



# 40 DAY LOW CARB CHALLENGE

Take the 40 Day Low Carb Program challenge to kick-start your new way of eating.

# 10 TOP TIPS FOR GETTING STARTED

The initial few days of any new way of eating can be a little overwhelming. This is an essential guide for anyone new to the world of low carb living. It will provide with all you need to know, from how to set goals, track your progress, create delicious recipes and take steps to optimise your health. It begins by highlighting 10 great tips on how to have success on the Low Carb Program.

TOP TIP 1.

**DON'T DO IT ALONE**



TOP TIP 2.



**BE CLEAR WITH YOUR GOALS**

TOP TIP 3.

TRACK YOUR **PROGRESS**



TOP TIP 4.



SHARE YOUR **JOURNEY** WITH FRIENDS AND FAMILY

TOP TIP 5.

**CHECK WITH YOUR DOCTOR**



TOP TIP 6.



**KEEP IT SIMPLE**

TOP TIP 7.

MEAL **PREP** & **LOW CARB SNACKS**



TOP TIP 8.



**REMOVE TEMPTATION**

TOP TIP 9.



**LEARN HOW TO EAT OUT**

TOP TIP 10.

INCLUDE A **LOW CARB 'TREAT'**



# 10 TOP TIPS FOR GETTING STARTED

## 1. DON'T DO IT ALONE



Kick-starting a new diet can be daunting, especially if you are going at it alone. There are so many benefits to using a support network or finding a diet buddy. Not only can you share your experience and progress, but you can also swap tips and advice and be there through tough times. Don't worry if your friends and family aren't quite convinced or keen to start the same diet as you. There is a whole community of low carb fanatics out there, old and new, ready to communicate and encourage others. Why not try using the low carb community to find support and stay motivated. As the saying goes, there is strength in numbers.

## 2. BE CLEAR WITH YOUR GOALS



Setting goals is an important part of being successful. They help you to be clear about why you are making changes and how you will reach your goal within a specific period of time. For most, reaching a goal is addictive, as it provides you with an immense sense of achievement. Usually, when individuals have reached their goal, they proceed to set further targets, helping them to constantly progress. Think of your goals as your destination, it's where you want to be within a set time frame. It is often useful to set both short-term and long-term goals. For example, a short-term goal might be to increase your physical activity by walking for 30 minutes each day. A longer-term goal might be to get your HbA1c under 6% (42mmol/mol).

# 10 TOP TIPS FOR GETTING STARTED

## 3. TRACK YOUR PROGRESS



Tracking your progress throughout your transition to a low carb lifestyle is incredibly beneficial in your progress. Not only does it help to keep you motivated, but it is also useful when setting goals, as it enables you to break larger goals into smaller, more manageable goals. In addition, tracking progress can allow you to identify obstacles or setbacks in your journey, therefore enabling you to make necessary adjustments. For those living with diabetes, tracking your progress can include so much more than simply focusing on the scale. Try tracking your blood sugar levels throughout the day more regularly and keep a record of your HbA1c levels and blood pressure. It is also helpful to take weekly measurements of different areas of your body, for example your waist, hips, thighs and arms. Why not try keeping a diary of how you feel throughout your journey, by noting down your energy levels, motivation levels and reflecting on your progress. It is often useful to take regular progress pictures or pick a pair of trousers and note down how loose they feel on a regular basis. This can be incredibly motivating when they start to feel looser.

## 4. SHARE YOUR JOURNEY WITH FRIENDS AND FAMILY



Sometimes even our nearest and dearest can be a major source of sabotage in our diet goals. They probably don't even realise they are doing it. They can however be our most reliable support network and might well help you in reaching your goals. Talking to your friends and family and letting them know you are going low carb will help them to feel involved in your journey and prevent them from putting temptation in your way. This is especially true if your reasons are to improve the management of your diabetes.

## 5. CHECK WITH YOUR DOCTOR



Check with your doctor if you are taking medication. As with any changes to your diet, there may be implications to your medication requirements.

# 10 TOP TIPS FOR GETTING STARTED

## 6. KEEP IT SIMPLE



We want your experience on the Low Carb Program to be as stress-free and enjoyable as possible. For this reason, we don't want you to get bogged down with counting carbs or calories. Simply aim to reduce your carb intake by removing starchy sources from your diet and increasing your fat content. The rest will fall into place.

## 7. MEAL PREP & LOW CARB SNACK SUPPLY



For anyone who has dieted before, you might already be aware of the benefits of planning out your meals and cooking in bulk. For those who are new to this, the advantages of meal prepping are that it not only helps to save you time and money, but more importantly it helps to ensure you adhere to your goals. It takes away the temptation to graze or not bother preparing something in line with your goals, as your meals and snacks are already prepared and ready to go. If you are stuck for ideas try using the meal plans and snack ideas included in this guide.

## 8. REMOVE TEMPTATION



So, all of your meals are prepped for the next few days and you have a selection of healthy snacks ready for when you are feeling peckish, but there is still that loaf of bread and multipack of crisps calling out from the cupboards to be eaten. In order to remove temptation such as this, we highly recommend giving it away and removing it from your environment. If you live with others who aren't following a low carb lifestyle, and this isn't an option for you, try asking them to be discreet and supportive of your goals.

# 10 TOP TIPS FOR GETTING STARTED

## 9. LEARN HOW TO EAT OUT



Life is for living and whilst you might be about to embark on a new lifestyle that might prevent you from eating specific foods, we still want you to have fun. That's why we want you to learn how to eat out, so you can still enjoy social occasions, without hindering your progress on the Low Carb Program. It's easier than you might think. Our top tips are to check the menu beforehand if possible. Always opt for a source of protein, such as meat or fish and swap any carbohydrate rich sides such as fries, for a side of fibrous greens or garden salad. We also recommend asking for some extra sources of fat on your plate, such as butter, olive oil, cheese or low carb sauces such as mayonnaise and hollandaise. It's really not that hard to eat out on a low carb lifestyle, and the more you do it the more confident you'll become. The low carb community is a great place to seek help if you are ever stuck for ideas.

## 10. INCLUDE A LOW CARB 'TREAT'



As we have already explained, we want you to still be able to enjoy life and have fun whilst following the Low Carb Program. That's why we want you to ensure you include a little bit of something tasty in your diet, whether that be a couple of squares of plain dark chocolate or a gin and slimline tonic. There are a number of low carb treats to be enjoyed and we have provided some inspiration in the section 'low carb treats'. This is also an opportunity for those of you who enjoy getting into the kitchen to experiment with some low carb baking, if that's your idea of a treat.

# WHERE TO START

## UNDERSTAND THE BASICS OF GOING LOW CARB

Low carb diets are exactly what the label says, they are low in carbohydrate rich foods, such as bread, pasta, sweets, chocolate, sugary sauces and other starchy foods like root vegetables. Low carb diets are typically high in healthy fats, such as fatty meat, fish, oils, nuts and full fat dairy. Although they tend to eliminate the consumption of starchy vegetables and sugary fruits, there is still a focus on fibrous, leafy greens and low carb fruits such as berries. To put it simply, cut the crap and eat full fat. Omit highly processed foods and opt for real foods, at the best quality you can afford.

How to follow a low carb diet:

- Eat full fat natural food sources
- Fill your plate with fibrous green vegetables
- Consume a moderate protein intake
- Cut out processed food, sugar and grains



There are different perceptions as to what is considered a low carb diet. A moderate low carb diet involves a consumption of around 130g-225g carbohydrates each day, whereas a low carb diet usually involves under 130g of carbohydrates each day. For those who wish to adhere to a very low carbohydrate diet, otherwise known as a ketogenic diet, daily carbohydrate intake is normally under 20-30g of carbohydrates per day. Generally, the lower your carbohydrate intake, the more likely you are to lose weight and reduce your sugar levels. A very low carbohydrate intake can however be a little extreme for those who are new to a low carb lifestyle. For these individuals it might be more suitable to begin by following a low carbohydrate diet, with a possible aim to transition onto a ketogenic diet in the future.

# WHERE TO START

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For those living with diabetes, it is essential that improvements are made to health markers. Carbohydrates provide us with energy, thus helping to fuel the body. When consumed, carbohydrates are broken down into glucose, causing a rise in blood sugar levels and therefore insulin levels. Some of the most common health benefits observed when following a low carb diet include decreased insulin levels, improved blood sugar control, more energy, improved mental focus and clarity, weight loss and reduced visceral adiposity. The nature of the low carb approach (reducing carbs and increasing fat) enables these benefits with little stress or sacrifice. This is because higher fat intake helps to increase satiety and reduces appetite, while reducing carbohydrate reduces insulin levels. As insulin is understood to aid fat storage, this leads to consequential fat loss.

## WAIST-TO-HIP RATIO

BMI is often used to monitor an individual's health and potential risk of disease. However, here on the Low Carb Program we much prefer to focus on waist-to-hip ratio (WHR). Whilst WHR is unable to determine exact body fat levels, it does allow a clear insight as to whether individuals are carrying excessive visceral fat. Visceral fat is the fat surrounding our abdomen and organs and is the most dangerous type of fat. It is well documented that WHR is superior to BMI or weight as an indicator of metabolic health, as BMI doesn't consider where the fat in our bodies is being held. BMI is unable to differentiate between excess fat, muscle or bone and fails to consider age, gender or muscle mass. Therefore, BMI can wrongly categorise healthy individuals with a large muscle mass, as being obese. In addition, one can have a healthy BMI, yet carry excess fat around their stomach.



## WHERE TO START

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Measuring your waist-to-hip ratio (WHR) and taking regular progress pictures are great ways of tracking your progress.

1. Use a measuring tape to measure 1 inch above your belly button. This is best done with minimal clothing.
2. Measure around your hips, placing the measuring tape around the largest area of your hips.
3. Divide the waist measurement by the hip measurement.
4. To take progress pictures, we recommend doing them weekly. Wear minimal clothing, such as underwear.
5. Start by taking a photo of the front of your body, then from the left, right and if possible from behind.



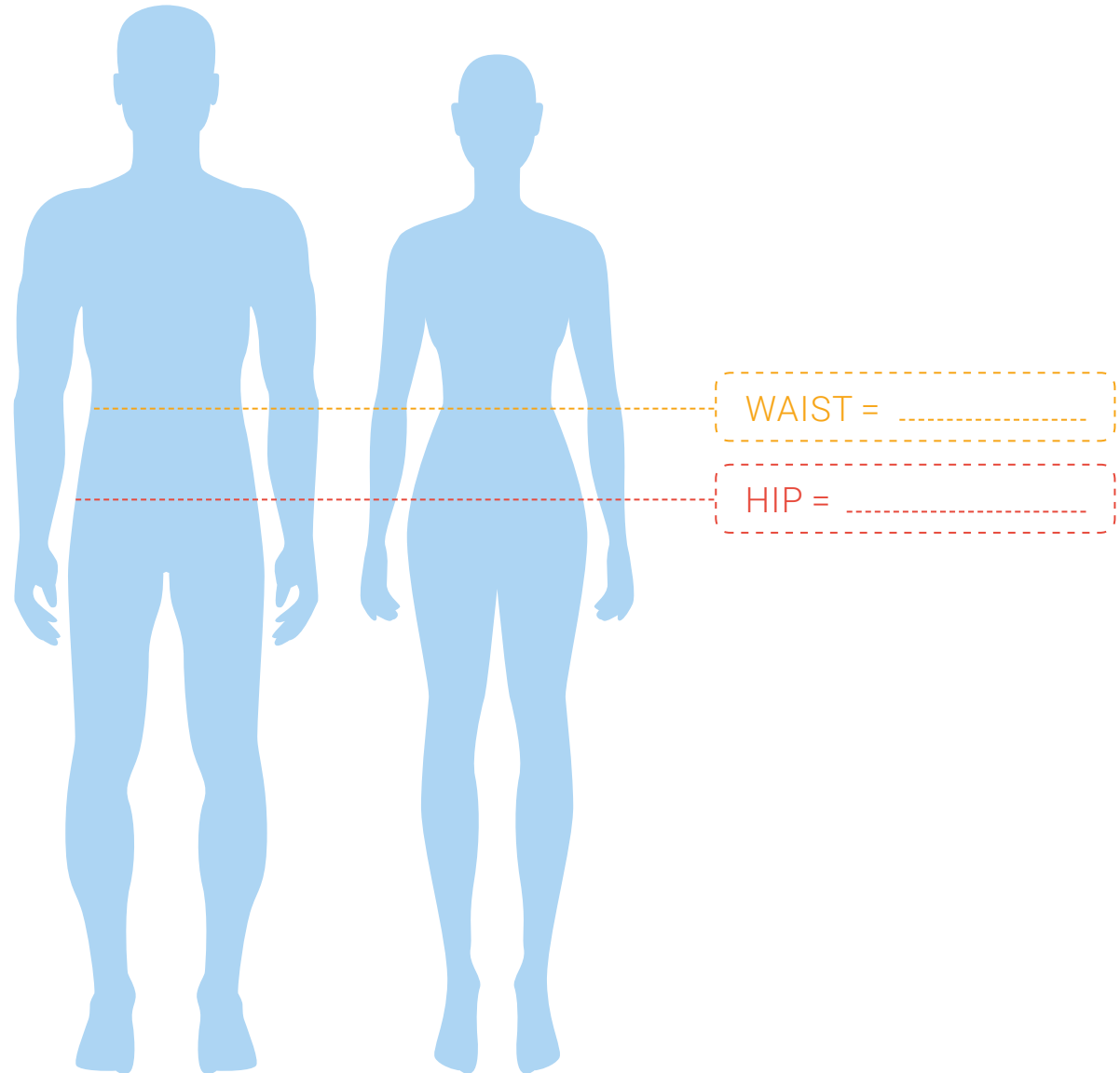
# WHERE TO START

## WAIST-TO-HIP RATIO

Print out and use this diagram to make a note of your Waist and Hip measurements.

Use this formula to work out your Waist-to-Hip ratio:

$$\text{WAIST} \div \text{HIP} = \underline{\hspace{2cm}}$$



# WHERE TO START

## THE SELFIE

In addition to measuring WHR we also recognise the benefits of taking regular progress pictures. This is best done wearing minimal clothing, such as underwear, on a weekly basis. For continuity it is useful to wear the same underwear each week. Start by taking a photo of the front of your body, then from the left, right and if possible from behind. If you have someone you trust to take your progress pictures for you this can be helpful in order to get a more accurate insight into how you look. Don't fret if this is not possible.

We highly recommend finding a good mirror to take pictures in.

You might feel a little bit silly or embarrassed at first, but being able to reflect back on your progress each week is very motivating. Often you won't think you have made much progress until you look back and compare your photos.



## CREATE YOUR LOW CARB SHOPPING LIST

When you are first embarking on a low carb lifestyle, knowing what to eat can be a bit of a minefield. In order to help take some of the guess work out, we have created a low carb shopping list to guide you on your journey. Everyone has different tastes and preferences; therefore, we recommend selecting the foods you enjoy most from the list below. The low carb community is also a place where you can gain inspiration for your shopping list. If budget is an issue, there are a number of ways you can make your food shop affordable.

Try buying frozen meat, fish, vegetables, berries and spices. It is also useful to opt for tinned fatty fish, such as sardines and mackerel or tinned meat such as corned beef.



# WHERE TO START

## CREATE YOUR LOW CARB SHOPPING LIST

### MEAT:

- Chicken thighs/legs/drumsticks
- 20% Mince Beef
- 20% Mince Lamb
- 20% Mince Pork
- Sirloin Steak
- Lamb Steaks
- Pork Belly
- Roast Joint:  
Chicken/Pork/Lamb/Beef
- Dry cured meats:  
Salami/Chorizo/Parma Ham
- Deli Ham
- Corned Beef
- Sausages
- Bacon

### FISH / SHELLFISH:

- Salmon
- Smoked Salmon
- Trout
- Kippers
- Mackerel
- Sardines
- Seabass
- Anchovies
- Prawns



### DAIRY:

- Whole Milk
- Cream
- Butter
- Cheese: Cheddar/Parmesan/  
Goats Cheese/Feta/Brie/Cream Cheese
- Sour Cream
- Greek Yogurt
- Eggs



# WHERE TO START

## CREATE YOUR LOW CARB SHOPPING LIST

### HERBS & SPICES:

- Garlic
- Coriander
- Parsley
- Rosemary
- Thyme
- Ginger
- Chillies
- Paprika
- Oregano

### FRUIT:

- Avocados
- Blueberries
- Blackberries
- Raspberries
- Strawberries
- Cantaloupe
- Honeydew Melon
- Watermelon
- Passionfruit
- Lemons
- Limes

### VEGETABLES:

- Lettuce
- Cucumber
- Celery
- Spinach
- Kale
- Asparagus
- Spring Onions
- Broccoli
- Cauliflower
- Courgette
- Cabbage
- Leeks
- Green Beans
- Aubergine
- Peppers
- Celeriac



### SNACKS / CUPBOARD ITEMS:

- Olive Oil
- Coconut Oil
- Coconut Cream
- Mayonnaise
- Olives
- Almonds
- Walnuts
- Pecans
- Pine Nuts
- Brazil Nuts
- Macadamia Nuts
- Pumpkin Seeds
- Sunflower Seeds
- Flaxseed
- Plain Dark Chocolate 70% or higher



# 40 DAY

## MEAL PLAN

TASTY LOW CARB RECIPES

# MEALS AT A GLANCE

**27** CARBS  
grams

**5** PREPARATION TIME  
minutes

**15** COOKING TIME  
minutes

**2** SERVINGS  
people

## DAY 1

BREAKFAST



**19**

OMEGA-BOOSTING GREEK YOGHURT

## DAY 2



**40**

BERRY & CINNAMON NUT BUTTER ZOATS

## DAY 3



**23**

TOMATO & FETA MUFFINS & COURGETTE FRITTERS

## DAY 4



**23**

TOMATO & FETA MUFFINS & COURGETTE FRITTERS

LUNCH



**14**

SIMPLE LOW CARB TUNA & AVOCADO WRAPS



**14**

LEFTOVER LOW CARB TUNA & AVOCADO WRAPS



**21**

LEFTOVER OVEN BAKED OMELETTE & GARDEN SALAD



**17**

LEFTOVER COURGETTI SPAGHETTI BOLOGNAISE

DINNER



**17**

COURGETTI SPAGHETTI BOLOGNAISE



**19**

OVEN BAKED OMELETTE & COURGETTE FRITTERS



**17**

LEFTOVER COURGETTI SPAGHETTI BOLOGNAISE



**32**

GREEK-STYLE ONE PAN LEMON & HERB CHICKEN

# MEALS AT A GLANCE

BREAKFAST

DAY 5



40

BERRY & CINNAMON  
NUT BUTTER ZOATS

DAY 6



20

COCONUT FLOUR, FLAX &  
CREAM CHEESE PANCAKES

DAY 7



6

LOW CARB CLOUD BREAD  
EGGS BENEDICT

DAY 8



10

SAUSAGE & EGG  
BREAKFAST PATTIES

LUNCH



32

CHICKEN SKEWERS,  
GREEK SALAD & TZATZIKI



19

THE LOW CARB  
FISH FINGER SANDWICH



29

SUNDAY ROAST CHICKEN  
& ROASTED VEG



16

CHICKEN & KALE  
SUPERFOOD STEW

DINNER



18

FISH & CHIP FRIDAY  
THE LOW CARB WAY!



11

CHINESE FAKE-AWAY  
YUK SUNG



30

BUBBLE & SQUEAK



21

EASY MACHO PEASY  
HOMEMADE NANDO'S



# MEALS AT A GLANCE

BREAKFAST

DAY 9



16

FRUITY COCONUT & NUT BUTTER YOGHURT BOWL

DAY 10



10

LEFTOVER SAUSAGE & EGG BREAKFAST PATTIES

DAY 11



16

FRUITY COCONUT & NUT BUTTER YOGHURT BOWL

DAY 12



13

CHEESY SCRAMBLED EGGS & SUNDRIED TOMATOES

LUNCH



16

LEFTOVER CHICKEN & KALE SUPERFOOD STEW



16

LEFTOVER CHICKEN & KALE SUPERFOOD STEW



15

PRAWN COCKTAIL & ICEBERG WEDGE



15

STEAK, WALNUT & BLUE CHEESE SALAD

DINNER



27

BANGERS & SPRING ONION CHEESY MASH



18

CREAMY GARLIC PRAWN LINGUINI



14

SURF & TURF STEAK NIGHT!



26

EASY CHEESY BELL PEPPER NACHOS

# MEALS AT A GLANCE

BREAKFAST

DAY 13



9

FULL ENGLISH VEGGIE  
BREKKY LOW CARB STYLE

DAY 14



22

AMERICAN STYLE EGGY  
PANCAKES

DAY 15



14

BANANA, COCONUT &  
BLUEBERRY EGG MUFFINS

DAY 16



23

GREEK YOGHURT  
& BLUEBERRY CHIA JAM

LUNCH



26

LEFTOVER EASY CHEESY  
BELL PEPPER NACHOS



28

LEFTOVER PIZZA



20

LEFTOVER  
TOAD IN THE HOLE



24

BROCCOLI &  
STILTON SOUP

DINNER



28

LOW CARB PIZZA NIGHT



20

TOAD IN THE HOLE



24

SHAKSHUKA



17

CAULIFLOWER GRILLED  
CHEESE & ONION SANDWICH

# MEALS AT A GLANCE

BREAKFAST

DAY 17



14

BANANA, COCONUT & BLUEBERRY EGG MUFFINS

DAY 18



23

GREEK YOGHURT & BLUEBERRY CHIA JAM

DAY 19



14

BANANA, COCONUT & BLUEBERRY EGG MUFFINS

DAY 20



23

GREEK YOGHURT & BLUEBERRY CHIA JAM

LUNCH



24

LEFTOVER BROCCOLI & STILTON SOUP



9

LEFTOVER MAC 'N' CHEESE



29

LEFTOVER SEA BASS & CREAMY SPRING ONION MASH



25

JALAPENO & SOUR CREAM CHEESY CHIPS

DINNER



9

NO PASTA MAC 'N' CHEESE



29

SEA BASS & CREAMY SPRING ONION MASH



25

HAM, EGG & CELERIAC CHIPS



20

RICOTTA & SPINACH CAULIFLOWER CALZONES

# MEALS AT A GLANCE

BREAKFAST

DAY 21



34

LOW CARB PANCAKES & BLUEBERRY CHIA JAM

DAY 22



3

SMOKED SALMON & CREAM CHEESE OMELETTE

DAY 23



10

DIPPY EGGS & COURGETTE SOLDIERS

DAY 24



3

SMOKED SALMON & CREAM CHEESE OMELETTE

LUNCH



16

LEFTOVER CHICKEN & KALE SUPERFOOD STEW



20

LEFTOVER COTTAGE PIE & GRILLED ASPARAGUS



20

LEFTOVER COTTAGE PIE & GRILLED ASPARAGUS



11

LEFTOVER CHINESE YUK SUNG

DINNER



20

LOW CARB COTTAGE PIE & GRILLED ASPARAGUS



16

CHICKEN NUGGETS & COURGETTE FRIES



17

LEFTOVER COURGETTI SPAGHETTI BOLOGNAISE



6

CREAMY PESTO CHICKEN

# MEALS AT A GLANCE

BREAKFAST

DAY 25



18

PB & STRAWBERRY CHIA  
JAM YOGHURT BOWL

DAY 26



18

PB & STRAWBERRY CHIA  
JAM YOGHURT BOWL

DAY 27



9

FULL ENGLISH BREKKY  
LOW CARB STYLE

DAY 28



34

LOW CARB PANCAKES &  
STRAWBERRY CHIA JAM

LUNCH



24

LEFTOVER BROCCOLI  
& STILTON SOUP



20

LEFTOVER LOW CARB  
COTTAGE PIE



5

LEFTOVER LOW CARB  
GARLIC & HERB GNOCCHI



15

LEFTOVER  
SUPERFOOD PIZZA

DINNER



21

CHICKEN PESTO SALAD



5

LOW CARB GARLIC &  
HERB GNOCCHI



15

LOW CARB SUPERFOOD  
PIZZA NIGHT



19

CARB FRIENDLY  
CREAMY FISH PIE

# MEALS AT A GLANCE

BREAKFAST

DAY 29



18

PB & STRAWBERRY CHIA  
JAM YOGHURT BOWL

DAY 30



19

EGGY AVOCADO BOATS

DAY 31



26

VANILLA & PEACH  
YOGHURT BOWL

DAY 32



19

EGGY AVOCADO BOATS

LUNCH



19

LEFTOVER CARB FRIENDLY  
CREAMY FISH PIE



19

LEFTOVER CARB FRIENDLY  
CREAMY FISH PIE



24

LEFTOVER BROCCOLI  
& STILTON SOUP



11

LEFTOVER CHINESE  
YUK SUNG

DINNER



24

SHAKSHUKA



10

SCAMPI & CHIPS



25

HAM, EGG &  
CELERIAC CHIPS



17

CAULIFLOWER GRILLED  
CHEESE & ONION SANDWICH

# MEALS AT A GLANCE

BREAKFAST

DAY 33



38

PEACH & RASPBERRY  
CINNAMON NUT BUTTER ZOATS

DAY 34



7

PORTOBELLO MUSHROOM  
BAKED EGGS & BACON

DAY 35



5

DIPPY EGGS &  
COURGETTE SOLDIERS

DAY 36



9

CHORIZO FRIED EGGS  
& TOMATOES

LUNCH



16

LEFTOVER CHICKEN &  
KALE SUPERFOOD STEW



8

CANADIAN STYLE  
LOW CARB POUTINE



16

LEFTOVER CHICKEN &  
KALE SUPERFOOD STEW



21

LEFTOVER LAMB STEAKS  
& CELERIAC POTATOES

DINNER



16

CHICKEN KIEV &  
COURGETTE FRIES



10

CLOUD BREAD CHICKEN  
BURGERS



21

LAMB STEAKS & GARLIC  
ROASTED CELERIAC POTATOES



6

LOW CARB  
CLOUD BREAD BLT

# MEALS AT A GLANCE

BREAKFAST

DAY 37



19

OMEGA-BOOSTING GREEK YOGHURT

DAY 38



9

CHORIZO FRIED EGGS & TOMATOES

DAY 39



7

PORTOBELLO MUSHROOM BAKED EGGS & BACON

DAY 40



19

OMEGA-BOOSTING GREEK YOGHURT

LUNCH



11

LEFTOVER CHINESE YUK SUNG



19

LEFTOVER CARB FRIENDLY CREAMY FISH PIE



16

LEFTOVER CHICKEN & KALE SUPERFOOD STEW



25

LEFTOVER CHICKEN FAJITA BOWL

DINNER



20

TOAD IN THE HOLE



20

LEFTOVER TOAD IN THE HOLE



25

CHICKEN FAJITA BOWL



9

ITALIAN CAULIFLOWER CALZONES



# DAY 1 - BREAKFAST

## OMEGA BOOSTING GREEK YOGHURT



### INGREDIENTS

- 150g Greek Yoghurt
- 75g frozen Raspberries
- 1 tbsp. Almond Butter
- 1 tsp. Milled Flaxseed

### NUTRITIONAL VALUE

#### PER SERVING

Calories	305kcal
Carbohydrates	19g
Total Fats	18g
Protein	19g

**TOP TIP:** Double up the recipe to save as a snack or share with someone else.

### PREPARATION METHOD

- 01.** Add the yoghurt and raspberries to a bowl.
- 02.** Drizzle almond butter over the top and sprinkle with milled flaxseed.

## DAY 1 - LUNCH

### SIMPLE BLACK BEAN & AVOCADO WRAPS



#### INGREDIENTS

- ½ medium Avocado
- 100g Greek Yoghurt
- 1 tin of Black Beans
- 1 Tomato, diced
- 3 Spring Onion, diced
- 1 stick of Celery, diced
- Juice of ½ Lemon
- 8 Iceberg Lettuce Leaves
- 50g Cheddar Cheese, grated
- 1 Cucumber, sliced
- ½ Red Pepper, sliced

#### NUTRITIONAL VALUE

##### PER SERVING

Calories	301kcal
Carbohydrates	14g
Total Fats	18g
Protein	24g

**TOP TIP:** Save 1 portion for day 2 lunch.

#### PREPARATION METHOD

- 01.** Rinse the Black Beans under cold water. Combine the beans, avocado, yoghurt, tomato, spring onions, celery and lemon juice in a bowl and season with salt and pepper.
- 02.** Share out evenly between the lettuce leaves as if to form wraps and sprinkle with cheese.
- 03.** Serve with sliced peppers and cucumber.

# DAY 1 - DINNER

## COURGETTI SPAGHETTI BOLOGNAISE



### INGREDIENTS

- 2 tsp. Olive Oil
- 1 Onion, diced
- 2 Garlic Cloves, crushed
- 500g Mince Beef
- 2 tins chopped Tomatoes
- 200g frozen mixed, sliced Peppers
- 2 tbsp. Marmite
- 1 tbsp. Tomato Puree
- 2 tsp. English Mustard Powder
- 1 Bayleaf
- 1 Bouquet Garnis
- 2 Beef Stock Cubes
- 2 tbsp. Parmesan, grated
- 4 Courgettes, spiralised

### NUTRITIONAL VALUE

#### PER SERVING

Calories	330kcal
Carbohydrates	17g
Total Fats	16g
Protein	30g

**TOP TIP:** Save 2 portions for day 3 and 4. Freeze 1 portion for day 23.

### PREPARATION METHOD

- 01.** Heat 1 tsp. of oil in a large saucepan over a medium heat. Add diced onion and crushed garlic and fry until soft.
- 02.** Add the mince beef and continue to cook until meat is browned.
- 03.** Add in the remaining ingredients, except for the parmesan and courgette. Mix thoroughly and leave to simmer for 30 minutes.
- 04.** When the sauce is nearly finished, spiralise the courgette. Heat 1 tsp. of oil in a non-stick frying pan and add the courgetti. Cook for 2-3 minutes or until slightly soft.
- 05.** Season with salt and pepper and serve with 1/4 the bolognese sauce and parmesan.

## DAY 2 - BREAKFAST

### BERRY & CINNAMON NUT BUTTER ZOATS



## DAY 2 - LUNCH

### LEFTOVER LOW CARB TUNA & AVOCADO WRAPS



#### INGREDIENTS

- 30g Porridge Oats
- 1 tsp. Pumpkin Seeds
- ½ Courgette, peeled & grated
- 1 tsp. Sunflower Seeds
- 150ml Coconut Milk
- 75g frozen Berries
- 1 tbsp. Almond Butter

#### PREPARATION METHOD

- 01.** Place oats, ¾ of the frozen berries, grated courgette and coconut milk into a pan.
- 02.** Cook on a low heat until the mixture has reached your desired thickness. Stir regularly.
- 03.** Pour oats into a bowl and stir through the almond butter. Finish by sprinkling cinnamon, seeds and remaining fruit on top and serve.

#### NUTRITIONAL VALUE PER SERVING

Calories 334kcal Carbohydrates 40g Total Fats 17g Protein 10g

#### INGREDIENTS

- Leftover Black Bean and Avocado wraps

#### PREPARATION METHOD

- 01.** Simply take leftovers from the fridge and enjoy.

#### NUTRITIONAL VALUE PER SERVING

Calories 301kcal Carbohydrates 14g Total Fats 18g Protein 24g

## DAY 2 - DINNER

### OVEN BAKED OMELETTE & COURGETTE FRITTERS



#### INGREDIENTS

For the fritters:

- 3 medium Courgettes, grated
- 2 Eggs
- 1 tbsp. Coconut Flour
- 30g Parmesan, grated
- 3 tbsp. Chives, diced
- ¼ tsp. Garlic Powder
- 1 tsp. Olive Oil

For the omelette:

- 1 tsp. Olive Oil
- 3 Eggs
- 100g mixed frozen Peppers
- 100g frozen Mushrooms
- 30g Feta Cheese
- 1 slice of Deli Ham
- 1 tbsp. Coriander, chopped
- 1 tbsp. Chives, diced

#### NUTRITIONAL VALUE

PER SERVING

Calories	389kcal
Carbohydrates	19g
Total Fats	24g
Protein	28g

**TOP TIP:** Whilst making this dish, you can also prepare the muffins for breakfast day 3 & 4.

#### PREPARATION METHOD

- 01.** For the fritters, grate the courgette into a colander and sprinkle with salt. Leave to drain for 10-15 minutes. Place the courgette into a tea towel and squeeze over the sink to drain excess water.
- 02.** Combine courgettes, eggs, flour, parmesan, chives and garlic powder in a large bowl. Season with pepper and shape into 6 even balls. Set aside whilst preparing the omelette.
- 03.** For the omelette, pre-heat oven to 200°C/180°C fan. Add oil and the frozen veg to a roasting tin and cook for 5 minutes.
- 04.** Crack 3 eggs into a bowl and whisk gently. Remove the roasting tin from the oven and pour eggs over the vegetables. Top with crumbled feta, sliced ham and coriander. Cook for a further 10-15 minutes or until the omelette is firm and cooked through.
- 05.** Whilst the omelette bakes heat 1 tsp. of oil in a non-stick frying pan over a medium heat. Add the fritters and press down to flatten them. Fry on each side until golden brown. Save remaining fritters for day 3 and 4 breakfast.

## DAY 3 - BREAKFAST

### TOMATO & FETA MUFFINS & COURGETTE FRITTERS



#### INGREDIENTS

- 4 Eggs
- 1 medium Courgette, grated
- 1 Tomato, diced
- 30g Feta Cheese
- 1 tbsp. Coriander
- 2 Leftover Fritters

#### PREPARATION METHOD

- 01.** Heat oven to 200°C/180°C fan and line muffin tin with cases.
- 02.** Crack eggs into a bowl. Whisk them gently and season with salt and pepper. Add the grated courgette, tomato, feta and coriander to the bowl and mix thoroughly.
- 03.** Spoon into muffin cases and cook for 25-30 minutes or until cooked through.
- 04.** Simply take 2 left over fritters from the fridge and serve.  
These can be enjoyed cold or warm.

#### NUTRITIONAL VALUE PER SERVING

Calories 391kcal Carbohydrates 23g Total Fats 22g Protein 30g

## DAY 3 - LUNCH

### LEFTOVER OVEN BAKED OMELETTE & GARDEN SALAD



#### INGREDIENTS

- Leftover Omelette
- ½ Romaine lettuce
- 1 Tomato
- 50g Cucumber
- ½ Red Onion
- 1 tsp. Olive Oil
- 1 tsp. Lemon Juice

#### PREPARATION METHOD

- 01.** Wash salad ingredients in cold water and chop to desired shape. Add to a bowl and toss olive oil and lemon juice throughout. Season with salt and pepper.
- 02.** Take leftover baked omelette from fridge and serve.

#### NUTRITIONAL VALUE PER SERVING

Calories 326kcal Carbohydrates 21g Total Fats 20g Protein 18g

## DAY 3 - DINNER

### LEFTOVER COURGETTI SPAGHETTI BOLOGNAISE



#### INGREDIENTS

- Leftover Courgetti Spaghetti Bolognese

#### NUTRITIONAL VALUE

PER SERVING

Calories	330kcal
Carbohydrates	17g
Total Fats	16g
Protein	30g

#### PREPARATION METHOD

01. Simply take leftovers from the fridge and enjoy.

## DAY 4 - BREAKFAST

### LEFTOVER MUFFINS & COURGETTE FRITTERS



## DAY 4 - LUNCH

### LEFTOVER COURGETTI SPAGHETTI BOLOGNAISE



#### INGREDIENTS

- Leftover Tomato & Feta Muffins & Courgette Fritters

#### PREPARATION METHOD

01. Simply take leftovers from the fridge.
02. Yes it is as easy as that! That gives you 15 minutes extra in bed, or even better take this opportunity to increase your activity levels.

#### NUTRITIONAL VALUE PER SERVING

Calories 391kcal Carbohydrates 23g Total Fats 22g Protein 30g

#### INGREDIENTS

- Leftover Courgetti Spaghetti Bolognese

#### PREPARATION METHOD

01. Simply take the leftover Courgetti Spaghetti Bolognese out of the fridge and enjoy!

#### NUTRITIONAL VALUE PER SERVING

Calories 330kcal Carbohydrates 17g Total Fats 16g Protein 30g



## DAY 4 - DINNER

### GREEK-STYLE ONE PAN LEMON & HERB CHICKEN



#### INGREDIENTS

For the 1 pan chicken:

- 1 tbsp. Olive Oil
- 1 Chicken Breast
- 1 Garlic Clove, crushed
- Juice of ½ Lemon
- 1 tsp. Paprika
- 1 tsp. Mixed Herbs
- 1 Pepper
- ½ Red Onion
- ½ White Onion

For the salad:

- 1 Romaine, chopped
- 50g Feta
- 15 Kalamata Olives
- 1 Tomato, sliced
- ½ Red Onion, sliced
- 1 tsp. Olive Oil
- Juice of ½ Lemon

For the Tzatziki:

- 100g Greek Yoghurt
- 100g Grated Cucumber
- 1 tsp. Mint sauce

#### NUTRITIONAL VALUE

PER SERVING

Calories	593kcal
Carbohydrates	32g
Total Fats	35g
Protein	42g

**TOP TIP:** Marinate chicken the night before to save time. Whilst preparing the meal make day 5 lunch.

#### PREPARATION METHOD

- 01.** Pre-heat oven to 200°C/180°C fan. Place the chicken in a bowl or freezer bag and combine 1 tbsp. of the oil, the lemon juice, 1 garlic clove, mixed herbs and paprika. Add salt and pepper to taste then use hands to mix well. (Can add chicken for day 5 lunch to same bag.)
- 02.** Marinate for 1-2 hours - can be done the night before or in the morning.
- 03.** Whilst the chicken is marinating cut the peppers and onions into chunks and place in a baking tray. Season with 1 tbsp. of oil and sprinkle over salt and pepper. Add the chicken to the tray and bake in the oven for 20-30 minutes.
- 04.** Prepare salad by combining all ingredients in a large bowl and crumble feta over the top.
- 05.** For the tzatziki, combine all ingredients in a bowl. Remove chicken and vegetables from the oven and serve with ½ the salad and ½ the tzatziki. Save 1 portion of salad and tzatziki for day 5 lunch.

# DAY 5 - BREAKFAST

## BERRY & CINNAMON NUT BUTTER ZOATS



### INGREDIENTS

- 30g Porridge Oats
- ½ Courgette, peeled & grated
- 150ml Coconut Milk
- 75g frozen Berries
- 1 tbsp. Almond Butter
- 1 tsp. Pumpkin Seeds
- 1 tsp. Sunflower Seeds

### NUTRITIONAL VALUE

#### PER SERVING

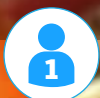
Calories	334kcal
Carbohydrates	40g
Total Fats	17g
Protein	10g

### PREPARATION METHOD

- 01.** Place oats,  $\frac{3}{4}$  of the frozen berries, grated courgette and coconut milk into a pan.
- 02.** Cook on a low heat until the mixture has reached your desired thickness. Stir regularly.
- 03.** Pour oats into a bowl and stir through the almond butter. Finish by sprinkling cinnamon, seeds and remaining fruit on top and serve.

## DAY 5 - LUNCH

### CHICKEN SKEWERS, GREEK SALAD & TZATZIKI



#### INGREDIENTS

Skewers: Serves 2

Salad & Tzatziki: Serves 1

- 1 tbsp. Olive Oil
- 1 Chicken Breast, diced
- 1 Garlic Clove, crushed
- Juice of ½ Lemon
- 1 tsp. Paprika
- ½ tsp. Mixed Herbs
- 1 Pepper (colour of choice)
- ¼ Red Onion
- ¼ White Onion
- Leftover Greek Salad & Tzatziki

#### NUTRITIONAL VALUE

PER SERVING

Calories	593kcal
Carbohydrates	32g
Total Fats	35g
Protein	42g

**TOP TIP:** Save 1 serving of skewers for a snack

#### PREPARATION METHOD

- 01.** Pre-heat oven to 200°C/180°C fan. Place chicken in a bowl or freezer bag and combine oil, lemon juice, garlic, mixed herbs and paprika. Add salt and pepper to taste. (Can be added to bag of chicken for day 4 dinner).
- 02.** Marinate for 1-2 hours (can be done the night before or in the morning). Whilst chicken is marinating cut peppers and onions into large chunks.
- 03.** Place chicken, peppers and onions onto two skewers, alternating between ingredients. Place the skewers onto a baking tray chicken and bake for 15-20 minutes.
- 04.** Serve skewers with left over Greek salad and tzatziki from day 4 dinner.

## DAY 5 - DINNER

### FISH & CHIP FRIDAY THE LOW CARB WAY!



#### INGREDIENTS

Salmon: Serves 2

Celeriac Chips: Serves 1

For the batter:

- 40g Coconut Flour
- 40g Almond Flour
- 1 tsp. Baking Powder
- 1 tsp. Black Pepper
- 2 tbsp. Butter
- 2 Salmon fillets

For the chips:

- 1 tsp. Coconut Oil, melted
- ¼ large Celeriac

#### NUTRITIONAL VALUE

PER SERVING

Calories	529kcal
Carbohydrates	18g
Total Fats	38g
Protein	45g

**TOP TIP:** Save 1 serving of the fish for day 6 lunch 'Fish Finger Sandwich'.

#### PREPARATION METHOD

- 01.** Pre-heat oven to 200°C/180°C fan. Peel the celeriac using a sharp knife to remove the outer layer and cut into thick-cut chip shapes. Place the celeriac into a saucepan with water and boil for 2 minutes.
- 02.** Drain celeriac chips over the sink and transfer onto a baking tray. Spread the celeriac out evenly and season with coconut oil, salt and pepper. Set aside whilst preparing the salmon.
- 03.** For the battered fish, place butter in a baking tray and allow it to melt in the oven for 5 minutes. Whisk the batter ingredients together in a large bowl and coat the salmon in the batter.
- 04.** When the butter has melted remove the tray from the oven and place the battered salmon fillets in the tray. Place the tray of salmon fillets and celeriac in the oven for 30 minutes. Serve 1 piece of salmon with celeriac chips.

This is a recipe you can adapt easily by using alternative fish. For this meal plan, salmon has been selected for week 1 to ensure you are consuming 2 portions of oily fish. This helps to ensure you're consuming omega-3 fats in your diet, something so many of us are lacking.

## DAY 6 - BREAKFAST

### COCONUT FLOUR, FLAX & CREAM CHEESE PANCAKES



#### INGREDIENTS

##### For the batter

- 2 Eggs
- 60g Cream Cheese
- 2 tbsp. Coconut flour
- 3 tsp. milled Flax Seed
- 1 tsp. Baking Powder
- 1 tsp. Natural Vanilla Extract
- 1 tsp. Stevia
- 1 tsp. Coconut Oil

##### For the topping

- 100g Greek Yoghurt
- 50g frozen mixed Berries

#### NUTRITIONAL VALUE

##### PER SERVING

Calories	551kcal
Carbohydrates	20g
Total Fats	42g
Protein	23g

#### PREPARATION METHOD

- 01.** Combine all the batter ingredients, except for the coconut oil, in a large bowl. You can use a hand-held whisk, electric whisk or blender. Leave the batter to settle for a few minutes.
- 02.** Add frozen berries to a saucepan and simmer over a low heat whilst cooking the pancakes. Alternatively heat berries in the microwave. For the pancakes, heat oil in a non-stick frying pan over a medium heat. Add the batter to the frying pan in small circles. Cook 2-3 pancakes at one time depending on the size of your frying pan.
- 03.** When one side is cooked, flip the pancake and continue cooking for a further 2 minutes or until cooked through. Set pancakes aside on a warm plate while cooking the rest of the batter.
- 04.** Serve the pancakes with the Greek yoghurt and warm berries.

## DAY 6 - LUNCH

### THE LOW CARB FISH FINGER SANDWICH



#### INGREDIENTS

For the cloud bread:

- 2 Eggs
- 2 tbsp. Cream Cheese
- 1 tsp. Baking Powder
- 1 tsp. Olive Oil

For the sandwich filling:

- Leftover Salmon Fillet
- 1 tbsp. Mayonnaise
- Lettuce
- ¼ Avocado, mashed
- 1 slice of Tomato

#### NUTRITIONAL VALUE

PER SERVING

Calories	802kcal
Carbohydrates	19g
Total Fats	62g
Protein	51g

**TOP TIP:** Keep 2 slices of cloud bread for day 7 breakfast.

#### PREPARATION METHOD

- 01.** Preheat oven to 200°C/180°C fan. Line a baking tray with baking paper and lightly cover with oil.
- 02.** For the cloud bread separate the egg whites from the yolks. Add the cream cheese to the yolks and mix thoroughly.
- 03.** Add the baking powder to the egg whites and whisk until they form stiff peaks. An electric whisk works best.
- 04.** Add the yolk and cream cheese mixture to the egg whites and fold through slowly. Evenly share out 4 spoonfuls of the mixture onto the baking paper and bake for 20-25 minutes or until golden on top. Remove cloud bread from the oven and leave to cool.
- 05.** Spread the mayonnaise onto 1 slice of cloud bread. Add mashed avocado, tomato, lettuce and left over battered salmon. Top with another slice of cloud bread and enjoy!

## DAY 6 - DINNER

### CHINESE FAKE-AWAY YUK SUNG



#### INGREDIENTS

- 1 tsp. Olive Oil
- 500g Pork Mince
- 1 Beef Stock Cube
- 2 Garlic Cloves, crushed
- 3cm fresh Ginger, diced
- Fresh Chilli, diced
- 4 Spring Onions, diced
- 150g Celery, diced
- 150g frozen mixed Peppers
- 1 can Water Chestnuts, diced
- 1 tbsp. Oyster Sauce
- 1 tbsp. Dark Soy Sauce
- Iceberg Lettuce Leaves
- ½ tsp. Sesame Seeds

#### NUTRITIONAL VALUE

##### PER SERVING

Calories	365kcal
Carbohydrates	11g
Total Fats	26g
Protein	20g

**TOP TIP:** Freeze 3 portions for day 24, 32 & 37 lunch.

#### PREPARATION METHOD

- 01.** Heat oil in a non-stick frying pan over a medium heat. Add the garlic, chilli, ginger, celery, spring onions and peppers and cook for 5-7 minutes. Add the pork mince and cook until browned.
- 02.** Whilst the meat is cooking chop the water chestnuts and add to the mixture. Cook for a further 5 minutes, then add the stock cube, soy sauce and oyster sauce to the pan and stir through. Cook for a further 15 minutes.
- 03.** Share 1 serving amongst lettuce leaves. Sprinkle over sesame seeds and fold like a wrap.

## DAY 7 - BREAKFAST

### CLOUD BREAD EGGS BENEDICT



#### INGREDIENTS

##### For the hollandaise sauce

- 2 Egg Yolks
- ½ tbsp. fresh Lemon Juice
- 2 50g Butter, melted
- 2 Cayenne Pepper
- 2 Salt

##### For the eggs benedict

- 2 Slices of leftover Cloud Bread
- 2 Poached Eggs
- ½ tsp. Chives
- 2 slices of Ham

#### NUTRITIONAL VALUE

##### PER SERVING

Calories	842kcal
Carbohydrates	6g
Total Fats	76g
Protein	34g

#### PREPARATION METHOD

- 01.** For the hollandaise sauce, rapidly whisk the egg yolks and lemon juice together until mixture thickens. Place a bowl over a saucepan of barely simmering water. Make sure the bottom of the bowl does not reach the water and continue whisking eggs rapidly. It is important the eggs don't get too hot. We don't want scrambled eggs!
- 02.** Very slowly and carefully add in the melted butter. Continue to whisk until the mixture increases in size. Remove from the hob and add a pinch of cayenne pepper and salt.
- 03.** Poach your eggs, then top the cloud bread with ham, eggs and hollandaise sauce. Garnish with chives and serve.



## DAY 7 - LUNCH

### SUNDAY ROAST CHICKEN & ROASTED VEG



#### INGREDIENTS

Roast Chicken: Serves 1  
Vegetables: Serves 2

- 1 Whole chicken (1.3kg)
- 3 tbsp. Olive Oil
- 1 Lemon
- 1 Garlic Head, cloves separated and unpeeled
- Thyme
- 2 Onions, cut into quarters
- 2 Carrots, cut into batons
- ½ large Cauliflower, cut into florets
- ½ Broccoli, cut into florets
- ¼ large Celeriac, peeled & chopped into large chunks
- ½ pint of boiling Water
- 1 Chicken Stock Cube

#### NUTRITIONAL VALUE

PER SERVING

Calories	538kcal
Carbohydrates	29g
Total Fats	23g
Protein	56g

**TOP TIP:** Save remaining chicken and gravy for day 8 Chicken & Kale Stew.

#### PREPARATION METHOD

- 01.** Stand the chicken at room temperature for 30 minutes and pre-heat oven to 200°C/180°C fan. Prepare the vegetables into a bowl with the garlic. Season with salt, pepper and 1 tbsp. of oil, then transfer into a large roasting tray with the chicken on top.
- 02.** Pierce the lemon and slide it inside the chicken with several sprigs of thyme. Dress the chicken in 2 tbsp. oil and season with salt and pepper.
- 03.** Cover the chicken in foil, then cook for 1 hour 20 minutes. After 50 minutes remove the foil. Top tip: whilst chicken is cooking, prepare vegetables for week 2 Chicken & Kale Stew.
- 04.** When cooked, put the chicken on a chopping board and cover with foil. Leave to sit for 10-15 minutes. Reduce the oven to 50°C and place the vegetables back in the oven.
- 05.** Whilst chicken is sitting make the gravy. Place the roasting tin used for the chicken on top of the hob over a medium heat. Add boiling water and stock cube and stir continuously.
- 06.** Carve the chicken and serve 1 chicken breast with ½ the vegetables and gravy. Save ½ the vegetables for day 7 dinner, 1 chicken leg for week 2, day 2 dinner.

## DAY 7 - DINNER

### BUBBLE & SQUEAK



#### INGREDIENTS

- 1 tsp. Olive oil
- Leftover vegetables, from day 7 lunch
- 1 Egg
- 30g Feta

#### NUTRITIONAL VALUE

##### PER SERVING

Calories	395kcal
Carbohydrates	30g
Total Fats	26g
Protein	17g

#### PREPARATION METHOD

- 01.** Heat oil in a non-stick frying pan over a medium heat. Chop left over vegetables from day 7 lunch into small chunks and add them to the frying pan. Mash the vegetables with a potato masher and stir so they are well mixed. Fry for 10-15 minutes.
- 02.** When the vegetables are well cooked push them to one side of the pan and crack your egg into the empty side of the frying pan.
- 03.** When cooked place vegetables onto a plate, topped with the fried egg and feta.

# DAY 8 - BREAKFAST

## SAUSAGE & EGG BREAKFAST PATTIES



### INGREDIENTS

- 3 Pork sausages
- 2 Tomatoes, halved
- 2 Portobello Mushrooms
- 2 Eggs
- 1 tsp. Olive Oil

### NUTRITIONAL VALUE

#### PER SERVING

Calories	426kcal
Carbohydrates	10g
Total Fats	32g
Protein	25g

**TOP TIP:** Save 1 serving of this recipe for day 10 breakfast.

### PREPARATION METHOD

- 01.** Heat oven to 200°C/180°C fan. Remove the sausage meat from its skin and combine the 3 sausages. Shape them into 2 balls.
- 02.** Place the tomatoes and the balls of meat onto a lined baking tray and flatten into the shape of a burger. Cook in the oven for 20-25 minutes.
- 03.** When the sausages have 10 minutes cooking time remaining place the mushrooms in the oven and fry the egg.
- 04.** Remove sausage patties and vegetables from the oven. Place the sausage patty on top of the cooked mushroom. Lay the fried egg over the top of the patty and serve with 2 tomato halves. Set aside 1 portion of the sausage, tomatoes and mushroom for day 11 breakfast.

## DAY 8 - LUNCH

### CHICKEN & KALE SUPERFOOD STEW



#### INGREDIENTS

- Leftover Chicken, from day 7 lunch
- 100g Kale
- 1 Carrot, diced
- ½ Broccoli, cut into florets
- 200g Celery, diced
- Leftover Gravy, from day 7 dinner
- 2 Red Onions, cut into wedges
- 2 pints of Water
- 1 Courgette, diced
- 1 tbsp. Marmite
- 2 Leeks, diced
- 100g Green Beans

#### NUTRITIONAL VALUE

##### PER SERVING

Calories	281kcal
Carbohydrates	16g
Total Fats	9g
Protein	35g

**TOP TIP:** Save 2 servings for day 9 and 10 lunch & freeze 3 servings for days 21, 33 & 39.

#### PREPARATION METHOD

- 01.** Add the leftover gravy from week 1 day 7 lunch, water, marmite and vegetables to a large pan and bring to the boil.
- 02.** Reduce to a low heat and leave to cook for at least 30 minutes before serving. Save 2 servings for day 9 and 10 lunch & freeze 3 remaining servings for day 21, 33 & 39. Leave to cool before placing in the fridge or freezer.

## DAY 8 - DINNER

### EASY MACHO PEASY HOMEMADE NANDO'S



#### INGREDIENTS

- Leftover Chicken Leg, from day 7 dinner
- 1 tsp. Olive Oil
- Juice of ½ Lemon
- 1 tbsp. Fresh Oregano
- Fresh Chilli, diced
- 80g frozen Peas
- 1 tsp. Butter
- 1 tsp. Mint Sauce
- 1 tbsp. Fresh Parsley
- Chilli Flakes
- ½ tsp. Paprika
- Mixed Green Salad
- 1 tbsp. Mayonnaise

#### NUTRITIONAL VALUE

##### PER SERVING

Calories	528kcal
Carbohydrates	21g
Total Fats	34g
Protein	35g

#### PREPARATION METHOD

- 01.** Pre-heat oven to 200°C/180°C fan. Take left over chicken from day 7 lunch and drizzle with olive oil and ½ the lemon juice. Sprinkle chilli flakes and oregano over the chicken and cover with foil. Place in the oven for 20-25 minutes. Remove foil after 15 minutes.
- 02.** Whilst the chicken is in the oven boil the frozen peas in a small pan, then drain and add the butter, chilli, chilli flakes, parsley and mint. Roughly mash peas with a potato masher or fork to form large broken chunks. Season with sea salt and black pepper.
- 03.** For the perinaise sauce, combine the mayonnaise, remaining lemon juice and paprika in a small dish.
- 04.** Remove chicken from the oven and serve with the macho peas, mixed leaf salad and perinaise.

## DAY 9 - BREAKFAST

### FRUITY COCONUT & NUT BUTTER YOGHURT BOWL



#### INGREDIENTS

- 150g Greek Yoghurt
- 1/2 tsp. Vanilla Essence
- 100g frozen Mixed Berries
- 1 tbsp. Almond Butter
- 1 tbsp. Desiccated Coconut
- 1 tsp. Milled Flaxseed

#### PREPARATION METHOD

- 01.** Add yoghurt to a bowl and stir in the vanilla essence and mixed berries.
- 02.** Sprinkle the coconut and flaxseed over the yoghurt and drizzle with almond butter.

#### NUTRITIONAL VALUE PER SERVING

Calories 350kcal Carbohydrates 24g Total Fats 22g Protein 19g

## DAY 9 - LUNCH

### LEFTOVER CHICKEN & KALE SUPERFOOD STEW



#### INGREDIENTS

- Leftover Chicken & Kale Superfood Stew

#### PREPARATION METHOD

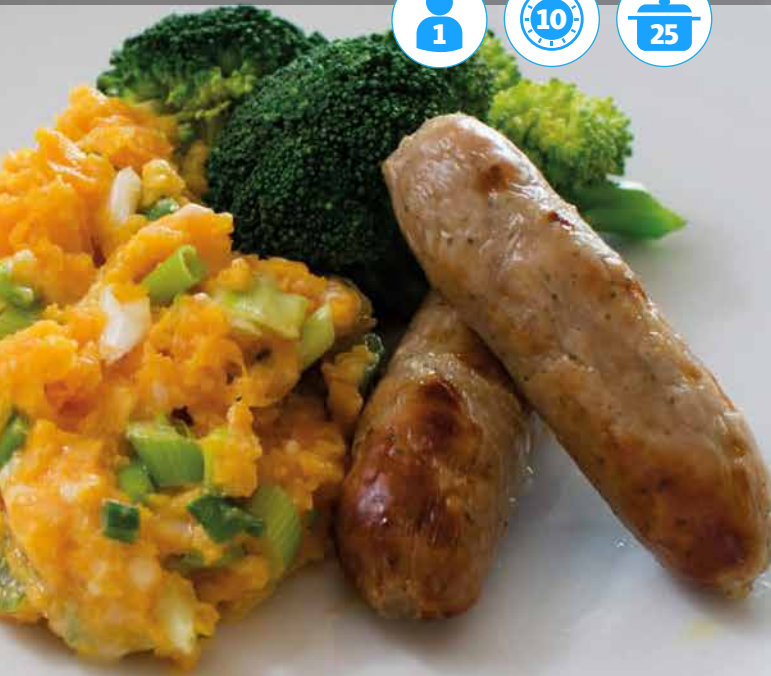
- 01.** Simply reheat leftover stew in the microwave or on the hob and enjoy!

#### NUTRITIONAL VALUE PER SERVING

Calories 281kcal Carbohydrates 16g Total Fats 9g Protein 35g

## DAY 9 - DINNER

### LOW CARB BANGERS & SPRING ONION CHEESY MASH



#### INGREDIENTS

- 2 Pork Sausages
- ¼ Broccoli Head
- 150g Butternut Squash
- 1 tbsp. Whole Milk
- 30g Cheddar Cheese, grated
- 3 Spring Onions, diced

#### NUTRITIONAL VALUE

PER SERVING

Calories	591kcal
Carbohydrates	27g
Total Fats	41g
Protein	32g

#### PREPARATION METHOD

- 01.** Peel and chop the butternut squash into small cubes. Place the butternut squash into a pan of water and bring to the boil until soft.
- 02.** In the meantime, reheat the leftover sausages from day 2 breakfast and boil the broccoli.
- 03.** Drain the butternut squash and place it back in the pan with the milk, cheese and spring onions. Mash with a potato masher and serve with the sausages and broccoli.



## DAY 10 - BREAKFAST

### LEFTOVER SAUSAGE & EGG BREAKFAST PATTIES



#### INGREDIENTS


- Leftover Sausage Patty, Mushroom and Tomato.
- 1 tsp. Olive Oil
- 1 Egg

#### PREPARATION METHOD

- 01.** Re-heat leftover sausage patty, mushroom and tomato either in a microwave, frying pan or in the oven.
- 02.** Heat oil in a non-stick frying pan and fry the egg. Top the mushroom with the sausage patty and egg and enjoy!

#### NUTRITIONAL VALUE PER SERVING

Calories 426kcal Carbohydrates 10g Total Fats 32g Protein 25g



## DAY 10 - LUNCH

### LEFTOVER CHICKEN & KALE SUPERFOOD STEW



#### INGREDIENTS

- Leftover Chicken & Kale Superfood Stew

#### PREPARATION METHOD

- 01.** Simply reheat left over stew in the microwave or on the hob and enjoy!

#### NUTRITIONAL VALUE PER SERVING

Calories 281kcal Carbohydrates 16g Total Fats 9g Protein 35g



## DAY 10 - DINNER

### CREAMY GARLIC PRAWN LINGUINI



#### INGREDIENTS

- 1 tsp. Coconut Oil
- 80g Raw King Prawns
- 100g Cherry Tomatoes
- 1 Garlic Clove, crushed
- Juice of ½ Lemon
- ½ tsp. Chilli Flakes
- ½ Onion Finely, diced
- 50g Garlic & Herb Cream Cheese
- 1 Courgette, spiralised
- 1 tbsp. Parmesan, grated

#### NUTRITIONAL VALUE

##### PER SERVING

Calories	356kcal
Carbohydrates	18g
Total Fats	22g
Protein	25g

#### PREPARATION METHOD

- 01.** Heat oil in a non-stick frying pan and add the crushed garlic and onions. Cook for 5 minutes or until tender. Whilst the onions are cooking spiralise the courgette.
- 02.** Add the lemon juice to the onions and leave to simmer for 1 minute. Add the courgette, prawns and cherry tomatoes. Season with chilli flakes and cook until tomatoes are tender and prawns are pink and cooked through.
- 03.** Stir in cream cheese and season with black pepper.
- 04.** Sprinkle grated parmesan and chilli flakes over the top and serve.

# DAY 11 - BREAKFAST

## FRUITY COCONUT & NUT BUTTER YOGHURT BOWL



### INGREDIENTS

- 150g Greek Yoghurt
- ½ tsp. Vanilla Essence
- 100g frozen Mixed Berries
- 1 tbsp. Almond Butter
- 1 tbsp. desiccated Coconut
- 1 tsp. milled Flaxseed

### NUTRITIONAL VALUE

#### PER SERVING

Calories	350kcal
Carbohydrates	24g
Total Fats	22g
Protein	19g

**TOP TIP:** Double this recipe and save it as a snack!

### PREPARATION METHOD

- 01.** Add yoghurt to a bowl and stir in the vanilla essence and mixed berries.
- 02.** Sprinkle the coconut and flaxseed over the yoghurt and drizzle with almond butter.

## DAY 11 - LUNCH

### PRAWN COCKTAIL & ICEBERG WEDGE



#### INGREDIENTS

- 1 tsp. Coconut Oil
- 90g Raw King Prawns
- 1 tbsp. Mayonnaise
- 1 tsp. Tomato Ketchup
- ½ tsp. Paprika
- 3 Spring Onions
- ½ Iceberg Lettuce Wedge
- Black Pepper
- ½ Cucumber, sliced into batons
- 1 Tomato, sliced into wedges
- 1 Egg, hard-boiled

#### NUTRITIONAL VALUE

##### PER SERVING

Calories	381kcal
Carbohydrates	15g
Total Fats	24g
Protein	27g

**TOP TIP:** To save time this can be prepared whilst making day 10 dinner.

#### PREPARATION METHOD

- 01.** Begin by hard-boiling an egg. At the same time heat the coconut oil in a large wok or frying pan. Add the prawns and cook until pink on both sides. When cooked transfer to a dish and set aside to cool.
- 02.** In a bowl combine the mayonnaise, tomato ketchup and paprika. When cool add cooked prawns to sauce and mix through.
- 03.** Serve prawns in lettuce wedge with egg, tomatoes and cucumber. Garnish with spring onions.
- 04.** This recipe involves hard-boiling an egg, why not use this opportunity to boil up several eggs and save them for snacks.

## DAY 11 - DINNER

### SURF & TURF STEAK NIGHT!



#### INGREDIENTS

- 1 tsp. Coconut Oil
- 1 Garlic Clove, crushed
- 1 Beef Frying Steak
- 40g Raw King Prawns
- 100g Cherry Tomatoes
- ½ Iceberg Wedge
- 20g Blue Stilton Cheese
- 2 Spring Onions Diced

#### NUTRITIONAL VALUE

##### PER SERVING

Calories	414kcal
Carbohydrates	14g
Total Fats	20g
Protein	45g

**TOP TIP:** To save time cook 1 piece of steak for day 12 lunch.

#### PREPARATION METHOD

- 01.** Heat oil in a non-stick frying pan and add the garlic. Add the steak, prawns and tomatoes. Cook the steak for about 2 minutes or until 1 side is brown then flip and repeat. Cook prawns until pink throughout.
- 02.** Cut the steak into strips and lay on top of the iceberg wedge. Crumble over the blue cheese and top with the prawns, tomatoes and garlic.

## DAY 12 - BREAKFAST

### CHEESY SCRAMBLED EGGS & SUNDRIED TOMATOES



#### INGREDIENTS

- 1 tsp. Butter
- 3 Eggs
- Splash of Cream
- 30g Cheddar Cheese
- 3 tbsp. Spring Onions, diced
- 6 Sundried Tomatoes

#### NUTRITIONAL VALUE

PER SERVING

Calories	484kcal
Carbohydrates	13g
Total Fats	34g
Protein	29g

#### PREPARATION METHOD

- 01.** Melt butter in a saucepan over a low heat. Whisk the eggs and add to the pan.
- 02.** Sprinkle over the tomatoes, cheese and spring onions and stir continuously until the eggs begin to thicken. Serve and enjoy!

## DAY 12 - LUNCH

### STEAK, WALNUT & BLUE CHEESE SALAD



#### INGREDIENTS

- 2 tsp. Olive Oil
- 1 Beef Frying Steak
- 30g Stilton Cheese
- 100g Spinach
- ¼ Medium Cucumber
- Juice of ¼ Lemon
- ½ Red Onion
- 20g chopped Walnuts

#### NUTRITIONAL VALUE

PER SERVING

Calories	569kcal
Carbohydrates	15g
Total Fats	39g
Protein	42g

#### PREPARATION METHOD

- 01.** Heat 1 tsp. of oil in a non-stick frying pan. Slice onions into thin wedges and cook for 5-8 minutes or until onions are tender.
- 02.** Whilst onions are cooking wash spinach and place in a bowl with the sliced cucumber. Drizzle over the lemon juice and remaining oil.
- 03.** When the onions are cooked use scissors to cut the leftover steak into the pan. Warm the steak for 1 minute.
- 04.** Add onions and steak to the salad and mix through. Crumble the blue cheese and walnuts over the top of the salad and season with salt and pepper.

## DAY 12 - DINNER

### EASY CHEESY BELL PEPPER NACHOS



#### INGREDIENTS

- 3 Bell Peppers
- 1 tbsp. Olive Oil
- ¼ tsp. Ground Cumin
- ¼ tsp. Chilli Powder
- ½ tsp. Garlic Powder
- 75g Cheddar
- 2 Medium Tomatoes, diced
- 2 Cloves of Garlic, crushed
- Juice of ½ Lime
- 1 Avocado, mashed
- Jalapeños (optional)
- 100g Sour Cream

#### NUTRITIONAL VALUE

##### PER SERVING

Calories	518kcal
Carbohydrates	26g
Total Fats	41g
Protein	16g

**TOP TIP:** Save 1 portion for day 13 lunch.

#### PREPARATION METHOD

- 01.** Pre-heat oven to 200°C/180°C fan and line a baking tray with baking paper and lightly cover with oil. Cut peppers into wedges and place in a bowl with the cumin, oil, chilli powder and garlic powder. Season with salt and pepper.
- 02.** Lay wedges onto the baking tray, cut side facing up and bake for 10 minutes, or until the peppers are tender. Remove from the oven and sprinkle over ½ the cheese and all of the jalapeños. Bake for a further 5 minutes.
- 03.** Whilst the peppers are in the oven combine the tomatoes, avocado, garlic and lime juice and season with salt and pepper.
- 04.** Remove peppers from the oven and fill with the avocado and tomato filling. Top with ½ the sour cream and ½ the remaining cheese. Serve and enjoy!



## DAY 13 - BREAKFAST

FULL ENGLISH BREKKY  
LOW CARB STYLE



## DAY 13 - LUNCH

LEFTOVER EASY CHEESY  
BELL PEPPER NACHOS



### INGREDIENTS

- 2 tsp. Butter
- 2 Smoked Streaky Bacon Rashers
- 1 Sausage
- 1 Slice of Black Pudding
- ½ Tomato
- 1 Egg
- 100g Mushrooms

### PREPARATION METHOD

- 01.** Heat 1 tsp. butter in a non-stick frying pan and cook the sausage, black pudding and tomatoes for 10 minutes.
- 02.** Add the bacon and mushrooms, cook for a further 10 minutes.
- 03.** Add the remaining butter to the pan and fry the egg until cooked to desired runniness. Enjoy!

### NUTRITIONAL VALUE PER SERVING

Calories 518kcal Carbohydrates 9g Total Fats 40g Protein 26g

### INGREDIENTS

- Leftover Easy Cheesy Bell Pepper Nachos

### PREPARATION METHOD

- 01.** Simply take leftovers from the fridge and reheat. Add the remaining sour cream, avocado and cheese and enjoy!

### NUTRITIONAL VALUE PER SERVING

Calories 518kcal Carbohydrates 26g Total Fats 41g Protein 16g



# DAY 13 - DINNER

## LOW CARB PIZZA NIGHT



### INGREDIENTS

#### For the crust:

- 100g Mozzarella, grated
- ¾ cup Almond Flour
- 2 tbsp. Cream Cheese
- 1 tsp. White Wine Vinegar
- 1 Egg
- ½ tsp. Salt
- Olive Oil, to grease hands

#### For the topping:

- ½ tsp. dried Oregano
- 30g Mozzarella, grated
- 3 tbsp. Passata
- 4 Bacon Rashers
- 50g Brie, sliced
- Fresh Basil

### NUTRITIONAL VALUE

#### PER SERVING

Calories	503kcal
Carbohydrates	28g
Total Fats	35g
Protein	19g

**TOP TIP:** Save 1 serving for day 14 lunch.

### PREPARATION METHOD

- 01.** Pre-heat the oven to 200°C/180°C fan.
- 02.** For the crust heat mozzarella and cream cheese in a small, non-stick pan on medium heat or in a bowl in the microwave oven. Stir until they melt together, then add the remaining ingredients and mix well.
- 03.** Moisten your hands with olive oil and flatten the dough on parchment paper, making a circle about 8 inches (20 cm) in diameter. You can also use a rolling pin to flatten the dough between two sheets of parchment paper.
- 04.** Remove top parchment sheet (if used). Prick the crust with a fork (all over) and bake in the oven for 10–12 minutes until golden brown. Remove from the oven.
- 05.** Spread a thin layer of passata on the crust. Top pizza with oregano, meat and cheese. Bake for 10–15 minutes or until the cheese has melted. Garnish with basil and serve.

# DAY 14 - BREAKFAST

## AMERICAN STYLE EGGY PANCAKES



### INGREDIENTS

- 1 tsp. Coconut Oil
- 2 Eggs
- 1 tsp. Vanilla Essence
- ½ tsp. Stevia
- 1 tsp. Baking Powder
- 50g Blueberries
- 2 Smoked Streaky Bacon Rashers
- 15ml Real Maple Syrup  
(make sure it isn't maple flavoured syrup!)

### NUTRITIONAL VALUE

#### PER SERVING

Calories	336kcal
Carbohydrates	22g
Total Fats	19g
Protein	17g

### PREPARATION METHOD

- 01.** Preheat the grill and heat the oil in a non-stick frying pan on the hob. Whisk the eggs, baking powder and vanilla essence and pour into the pan. Swirl the pan a little so the egg spreads out evenly, like you would if it was a pancake.
- 02.** Scatter blueberries and ½ tsp. stevia over the eggs and cook for 5 minutes or until the bottom of the eggs are firm. Whilst the eggs are cooking fry the bacon.
- 03.** Place the frying pan containing the eggs under the grill leaving the door open for the handle to hang out of. Cook for 2-3 minutes or until the eggs are cooked through. If you like it well done cook for a few extra minutes.
- 04.** When the eggs are cooked use a spatula to transfer the egg pancake onto a plate and top with the bacon and maple syrup.

## DAY 14 - LUNCH

### LEFTOVER LOW CARB PIZZA



#### INGREDIENTS

- Leftover Pizza

#### NUTRITIONAL VALUE

PER SERVING

Calories	503kcal
Carbohydrates	28g
Total Fats	35g
Protein	19g

#### PREPARATION METHOD

01. Simply take leftover pizza from day 6 dinner and enjoy hot or cold!

## DAY 14 - DINNER

### TOAD IN THE HOLE



#### INGREDIENTS

- 6 Pork Sausages
- 1 Beef Stock Cube
- 1/2 Red Onion
- Boiling Water
- 40g Soya Flour
- 3 Eggs
- 100ml Whole Milk
- 3 tbsp. Sunflower Oil
- 300g Asparagus

#### NUTRITIONAL VALUE

##### PER SERVING

Calories	860kcal
Carbohydrates	20g
Total Fats	66g
Protein	48g

**TOP TIP:** Save 1 serving for day 15 lunch.

#### PREPARATION METHOD

- 01.** Preheat oven to 220°C/200°C fan. Peel and chop onions into large wedges or quarters. Place oil, sausages and onions in a baking tray, cook for 15-20 minutes or until sausages are brown.
- 02.** Whilst the sausages are cooking prepare the batter. Whisk the eggs, soya flour and milk in a bowl. Leave to stand whilst the sausages are cooking.
- 03.** Carefully remove the sausages from the oven (the oil is very hot). The oil should be spitting slightly, if it isn't, then place it on the hob over a high heat until sizzling. Give the batter a quick whisk before pouring it into the tray with the sausages and onions.
- 04.** Place the tray back in the oven and cook for 25-30 minutes. To ensure they rise, do not open the oven door until they have cooked for at least 25 minutes.
- 05.** 10 minutes before the toad in the hole is finished grill the asparagus and prepare the gravy. Place the stock cube in a heatproof jug and add 50-100ml of boiling water. Stir until melted.
- 06.** Remove the toad in the hole and serve 1 portion with ½ the asparagus and gravy.

## DAY 15 - BREAKFAST

BANANA, COCONUT & BLUEBERRY  
EGG MUFFINS



### INGREDIENTS

Makes 6

- 6 Eggs
- 100g Blueberries
- 1 Banana, mashed
- 1 tbsp. Cinnamon
- 2 tbsp. Desiccated Coconut
- 40g Almonds, roughly chopped

**TOP TIP:** Save 1 serving of muffins for breakfast day 17 and 19.

### PREPARATION METHOD

- 01.** Pre-heat oven to 200°C/180°C fan, line a muffin tin with cases.
- 02.** Crack eggs into bowl and whisk gently. Add mashed banana, blueberries, almonds, coconut and cinnamon to the bowl and mix thoroughly. Spoon into muffin cases and cook for 10-12 minutes or until cooked through. Remove from the oven and serve.

### NUTRITIONAL VALUE PER SERVING

Calories 283kcal Carbohydrates 14g Total Fats 19g Protein 16g

## DAY 15 - LUNCH

LEFTOVER TOAD IN  
THE HOLE



### INGREDIENTS

- Leftover Toad in the Hole

### PREPARATION METHOD

- 01.** Simply take the leftover toad in the hole and asparagus from day 14 and re-heat either in the oven or microwave and enjoy.

### NUTRITIONAL VALUE PER SERVING

Calories 860kcal Carbohydrates 20g Total Fats 66g Protein 48g

# DAY 15 - DINNER

## SHAKSHUKA



### INGREDIENTS

- 1 tsp. Olive Oil
- 1/2 Onion
- 1 clove of Garlic, minced
- 1/2 Pepper, diced
- 1 tbsp. Tomato Puree
- 1/2 tsp. Chilli Powder
- 1/2 tsp. Paprika
- 1 tin chopped Tomatoes
- 2 Eggs
- 50g Goats Cheese
- 1 tbsp. fresh Parsley

### NUTRITIONAL VALUE

#### PER SERVING

Calories	441kcal
Carbohydrates	24g
Total Fats	27g
Protein	25g

### PREPARATION METHOD

- 01.** Heat oil in a non-stick pan over a medium heat. Add the onions and garlic and cook until tender. Add the diced pepper and continue to cook until soft.
- 02.** Pour the tomatoes and tomato paste into the pan and stir well. Add the spices and season with salt and pepper. Place the lid on the pan and leave to reduce for 10 minutes.
- 03.** Crack the eggs into the pan and cook until desired runniness. About 5 minutes before serving crumble over the goat's cheese.
- 04.** Garnish with parsley and serve.

# DAY 16 - BREAKFAST

## GREEK YOGHURT & BLUEBERRY CHIA JAM



### INGREDIENTS

Chia Jam: Serves 4

Yoghurt Bowl: Serves 3

For the chia jam:

- 2 tbsp. Chia Seeds
- 400g Frozen Blueberries
- 1 tbsp. Fresh Lemon Juice
- 2 tsp. Stevia

For the yoghurt bowl:

- 450g Greek Yoghurt
- 3 tbsp. Almond Butter

### NUTRITIONAL VALUE

PER SERVING

Calories	332kcal
Carbohydrates	23g
Total Fats	19g
Protein	18g

**TOP TIP:** To save time, this can be prepared the night before.

### PREPARATION METHOD

- 01.** For the jam heat the blueberries, lemon juice and stevia in a pan, until stewed. Mash with a potato masher and stir in the chia seeds. Leave to stand until the jam thickens. Store in the fridge, in an air tight container.
- 02.** Add yoghurt to each bowl and drizzle the almond butter and chia jam over the top. Save 1 portion of the yoghurt bowl & jam for day 18 & 20 breakfast. Save 1 portion of chia jam for day 21 breakfast.

# DAY 16 - LUNCH

## BROCCOLI & STILTON SOUP



### INGREDIENTS

- 2 tbsp. Butter
- 2 Onion, diced
- 2 Garlic Cloves, crushed
- 2 large Broccoli Heads, cut into florets
- 1 litre Chicken Stock (using 2 stock cubes)
- 1 tsp. Mixed Herbs
- 150g Stilton
- 100ml Cream

### NUTRITIONAL VALUE

#### PER SERVING

Calories	437kcal
Carbohydrates	24g
Total Fats	33g
Protein	16g

**TOP TIP:** To save time, this can be prepared the night before.

### PREPARATION METHOD

- 01.** Melt the butter in a large pan over a low heat. Add the onions and garlic and fry until tender.
- 02.** Pour in the chicken stock and add the broccoli and mixed herbs. Bring to a gentle simmer and cook until the broccoli is soft.
- 03.** Crumble in the Stilton and add the cream. Simmer for a few more minutes, then use a blender to blend into a smooth purée. Season with pepper and serve. Save 1 portion for day 17 lunch and freeze 2 portions for day 25 & 31.



## DAY 16 - DINNER

### CAULIFLOWER GRILLED CHEESE & ONION SANDWICH



#### INGREDIENTS

- 1 tsp. Olive Oil
- ½ Cauliflower Head
- 1 Egg, lightly beaten
- 30g Parmesan, grated
- 75g Cheddar, grated
- ½ Onion, sliced

#### NUTRITIONAL VALUE

##### PER SERVING

Calories	608kcal
Carbohydrates	17g
Total Fats	33g
Protein	40g

#### PREPARATION METHOD

- 01.** Cut cauliflower into florets and create cauli rice by finely grating or using a food processor. In a large bowl combine the cauli rice with the eggs and parmesan. Mix well and season with salt and pepper. Shape into 4 even balls.
- 02.** Heat oil in a non-stick frying pan. Place the balls in the pan, using a spatula to flatten them down. Cook until golden underneath, then flip and repeat on the other side.
- 03.** Top 2 of the patties with the cheddar, onion and remaining patties. Cook on both sides, until the cheese has melted in the middle.

## DAY 17 - BREAKFAST

LEFTOVER BANANA, COCONUT  
& BLUEBERRY EGG MUFFINS



## DAY 17 - LUNCH

LEFTOVER BROCCOLI &  
STILTON SOUP



### INGREDIENTS

- Leftover Banana, Coconut & Blueberry Egg Muffins

### PREPARATION METHOD

- 01.** Simply take leftovers from the fridge. Giving you that extra 15 minutes in bed again!
- 02.** You could use this opportunity to increase your activity levels. Or if it's been a busy week enjoy those extra few Z's in bed.

### NUTRITIONAL VALUE PER SERVING

Calories 283kcal Carbohydrates 14g Total Fats 19g Protein 16g

### INGREDIENTS

- Leftover Broccoli & Stilton Soup

### PREPARATION METHOD

- 01.** Simply take leftover soup from the fridge and reheat over the hob or in the microwave.

### NUTRITIONAL VALUE PER SERVING

Calories 437kcal Carbohydrates 24g Total Fats 33g Protein 16g

## DAY 17 - DINNER

### NO PASTA MAC 'N' CHEESE



#### INGREDIENTS

- 1 Cauliflower, cut into florets
- 150ml Double Cream
- 50g Cream Cheese
- 100g Cheddar, grated
- 1 tsp. Dijon Mustard
- Chives
- 200g Asparagus, grilled

#### NUTRITIONAL VALUE

##### PER SERVING

Calories	647kcal
Carbohydrates	9g
Total Fats	60g
Protein	18g

**TOP TIP:** Save 1 portion for day 18 lunch.

#### PREPARATION METHOD

- 01.** Boil the cauliflower florets until slightly tender, then drain well and set aside.
- 02.** Pour cream into a pan and bring to a gentle simmer. Add the cream cheese and stir until completely smooth. Add in ½ of the grated cheddar. Again, stir until the cheese has melted and the sauce is smooth. Stir in the Dijon mustard and season with salt and pepper.
- 03.** Pour the cauliflower into the cheese sauce and toss well to ensure all of the cauliflower is evenly coated. Scatter over the remaining cheddar cheese and stir through.
- 04.** Garnish with chives and serve with the grilled asparagus.

## DAY 18 - BREAKFAST

GREEK YOGHURT &  
BLUEBERRY CHIA JAM



## DAY 18 - LUNCH

LEFTOVER MAC 'N' CHEESE



### INGREDIENTS

- Leftover Greek Yoghurt & Blueberry Chia Jam

### PREPARATION METHOD

01. Simply take the yoghurt bowl prepared on day 16 from the fridge and enjoy.

### NUTRITIONAL VALUE PER SERVING

Calories 332kcal Carbohydrates 23g Total Fats 19g Protein 18g

### INGREDIENTS

- Leftover Mac 'n' Cheese

### PREPARATION METHOD

01. Simply take leftovers from the fridge, reheat and enjoy!

### NUTRITIONAL VALUE PER SERVING

Calories 647kcal Carbohydrates 9g Total Fats 60g Protein 18g

## DAY 18 - DINNER

### SEA BASS & CREAMY SPRING ONION MASH



#### INGREDIENTS

- 1 Celeriac, chopped
- 5 Spring Onions, diced
- 1 tbsp. Cheddar
- 2 tbsp. Single Cream
- 1 ½ tbsp. Butter
- 1 tsp. Parsley, chopped
- 2 Sea Bass Fillets
- 300g Spinach

Calories	445kcal
Carbohydrates	29g
Total Fats	24g
Protein	33g

**TOP TIP:** Save 1 portion for day 19 lunch.

#### PREPARATION METHOD

- 01.** Boil the celeriac until soft. Whilst it is boiling melt 1 tbsp. of butter in a non-stick frying pan and add ½ the spring onions. Cook for 1 minute before adding in the fillets of fish. Cook for 5-7 minutes then flip the fillet over and cook for a further 5-7 minutes.
- 02.** Whilst the fish is cooking drain and mash the celeriac. Add the remaining spring onions, along with the cream and cheddar. Season with salt and pepper.
- 03.** When the fish is nearly cooked add the remaining butter and the spinach to the pan. Cook for a couple of minutes.
- 04.** Serve the fish with the celeriac mash and spinach.

## DAY 19 - BREAKFAST

BANANA, COCONUT & BLUEBERRY  
EGG MUFFINS



## DAY 19 - LUNCH

LEFTOVER SEA BASS &  
CREAMY SPRING ONION MASH



### INGREDIENTS

- Leftover Banana, Coconut & Blueberry Egg Muffins

### PREPARATION METHOD

- 01.** Simply take leftovers from the fridge. Giving you that extra 15 minutes in bed again!!
- 02.** As mentioned before, you could use this opportunity to increase your activity levels. Or if it's been a busy week enjoy those extra few Z's in bed.

### NUTRITIONAL VALUE PER SERVING

Calories 283kcal Carbohydrates 14g Total Fats 19g Protein 16g

### INGREDIENTS

- Leftover Sea Bass & Creamy Spring Onion Mash

### PREPARATION METHOD

- 01.** Simply take leftovers from the fridge. Reheat and enjoy!

### NUTRITIONAL VALUE PER SERVING

Calories 445kcal Carbohydrates 29g Total Fats 24g Protein 33g

# DAY 19 - DINNER

## HAM, EGG & CELERIAC CHIPS



### INGREDIENTS

- ½ Celeriac
- 1 tbsp. Olive Oil
- 1 Smoked Gammon Steak
- 1 Egg, fried

### NUTRITIONAL VALUE

#### PER SERVING

Calories	550kcal
Carbohydrates	25g
Total Fats	29g
Protein	48g

**TOP TIP:** Prepare chips for day 20 dinner at the same time.

### PREPARATION METHOD

- 01.** Pre-heat oven to 200°C/180°C fan. Peel and cut celeriac into chip shapes.
- 02.** Boil celeriac for 2 minutes then drain. Add celeriac and oil to a baking tray. Drizzle in ½ the oil and season with salt and pepper. Cook for 20-25 minutes or until desired crispiness.
- 03.** When the chips are nearly ready heat the remaining oil in a non-stick frying pan and cook the ham, flipping it over after 2-3 minutes to cook on the other side. When you have flipped the ham fry your egg.
- 04.** Place the ham slice on a plate and top with the fried egg. Serve with the celeriac chips.

## DAY 20 - BREAKFAST

LEFTOVER GREEK YOGHURT &  
BLUEBERRY CHIA JAM



### INGREDIENTS

- Leftover Greek Yoghurt & Blueberry Chia Jam

### PREPARATION METHOD

01. Simply take the yoghurt bowl prepared on day 16 from the fridge and enjoy.

### NUTRITIONAL VALUE PER SERVING

Calories 332kcal Carbohydrates 23g Total Fats 19g Protein 18g

## DAY 20 - LUNCH

JALAPENO & SOUR CREAM  
CHEESY CHIPS



### INGREDIENTS

- ½ Celeriac
- 1 tbsp. Olive Oil
- 100g Sour Cream
- 50g Cheddar Cheese, grated
- 2 tbsp. sliced Jalapeños
- 3 Spring Onions, diced

**TOP TIP:** Prepare chips whilst preparing day 19 dinner.

### PREPARATION METHOD

01. Pre-heat oven to 200°C/180°C fan. Peel and cut celeriac into chip shapes.
02. Boil celeriac for 2 minutes then drain. Add celeriac and oil to a baking tray and season with salt and pepper.
03. Cook for 20-25 minutes or until desired crispiness.
04. Add the chips to a bowl and sprinkle over the cheese. Top with the sour cream, jalapeños and spring onions.

### NUTRITIONAL VALUE PER SERVING

Calories 626kcal Carbohydrates 25g Total Fats 52g Protein 19g



## DAY 20 - DINNER

### ITALIAN RICOTTA & SPINACH CAULIFLOWER CALZONES



#### INGREDIENTS

- 1 tbsp. Olive Oil
- 1/2 large Cauliflower
- 1 Egg, lightly beaten
- 100g Mozzarella, shredded
- 1/4 tsp. Garlic Powder
- 1/2 tsp. Oregano
- 2 tbsp. Passata
- 50g Ricotta
- Handful of spinach
- Fresh Basil

#### NUTRITIONAL VALUE

##### PER SERVING

Calories	650kcal
Carbohydrates	20g
Total Fats	46g
Protein	37g

#### PREPARATION METHOD

- 01.** Pre-heat oven to 200°C/180°C fan and line a baking tray with baking paper and lightly cover with oil. Use a food processor or hand-held grater to finely grate the cauliflower.
- 02.** Microwave the cauliflower for 8-10 minutes and drain in a tea towel over the sink, until the cauliflower is dry.
- 03.** In a bowl combine the cauliflower, egg, 1/2 of the mozzarella, oregano and garlic powder. Season with salt and pepper and mix it thoroughly using your hands. Roll the mixture into a large ball, then flatten it onto the baking tray in a round shape. Bake for 10 minutes.
- 04.** Remove from the oven and spread the passata over half of the calzone base. Sprinkle with the remaining mozzarella, ricotta, spinach and basil. Fold the cauliflower in half, covering the cheese and tomato filling and press down on the edge to ensure it is well sealed.
- 05.** Place back in the oven and cook for a further 10 minutes, or until the cheese has melted. When the calzone has cooked, remove from the oven and serve immediately.

# DAY 21 - BREAKFAST

## LOW CARB PANCAKES & BLUEBERRY CHIA JAM



### INGREDIENTS

For the batter:

- 2 Eggs
- 60g Cream Cheese
- 3 tsp. Coconut Flour
- 3 tsp. Milled Flax Seed
- 1 tsp. Baking Powder
- 1 tsp. Vanilla Extract
- 1 tsp. Stevia
- 1 tsp. Coconut Oil

For the toppings:

- 1 tbsp. Greek Yoghurt
- 1 Serving of Blueberry Chia Jam, from day 16

### NUTRITIONAL VALUE

PER SERVING

Calories	608kcal
Carbohydrates	34g
Total Fats	21g
Protein	20g

### PREPARATION METHOD

- 01.** Combine all batter ingredients except for the coconut oil in a large bowl. You can use a held whisk, electric whisk or blender. Leave batter to settle for a few minutes.
- 02.** Heat oil in a non-stick frying pan over a medium heat. Add batter to frying pan in small circles. Cook 2-3 pancakes at one time depending on the size of your frying pan.
- 03.** When one side is cooked, flip pancake and continue cooking for a further 2 minutes or until cooked through. Set pancakes aside on a warm plate whilst cooking the rest of the batter.
- 04.** Serve pancakes with Greek yoghurt and chia jam.

## DAY 21 - LUNCH

### LEFTOVER CHICKEN & KALE SUPERFOOD STEW



#### INGREDIENTS

- Leftover Chicken & Kale Superfood Stew

#### NUTRITIONAL VALUE

PER SERVING

Calories	281kcal
Carbohydrates	16g
Total Fats	9g
Protein	35g

#### PREPARATION METHOD

- 01.** Defrost the night before. Simply reheat in the microwave, oven or on the hob and serve!

## DAY 21 - DINNER

### LOW CARB COTTAGE PIE & GRILLED ASPARAGUS



#### INGREDIENTS

- 500g Beef Mince
- 1 Onion, diced
- 2 sticks of Celery, diced
- 1 Carrot, grated
- 100g frozen Peas
- 2 Beef Stock Cube
- 1 tbsp. Marmite
- 1 tsp. English Mustard Powder
- 1 large Cauliflower
- 1 tbsp. heavy Cream
- 2 tbsp. Cheddar, grated
- 400g Asparagus, grilled

#### NUTRITIONAL VALUE

##### PER SERVING

Calories	365kcal
Carbohydrates	20g
Total Fats	17g
Protein	35g

**TOP TIP:** Save 1 portion for day 22 & 23. Freeze 1 portion for day 26.

#### PREPARATION METHOD

- 01.** Pre-heat oven to 200°C/180°C fan. Heat oil in a large non-stick pan and add the onions and celery. Cook until tender.
- 02.** Add the beef and cook until brown. Then add ½ pint water, the carrots, peas, stock cube, marmite and mustard powder. Season with pepper and stir well. Bring the mixture to the boil, then reduce to a simmer. Cover with a lid and leave to cook for 20 minutes.
- 03.** Whilst the beef mince is cooking prepare the cauliflower. Boil until soft, then pour in the cream and mash with a potato masher or an electric blender and season with salt and pepper.
- 04.** Add the mince to a large casserole dish and top with the cauliflower mash. Sprinkle with cheese and place in the oven for 25-30 minutes, or until golden on top. Serve with the grilled asparagus.

## DAY 22 - BREAKFAST

SMOKED SALMON &  
CREAM CHEESE OMELETTE



### INGREDIENTS

- 1 tsp. Butter
- 3 Eggs
- 2 tbsp. Cream Cheese
- 1 tbsp. Chives
- 75g Smoked Salmon, diced

### PREPARATION METHOD

- 01.** Melt butter in a non-stick frying pan over a high heat. When the pan is hot reduce to a medium heat.
- 02.** Whisk the eggs and add to the pan. Swirl the eggs around to ensure they are evenly spread out.
- 03.** Scatter the salmon and chives over the eggs and dollop the cream cheese in different areas, so it melts evenly.
- 04.** Cook until the underneath of the eggs are firm, use a spatula to fold half of the omelette over. Cook for a few more minutes and serve.

### NUTRITIONAL VALUE PER SERVING

Calories 492kcal Carbohydrates 3g Total Fats 36g Protein 37g

## DAY 22 - LUNCH

LEFTOVER LOW CARB COTTAGE  
PIE & GRILLED ASPARAGUS



### INGREDIENTS

- Leftover low carb Cottage Pie & Grilled Asparagus

### PREPARATION METHOD

- 01.** Simply take leftovers from the fridge and reheat either in the oven or microwave. Serve and enjoy.

### NUTRITIONAL VALUE PER SERVING

Calories 365kcal Carbohydrates 20g Total Fats 17g Protein 35g

## DAY 22 - DINNER

### CHICKEN NUGGETS & COURGETTE FRIES



#### INGREDIENTS

Fries: Serve 2

■ 1 Courgette

Nuggets: Serves 1

■ 1 Chicken Breast, diced

■ 1 Egg

■ 100g Almond Flour

■ 1 tsp. Baking Powder

■ 1 tsp. Black Pepper

■ Pinch of Rock Salt

■ 2 tbsp. Butter

#### NUTRITIONAL VALUE

PER SERVING

Calories	710kcal
Carbohydrates	16g
Total Fats	55g
Protein	45g

**TOP TIP:** Save 1 portion of fries for day 23 breakfast.

#### PREPARATION METHOD

- 01.** Pre-heat oven to 200°C/180°C fan. Add butter to a baking tray and place in the oven until spitting.
- 02.** Combine the almond flour, baking powder, salt and black pepper together in a shallow bowl and mix well with a spoon. Cut the courgettes into chip shapes and dip the courgette pieces and diced chicken pieces into the egg, followed by the almond flour mixture.
- 03.** Remove the baking tray from the oven. The butter should be sizzling. Place the chicken and the courgette into the baking tray and cook for 30 minutes.
- 04.** Remove from the oven and serve.

## DAY 23 - BREAKFAST

DIPPY EGGS & COURGETTE SOLDIERS



## DAY 23 - LUNCH

LEFTOVER LOW CARB COTTAGE  
PIE & GRILLED ASPARAGUS



### INGREDIENTS

- 3 Eggs
- Leftover Courgette Fries

### PREPARATION METHOD

- 01.** Boil your eggs and reheat the courgette fries from day 22 dinner.
- 02.** Use the fries as soldiers to dip into your eggs.

### NUTRITIONAL VALUE PER SERVING

Calories 557kcal Carbohydrates 10g Total Fats 45g Protein 30g

### INGREDIENTS

- Leftover low carb Cottage Pie & Grilled Asparagus

### PREPARATION METHOD

- 01.** Simply take leftovers from the fridge and reheat either in the oven or microwave. Serve and enjoy.

### NUTRITIONAL VALUE PER SERVING

Calories 365kcal Carbohydrates 20g Total Fats 17g Protein 35g

## DAY 23 - DINNER

### LEFTOVER COURGETTI SPAGHETTI BOLOGNAISE



#### INGREDIENTS

- 1 tsp. Olive Oil
- 150g Courgette
- Leftover Spaghetti from day 1

#### NUTRITIONAL VALUE

PER SERVING

Calories	330kcal
Carbohydrates	17g
Total Fats	16g
Protein	30g

#### PREPARATION METHOD

- 01.** Defrost the bolognaise the night before and prepare the courgetti by spiralling the courgette.
- 02.** Heat 1 tsp. of oil in a non-stick frying pan. Add courgetti and cook for 2-3 minutes or until slightly soft.
- 03.** Simply reheat and serve!



## DAY 24 - BREAKFAST

SMOKED SALMON &  
CREAM CHEESE OMELETTE



## DAY 24 - LUNCH

LEFTOVER CHINESE YUK SUNG



### INGREDIENTS

- 1 tsp. Butter
- 3 Eggs
- 2 tbsp. Cream Cheese
- 1 tbsp. Chives
- 75g Smoked Salmon, diced

### PREPARATION METHOD

- 01.** Melt butter in a non-stick frying pan over a high heat. When the pan is hot reduce to a medium heat.
- 02.** Whisk the eggs and add to the pan. Swirl the eggs around to ensure they are evenly spread out.
- 03.** Scatter the salmon and chives over the eggs and dollop the cream cheese in different areas, so it melts evenly.
- 04.** Cook until the underneath of the eggs are firm, then use a spatula to fold half of the omelette over. Cook for a few more minutes and serve.

### NUTRITIONAL VALUE PER SERVING

Calories 492kcal Carbohydrates 3g Total Fats 36g Protein 37g

### INGREDIENTS

- Leftover Yuk Sung
- Lettuce Leaves

### PREPARATION METHOD

- 01.** Simply take leftovers from the freezer the night before. Reheat in the microwave or on the hob and serve in lettuce leaves.

### NUTRITIONAL VALUE PER SERVING

Calories 365kcal Carbohydrates 11g Total Fats 26g Protein 20g

## DAY 24 - DINNER

### CREAMY RED PESTO CHICKEN



#### INGREDIENTS

- 2 Chicken Breasts
- 100g Cream Cheese
- 3 tbsp. Roasted Red Pepper Pesto
- 200g Asparagus
- Juice of 1 Lemon

#### NUTRITIONAL VALUE

PER SERVING

Calories	399kcal
Carbohydrates	6g
Total Fats	29g
Protein	27g

**TOP TIP:** To save time you can prepare day 25 dinner whilst making this recipe.

#### PREPARATION METHOD

- 01.** Preheat oven to 200°C/180°C fan. Lay each chicken breast onto a chopping board and use a rolling pin to flatten the chicken out.
- 02.** In a bowl combine the cream cheese and pesto and spoon onto half of each chicken breast.
- 03.** Take the side of the chicken breast that has no filling and fold it over, so the chicken forms an envelope. Squeeze the lemon juice over the chicken breast and place in a baking tray. Cover with foil and bake for 15-20 minutes.
- 04.** Take the chicken out of the oven and remove the foil. Add the asparagus to the baking tray and cook for a further 5-7 minutes.
- 05.** Serve 1 piece of chicken with the asparagus. Save 1 portion of chicken for day 25 dinner.

# DAY 25 - BREAKFAST

## PB & STRAWBERRY CHIA JAM YOGHURT BOWL



### INGREDIENTS

Yoghurt Bowl: Serves 1

Chai Jam: Serves 4

For the chia jam:

- 2 tbsp. Chia Seeds
- 200g frozen Strawberries
- 1 tbsp. Lemon Juice
- 2 tsp. Stevia

For the yoghurt bowl:

- 150g Greek Yoghurt
- 1 tbsp. Crunchy Peanut Butter
- 1 tsp. Sunflower Seeds

### NUTRITIONAL VALUE

PER SERVING

Calories	349kcal
Carbohydrates	18g
Total Fats	22g
Protein	20g

**TOP TIP:** To save time this can be prepared the night before.

### PREPARATION METHOD

- 01.** For the jam heat the strawberries, lemon juice and stevia in a pan. When the strawberries are stewed, mash with a potato masher and stir in the chia seeds. Leave to stand until the jam thickens. Store in the fridge in an air tight container.
- 02.** Pour yoghurt into a bowl and top with 1 serving of chia jam, peanut butter and seeds. Enjoy! Save the remaining chia jam for day 26, 27 and 28 breakfast.

## DAY 25 - LUNCH

### LEFTOVER BROCCOLI & STILTON SOUP



#### INGREDIENTS

- Leftover Broccoli & Stilton Soup

#### PREPARATION METHOD

01. Simply take leftover soup (from day 16) from the freezer in the morning and reheat over the hob or in the microwave.

#### NUTRITIONAL VALUE PER SERVING

Calories 437kcal Carbohydrates 24g Total Fats 33g Protein 16g

## DAY 25 - DINNER

### CHICKEN PESTO SALAD



#### INGREDIENTS

- Leftover Pesto Chicken
- 100g Spinach
- ½ Red Pepper
- ½ Red Onion
- 5 Cherry Tomatoes, halved
- Juice of ½ Lemon

**TOP TIP:** This meal can be prepared whilst making day 24 dinner to save time.

#### PREPARATION METHOD

01. Combine the vegetables in a bowl. Cut the leftover chicken into slices and add to the salad bowl.
02. Squeeze lemon juice over the salad and season with salt and pepper. This can be done whilst preparing day 24 dinner and stored in a plastic container. If so, don't squeeze the lemon juice over the salad until it is being consumed.

#### NUTRITIONAL VALUE PER SERVING

Calories 446kcal Carbohydrates 21g Total Fats 29g Protein 29g

## DAY 26 - BREAKFAST

PB & STRAWBERRY CHIA JAM  
YOGHURT BOWL



## DAY 26 - LUNCH

LEFTOVER LOW CARB  
COTTAGE PIE



### INGREDIENTS

- 150g Greek Yoghurt
- Strawberry Chia Jam, from day 25
- 1 tbsp. Crunchy Peanut Butter
- 1 tsp. Sunflower Seeds

### PREPARATION METHOD

01. Pour yoghurt into a bowl.
02. Top with the chia jam, peanut butter and seeds. Enjoy!

### NUTRITIONAL VALUE PER SERVING

Calories 349kcal Carbohydrates 18g Total Fats 22g Protein 20g

### INGREDIENTS

- Leftover low carb Cottage Pie

### PREPARATION METHOD

01. Simply defrost the night before. Reheat in the microwave or oven and enjoy!

### NUTRITIONAL VALUE PER SERVING

Calories 365kcal Carbohydrates 20g Total Fats 17g Protein 35g

## DAY 26 - DINNER

### LOW CARB GARLIC & HERB GNOCCHI



#### INGREDIENTS

- 200g Mozzarella, grated
- 2 Egg Yolk
- ½ tsp. Oregano
- 1 tbsp. Olive Oil
- 100g Spinach
- 2 tbsp. Garlic & Herb Cream Cheese
- 1 tbsp. Parmesan, grated
- Fresh Basil leaves

#### NUTRITIONAL VALUE

PER SERVING

Calories	500kcal
Carbohydrates	5g
Total Fats	39g
Protein	32g

**TOP TIP:** Save leftovers for day 27 lunch.

#### PREPARATION METHOD

- 01.** Add the mozzarella to a bowl and microwave until melted. Add the egg yolk and oregano and combine the mixture using your hands, until it forms a dough like mixture.
- 02.** Divide the dough into two balls, then place in the fridge for 10 minutes.
- 03.** Remove the dough from the fridge and roll each ball into a long strip. Cut the strips of dough into small gnocchi pieces.
- 04.** Add the pieces of dough to a pan of salted boiling water and cook for a couple of minutes, then drain.
- 05.** Heat the oil in a non-stick frying pan and add the gnocchi and spinach. Cook for 2-3 minutes, then add the cream cheese and stir well. Cook for 1 minute, then serve with the parmesan and fresh basil.

# DAY 27 - BREAKFAST

FULL ENGLISH BREKKY  
LOW CARB STYLE



## INGREDIENTS

- 2 tsp. Butter
- 2 Smoked Streaky Bacon Rashers
- 1 Sausage
- 1 slice of Black Pudding
- ½ Tomato
- 1 Egg
- 100g Mushrooms

## NUTRITIONAL VALUE

PER SERVING

Calories	518kcal
Carbohydrates	9g
Total Fats	40g
Protein	26g

**TOP TIP:** Portion items like sausages into freezer bags and freeze to avoid waste.

## PREPARATION METHOD

- 01.** Heat 1 tsp. butter in a non-stick frying pan and cook the sausage, black pudding and tomatoes for 10 minutes.
- 02.** Add the bacon and mushrooms and cook for a further 10 minutes.
- 03.** Add the remaining butter to the pan and fry the egg until cooked to desired runniness.

When buying ingredients such as sausages, bacon and black pudding, portion them into freezer bags and freeze as separate portions, to avoid waste.

## DAY 27 - LUNCH

### LEFTOVER LOW CARB GARLIC & HERB GNOCCHI



#### INGREDIENTS

- Leftover low carb Garlic & Herb Gnocchi

#### NUTRITIONAL VALUE

PER SERVING

Calories	500kcal
Carbohydrates	5g
Total Fats	39g
Protein	32g

#### PREPARATION METHOD

01. Simply take leftovers from the fridge, reheat and enjoy.



## DAY 27 - DINNER

### LOW CARB SUPERFOOD PIZZA NIGHT



#### INGREDIENTS

For the crust:

- 1½ cups Mozzarella, grated
- ¾ cup Almond Flour
- 2 tbsp. Cream Cheese
- 1 tsp. White Wine Vinegar
- 1 Egg
- ½ tsp. Salt
- Olive Oil, to grease hands

For the topping:

- ½ tsp. dried Oregano
- 1 cup Mozzarella, grated
- 3 tbsp. Passata
- 2 tbsp. Pesto
- Handful of Kale

#### NUTRITIONAL VALUE

PER SERVING

Calories	865kcal
Carbohydrates	15g
Total Fats	70g
Protein	48g

**TOP TIP:** Save 1 serving for day 28 lunch.

#### PREPARATION METHOD

- 01.** Pre-heat the oven to 200°C/180°C fan.
- 02.** For the crust heat mozzarella and cream cheese in a small, non-stick pan on medium heat or in a bowl in the microwave oven. Stir until they melt together, then add the remaining ingredients and mix well.
- 03.** Moisten your hands with olive oil and flatten the dough on parchment paper, making a circle about 8 inches (20 cm) in diameter. You can also use a rolling pin to flatten the dough between two sheets of parchment paper.
- 04.** Remove top parchment sheet (if used). Prick the crust with a fork (all over) and bake in the oven for 10–12 minutes until golden brown. Remove from the oven.
- 05.** Spread a thin layer of passata on the crust. Top pizza with oregano, mozzarella, kale and pesto. Bake for 10–15 minutes or until the cheese has melted. Garnish with basil and serve.

# DAY 28 - BREAKFAST

## LOW CARB PANCAKES & STRAWBERRY CHIA JAM



### INGREDIENTS

For the batter:

- 2 Eggs
- 60g Cream Cheese
- 3 tsp. Coconut Flour
- 3 tsp. milled Flaxseed
- 1 tsp. Baking Powder
- 1 tsp. Vanilla Extract
- 1 tsp. Stevia
- 1 tsp. Coconut Oil

For the toppings:

- 1 tbsp. Greek Yoghurt
- 1 serving of Strawberry Chia Jam, from day 25

### NUTRITIONAL VALUE

PER SERVING

Calories	608kcal
Carbohydrates	34g
Total Fats	21g
Protein	20g

### PREPARATION METHOD

- 01.** Combine all batter ingredients except for the coconut oil in a large bowl. You can use a held whisk, electric whisk or blender. Leave batter to settle for a few minutes.
- 02.** Heat oil in a non-stick frying pan over a medium heat. Add batter to frying pan in small circles. Cook 2-3 pancakes at one time depending on the size of your frying pan.
- 03.** When one side is cooked, flip pancake and continue cooking for a further 2 minutes or until cooked through. Set pancakes aside on a warm plate whilst cooking the rest of the batter.
- 04.** Serve pancakes with Greek yoghurt and leftover chia jam, from day 25.

## DAY 28 - LUNCH

### LEFTOVER SUPERFOOD PIZZA



#### INGREDIENTS

- Leftover Superfood Pizza

#### NUTRITIONAL VALUE

PER SERVING

Calories	865kcal
Carbohydrates	15g
Total Fats	70g
Protein	48g

#### PREPARATION METHOD

01. Simply take leftover pizza from day 27 dinner and enjoy hot or cold!

## DAY 28 - DINNER

### CARB FRIENDLY CREAMY FISH PIE



#### INGREDIENTS

- 3 Eggs, hard-boiled
- 1 large Cauliflower
- 50g Butter
- 1 tbsp. Olive Oil
- 1 Cod fillet
- 1 Salmon fillet
- 1 Mackerel fillet
- 1 Red Onion, diced
- 1 Bay Leaf
- ½ cup heavy Cream
- ½ cup Water
- 1 tsp. Dijon Mustard
- 150g Cheddar, grated
- 3 tbsp. Chives, diced
- 400g Asparagus, grilled

#### NUTRITIONAL VALUE

##### PER SERVING

Calories	658kcal
Carbohydrates	19g
Total Fats	48g
Protein	40g

**TOP TIP:** Save 2 portions for day 29 and 30 lunch. Freeze 1 portion for day 38.

#### PREPARATION METHOD

- 01.** Pre-heat oven to 180°C/160°C fan. Cut the cauliflower into florets and boil until tender. Drain and combine with the butter. Blend until smooth (this is a good time to boil your eggs).
- 02.** Heat the oil in a non-stick frying pan over a low heat. Cut fish into large chunks and place in the pan for a few minutes to seal it. Remove the fish from the pan and set aside in a casserole dish or pie dish.
- 03.** Add the onions to the same pan and cook until tender. When the onions are tender, pour in the cream and water. Add the bay leaf to the pan and season with salt and pepper. Simmer for 8-10 minutes over a low heat.
- 04.** Remove the bay leaf from the pan and add the mustard and cheddar, stirring until melted. Save a little cheese to sprinkle over the top of the pie.
- 05.** Slice the eggs and layer them over the top of the cooked fish. Pour over the sauce and top with the cauliflower mash. Sprinkle with the remaining cheese and place in the oven for 20-25 minutes or until golden on top. Sprinkle with chives and serve with the asparagus.

## DAY 29 - BREAKFAST

PB & STRAWBERRY CHIA JAM  
YOGHURT BOWL



## DAY 29 - LUNCH

LEFTOVER CARB FRIENDLY  
CREAMY FISH PIE



### INGREDIENTS

- 150g Greek Yoghurt
- Strawberry Chia Jam, from day 25
- 1 tbsp. Crunchy Peanut Butter
- 1 tsp. Sunflower Seeds

### PREPARATION METHOD

- 01.** Pour yoghurt into a bowl.
- 02.** Top with the chia jam, peanut butter and seeds. Enjoy!

### NUTRITIONAL VALUE PER SERVING

Calories 349kcal Carbohydrates 18g Total Fats 22g Protein 20g

### INGREDIENTS

- Leftover carb friendly Creamy Fish Pie

### PREPARATION METHOD

- 01.** Simply take leftovers from the fridge and reheat.

### NUTRITIONAL VALUE PER SERVING

Calories 658kcal Carbohydrates 19g Total Fats 48g Protein 40g

# DAY 29 - DINNER

## SHAKSHUKA



### INGREDIENTS

- 1 tsp. Olive Oil
- 1/2 Onion
- 1 Clove of Garlic, minced
- 1/2 Pepper, diced
- 1 tbsp. Tomato Puree
- 1/2 tsp. Chilli Powder
- 1/2 tsp. Paprika
- 1 tin chopped Tomatoes
- 2 Eggs
- 50g Goats Cheese
- 1 tbsp. fresh Parsley

### NUTRITIONAL VALUE

#### PER SERVING

Calories	441kcal
Carbohydrates	24g
Total Fats	27g
Protein	25g

### PREPARATION METHOD

- 01.** Heat oil in a non-stick pan over a medium heat. Add the onions and garlic and cook until tender. Add the diced pepper and continue to cook until soft.
- 02.** Pour the tomatoes and tomato paste into the pan and stir well. Add the spices and season with salt and pepper. Place the lid on the pan and leave to reduce for 10 minutes.
- 03.** Crack the eggs into the pan and cook until desired runniness. About 5 minutes before serving crumble over the goat's cheese. Garnish with parsley and serve.

## DAY 30 - BREAKFAST

### EGGY AVOCADO BOATS



#### INGREDIENTS

- 1 Avocado
- 2 Eggs
- Chilli Flakes
- 2 tsp. Parmesan, grated
- 100g Mushrooms

#### PREPARATION METHOD

- 01.** Pre-heat oven to 200°C/180°C fan. Cut the avocados in half and remove the stone. Use a spoon to remove enough of the flesh to enable the egg to fit into the hole.
- 02.** Place the avocado either onto a baking tray or into an ovenproof dish. Crack each egg into the centre of each avocado and sprinkle with chilli flakes and cheese.
- 03.** Place in the oven with the mushrooms and bake for 10-15 minutes or until the eggs have set.
- 04.** Remove from the oven and serve.

#### NUTRITIONAL VALUE PER SERVING

Calories 465kcal Carbohydrates 19g Total Fats 37g Protein 23g

## DAY 30 - LUNCH

### LEFTOVER CARB FRIENDLY CREAMY FISH PIE



#### INGREDIENTS

- Leftover Carb Friendly Creamy Fish Pie

#### PREPARATION METHOD

- 01.** Simply take leftovers from the fridge and reheat.

#### NUTRITIONAL VALUE PER SERVING

Calories 658kcal Carbohydrates 19g Total Fats 48g Protein 40g

# DAY 30 - DINNER

## SCAMPI & CHIPS



### INGREDIENTS

For the batter:

- 40g Almond Flour
- 1 tsp. Baking Powder
- 1 tsp. Black Pepper
- 2 tbsp. Butter
- 1 fillet of Cod

For the chips:

- 1 tsp. Coconut Oil
- ¼ large Celeriac

### NUTRITIONAL VALUE

PER SERVING

Calories	619kcal
Carbohydrates	10g
Total Fats	51g
Protein	29g

**TOP TIP:** Prepare the celeriac chips for day 31 dinner at the same time.

### PREPARATION METHOD

- 01.** Pre-heat oven to 200°C/180°C fan. Peel the celeriac using a sharp knife to remove the outer layer and cut into thick-cut chip shapes. Place celeriac into a saucepan with water and boil for 2 minutes. Drain celeriac chips over the sink and transfer onto a baking tray.
- 02.** Spread the celeriac out evenly and season with coconut oil, salt and pepper. Set aside whilst preparing the scampi.
- 03.** For the scampi place butter in a baking tray and allow it to melt in the oven for 5 minutes.
- 04.** In the meantime whisk the batter ingredients together in a large bowl. Cut the cod into chunks and coat in the batter.
- 05.** When the butter has melted, remove the tray from the oven and add the battered fish. Place the fish and celeriac in the oven for 30 minutes. Remove from the oven and serve.



## DAY 31 - BREAKFAST

### VANILLA & PEACH YOGHURT BOWL



#### INGREDIENTS

- 150g Greek Yoghurt
- 1/2 Peach, chopped
- 1/2 tsp. Vanilla Essence
- 20g Walnuts, chopped
- 100g frozen Raspberries

#### PREPARATION METHOD

- 01.** Combine yoghurt, vanilla essence and fruit in a bowl. If you prefer you can heat the peach and raspberries in a pan or in the microwave for a more heart-warming breakfast.
- 02.** Top with chopped walnuts and serve.

#### NUTRITIONAL VALUE PER SERVING

Calories 351kcal Carbohydrates 26g Total Fats 20g Protein 18g

## DAY 31 - LUNCH

### LEFTOVER BROCCOLI & STILTON SOUP



#### INGREDIENTS

- Leftover Broccoli & Stilton Soup

#### PREPARATION METHOD

- 01.** Simply take leftover soup (from day 16) from the freezer in the morning and reheat over the hob or in the microwave.

#### NUTRITIONAL VALUE PER SERVING

Calories 437kcal Carbohydrates 24g Total Fats 33g Protein 16g

# DAY 31 - DINNER

## HAM, EGG & CELERIAC CHIPS



### INGREDIENTS

- ¼ Celeriac
- 1 tbsp. Olive Oil
- 1 Smoked Gammon Steak
- 1 Egg, fried

### NUTRITIONAL VALUE

#### PER SERVING

Calories	550kcal
Carbohydrates	25g
Total Fats	29g
Protein	48g

**TOP TIP:** Use pre-prepared celeriac chips from day 30 dinner.

### PREPARATION METHOD

- 01.** Pre-heat oven to 200°C/180°C fan. Peel and cut celeriac into chip shapes.
- 02.** Boil celeriac for 2 minutes then drain. Add celeriac and oil to a baking tray. Drizzle in ½ the oil and season with salt and pepper. Cook for 20-25 minutes or until desired crispiness.
- 03.** When the chips are nearly ready heat the remaining oil in a non-stick frying pan and cook the ham, flipping it over after 2-3 minutes to cook on the other side. When you have flipped the ham fry your egg.
- 04.** Place the ham slice on a plate and top with the fried egg. Serve with the celeriac chips.

## DAY 32 - BREAKFAST

### EGGY AVOCADO BOATS



#### INGREDIENTS

- 1 Avocado
- 2 Eggs
- Chilli Flakes
- 2 tsp. Parmesan, grated
- 100g Mushrooms

#### PREPARATION METHOD

- 01.** Pre-heat oven to 200°C/180°C fan. Cut the avocados in half and remove the stone. Use a spoon to remove enough of the flesh to enable the egg to fit into the hole.
- 02.** Place the avocado either onto a baking tray or into an ovenproof dish. Crack each egg into the centre of each avocado and sprinkle with chilli flakes and cheese.
- 03.** Place in the oven with the mushrooms and bake for 10-15 minutes or until the eggs have set.
- 04.** Remove from the oven and serve.

#### NUTRITIONAL VALUE PER SERVING

Calories 465kcal Carbohydrates 19g Total Fats 37g Protein 23g

## DAY 32 - LUNCH

### LEFTOVER CHINESE YUK SUNG



#### INGREDIENTS

- Leftover Chinese Yuk Sung
- Lettuce Leaves

#### PREPARATION METHOD

- 01.** Simply take leftovers from the freezer the night before. Reheat in the microwave or on the hob and serve in lettuce leaves.

#### NUTRITIONAL VALUE PER SERVING

Calories 365kcal Carbohydrates 11g Total Fats 26g Protein 20g

## DAY 32 - DINNER

### CAULIFLOWER GRILLED CHEESE & ONION SANDWICH



#### INGREDIENTS

- 1 tsp. Olive Oil
- ½ Cauliflower Head
- 1 Egg, lightly beaten
- 30g Parmesan, grated
- 75g Cheddar, grated
- ½ Onion, sliced

#### NUTRITIONAL VALUE

##### PER SERVING

Calories	608kcal
Carbohydrates	17g
Total Fats	33g
Protein	40g

#### PREPARATION METHOD

- 01.** Cut cauliflower into florets and create cauli rice by finely grating or using a food processor. In a large bowl combine the cauli rice with the eggs and parmesan. Mix well and season with salt and pepper. Shape into 4 even balls.
- 02.** Heat oil in a non-stick frying pan. Place the balls in the pan, using a spatula to flatten them down. Cook until golden underneath, then flip and repeat on the other side.
- 03.** Top 2 of the patties with the cheddar, onion and remaining patties. Cook on both sides, until the cheese has melted in the middle.

## DAY 33 - BREAKFAST

PEACH & RASPBERRY CINNAMON  
NUT BUTTER ZOATS



### INGREDIENTS

- 30g Porridge Oats
- 150ml Coconut Milk
- 50g frozen Raspberries
- ½ Peach, sliced
- 1 tbsp. Almond Butter
- 1 tsp. Cinnamon

### PREPARATION METHOD

- 01.** Place oats, frozen berries and coconut milk into a pan. Cook on a low heat until the mixture has reached your desired thickness. Stir regularly. Alternatively, this can be cooked in the microwave.
- 02.** Pour oats into a bowl and stir through the almond butter. Top with the chopped peach and cinnamon and serve.

### NUTRITIONAL VALUE PER SERVING

Calories 291kcal Carbohydrates 38g Total Fats 15g Protein 7g

## DAY 33 - LUNCH

LEFTOVER CHICKEN & KALE  
SUPERFOOD STEW



### INGREDIENTS

- Leftover Chicken & Kale Superfood Stew

### PREPARATION METHOD

- 01.** Defrost the night before. Simply reheat in the microwave, oven or on the hob and serve!

### NUTRITIONAL VALUE PER SERVING

Calories 281kcal Carbohydrates 16g Total Fats 9g Protein 35g

## DAY 33 - DINNER

### CHICKEN KIEV & COURGETTE FRIES



#### INGREDIENTS

- 2 Eggs
- 100g Almond Flour
- 1 tsp. Baking Powder
- 1 tsp. Black Pepper
- 2 tbsp. Butter
- 2 Chicken Breasts
- 2 tbsp. Garlic & Herb Cream Cheese
- 2 Courgettes

#### NUTRITIONAL VALUE

PER SERVING

Calories	684kcal
Carbohydrates	16g
Total Fats	49g
Protein	48g

**TOP TIP:** Save 1 Kiev for day 34 dinner and ½ the fries for day 35 breakfast.

#### PREPARATION METHOD

- 01.** Pre-heat oven to 200°C/180°C fan. Add butter to a baking tray and place in the oven.
- 02.** Prepare the chicken by using a rolling pin to hammer it flat. Place 1 tbsp. of cream cheese onto 1 half of each chicken breast and fold over like an envelope.
- 03.** For the batter combine the almond flour, baking powder and black pepper together in a shallow bowl and mix well with a spoon. Dip each chicken breast in egg and then cover in the batter mixture. Cut the courgettes into chip shapes and dip into the egg and batter mixture.
- 04.** Remove the baking tray from the oven. The butter should be sizzling. Place the chicken and the courgette into the baking tray and cook for 30 minutes.
- 05.** Serve 1 piece of chicken with ½ of the fries.

# DAY 34 - BREAKFAST

## PORTOBELLO MUSHROOM BAKED EGGS & BACON



### INGREDIENTS

- 2 Eggs
- 2 Portobello Mushrooms
- 2 Smoked Bacon Rashers

### NUTRITIONAL VALUE

PER SERVING

Calories	274kcal
Carbohydrates	7g
Total Fats	17g
Protein	25g

### PREPARATION METHOD

- 01.** Pre-heat oven to 160°C/140°C fan. Remove the stalk of the mushrooms, then place each mushroom on a baking tray facing upwards.
- 02.** Crack an egg into each mushroom and place in the oven for 20-25 minutes.
- 03.** Whilst the eggs and mushrooms are baking fry the bacon rashers over a medium heat. Remove eggs and mushrooms from the oven and serve with the bacon.

## DAY 34 - LUNCH

### CANADIAN STYLE LOW CARB POUTINE



#### INGREDIENTS

- 1 tsp. Coconut Oil, melted
- ½ Celeriac
- 1 Beef Stock Cube
- 200ml boiling Water
- 1 tbsp. Spring Onions
- 100g Mozzarella, shredded
- 2 Bacon Rashers, diced

#### NUTRITIONAL VALUE

PER SERVING

Calories	489kcal
Carbohydrates	8g
Total Fats	35g
Protein	31g

#### PREPARATION METHOD

- 01.** Pre-heat oven to 200°C/180°C fan. Peel the celeriac using a sharp knife to remove the outer layer and cut into thick-cut chip shapes. Boil for 2 minutes, then drain and transfer onto a baking tray. Spread the celeriac out evenly and season with coconut oil, salt and pepper. Place in the oven for 20-25 minutes.
- 02.** When the celeriac is nearly cooked, fry the bacon rashers and prepare the gravy by placing the stock cube and water in a heatproof jug and stirring until melted.
- 03.** Remove the chips from the oven and place in a deep bowl. Cover in the mozzarella and bacon bits and top with the gravy. Garnish with spring onions and serve.



## DAY 34 - DINNER

### CLOUD BREAD CHICKEN BURGERS



#### INGREDIENTS

For the cloud bread:

- 2 Eggs
- 2 tbsp. Cream Cheese
- 1 tsp. Baking Powder
- 1 tsp. Olive Oil

For the burger filling:

- Leftover Chicken Kiev, from day 33
- 1 tbsp. Mayonnaise
- Lettuce
- ¼ medium Avocado
- 1 slice of Tomato

#### NUTRITIONAL VALUE

PER SERVING

Calories	735kcal
Carbohydrates	10g
Total Fats	60g
Protein	41g

**TOP TIP:** Save 2 slices of cloud bread for day 36 dinner.

#### PREPARATION METHOD

- 01.** Pre-heat oven to 200°C/180°C fan, line a tray with baking paper and lightly cover with oil.
- 02.** In 2 bowls separate egg whites from the yolks. Add the cream cheese to the yolks and mix thoroughly. Ensure there are no lumps.
- 03.** Add the baking powder to the egg whites and whisk until they form stiff peaks. An electric whisk works best, but if you don't have one, doing it by hand is fine.
- 04.** Add ½ the yolk and cream cheese mixture to the egg whites and fold through slowly. Add the remaining mixture and fold through slowly. Evenly share out 4 spoonfuls of the mixture onto the baking paper and bake for 10-15 minutes or until golden on top.
- 05.** Remove cloud bread from the oven and leave to cool. Spread the mayonnaise onto 1 slice of cloud bread. Add the lettuce, avocado, tomato and leftover Kiev. Top with another slice of cloud bread and enjoy!

## DAY 35 - BREAKFAST

DIPPY EGGS & COURGETTE SOLDIERS



## DAY 35 - LUNCH

LEFTOVER CHICKEN & KALE SUPERFOOD STEW



### INGREDIENTS

- 2 Eggs
- Leftover Courgette Fries from day 33

### PREPARATION METHOD

- 01.** Boil your eggs and reheat the courgette fries from day 33.
- 02.** Use the fries as soldiers to dip into your eggs and enjoy.

### NUTRITIONAL VALUE PER SERVING

Calories 386kcal Carbohydrates 5g Total Fats 32g Protein 21g

### INGREDIENTS

- Leftover Chicken & Kale Superfood Stew

### PREPARATION METHOD

- 01.** Defrost the night before. Simply reheat in the microwave, oven or on the hob and serve!

### NUTRITIONAL VALUE PER SERVING

Calories 281kcal Carbohydrates 16g Total Fats 9g Protein 35g

## DAY 35 - DINNER

### LAMB STEAKS & ROASTED CELERIAC POTATOES



#### INGREDIENTS

- 2 Lamb Steaks
- 2 tbsp. Olive Oil
- 5 Garlic Cloves
- 2 sprigs of Rosemary
- 2 sprigs of Thyme
- ½ Celeriac, peeled & chopped
- 1 tsp. Butter
- 300g Asparagus

#### NUTRITIONAL VALUE

##### PER SERVING

Calories	468kcal
Carbohydrates	21g
Total Fats	29g
Protein	36g

**TOP TIP:** Save 1 portion for day 36 lunch.

#### PREPARATION METHOD

- 01.** Pre-heat oven to 200°C/180°C fan. Place the celeriac and 4 cloves of garlic in a roasting tray. Drizzle 1 tbsp. of oil over the celeriac and season with ½ of the rosemary, thyme and salt and pepper. Give the tray a good shake to ensure all of the celeriac is well covered. Place in the oven for 20-25 minutes.
- 02.** Whilst the celeriac is cooking prepare the lamb. Peel and mince the remaining garlic, then rub the garlic, rosemary, thyme and remaining oil into each piece of meat. Season with salt and pepper.
- 03.** Melt the butter in a large pan over the hob. When the butter has melted add the steaks and asparagus. For a medium rare lamb steak, cook on either side for 5 minutes either side.
- 04.** Remove the celeriac from the oven and serve 1 lamb steak with half of the celeriac potatoes and asparagus.

## DAY 36 - BREAKFAST

CHORIZO FRIED EGGS & TOMATOES



## DAY 36 - LUNCH

LEFTOVER LAMB STEAKS & ROASTED CELERIAC POTATOES



### INGREDIENTS

- 1 tsp. Coconut Oil
- Chorizo
- 3 Eggs
- 1 Tomato, halved
- Chilli Flakes

### PREPARATION METHOD

- 01.** Heat oil in a non-stick frying pan. Place chorizo and tomatoes in the pan and cook until chorizo is crispy.
- 02.** Crack in the eggs and fry to desired firmness. Sprinkle with chilli flakes and serve.

### NUTRITIONAL VALUE PER SERVING

Calories 432kcal Carbohydrates 9g Total Fats 32g Protein 28g

### INGREDIENTS

- Leftover Lamb Steaks & Garlic Roasted Celeriac Potatoes

### PREPARATION METHOD

- 01.** Simply reheat in the microwave or oven and serve!

### NUTRITIONAL VALUE PER SERVING

Calories 468kcal Carbohydrates 21g Total Fats 29g Protein 36g

## DAY 36 - DINNER

### LOW CARB CLOUD BREAD BLT



#### INGREDIENTS

- 2 slices of leftover Cloud Bread
- 2 Smoked Streaky Bacon Rashers
- 1 tbsp. Mayonnaise
- Lettuce
- ¼ medium Avocado, mashed
- 1 slice of Tomato

#### NUTRITIONAL VALUE

PER SERVING

Calories	404kcal
Carbohydrates	6g
Total Fats	36g
Protein	15g

#### PREPARATION METHOD

- 01.** Begin by frying the bacon rashers over a medium heat.
- 02.** Spread the mayonnaise onto 1 slice of cloud bread. Add mashed avocado, tomato, lettuce and bacon.
- 03.** Top with another slice of cloud bread and enjoy!

## DAY 37 - BREAKFAST

OMEGA-BOOSTING GREEK YOGHURT,  
RASPBERRIES & ALMOND BUTTER



## DAY 37 - LUNCH

LEFTOVER CHINESE YUK SUNG



### INGREDIENTS

- 150g Greek Yoghurt
- 75g frozen Raspberries
- 1 tbsp. Almond Butter
- 1 tsp. milled Flaxseed

**TOP TIP:** Double the recipe to save as a snack or share with someone else.

### PREPARATION METHOD

- 01.** Add yoghurt and raspberries to each bowl.
- 02.** Drizzle the almond butter over the top and sprinkle with milled flaxseed.

### NUTRITIONAL VALUE PER SERVING

Calories 305kcal Carbohydrates 19g Total Fats 18g Protein 19g

### INGREDIENTS

- Leftover Chinese Yuk Sung
- Lettuce leaves

### PREPARATION METHOD

- 01.** Simply take leftovers from the freezer the night before. Reheat in the microwave or on the hob and serve in lettuce leaves.

### NUTRITIONAL VALUE PER SERVING

Calories 365kcal Carbohydrates 11g Total Fats 26g Protein 20g

# DAY 37 - DINNER

## TOAD IN THE HOLE



### INGREDIENTS

- 6 Pork Sausages
- ½ Red Onion
- 40g Soya Flour
- 3 Eggs
- 100ml Whole Milk
- 3 tbsp. Sunflower Oil
- 300g Asparagus
- 1 Beef Stock Cube
- ½ pint of boiling Water
- ¼ tsp. Xanthum Gum (optional)

### NUTRITIONAL VALUE

#### PER SERVING

Calories	860kcal
Carbohydrates	20g
Total Fats	66g
Protein	48g

**TOP TIP:** Save 1 portion for day 38 dinner.

### PREPARATION METHOD

- 01.** Pre-heat oven to 220°C/200°C fan. Peel and chop onions into large wedges or quarters. Place oil, sausages and onions in a tray and cook for 15-20 minutes or until sausages are brown.
- 02.** Whilst the sausages are cooking prepare the batter. Whisk the eggs, soya flour and milk in a bowl. Leave to stand whilst the sausages are cooking.
- 03.** Carefully remove the sausages from the oven (the oil is very hot). The oil should be spitting slightly. If it isn't, then place it on the hob over a high heat until sizzling. Give the batter a quick whisk before pouring it into the tray with the sausages and onions.
- 04.** Place the tray back in the oven and cook for 25-30 minutes. To ensure they rise, do not open the oven door until they have cooked for at least 25 minutes.
- 05.** 10 minutes before the toad in the hole is finished, grill the asparagus and prepare the gravy. Place the stock cube in a heatproof jug and add 100ml boiling water. Allow the oxo cube to melt before adding the xanthum gum. Use a fork to mix very fast for 30-60 seconds.
- 06.** Remove the toad in the hole and serve 1 portion with ½ the asparagus and gravy.

## DAY 38 - BREAKFAST

### CHORIZO FRIED EGGS & TOMATOES



#### INGREDIENTS

- 1 tsp. Coconut Oil
- Chorizo
- 3 Eggs
- 1 Tomato, halved
- Chilli Flakes

#### PREPARATION METHOD

- 01.** Heat oil in a non-stick frying pan. Place chorizo and tomatoes in the pan and cook until chorizo is crispy.
- 02.** Crack in the eggs and fry to desired firmness. Sprinkle with chilli flakes and serve.

#### NUTRITIONAL VALUE PER SERVING

Calories 432kcal Carbohydrates 9g Total Fats 32g Protein 28g

## DAY 38 - LUNCH

### LEFTOVER CARB FRIENDLY CREAMY FISH PIE



#### INGREDIENTS

- Leftover carb friendly Creamy Fish Pie

#### PREPARATION METHOD

- 01.** Simply take leftovers from day 28, from the fridge and reheat.

#### NUTRITIONAL VALUE PER SERVING

Calories 658kcal Carbohydrates 19g Total Fats 48g Protein 40g



## DAY 38 - DINNER

### LEFTOVER TOAD IN THE HOLE



#### INGREDIENTS

- Leftover Toad in the Hole

#### NUTRITIONAL VALUE

PER SERVING

Calories	860kcal
Carbohydrates	20g
Total Fats	66g
Protein	48g

#### PREPARATION METHOD

01. Simply take the leftover toad in the hole and asparagus from day 37 and reheat either in the oven or microwave and enjoy.

## DAY 39 - BREAKFAST

PORTOBELLO MUSHROOM  
BAKED EGGS & BACON



### INGREDIENTS

- 2 Eggs
- 2 Portobello Mushrooms
- 2 Smoked Bacon Rashers

### PREPARATION METHOD

- 01.** Pre-heat oven to 160°C/140°C fan. Remove the stalk of the mushrooms, then place each mushroom on a baking tray facing upwards.
- 02.** Crack an egg into each mushroom and place in the oven for 20-25 minutes.
- 03.** Whilst the eggs and mushrooms are baking fry the bacon rashers over a medium heat. Remove eggs and mushrooms from the oven and serve with the bacon.

### NUTRITIONAL VALUE PER SERVING

Calories 274kcal Carbohydrates 7g Total Fats 17g Protein 25g

## DAY 37 - LUNCH

LEFTOVER CHICKEN &  
KALE SUPERFOOD STEW



### INGREDIENTS

- Leftover Chicken & Kale Superfood Stew

### PREPARATION METHOD

- 01.** Defrost the night before. Simply reheat in the microwave, oven or on the hob and serve!

### NUTRITIONAL VALUE PER SERVING

Calories 281kcal Carbohydrates 16g Total Fats 9g Protein 35g

# DAY 39 - DINNER

## CHICKEN FAJITA BOWL



### INGREDIENTS

- 2 Chicken Breasts
- 1 Tomato, diced
- 1 tbsp. Olive Oil
- 1 Avocado, mashed
- 3 Garlic Cloves, crushed
- 50g Cheddar
- Juice of 1 Lemon
- 100g Sour Cream
- ½ tsp. Paprika
- ¼ tsp. Cayenne Pepper
- 150g frozen mixed Peppers
- ½ Lettuce, shredded
- 1 Red Onion, thinly sliced

### NUTRITIONAL VALUE

#### PER SERVING

Calories	601kcal
Carbohydrates	25g
Total Fats	42g
Protein	40g

**TOP TIP:** Save 1 portion for day 40 lunch.

### PREPARATION METHOD

- 01.** Add the chicken, oil, paprika, cayenne pepper, 2 garlic cloves and ½ the lemon juice to a freezer bag, season with salt and pepper. Seal the bag, move the chicken about in the bag, ensuring it is thoroughly coated in the seasoning. Marinate for at least 1 hour. This can be done the night before to save time if you desire.
- 02.** Pre-heat oven to 200°C/180°C fan. Place the chicken in a tray with the frozen peppers and cover with foil. Bake for 20 minutes, remove foil and cook for a further 5-10 minutes.
- 03.** Whilst the chicken is cooking, prepare the fajita bowls by sharing the lettuce and red onion between 2 bowls. If you are taking the second burrito bowl on the go, it can be prepared in a plastic container.
- 04.** Take another bowl and combine the mashed avocado, tomatoes and remaining garlic and lemon juice. Season with salt and pepper and mix well. Share the mixture between the 2 bowls.
- 05.** Remove the chicken from the oven and slice it into strips. Add the chicken to the fajita bowls then sprinkle with cheddar and sour cream.

## DAY 40 - BREAKFAST

OMEGA-BOOSTING GREEK YOGHURT,  
RASPBERRIES & ALMOND BUTTER



### INGREDIENTS

- 150g Greek Yoghurt
- 75g frozen Raspberries
- 1 tbsp. Almond Butter
- 1 tsp. milled Flaxseed

**TOP TIP:** Double the recipe to save as a snack or share with someone else.

### PREPARATION METHOD

- 01.** Add yoghurt and raspberries to each bowl.
- 02.** Drizzle the almond butter over the top and sprinkle with milled flaxseed.

### NUTRITIONAL VALUE PER SERVING

Calories 305kcal Carbohydrates 19g Total Fats 18g Protein 19g

## DAY 40 - LUNCH

LEFTOVER CHICKEN  
FAJITA BOWL



### INGREDIENTS

- Leftover Chicken Fajita Bowl

### PREPARATION METHOD

- 01.** Simply take leftovers from day 39, from the fridge and enjoy!  
You can reheat the chicken if you prefer it served warm.

### NUTRITIONAL VALUE PER SERVING

Calories 601kcal Carbohydrates 25g Total Fats 42g Protein 40g

## DAY 40 - DINNER

### ITALIAN CAULIFLOWER CALZONES



#### INGREDIENTS

- 1 tbsp. Olive Oil
- 75g Mozzarella, shredded
- 2 tbsp. Cream Cheese
- 1 Egg
- 2 tbsp. Passata
- ½ tsp. Oregano
- 4 slices of Pepperoni
- 50g Cheddar, grated
- Fresh Basil

#### NUTRITIONAL VALUE

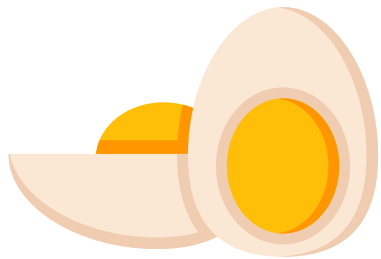
##### PER SERVING

Calories	476kcal
Carbohydrates	9g
Total Fats	38g
Protein	26g

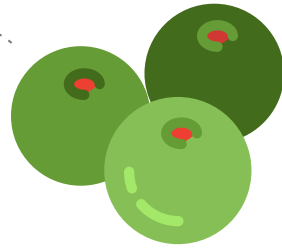
#### PREPARATION METHOD

- 01.** Pre-heat oven to 200°C/180°C fan and line a baking tray with baking paper and lightly cover with oil.
- 02.** For the calzone dough, add the mozzarella and cream cheese to a bowl. Season with salt and pepper, then microwave until melted. Remove from the microwave and stir to ensure the cheese is well mixed.
- 03.** Add the almond flour and egg to the dough, then use your hands to kneed into a ball. Spread the dough over the baking sheet in a circular shape.
- 04.** For the filling spread the passata over half of the calzone base and sprinkle over the oregano, cheddar and pepperoni.
- 05.** Fold over half of the dough, covering the calzone filling and place in the oven for 20-25 minutes. When the calzone has cooked, remove from the oven and serve immediately.

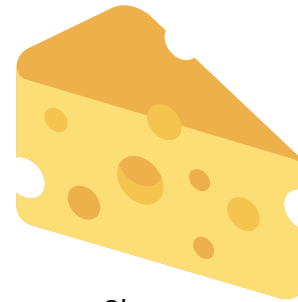
# SNACKS



Hard-boiled Eggs



Olives



Cheese



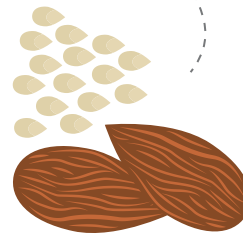
Greek Yoghurt & Berries



2 squares of plain dark Chocolate



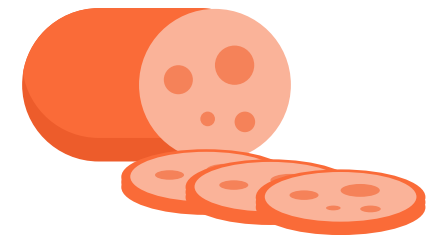
Sliced Vegetables & Guacamole



Nuts & Seeds e.g. Almonds, Walnuts, Pumpkin Seeds, Sunflower Seeds, Flaxseed



Berries & Cream



Cold Meats

# HELPFUL TIPS

## HYDRATION

Water is needed by every cell, tissue and organ in our body and we lose water constantly throughout the day. Staying on top of your water intake is essential, particularly for those living with diabetes because having high blood glucose levels hinders hydration.

Ensuring you are getting adequate hydration provides you with a number of health benefits. As well as improved functioning of the brain, organ and bowel, benefits include the maintenance of bodily fluids, electrolyte balance, body temperature, flushing out waste, heightened energy levels and performance, skin health, the lubrication of joints and helping to keep you fuller for longer.

Keeping hydrated is not only about ensuring you are consuming enough fluids, but also the quality of those fluids. Today, many drinks are laden with calories, sugar and additives to make them taste good. Here on the Low Carb Program our number one choice is water. If you find water boring and hard to drink lots of, try mixing it up and making it more flavoursome. Some examples are adding lemon or ginger in the morning, then adding things like cucumber, berries, orange slices or mint throughout the day.



When it comes to coffee and tea, cut the added sugar. If necessary, try cutting out hot drinks for a little while. Luckily here on the Low Carb Program we love cream. If you are someone who has had to cut sugar from your coffee, why not try adding cream instead of milk for a more indulgent drink. This will not only taste delicious, but the fat content of the cream will keep you fuller for longer.

It might come as a surprise that alcohol is not entirely off limits when following a low carb lifestyle. In terms of your progress on the Low Carb Program, we suggest opting for low carb alcoholic drinks such as clear spirits and diet mixers. From a hydration perspective, alcohol dehydrates us. Therefore, we advise drinking a glass of water with every alcoholic drink you consume. It is also best to limit your alcohol intake and save it as a treat, as drinking can increase hunger.

## HELPFUL TIPS

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### SLEEP

Sleep is a restorative process for the entire human body. Not only does it benefit our energy levels, mental state and performance, but it also helps our bodies to repair, rejuvenate and grow. By improving our quality of sleep, we can minimise our stress levels, enhance our creativity and improve cognition.

A common complaint within modern society is that we are not getting enough sleep. Most of us lead intensely busy schedules, jeopardising the quality of our sleep. Nowadays, around 30% of the adult population struggle to get more than 6 hours sleep a night. Research has shown direct links between impaired sleep, obesity and its related health implications. Considering the evidence, it would be fair to suggest that a great way of enhancing your progress on the Low Carb Program would be to focus on ensuring you are getting adequate amounts of good quality sleep.

Some tips we have for achieving this include making sure you are getting to bed at a reasonable time and getting at least 8 hours sleep a night. What you do to de-stress before bed is also important. For some this might be running a hot bubble bath, or listening to some gentle, relaxing music. Perhaps you find reading a book settling. Either of these are much more effective than staring at your phone or lap top. Writing a diary or reflecting on your day can also be a useful tool. Some people find it helpful to write a list for the following day, as it enables them to go to bed with a clear mind



# HELPFUL TIPS

## EXERCISE

Most of us are aware that a sedentary lifestyle isn't complementary to our health goals, especially when it comes to weight loss.

However, often the thought of exercise sends shivers down our spines, as we associate it with being uncomfortably out of breath and sweating profusely. For those of you who enjoy this, then hats off to you, but in many cases we look at exercise as a punishment, rather than it being enjoyable. Well we want to help you change your outlook, as not all exercise has to be this way.

A top tip is to try focusing on movement rather than exercise. In today's society, many of us sit at desks for hours on end. If we want to exercise, we think of spending an hour and a half in the gym or going running. Well instead, why not simply make a conscious effort to just move more. Try getting up from your desk every half an hour and stretching your legs, or going for a walk on your lunch break. If you need to post a letter, walk instead of driving. Walking can also be a great way to catch up with friends or listen to a podcast or audiobook.

Other methods of increasing your movement might be to put on your favourite music and have a good old dance around your house. You can even work up a sweat doing housework.

The benefits of increasing your activity levels are that it helps to maintain a healthy heart, boosts circulation and works at lowering blood glucose levels and glycogen stores, making us more insulin sensitive. Exercise also causes the release of endorphins, our 'feel-good' hormones, which provide us with a sense of well-being. Getting up and moving makes us feel more energised and can help us to become more motivated and create a better routine.



# HELPFUL TIPS

## MINDFUL EATING

With busy jobs, families and the general chaos that life brings, mindful eating is something we often forget to practice. There are a number of benefits associated with mindful eating, that can help you in reaching your goals. These include reduced occurrences of binge eating or emotional eating, improved digestion, reductions in hunger and improved satiety. Why not use the 40-day challenge as motivation to practice more mindful eating. Here are some of our top tips on how to achieve this.



1.

Take your time, eat slowly and enjoy every single bite. It often takes us a little time to register when we are full. By eating slower, you will likely find you become full and in turn not eat every last item on your plate. A good tip is to put down your cutlery between each mouthful, rather than loading up your fork ready for the next bite. Perhaps even try eating with your less dominant hand.

2.

Sit down to eat from a plate, rather than eating on the go or from packet. This will help you to appreciate your meal and in turn help you to feel satisfied.

3.

Eat dinner with your family or friends rather than in front of the TV.

4.

Respond to your true hunger signals, you don't always need to clear your plate. Instead eat only until you are full, then stop.

5.

Remove or turn off any distractions, such as the TV or your telephone. Maybe even eat in silence for the first few minutes of your meal.

# HELPFUL TIPS

## STRESS

Stress can be a major barrier in achieving your goals. It is best to manage your stress levels before they become an issue. A helpful way to do this is to use a gratitude journal. A gratitude journal is a diary, where you can note down all of the things you are grateful for and focus on the positives in your life. This is especially helpful at the end of the day, as it helps you to reflect and unwind. Try each day to make a note of something that brought you happiness and why. This might seem a little daunting at first. You might feel it is just another item on your list of things to do, but persevere and keep doing it until it becomes a habit. A gratitude journal is a very personal, private and safe place, where you can be open and true to yourself. It can help you to gain clarity on the positives and negatives in your life and therefore help you to take action.



# PLEASANT EVENTS CALENDAR

What was the experience?	Were you aware of the pleasant feelings while the event was happening?	How did your body feel, in detail, during this experience?	What moods, feelings, and thoughts accompanied this event?	What thoughts are in your mind now as you write about this event?
Day 1				
Day 2				
Day 3				
Day 4				
Day 5				
Day 6				
Day 7				
Day 8				
Day 9				
Day 10				

# PLEASANT EVENTS CALENDAR

What was the experience?	Were you aware of the pleasant feelings while the event was happening?	How did your body feel, in detail, during this experience?	What moods, feelings, and thoughts accompanied this event?	What thoughts are in your mind now as you write about this event?
Day 11				
Day 12				
Day 13				
Day 14				
Day 15				
Day 16				
Day 17				
Day 18				
Day 19				
Day 20				

# PLEASANT EVENTS CALENDAR

What was the experience?	Were you aware of the pleasant feelings while the event was happening?	How did your body feel, in detail, during this experience?	What moods, feelings, and thoughts accompanied this event?	What thoughts are in your mind now as you write about this event?
Day 21				
Day 22				
Day 23				
Day 24				
Day 25				
Day 26				
Day 27				
Day 28				
Day 29				
Day 30				

# PLEASANT EVENTS CALENDAR

What was the experience?	Were you aware of the pleasant feelings while the event was happening?	How did your body feel, in detail, during this experience?	What moods, feelings, and thoughts accompanied this event?	What thoughts are in your mind now as you write about this event?
Day 31				
Day 32				
Day 33				
Day 34				
Day 35				
Day 36				
Day 37				
Day 38				
Day 39				
Day 40				

# HELPFUL TIPS

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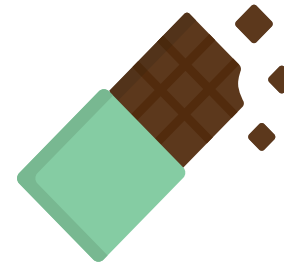
## READ NUTRITIONAL LABELS

The aim of the Low Carb Program is to reduce your carbohydrate content, whilst increasing your healthy fat intake and including a range of protein sources in your diet. We provide lots of tools, tips and ideas to support you through your journey on the Low Carb Program, however, we also want you to become independent and learn how to manage your diet. If you are ever concerned about a food being high in carbohydrate and impacting your progress, simply read the nutritional label on the item's packaging. Here you will be able to determine if a food is suitable or not. Remember to always consider the serving size recommended.

## LOW CARB TREATS



Low carb alcoholic drinks e.g. Spirits and diet mixers



Plain Dark Chocolate 70% or higher



# HELPFUL TIPS

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## HUNGER DIARY

People may think that when they make a change to their way of eating that they will be constantly hungry. However, hunger comes in waves. Keeping track of your hunger is a good way of feeling more comfortable about sensing hunger as you will see that it will come and go and not keep increasing.

See diary overleaf.

# HUNGER DIARY

Day & Time	Hunger Rating 1-5	What other uncomfortable sensations are present?	Time you last ate	Food you last ate	Did you eat or wait?	What did you eat?	Notes

HUNGER RATING SCALE										
0	1	2	3	4	5	6	7	8	9	10
No Hunger	Barely Hungry	Mild Hunger		Hungry but comfortable			Very Hungry		Famished	Starving

# RESOURCES TO HELP

## TOP LOW CARB SWAPS

Pizza



Cauliflower pizza



Lasagne sheets



Sliced courgette



Pasta/noodles



Courgetti



Chips



Celeriac fries



Burger bun



Portobello mushroom



Bread



Cloud bread



Tortilla wrap



Lettuce wrap



Rice



Cauliflower rice



Mash potato



Cauliflower mash



## DISCLAIMER

The information provided in this recipe book should not be considered complete, nor should it be relied on to suggest a course of treatment for a particular individual, nor is it intended to refer you to a particular medical professional or health care provider.

It should not be used in place of a visit to, consultation with or the advice of a doctor, DSN or other qualified health care provider.

The material in the recipe book is made available with the understanding that we are not engaged in providing professional advice.

Information in the recipe book is not exhaustive and does not cover all/any aspects of diabetes, ailments or physical conditions or their treatment.

Should you have any health care related questions, call or see your doctor or other qualified health care provider promptly. You should never disregard medical advice or delay in seeking it because of something you have read in the recipe book.

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