Turn the heat off and stir through some fresh coriander. Serve into bowls.

KICK START

DETOX



TOMATO ORZO

Ingredients

- 200g orzo
- 400ml Veg Stock
- 400g cherry tomatoes on the vine
- 1/2 red onion finely chopped
- 2 bay leaves
- Freshly ground black pepper
- 2 tsp salt
- 2 tbsp extra virgin olive oil
- A good handful fresh basil, chopped

Method

Preheat the oven to 180c fan. Mix the orzo with the vegetable stock in a deep roasting tin and lay the vines over the top. Arrange the cherry tomatoes in an even layer over the orzo and scatter with red onion, bay leaves, black pepper and 1 tsp salt. Transfer to the oven and cook, uncovered, for 20 mins. As soon as the orzo is cooked, remove the vines and stir through olive oil and remaining salt and herbs.



SERVES 2
PREP 10 MINS
COOK 20 MINS



ROASTING DISHES



LIFT  **LEAN™**

SIDES

HONEY ROAST VEG

Ingredients

- 3 carrots, peeled and cut into wedges
- 3 parsnips, peeled and cut into wedges
- 4 cloves of garlic, unpeeled and bashed
- 2 large sprigs rosemary
- 2 bay leaves
- 1 tbsp honey
- 2 tbsp olive oil
- 2 tsp sea salt and black pepper
- 240g quinoa, rinsed
- 720ml boiling water
- 60g wild rocket
- 1/2 a lemon, juice only



SERVES 4-6
PREP 10 MINS
COOK 1 HOUR

Method

Preheat the oven to 170c fan. Put the carrots, parsnips, garlic, bay leaves, rosemary, honey, olive oil, salt and pepper into a roasting tin. Give it a mix then transfer to oven for 1 hour. After 40mins stir the quinoa and the water. Cover with foil and return to the oven for the final 20 mins. Fluff up quinoa with a fork, stir through rocket, drizzle with oil and serve.



Quick Basil Pesto

Ingredients

- 1/3 cup raw almonds
- 2 cloves garlic, halved
- 1 cup grated Parmesan cheese
- 1 cup fresh basil
- 1/2 cup fresh flat-leaf parsley
- 1/2 cup coarsely chopped chives
- Pinch Himalayan salt & black pepper
- 1/3 cup extra-virgin olive oil
- 1 tbsp lemon juice



Method

In a blender, combine almonds and garlic; pulse until combined. Add Parmesan cheese, basil, parsley, chives, salt and pepper; pulse. With motor running, add oil and lemon juice in a thin, steady stream until fully incorporated.

KICK START #MeatFree



Sweet Potato Fries

Ingredients

- 2 large sweet potatoes, peeled, cut into 1x3-inch wedges
- 3 tbsp melted coconut oil
- 1/2 tsp Himalayan salt
- 1/2 tsp freshly ground black pepper
- 1/4 tsp paprika
- 1/4 tsp garlic powder

Method

Position rack in upper third of oven and preheat oven to 220c. Spread coconut oil on a baking sheet. Place sweet potatoes and coconut oil in large bowl, toss lightly. Sprinkle with salt, pepper and paprika. Arrange potatoes in a single layer on prepared baking sheet, being sure not to overcrowd. Bake until tender and golden brown, turning occasionally. Cooking time is 18 to 24 minutes. Cool 5 minutes before serving.



Back to Basics Recipe



Mexican Quinoa Salad

Ingredients

- 5-6 cups mixed greens
- 1 cup cooked quinoa (red or white)
- 1/2 cup fresh corn
- 1 cup cooked black beans
- 1/4 cup red onion, diced
- 1 orange, segmented
- 1/2 ripe avocado, chopped
- 1/4 cup fresh coriander, chopped or torn

Dressing

- 1/2 ripe avocado
- 1 large lime, juiced (~4 Tbsp)
- 3 Tbsp orange juice
- 1-2 tsp maple syrup
- 1-2 tsp hot sauce
- 1/4 tsp cumin powder
- 1/8 tsp chili powder
- Pinch Himalayan salt and black pepper
- 3-4 Tbsp extra virgin olive oil or avocado oil



Method

Begin preparing quinoa first by thoroughly rinsing 1/2 cup quinoa in a strainer then bringing to a boil with 1 cup water in a small saucepan. Once boiling, reduce heat to simmer, cover and cook on low for 15-20 minutes. Meanwhile, prepare salad ingredients by chopping vegetables, segmenting orange, and warming black beans and seasoning with salt, cumin, chili and garlic powder. Prepare dressing by adding all ingredients to a blender or food processor and blending until creamy and smooth. Taste and adjust seasonings as needed. Either plate salad and serve with dressing on the side, or toss with dressing before serving.

***KICK START* #MeatFree**



Sweet Potato Mash

Ingredients

- 3 medium uncooked sweet potato(es), peeled, cut into 1-inch chunks
- 2 clove(s) garlic, peeled
- 1/2 cup Greek yogurt, Greek
- 1/8 tsp Himalayan salt
- 1/8 tsp black pepper, freshly ground,

Method

Place potatoes and garlic in a large saucepan; pour in enough water to cover potatoes. Set pan over high heat and bring to a boil; boil until potatoes are tender. Drain potatoes and garlic; transfer potatoes and garlic to a large bowl. Add yogurt and mash until smooth. Season to taste with salt and pepper.



5 Ingredient Recipe



LIFT  **LEAN™**
NUTRITION

MY FOOD DIARY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

WORKOUT DIARY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

Shopping List



Proteins

Beef
Chicken
Duck
Turkey
Lamb
Liver
Kidney
Veal
Pork
Lean bacon
Shellfish/Shrimp
Crab
Lobster
Salmon
Cod
Plaice
Halibut/Turbot
Hake
Bream
Prawns
Eggs
Rainbow Trout
Haddock
Mackerel
Sea Bass

Fats

Olive Oil, Coconut Oil, Butter
Nuts: Organic Macadamia / Almonds / Brazil eat small amounts of these, if required.

Dairy

Almond Milk, Coconut Milk, Rice Milk
*Try different milks for variety

Spices

Herbs and Spices are fine to enhance and flavour, but don't overdo it.
Almond or Coconut Milk (minimal amounts for cooking)

Hydration

Water a minimum 3 litres per day
Fruit Teas

Carbohydrates

Brown Rice
Lentils
Basmati Rice
Sweet Potato
Courgette
Carrots
Parsnips
Bean sprouts
Swede
Cucumber
Broccoli
Aubergine
Squash
All leafy greens Spinach, Kale, Spring Greens Lettuce etc
Tomatoes
Onion
Cabbage
Celery
Mushrooms
Green, Red, Orange, Yellow Peppers
Green Beans
Purple Sprouting Broccoli
Cauliflower
Avocado
Apple
Lemons / Limes
Pulses
Beans
Quinoa

Vegetarian Shopping List

Proteins

Shellfish/Shrimp
Crab
Lobster
Salmon
Cod
Plaice
Halibut/Turbot
Hake
Bream
Prawns
Eggs
Rainbow Trout
Haddock
Mackerel
Sea Bass

Other

We suggest on any vegetarian diet that you take supplements.

Fats

Olive Oil, Coconut Oil, Butter
Nuts: Organic Macadamia / Almonds / Brazil eat small amounts of these, if required.

Nuts: Organic Macadamia / Almonds / Brazil nuts.

Dairy

Almond Milk, Coconut Milk, Rice Milk
*Try different milks for variety

Spices

Herbs and Spices are fine to enhance and flavour, but don't overdo it.
Almond or Coconut Milk (minimal amounts for cooking)

Hydration

Water a minimum 3 litres per day
Fruit Teas

Carbohydrates

Brown Rice
Lentils
Basmati Rice
Sweet Potato
Courgette
Carrots
Parsnips
Bean sprouts
Swede
Cucumber
Broccoli
Aubergine
Squash
All leafy greens Spinach, Kale, Spring Greens Lettuce etc
Tomatoes
Onion
Cabbage
Celery
Mushrooms
Green, Red, Orange, Yellow Peppers
Green Beans
Purple Sprouting Broccoli
Cauliflower
Avocado
Apple
Lemons / Limes
Pulses
Beans
Quinoa



WEEK 1

MEAL PLAN



SHOPPING LIST

Please note these handbooks are weekly guides created to provide a framework and rough food plan only. Please feel free to mix and match your own recipes!

Courgettes
Spring onions
Eggs
Fennel bulbs
Cherry tomatoes
Large prawns
Onions
Carrots
Mixed peppers
Garlic cloves
Kidney beans
Brown rice
Chopped nuts
Brown rice flour
Almond flour
Coconut milk
Vanilla pod
Chicken breasts
Walnuts
Celery
Lentils
Avocado
Red onion
Baby spinach leaves
Smoked salmon
Pine nuts
Lemons
Basil leaves
White fish
Cauliflower rice
Gluten-free porridge oats
Flaked almonds
Bananas
Cinnamon
Quinoa

Tomatoes
Lamb Steaks
Paprika
Cumin seeds
Chilli powder
Asparagus
Chickpeas
Mixed salad
Almond milk
Mushrooms
Thyme
Chives
Crab meat
Cauliflower
Turkey mince
Sweet potatoes
Gravy
Goats cheese
Butter
Vanilla essence
Ginger
Mint
Feta
Shallots
Butternut squash



DAY 1

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

Prawn, Fennel and Tomato Ragout Serves 2

Ingredients

- 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 2

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 3

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

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 Dinner

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 4

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 5

BREAKFAST

Asparagus Egg 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

Moroccan 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 6

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

- 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. 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 7

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.

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 Ristotto

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.



JUICES AND SMOOTHIES

Berry and Spinach Smoothie

Serves 1

Ingredients

- 1 handful of strawberries • 1 handful of blackberries • 200ml coconut milk
- 3 blocks of frozen spinach
- 4 ice cubes

Method

Add all ingredients into a blender and blend until smooth.

Pour into a large glass and enjoy.

Pineapple and coconut smoothie

Serves 2

Ingredients

- 1/2 fresh pineapple, chopped
- 2 bananas
- 400ml of coconut milk
- 1 tsp organic cashew nut butter
- 4 ice cubes

Method

1. Add all ingredients to a food blender and blend until smooth.

2. Pour into a large glass and enjoy.

Banana and cinammon 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.

Green Smoothie

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.



WEEK 2

MEAL PLAN

A thick orange horizontal bar is located below the text.



SHOPPING LIST

Please note these handbooks are weekly guides created to provide a framework and rough food plan only. Please feel free to mix and match your own recipes!

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

GROUND GINGER
MANGO
BLUEBERRIES
STRAWBERRIES
PECANS
WALNUTS
FLAX SEEDS
BANANA
GLUTEN FREE OATS
BUTTER
CASHEWS
VANILLA ESSENCE
FRESH GINGER
FROZEN PEAS
TIGER PRAWNS
APPLE OR PEAR
LEEKS
ASPARAGUS
SUGAR SNAP PEAS
LEMON
SMOKED HADDOCK
BROWN RICE
RICE MILK



DAY 1

BREAKFAST

FRUIT AND NUT BOWL

Ingredients

- 1 tsp ground cinnamon
- 1/2 teaspoon ground ginger
- 2 teaspoons coconut oil
- 100g coconut shredded
- 1 mango chopped
- 2 tbsp blueberries
- 2 tbsp strawberries
- 12 tbsp chopped pecans
- 2 tbsp chopped walnuts
- 2 tbsp flax seeds

Method

1. Mix all ingredients together in a bowl and chill before serving.

LUNCH

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.

DINNER

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 tsp 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 2

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

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.

DINNER

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 3

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

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.

DINNER

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 4

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

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.

DINNER

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.



DAY 5

BREAKFAST

BREAKFAST WARMING PORRIDGE

Ingredients

- 50g gluten free oats
- 1 tbsp mixed seeds (linseeds, pumpkin, sunflower, sesame)
- 1 tbsp desiccated coconut
- 1 tsp cinnamon
- 1 grated apple or pear
- 1 handful of blueberries

Method

1. Put all ingredients in a bowl and pour over about 100ml boiling water and leave to rest for about 2 minutes.
2. The oats plump up, the berries soften and the mixture is like a hot porridge. Add more or less water to your own preference.

LUNCH

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!

DINNER

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 6

BREAKFAST

BREAKFAST STIR FRY

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

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.

DINNER

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.



DAY 7

BREAKFAST

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.

LUNCH

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.

DINNER

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.



JUICES AND SMOOTHIES

Rise'n'Shine Juice

3 handfuls Spinach , 3 handfuls Kale, 1 Lime , 2" stem Broccoli stem,
1 handful Coriander & Parsley,
1/4 Cucumber, 1/2 Courgette
1 stick Celery, Knuckle Ginger
1/4 Pepper
If you need to add 1/2 an apple or pear for taste.
Juice all ingredients.

Ultimate green juice

1 stick celery, 1/2 cucumber, 4-5 kale leaves, 1 green apple, 1 handful parsley, 1 lime, 1 avocado, 1 inch fresh ginger.
Juice all ingredients except the Avocado which should be blended, then serve.

Detox blend

1/4 Cucumber, 2 florets broccoli, 1 handful spinach, 1 handful Rocket salad, 1 beetroot, a sprinkle himalayan sea salt, a spinkle extra virgin olive oil.
Blend all together.

Body balancing breakfast blend

1 apple, 1 handful kale, 1 handful spinach, 1 pear, 2 sticks celery, 1/4 cucumber, 1/4 courgette, 1/2 avocado, 1 tsp coconut oil, 1 lime, 1 cup water. Blend all ingredients together.

Sweet Chia Smoothie

Ingredients

- 240ml Greek yoghurt
- 200g frozen banana
- 120ml almond milk
- 1 pinch chia seeds

Method

Blend the Greek yogurt, frozen banana and almond milk. Sprinkle with chia seeds. You can store the leftover smoothie in the fridge for 2 days.



WEEK 3

MEAL PLAN



SHOPPING LIST

Please note these handbooks are weekly guides created to provide a framework and rough food plan only. Please feel free to mix and match your own recipes!

EGGS
BUTTER
AVOCADO
MANGO
MIXED PEPPERS
RED ONION
MIXED SALAD
FRESH MINT
LEMONS
STEAK
TOMATOES
COURGETTES
BROCCOLI
TURKEY
CUCUMBER
LETTUCE
GARLIC
DRIED THYME
ONIONS
CARROTS
CELERY
SPRING ONIONS
FRESH DILL
SWEET POTATOES
ALL SPICE
WHITE FISH
CHERRY TOMATOES
CAULIFLOWER RICE
DATES
BANANA
QUINOA
COCONUT MILK
CINNAMON
CHICKEN BREASTS
LIME
TINA
GREEK YOGHURT
FROZEN PEAS
BEETROOT
HAM
MIXED SEEDS
GEM LETTUCE
BACON
BLACK BEANS
FRESH PARSLEY
GLUTEN FREE FLOUR
BAKING POWDER
APPLE JUICE

ALMONDS
FRESH BASIL
RED CHILLI
ROCKET
BUTTERNUT SQUASH
CHICKPEAS
RAISINS
GROUND CORIANDER
GROUND CUMIN
CHICKEN THIGHS
GREEN OLIVES
PLAIN COUS COUS
ALMOND FLOUR
FLAXSEED
FETA



DAY 1

BREAKFAST

CREAMY BOILED EGGS

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

LUNCH

SUPER SALAD

- 1 mango chopped
- Half a red pepper, chopped
- Half a red onion, peeled and chopped
- 1 handful of mixed spinach, rocket and watercress
- 1 handful of fresh mint, chopped
- 2 tsp of fresh lemon juice

Method

1. Combine all of the ingredients in a bowl (except the chicken) and squeeze the juice from a fresh lemon over the ingredients. Slice up the chicken and mix through.

DINNER

STEAK AND EGGS

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 2

BREAKFAST

COURGETTE 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

GRILLED 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

HEARTY 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 3

BREAKFAST

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.

LUNCH

SWEET POTATO PANCAKES

Ingredients

- 1 roasted sweet potato
- 2 eggs
- 1 pinch of allspice
- Grass fed butter

Method

Remove the skin from a cooled, roasted sweet potato, and mash the filling. Mix in two eggs and add the allspice. Heat a griddle pan over medium-high heat. Coat it with grass fed butter. Spoon out 60ml of batter onto the griddle. Let it cook for 5 to 7 minutes. Flip with a spatula and cook for another 3-5 minutes, remove, then serve.

Great toppings: Organic bacon and egg, salmon or mixed stir fry vegetables.

DINNER

FISH AND CAULIFLOWER 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 4

BREAKFAST

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

COCONUT CHICKEN WITH SPIRALIZED COURGETTE

Ingredients

- 1 chicken breast, sliced
- 1 yellow pepper
- 1 courgette, spiralized
- 1 avocado
- 1/2 lime
- Himalayan salt
- Black Pepper
- 1 tbsp Kick Start Coconut oil

Method

Blitz 1 avocado with the juice of half a lime in a blender and set aside. Fry the chicken breast in coconut oil, sprinkle with salt and pepper. Once nearly cooked add in 1 chopped yellow pepper. After 2 minutes add the courgette and cook for a further 1 minute and serve topped with the avocado sauce.

DINNER

TUNA SALAD

Ingredients

- 4 tbsp tuna
- 2 stalks celery, finely chopped
- 1 carrot, finely chopped
- 1/2 red pepper, finely chopped
- 3 tbsp Greek yoghurt
- 1 tbsp fresh lemon juice
- 1/4 tsp black Pepper
- 1 bag mixed salad

Method

In a bowl, combine tuna, celery, carrot, red pepper, Greek yogurt, lemon juice, and 1/4 teaspoon freshly ground black pepper. Serve with mixed salad.



DAY 5

BREAKFAST

HAM AND BEETROOT SALAD

Ingredients

- 100g frozen peas
- 175g beetroot
- 2 spring onions, sliced
- 1 tbsp extra virgin olive oil
- Half iceberg lettuce, shredded
- 100g organic sliced cooked ham
- 1 pinch sesame seeds

Method

Pour boiling water over the peas and leave for 2 mins, then drain well. Chop the beetroot into cubes.

Tip the peas, beetroot and spring onions into a bowl and mix well. Put the lettuce in a bowl then spoon over the beetroot mix. Thinly drizzle the extra virgin olive oil over the salad and top with ham. Sprinkle over sesame seeds.

LUNCH

CHICKEN AND AVOCADO SALSA WRAPS

Ingredients

- 1 gem lettuce
- 1 chicken breast, sliced
- 1 rasher organic bacon, sliced
- 1/2 cucumber
- 1 avocado, chopped
- 4 cherry tomatoes
- 1 handful parsley
- 1 tbsp Kick Start coconut oil
- Extra virgin olive oil

Method

In a frying pan add the coconut oil, once melted add in the sliced chicken breast and bacon. Sprinkle over Himalayan salt and black pepper.

Meanwhile, chop up 4 cherry tomatoes and half a cucumber into small chunks. Sprinkle over parsley and a drizzle of olive oil and mix.

Once the chicken and bacon are cooked add a small amount to each separated gem lettuce leaf and sprinkle over the salsa.

DINNER

VEGETABLE 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.



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

BEEF KEBABS

Ingredients

- 1/2 lemon
- 1 tsp black pepper
- 1 tsp Himalayan salt
- 1 beef steak, cut into 1-inch cubes
- 2 green bell peppers, cut into chunks
- 1 red bell pepper, cut into chunks
- 1 large onion, cut into squares

Method

Skewer the beef alternated with pieces of onion and pepper. Squeeze over the lemon, black pepper and salt and grill for around 5-6 minutes or until cooked how you like it.



JUICES AND SMOOTHIES

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.

GOLDEN LIVER FLUSHING DRINK

INGREDIENTS

1/2 tsp turmeric

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

Blend all together

GREEN COLADA

INGREDIENTS

1 cucumber

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

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

MORNING BOOST JUICE

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

SPINACH AND ORANGE SMOOTHIE

Ingredients

- 1 orange, peeled
- 1/2 banana, peeled
- 1 handful fresh spinach • 60ml almond milk
- 1 tbsp chia seeds
- Ice

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



WEEK 4

MEAL PLAN



SHOPPING LIST

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MUSHROOMS
ONIONS
GARLIC
TOMATO PUREE
CHERRY TOMATOES
HARICOT BEANS
FETA CHEESE
PARSNIP
BABY KALE
HONEY
WHOLEGRAIN MUSTARD
CELERY
FRESH ROSEMARY
WHITE WINE VINEGAR
SWEET POTATOES
DRIED OREGANO
LEMON
TOMATOES
POLLOCK FILLETS
PARSLEY
BANANAS
PECANS
MEDJOOOL DATES
GLUTEN-FREE ROLLED OATS
TUNA STEAK
ASPARAGUS
BROCCOLI
SEEDS
CARROTS

CELERY
FENNEL
TURKEY BREAST MINCE
RAW CACAO POWDER
CINNAMON
COCONUT MILK
VANILLA EXTRACT
HONEY
SWEET CHERRIES FROZEN
PUMPKIN
YELLOW PEPPERS
DRIED ROSEMARY
GARLIC POWDER
TURKEY BREAST
SAGE LEAVES
ROSEMARY LEAVES
MIXED SALAD
GOATS CHEESE
POMEGRANATE SEEDS
CHICKEN BREASTS
CARDAMOM PODS
TURMERIC
CHILLI POWDER
FLAKED ALMONDS
DESSICATED COCONUT
COYO
BLUEBERRIES
RASPBERRIES
MUSHROOMS
DRIED APRICOTS
CHOPPED TOMATOES
AUBERGINE
QUINOA
GARAM MASALA
KIDNEY BEANS
CAULIFLOWER RICE
BACON
ASPARAGUS
WALNUTS
RED APPLES
SALMON/ WHITE FISH
ROASTED RED PEPPERS
SUN DRIED TOMATOES



DAY 1

BREAKFAST

BREAKFAST BEANS

1/2 tbsp coconut oil
3 mushrooms, cleaned and sliced
1/2 small red onion, sliced
1 garlic clove, crushed
1 tbsp tomato puree
8 tbsp water
8 cherry tomatoes, halved
1 pinch Himalayan salt
400g tin haricot beans, drained and rinsed
1 tbsp fresh parsley to serve
1-2 tbsp feta cheese to serve

1. Place the coconut oil and the sliced mushrooms into a frying pan and cook over a medium heat for 5 minutes until golden.
2. Add the sliced onion to the mushrooms and continue to cook for a further 2-3mins.
3. Add tomato puree, garlic and stir.
4. Add the water, tomatoes, a pinch of salt, beans and allow to simmer gently for 5 mins until the beans are completely heated through.
5. Serve with scrambled eggs and top with fresh herbs and crumbled feta cheese.

LUNCH

BABY KALE SALAD

1 parsnip, peeled and cut into chips
1/4 tsp coconut oil
1/4 tsp fresh rosemary, finely chopped
2 handfuls baby kale
1 celery stalk, sliced
1/2 small red onion, sliced
1 handful cooked chestnuts
1 tsp olive oil
1/2 tsp Honey
1/2 tsp wholegrain mustard
1/2 tsp white wine vinegar

1. Preheat the oven to 180C.
2. Place the parsnip chips, 1/4 teaspoon of oil and rosemary into a bowl and toss to combine.
3. Place into a roasting tin and cook in the oven for 20-25 minutes.
4. Once cooked, set aside and allow to cool for a few minutes.
5. Prepare the dressing by whisking together the olive oil, honey, mustard and vinegar.
6. Place all of the salad ingredients, including the parsnips and chestnuts into a mixing bowl and drizzle over half of the dressing. Toss to combine.
7. Season to taste and add additional dressing if desired.

DINNER

GREEK FISH

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 into a 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 2

BREAKFAST

BREAKFAST BANANA BARS

3 bananas

200g pecans

4 large medjool dates, pitted 1/4 tsp Himalayan salt

100g gluten-free rolled oats

1. Slice the bananas thinly and dehydrate. This can be done on a baking tray at 175c for 2-3 hours.

2. Once the bananas are dried, remove. In a food processor blend the bananas, 1/2 of the pecans, dates and salt until it forms a smooth paste.

3. Add oats and remaining 1/2 of pecans and blend until well combined. Place the dough onto a baking sheet and press out to about 1/2 inch thickness.

4. Place a second piece of baking paper on top and roll to about 1/4 inch thickness.

5. Cut into 12 equal pieces and enjoy. Store in the fridge for upto 5 days.

LUNCH

TUNA AND ASPARAGUS

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.

DINNER

TURKEY MEATBALLS

1 tbsp rapeseed oil

1 onion, finely chopped

2 carrots, finely diced

2 celery sticks, finely diced

2 garlic cloves, thinly sliced

1 fennel bulb, halved and thinly sliced, fronds reserved 500g carton tomato passata

500ml organic chicken stock

2 tbsp chopped parsley

For the meatballs:

400g pack lean turkey breast mince

4 tbsp gluten-free porridge oats

1 tsp fennel seed, crushed

1 garlic clove, crushed

1. Heat the oil in a large frying pan with a lid, then tip in the onion, carrots, celery, garlic and fennel, and stir well. Cover the pan and cook over a medium heat for 8 mins, stirring every now and then. Pour in the passata and stock, cover and leave to simmer for 20 mins.

2. Meanwhile, tip the mince into a large bowl. Add the oats, fennel seeds and leaves, the garlic and plenty of black pepper, and mix in with your hands. Lightly shape into 25 meatballs.

3. Rub a non-stick pan with a little oil and gently cook the meatballs until they take on a little colour. Give the sauce a stir, then add the meatballs and parsley.

4. Cover and cook for 10 mins until they are cooked through and the veg in the sauce is tender. Serve with vegetables or salad.



DAY 3

BREAKFAST

CHOCO OVERNIGHT OATS

1/2 cup gluten-free rolled oats

1 tbsp raw cacao powder

1/4 tsp cinnamon powder

1 small pinch Himalayan salt

1/2 cup coconut milk (or almond milk)

1/4 tsp vanilla extract

1 tbsp honey (optional)

1/2 cup frozen sweet cherries (or any other fruit you like) 1 tsp cacao nibs (optional)

1. In a bowl, stir together the oats, cacao powder, cinnamon and salt. Next add the coconut milk, vanilla extract and honey.

2. Stir together until well combined. Place your chosen fruits on top (pop on a lid) and place in the fridge for 4-8 hours or overnight.

3. In the morning stir in the cacao nibs and serve.

LUNCH

PUMPKIN AND PEPPER SOUP

400g diced pumpkin

2 yellow peppers sliced into strips

1 tbsp olive oil

1/4 tsp dried rosemary

1 tsp dried garlic powder

1 litre organic vegetable stock

1 pinch Himalayan salt and black pepper to taste

Preheat the oven to 200C.

Place the diced pumpkin and sliced peppers into a bowl and drizzle over the oil. Toss well to combine.

Place the pumpkin and peppers onto a baking tray, making sure the peppers are skin side up and sprinkle over the dried rosemary.

Place the baking tray into the oven for 25 minutes, turning the tray around halfway through.

Whilst the vegetables are roasting in the oven, place your stock into a saucepan and bring to the boil.

Once boiling, simmer with the lid on.

Once the vegetables are cooked and slightly charred, remove them from the oven and add them to the stock.

Blend the vegetables into the stock until smooth. Season to taste and serve.

DINNER

HERB ROASTED TURKEY BREAST

1 bone-in turkey breast, halved, skin removed 2 tbsp olive oil

4 garlic cloves, crushed

2 tsp fresh sage leaves, chopped

2 tsp fresh rosemary leaves, chopped 1 tsp salt

1/2 tsp freshly ground black pepper

1. Preheat the oven to 375 degrees F.

2. Rinse the turkey breast and pat dry. In a small bowl combine the oil, garlic, herbs, salt and pepper and rub the mixture into the turkey breast.

3. Transfer to a roasting pan and roast until the juices run clear when pierced with fork.

4. Let rest, covered with foil, for 10 minutes before carving.

5. Serve with vegetables.



DAY 4

BREAKFAST

BOILED EGGS AND AVOCADO MASH

2 eggs

1/2 avocado

1 tbsp pumpkin seeds 1 pinch Himalayan salt 1 pinch pepper

Place a pan of water on a high heat to boil. Gently place the eggs in the water and boil for 6 minutes for a soft boiled egg. Boil for upto 10 minutes if you prefer hard boiled.

2. Peel the eggs and slice in half.

3. Place the avocado in a bowl and mash it together with the pumpkin seeds, salt and pepper. Serve with the eggs.

LUNCH

SWEET POTATO SALAD

1 small sweet potato, peeled and cubed 1 tsp olive oil

1/4 tsp ground cinnamon

2 handfuls mixed salad leaves

50g goats cheese

2 tbsp pomegranate seeds 1 tbsp pecans

1 lemon wedge

1. Preheat the oven to 180C.

2. Place the sweet potato cubes into a small roasting dish and drizzle with the oil and sprinkle over the cinnamon. Toss to coat evenly.

3. Place the sweet potatoes into the oven and cook for 20 -25 minutes until cooked.

4. Place the salad leaves onto a plate or bowl and top with the goats cheese, pomegranate seeds, pecans and cooked sweet potatoes.

5. Squeeze over the lemon and serve or allow to cool and store in the fridge.

DINNER

CHICKEN PASSANDA

600g chicken breasts (cubed) 1 large onion, sliced

2-3 cloves of garlic, crushed 2 cinnamon sticks

6 cardamom pods

1 inch of fresh ginger, finely chopped / grated 200ml coconut milk

3 tbsp tomato puree

300ml stock

1 1/2 tsp turmeric powder

1 1/2 tsp ground coriander

1/2 to 1 tsp of hot chilli powder (to taste)

50g flaked almonds

Fresh coriander to garnish

1. Seal the chicken by frying in coconut oil and set aside

2. Finely chop onion and garlic and gently fry until onion is translucent.

3. Add the cinnamon sticks, cardamom pods and ginger and continue to fry gently for another 5 mins.

4. Add the turmeric, coriander and chilli powder, cook for a further 5 mins.

5. Add coconut milk and tomato puree, stirring in until everything is combined.

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

7. Toast almond flakes in another, dry frying pan, taking care not to burn. Add to the curry.

8. Cover and cook for a further 20 – 30 mins adding more stock if required.

9. If preferred, transfer to a slow cooker after adding the stock and cook on low for 4 hours or until ready to eat!



DAY 5

BREAKFAST

HOMEMADE GRANOLA

For the granola:

400g gluten-free porridge oats 1 tbsp raw honey

1 tbsp coconut oil

75ml almond milk

75g pecans

1 tbsp dessicated coconut

To serve:

1 tbsp coyo

1 handful blueberries

1 handful raspberries

1. Heat the oven to 180c. Place the oats in a mixing bowl and add the honey, oil and almond milk and combine well with your hands to form clusters.

2. Spread out on a baking tray and place in the oven for 15 minutes.

3. Remove and add the pecans and bake for a further 5 minutes or until golden.

4. Remove from the oven and leave to cool. Transfer the oats to a large bowl and dessicated coconut.

The granola will keep for up to 30 days in an air tight container. Serve with coyo and berries.

LUNCH

SWEET POTATO JACKETS

2 sweet potatoes

1 tbsp coconut oil

1 red pepper, sliced

1 handful chestnut mushrooms, quatered

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.

DINNER

VEGETABLE TAGINE

4 carrots cut into chunks

4 small parsnips, cut into chunks

3 red onions, cut into wedges

2 red peppers, deseeded and cut into chunks

2 tbsp olive oil

1 tsp each ground cumin, paprika, cinnamon and mild chilli powder

400g can chopped tomatoes

2 small handfuls soft dried apricots 2 tsp honey

1. Heat oven to 200C degrees. Scatter the veg over a couple of baking trays, drizzle with half the oil, season, then rub the oil over the veg with your hands to coat.

2. Roast for 30 mins until tender and beginning to brown.

3. Meanwhile, fry the spices in the remaining oil for 1 min – they should sizzle and start to smell aromatic.

4. Tip in the tomatoes, apricots, honey and a can of water. Simmer for 5 mins until the sauce is slightly reduced and the apricots plump, then stir in the veg and some seasoning.

5. Serve with cauliflower rice.



DAY 6

BREAKFAST

MUSHROOM OMELETTE

3 eggs, beaten

1/4 cup mushrooms, sliced

A few florets of broccoli, sliced 4 cherry tomatoes, sliced in half 1 green or red pepper, diced

1 spring onion, sliced

Heat a frying pan, coat the bottom with coconut oil, or butter. Beat together the eggs and mix in the mushrooms, broccoli, tomatoes, peppers and green onions.

2. When the pan is hot add the egg mixture and cook until almost set and you can flip it over. Cook on the other side until set and serve with salad.

LUNCH

STUFFED AUBERGINE

1/2 aubergine

1 tsp olive oil

1 pinch Himalayan salt

1 pinch black pepper

70g quinoa

1/2 onion, finely diced

1 garlic clove, crushed

1 celery stick, finely diced 1 tsp smoked paprika

1/2 tsp dried oregano 150g tinned tomatoes

1. Slice the aubergine in half lengthways. Then score diamonds into the flesh, drizzle with the oil, salt and pepper. Roast in the oven for 45 mins until the flesh is soft.

2. While the aubergine is cooking, place the quinoa in 3 times the amount of water and bring to the boil; cook for 7-9 minutes until tender. Drain, sieve and set aside.

3. Place a little oil in a pan and add the onion and garlic, saute for 10 minutes until the onion is translucent.

4. Add the celery, paprika, oregano and tomatoes and simmer for 10 minutes.

5. Add in the cooked quinoa and season. Once the aubergine is cooked, remove from the oven and scoop out the flesh making sure not to pierce the skin. Mix the aubergine flesh with tomato and quinoa and then place the mixture back into the skin to serve.

DINNER

KIDNEY BEAN CURRY

1 tbsp coconut oil

1 onion, finely chopped

2 garlic cloves, finely chopped

1 thumb-sized piece of ginger, peeled and finely chopped

1 small pack coriander, stalks finely chopped, leaves roughly shredded

1 tsp ground cumin

1 tsp ground paprika

2 tsp garam masala

400g can chopped tomatoes

400g can kidney beans, in water

Cooked cauliflower rice, to serve

Heat the oil in a large frying pan over a low-medium heat. Add the onion and a pinch of salt and cook slowly, stirring occasionally, until softened and just starting to colour. Add the garlic, ginger and coriander stalks and cook for a further 2 mins, until fragrant.

2. Add the spices to the pan and cook for another 1 min, by which point everything should smell aromatic. Tip in the chopped tomatoes and kidney beans in their water, then bring to the boil.

3. Turn down the heat and simmer for 15 mins until the curry is nice and thick. Season to taste, then serve with the cauliflower rice and the coriander leaves.



DAY 7

BREAKFAST

BACON WRAPPED ASPARAGUS

12 stalks asparagus
12 slices bacon
1 tsp olive oil
Garlic salt
Black pepper

1. Preheat the oven to 200 c. Place an oven- safe wire rack onto a baking sheet.
2. Trim the woody ends of the asparagus. Drizzle with olive oil. Sprinkle with garlic salt and black pepper to taste.
3. Cut the bacon slices lengthwise to make narrower strips. Wrap each bacon strip tightly around an asparagus stalk, only slightly overlapping the bacon on each stalk. Place seam side down onto the wire rack.
4. Cook for 10 minutes. Use tongs to turn over. Bake for 10-15 minutes more, until the bacon is almost crispy. Set the oven to grill, then place under the grill to crisp up more.

LUNCH

KALE AND APPLE SOUP

8 walnut halves, broken into pieces
1 onion, finely chopped
2 carrots, coarsely grated
2 red apples, unpeeled and finely chopped
1 tbsp cider vinegar
500ml organic vegetable stock
200g kale, roughly chopped
Homemade dried apple crisps (optional)

1. In a dry, frying pan, cook the walnut pieces for 2-3 mins until toasted, turning frequently so they don't burn. Take off the heat and allow to cool.
2. Put the onion, carrots, apples, vinegar and stock in a large saucepan and bring to the boil. Reduce the heat and simmer for 10 mins, stirring occasionally.
3. Once the onion is translucent and the apples start to soften, add the kale and simmer for an additional 2 mins. Carefully transfer to a blender or liquidiser and blend until very smooth. Pour into bowls and serve topped with the toasted walnuts, and a sprinkling of apple crisps, if you like.

DINNER

FISH CASSEROLE

400g mixed fish (salmon/white fish)
150g roasted red peppers (Antipasto)
36g sun-dried tomato (Antipasto)
250g peppers, chopped
250g onion, chopped
1tbsp coconut oil
1tsp dried chili flakes
3 tsp chilli sauce
900g spiralized courgette

1. Blend the Roasted red peppers and sun-dried tomato to make a pesto - loosen with water if required.
2. Heat coconut oil in pan and fry off the chilli flakes.
3. Add the onion and fry until soft and lightly browned.
4. Add the mixed peppers and continue until starting to soften.
5. Add in the pesto mix with the chilli sauce and stir to combine.
6. Place fish pieces on top of the mix - lid on and simmer until the fish is cooked through.
7. Carefully combine and serve on bed of spiralized courgette.



JUICES AND SMOOTHIES

SIMPLE ORANGE SMOOTHIE

1 orange, peeled and roughly chopped

1 large carrot, peeled and roughly chopped 2 sticks celery, roughly chopped

50g mango, roughly chopped

200ml water

Put the orange, carrot, celery and mango in the blender, top up with water, then blitz until smooth.

AVOCADO STRAWBERRY SMOOTHIE

1/2 avocado, stoned, peeled and cut into chunks 150g strawberries, halved

4 tbsp Greek yogurt

200ml almond/coconut milk

Lemon or lime juice, to taste Honey, to taste

Put all the ingredients in the blender, top up with water, then blitz until smooth.

ENERGY BOOST GREEN SMOOTHIE

1 apple

1 handful spinach 1/2 avocado Water

Blend all ingredients together until smooth. Keep adding water until the smoothie reaches your desired consistency.

GUT CLEANSING GINGER JUICE

2 inch fresh ginger, cut into chunks 4 large lemons, juiced

16 leaves fresh mint, crushed Water as needed

1. Place the ginger into a blender and cover with water.

2. Blend until the ginger is thick and pasty, then strain and squeeze juice from the ginger pulp into a jug.

3. Stir in the lemon juice and pour over 7 cups of water and stir to combine.

4. Garnish with the crushed mint leaves.



LIFT  **LEAN™**

**RAPID FAT LOSS
7 DAY MEAL
PLAN**

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

Curried cauliflower & lentil soup

SERVES 3 - 4

Take one cauliflower and blend with red lentils, fennel seeds, curry paste and lemon juice to be rewarded with this warming, hearty soup

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

PINK DETOX JUICE

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

TANGY LEMON 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
3. Meanwhile, heat the oil in a pan and add 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

CREAMY GREEN 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!

LEMON GINGER ZINGER

2 Carrots
2 Apples
1 inch Slice of Lemon (wax-free)
1/4 Inch of Fresh Ginger
Ice

Simply juice the lot and pour over ice.

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 cauliflower, 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 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.

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.

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

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

BEET JUICE

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

Juice all ingredients.

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, 1 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.



Week Meal Plan 1

LIFT  LEAN™
FIRE

Shopping List

CUCUMBER
LIME
CARROT
LEMON
GINGER
APPLES
BROCCOLI
PINEAPPLE
COCONUT MILK
GREEK YOGHURT
ALMOND MILK
CHIA SEEDS
ORANGES
SPINACH
GREEN TEA
KALE
AVOCADO
BANANAS
EGGS
GLUTEN-FREE OATS
AVOCADO
MIXED SALAD CHERRY
TOMATOES
CUCUMBER
COCONUT MILK
QUINOA
VANILLA POD
MIXED BERRIES
WALNUTS
MIXED PEPPERS
BROCCOLI
ONIONS
CHICKPEAS
CAULIFLOWER
SPRING ONIONS
BUTTER BEANS

CHILLIS
GARLIC
MIXED SEEDS
SMOKED SALMON
WATERCESS
KALE
CARROTS
SWEET POTATO CABBAGE
SPINACH
BEETROOT
PARSNIPS
CELERY
SWEDE
CAN TOMATOES
BUTTERNUT
SQUASH
FROZEN MIXED VEG
TOMATO PUREE
MIXED MUSHROOMS

Here is your plant based meal plan for this week:

DAY 1

Juice (or choose from high protein meal ideas)

CUCUMBER BLEND

- Ingredients:

- 1 cucumber, coarsley chopped

- 1 lime, juiced

- 1 handful fresh mint leaves

- 1 glass of water

- Method:

- Blend all ingredients together, sieve into a glass to serve. Add ice cubes.

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 2

Juice (or choose from high protein meal ideas)

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

Meal 1

BERRY QUINOA

INGREDIENTS

- 100ml coconut milk
- 100ml water
- 30g raw quinoa
- 1 vanilla pod, split
- 100g mixed berries
- 1/2 tsp cinnamon

- 1/2 tsp ground nutmeg
- 3 walnuts, chopped

INSTRUCTIONS

Combine milk, water, vanilla pod and quinoa in a saucepan. Bring to the boil, lower heat, cover and simmer for 10 mins until most liquid absorbed. Let it stand off the heat for 10 mins. Remove vanilla pod and sprinkle over chopped nuts and fruit to serve.

Meal 2

VEGETARIAN CURRY BOWL

Ingredients:

- 4 florets broccoli
- 1 red bell pepper, chopped
- 1/2 yellow bell pepper, chopped
- 1 tbsp curry powder
- 1/2 white onion, chopped
- 1 cup chickpeas
- 2 tbsp coconut oil
- 2 spring onions, chopped
- Cauliflower rice for 2

Method:

Sautee broccoli, peppers and onion in coconut oil until tender, add in chickpeas and simmer on low. Once golden sprinkle over curry powder, add a little water if dry. Cook for 5 minutes and serve with cauliflower rice.

DAY 3

Juice (or choose from high protein meal ideas)

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

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

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.

DAY 4

Juice (or choose from high protein meal ideas)

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

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 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.

DAY 5

Juice (or choose from high protein meal ideas)

CHIA SMOOTHIE

Ingredients

- 240ml Greek yoghurt
- 200g frozen banana
- 120ml almond milk
- 1 pinch chia seeds

Method

Blend the Greek yogurt, frozen banana and almond milk. Sprinkle with chia seeds. Store the leftover smoothie in the fridge.

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 6

Juice (or choose from high protein meal ideas)

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 7

Juice (or choose from high protein meal ideas)

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

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.

High Protein Meal Ideas



Here are a selection of simple recipes with high protein to up your protein intake for the day!

Breakfasts

HOMEMADE PROTEIN SHAKE 27G PROTEIN PER SERVING

- 1 banana
- 170g Greek yogurt
- 150ml unsweetened soya milk/ coconut milk/ almond milk
- 1 tbsp almond butter
- 25g cooked quinoa
- 1 tsp cocoa powder
- ½ tsp vanilla bean paste

Blend all the ingredients together until smooth, pour into a glass and serve immediately.

SPICED SCRAMBLED EGG 16G PROTEIN PER SERVING

- 1 small chopped onion
- 1 chopped red chilli
- knob of butter
- 4 beaten eggs
- splash of milk
- good handful diced tomatoes
- coriander leaves

Soften the onion and chilli in a knob of butter. Stir in the beaten eggs and a splash of milk. When nearly scrambled, gently stir in a good handful diced tomatoes followed by some coriander leaves. Season and serve.

ENGLISH BREAKFAST FRITTATA

25G PROTEIN PER SERVING

- 4 good-quality pork chipolatas
- 4 rashers smoked back bacon
- 140g button mushroom
- 6 eggs, beaten
- 8 cherry tomatoes, halved
- 1 tbsp snipped chives

Heat the grill to high. Heat a medium frying pan, add the chipolatas and fry for 3 mins. Add the bacon, turning occasionally, until it starts to crisp, about 5 mins more. Tip in the mushrooms and continue to cook for a further 3-5 mins. Drain any excess fat and move the ingredients so they are evenly spread out.

Season the eggs, then add to the pan, swirling to fill the spaces. Gently move with a fork for 2 mins over a low-medium heat until beginning to set. Scatter over the tomatoes and chives, then grill for 2 mins until set. Cut into wedges and serve with your favourite sauces.

ULTIMATE PROTEIN PANCAKES

29G PROTEIN PER SERVING

- 2 tbsp ground flaxseeds
- 20g ground almonds
- 300ml soya/ oat/coconut/almond milk
- 200g quinoa flour
- 1 medium banana, mashed
- coconut oil, for frying

For the blueberry chia jam (makes 200ml)

- 200g blueberries , mashed
- 2 tbsp chia seeds
- 1-2 tbsp maple syrup, to taste
- 2 tsp lemon juice

For the stack

- 100g coconut yogurt or Greek yogurt

- 1 tbsp pistachio nuts or pumpkin seeds, chopped
- 2 tsp hulled hemp seeds
- mixed berries

In a small bowl stir the flaxseeds with 6 tbsp water and set aside to soak while you make the jam.

Mash the blueberries with a fork in a pan then set over a low-medium heat until syrupy and bubbling. Remove from the heat and stir in the chia seeds, maple syrup and lemon juice. Leave to cool slightly then transfer to a small serving jar.

Put the ground almonds, milk, flour, banana, maple syrup and a pinch of salt in a blender. Stir the flax to make sure it has become thick and gloopy, like an egg, then tip into the mix and blitz until smooth and thick.

Heat 1 tsp of coconut oil in a large frying pan over a medium heat and add tablespoon dollops of batter into the pan. Cook for a couple of mins on one side until the edges are browning, and bubbles have formed on top. Once the pale, white batter has turned a sandy colour, flip over with a spatula and cook for another few mins till dark golden brown. Set aside and keep warm while you repeat the process with the remaining batter, adding another tsp of coconut oil with each batch. You should make about 16 pancakes.

Pile the pancakes high between two plates, alternating the layers with spoonfuls of jam and yogurt. Dollop any remaining yogurt and another spoonful of jam on top then scatter over the nuts, seeds and berries to serve. *Leftover jam will keep in the fridge for up to 1 week.*

SMOKED SALMON BUBBLE AND SQUEAK

19G PER SERVING

(ADD MORE VEG IF YOU HAVE IT!)

- 1 tbsp rapeseed oil
- 140g white cabbage, finely chopped
- 2 spring onions, finely sliced
- 300g sweet potatoes

- 1 tbsp snipped chives
- 2 medium eggs, at room temperature
- 75g smoked salmon

Cook the potatoes in a pan of boiling water until tender, then drain.

Heat the oil in a non-stick frying pan or wok. Sweat the cabbage and the spring onions in the pan for a couple of mins. Meanwhile, peel off the skin, chop and squash the potatoes roughly, then add to the pan along with the chives. Cook for 4-5 mins, flip it over (don't worry if it breaks) and cook for a further 4-5 mins.

Meanwhile, bring a small pan of water to a rolling boil, then reduce the heat so it is just simmering. Crack the eggs into the pan and simmer for about 3 mins until the whites are cooked and the yolk is just beginning to set. Remove with a slotted spoon and drain on kitchen paper.

To serve, divide the bubble & squeak between 2 plates, place the smoked salmon and poached eggs on top and grind over a little black pepper, to taste.

Lunch

BEAN SALAD

49G PROTEIN PER SERVING

1 large omega-3 rich egg
(See TRY section at the bottom of the recipe)
200g frozen soya beans
, defrosted
zest and juice 1 lemon

2 tbsp flax seed oil (we used granoVita)
250g pouch Puy lentils

small bunch spring onions
, sliced

2 poached salmon fillets, skin removed

Put the egg in a pan, cover with cold water and bring to the boil. Cook for 4 mins (or 8 for hard-boiled), adding soya beans to the pan for the final min, then drain and run under cold water to cool. Shell and cut egg into 6 wedges, then set aside. Mix the lemon juice and zest with the oil, season, then stir through the soya beans, lentils and spring onions. Divide between 2 plates, then gently break the salmon into large flakes and put on top of the lentils along with the egg. Try it with seeded brown bread.

STUFFED AVOCADO

14G PROTEIN PER SERVING

- ½ tsp cumin seeds
- 210g can red kidney beans, drained
- 1 large lime, zest and juice of ½ , the other ½ cut into wedges
- 3 tomatoes, diced
- 1 banana shallot, finely chopped
- 1 green chilli, deseeded and finely chopped
- generous handful coriander, chopped, plus a few extra leaves
- 85g feta
- 1 large or 2 small avocados, stoned and peeled

Put the cumin seeds in a small pan on the hob and lightly toast. Tip into a large bowl and mix with the beans, lime zest and juice, tomatoes, shallot, chilli and coriander. Crumble in the feta and gently toss.

Serve on top of the avocado halves, scattering with a few extra coriander leaves and squeezing over a little extra lime from the wedges.

QUICK ON-THE-GO PROTEIN POTS

PROTEIN PER SERVING VARIES ON INGREDIENTS

- 90g pack Indian spiced lentils
- 160g cherry tomatoes, quartered

- 150g cooked, skinless chicken breast, chopped (swap out if vegetarian)
- handful fresh coriander, chopped
- 4 tbsp tzatziki
- Add whichever other toppings you like

Tear the corner from the lentil pack and microwave on High for 1 min. Leave to cool then tip into 2 large packed lunch pots. Top with the cherry tomatoes and chicken, add the fresh coriander then spoon on the tzatziki. Seal until ready to eat.

RED LENTIL CHICKPEA AND CHILLI SOUP

GREAT FOR BATCH COOKING

13G PER SERVING

- 2 tsp cumin seeds
- large pinch chilli flakes
- 1 tbsp olive oil
- 1 red onion, chopped
- 140g red split lentils
- 850ml vegetable stock or water
- 400g can tomatoes, whole or chopped
- 200g can chickpeas or ½ a can, drained and rinsed
- small bunch coriander, roughly chopped
- 4 tbsp Greek yogurt, to serve

Heat a **large saucepan** and dry-fry 2 tsp cumin seeds and a large pinch of chilli flakes for 1 min, or until they start to jump around the pan and release their aromas.

Add 1 tbsp olive oil and 1 chopped red onion, and cook for 5 mins.

Stir in 140g red split lentils, 850ml vegetable stock or water and a 400g can tomatoes, then bring to the boil. Simmer for 15 mins until the lentils have softened.

Whizz the soup with a stick blender or in a food processor until it is a rough purée, pour back into the pan and add a 200g can drained and rinsed chickpeas.

Heat gently, season well and stir in a small bunch of chopped coriander, reserving a few leaves to serve. Finish with 4 tbsp Greek yogurt and extra coriander leaves.

SIMPLE LENTIL LUNCH

13G PROTEIN PER SERVING

- 2 tbsp coconut oil
- 2 onions, chopped
- 4 garlic cloves, chopped
- large piece of ginger, chopped
- 300g red split lentils
- 1 tsp turmeric
- 2 tomatoes, roughly chopped
- 1 tsp coriander seeds
- 1 tsp cumin seeds
- 1 tsp black mustard seeds
- 1 lemon, juiced

Melt 1 tbsp coconut oil in a large saucepan. Add the onion and a pinch of salt, and cook for 8 mins. Stir in the garlic and ginger and cook for a few mins more. Add the lentils, turmeric and tomatoes, stir to combine, then pour in 1 litre of water. Bring to the boil, then turn down and simmer for 25-30 mins, stirring occasionally, until the lentils are tender.

Heat the rest of the oil in a frying pan. When it's very hot, add the spices and fry for a min or so until fragrant, then stir them through. Add the lemon juice and season to taste. Will keep for four days in the fridge, or freeze it in batches

DELUXE COTTAGE CHEESE FRITTERS

33G PER SERVING

- 300g cottage cheese
- 100g cherry tomatoes, chopped
- ½ lemon, zested
- 50g parmesan (or vegetarian alternative), grated
- 25g fresh mixed herbs (basil, parsley/thyme), chopped

- 50g spinach, finely chopped
- 75g plain flour
- 1 tbsp olive oil

In a bowl, combine all ingredients except the flour and oil. Mix well, then stir in the flour.

Heat the oil in a large **frying pan** over a medium heat. Working in batches of two or three (the mixture should make six fritters), spoon large blobs into the pan and flatten with the back of the spoon to make thick discs. Turn when crisp and golden on the bottom. When both sides are cooked, remove from the pan and keep warm in a low oven while you fry the next batch.

Serve hot, sprinkled with parmesan and herbs.

Dinner

BEAN AND PEPPER CHILLI

13G PER SERVING

- 1 tbsp olive oil
- 1 onion, chopped
- 350g pepper, deseeded and sliced
- 1 tbsp ground cumin
- 1-3 tsp chilli powder
- 1 tbsp sweet smoked paprika
- 400g can kidney bean in chilli sauce
- 400g can mixed bean, drained
- 400g can chopped tomato

Heat the oil in a large pan. Add the onion and peppers, and cook for 8 mins until softened. Tip in the spices and cook for 1 min.

Tip in the beans and tomatoes, bring to the boil and simmer for 15 mins or until the chilli is thickened. Season and serve.

ROOT AND LENTIL CASSEROLE

14G PROTEIN PER SERVING

- 2 tbsp sunflower or vegetable oil
- 1 onion, chopped
- 2 garlic clove, crushed
- 700g sweet potatoes, peeled and cut into chunks
- 4 carrots, thickly sliced
- 2 parsnips, thickly sliced
- 2 tbsp curry paste or powder
- 1 litre/1¾ pints vegetable stock
- 100g red lentils
- a small bunch of fresh coriander, roughly chopped
- Greek yogurt

Heat the oil in a **large pan** and cook the onion and garlic over a medium heat for 3-4 minutes until softened, stirring occasionally. Tip in the sweet potatoes, carrots and parsnips, turn up the heat and cook for 6-7 minutes, stirring, until the vegetables are golden.

Stir in the curry paste or powder, pour in the stock and then bring to the boil. Reduce the heat, add the lentils, cover and simmer for 15-20 minutes until the lentils and vegetables are tender and the sauce has thickened.

Stir in most of the coriander, season and heat for a minute or so. Top with yogurt and the rest of the coriander.

MEXICAN BEAN CHILLI

31G PROTEIN PER SERVING

- 1 onion, diced
- 1 red pepper, diced
- 1 tbsp olive oil
- 1 tsp chilli powder
- 500g beef mince
- 415g can baked beans
- 150ml beef stock
- 1 tbsp chipotle paste
- coriander leaves and yogurt, to serve

Fry the onion and red pepper in olive oil over a medium heat for 10-15 mins or until softened. Increase the heat, add the chilli powder and cook for a few minutes before adding the mince. Cook until browned and all the liquid has evaporated. Tip in the baked beans, beef stock and chipotle paste. Simmer over a low heat for 15-20 mins. Season, scatter with coriander leaves and serve with yogurt.

CHICKEN TRAYBAKE

34G PROTEIN PER SERVING

- 500g boneless, skinless chicken thigh
- 3 medium red onions, cut into thick wedges
- 500g small red potato, cut into thick slices
- 2 red peppers, deseeded and cut into thick slices
- 1 garlic clove, finely chopped
- 1 tsp each ground cumin, smoked paprika and fennel seeds, slightly crushed
- 3 tbsp lemon zest and juice
- 50g whole blanched almond, roughly chopped
- 170g tub Greek yogurt, to serve
- small handful parsley or coriander, chopped, to serve

Heat oven to 200C/180C fan/gas 6. Place the chicken, onions, potatoes and peppers in a large bowl and season. In another bowl, mix together the garlic, spices, oil, and lemon zest and juice. Pour this over everything and spread the mixture between 2 baking trays.

Roast for 40 mins, turning over after 20 mins, until the chicken is cooked through. Add the almonds for the final 8 mins of cooking. Serve in bowls with a big dollop of Greek yogurt and some chopped parsley or coriander

LENTIL SHEPHERDS PIE

14G PROTEIN PER SERVING

- 100g red lentils
- 2 leeks, chopped
- 4 celery sticks, chopped
- 1 reduced-salt vegetable stock cube
- 150ml red wine
- 3 heaped tbsp tomato purée
- 1 tbsp chopped thyme

For the topping

- 800g celeriac, peeled and chopped
- 210g can butter beans, drained
- 50g light cream cheese
- green veg, such as broccoli, to serve

Boil the celeriac until tender when tested with the point of a knife, adding the beans for the final 5 mins of cooking. Drain and roughly mash with the cream cheese until the cheese is well mixed, but the veg is still a little chunky.

Meanwhile, tip the lentils into a pan with the leeks, celery and stock cube. Pour in the red wine and 600ml water, and add the tomato purée and thyme. Bring to the boil, cover the pan and simmer for 20-25 mins until the lentils are soft and pulpy. Towards the end of cooking, add a splash more water if they are drying out.

Heat oven to 200C/180C fan/gas 6. Spoon the lentils into the base of 4 individual pie dishes, then top with the celeriac mash, smoothing it to the edge of the dishes. Bake for 35 mins until bubbling and golden, then serve with a green veg such as broccoli, if you like.

SALMON TRAYBAKE

35G PROTEIN PER SERVING

- 4 skin-on salmon fillets
- 1 head broccoli, broken into florets
- juice ½ lemon, ½ lemon quartered
- small bunch spring onions, sliced
- 2 tbsp soy sauce

Heat oven to 180C/160C fan/gas 4. Put the salmon in a large roasting tin, leaving space between each fillet.

Wash and drain the broccoli and, while still a little wet, arrange in the tray around the fillets. Pour the lemon juice over everything, then add the lemon quarters.

Top with half the spring onions, drizzle with a little olive oil and put in the oven for 14 mins. Remove from the oven, sprinkle everything with the soy, then return to the oven for 4 mins more until the salmon is cooked through. Sprinkle with the remaining spring onions just before serving.

STEAK AND SWEET POTATO

48G PROTEIN PER SERVING

- 350g sweet potatoes, peeled and cut into thick chips
- 1 tbsp cold-pressed rapeseed oil
- 2 x 200g sirloin steaks
- 50g bag mixed spinach, watercress & rocket salad
- 2 ripe tomatoes, cut into wedges
- ⅓ cucumber, sliced
- 2 spring onions, trimmed and finely sliced
- ½ x 400g can haricot beans, drained and rinsed

For the dressing

- 2 tsp balsamic vinegar
- 2 tbsp cold-pressed rapeseed oil
- ½ small garlic clove, crushed

Heat oven to 220C/200C fan/gas 7. Half-fill a medium saucepan with water and bring to the boil. Add the sweet

potatoes and cook for 4 mins, then drain through a colander and return to the saucepan. Pour over 2 tsp of the oil and season with a little black pepper. Toss until the potatoes are lightly coated with the oil.

Tip the potatoes onto a baking tray and cook in the oven for 15 mins, then turn with a spatula and cook for a further 10 mins or until crisp and golden.

While the potatoes are baking, prepare the steak. Trim off any hard fat from the beef, then rub all over with the remaining oil. Season with 1 tsp coarsely ground black pepper. Put a large non-stick frying pan or griddle over a medium-high heat and, when hot, add the steaks and cook for about 2 mins each side or until done to your liking.

Mix the salad leaves, tomatoes, cucumber, spring onions and beans in a bowl. Whisk the vinegar, oil and garlic together. Divide the steak, chips and salad between two plates and pour over the dressing just before serving.

Snacks

PROTEIN RAISIN BALLS 10G PROTEIN PER SERVING

- 50g raisins
- 2 large egg whites
- 1 tsp vanilla extract
- 25g oats
- 25g hemp protein powder
- 75g ground almonds
- 100g chunky peanut butter
- 40g toasted flaked almonds

Put the raisins in a jug with the egg whites and vanilla and blitz with a [hand blender](#) until the raisins are finely chopped. Stir in the oats, hemp powder, ground almonds and nut butter and mix well to make a soft dough.

Divide into 7 and roll in the toasted almonds to make balls. Store in the fridge, in a container, for up to a week.

APRICOT AND SEED PROTEIN BAR

3G PROTEIN PER SLICE

- 140g dried apricot
- 40g oats
- 40g desiccated coconut
- 25g sunflower seed
- 1 tbsp sesame seeds
- 15g dried cranberries
- 3 tbsp hemp protein powder
- 1 tbsp chia seeds

Purée apricots in a food processor with 150ml boiling water and the oats, then scrape the mixture into a bowl. Toast coconut, sunflower seeds and sesame seeds in a non-stick pan over a low heat, then stir into the apricots with the cranberries, hemp powder and chia seeds to make a thick paste.

Roll into a long log on a sheet of cling film. Wrap tightly, chill, then slice thinly to serve. Will keep in the fridge for 2 weeks.