



LOW CARB PROGRAM



40-DAY LOW CARB CHALLENGE

Take the 40-day low carb 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 you 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 program.



1. Don't do it **alone**



2. Be **clear** with your **goals**



3. Track your **progress**



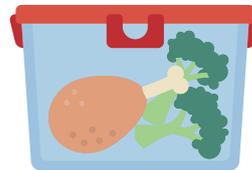
4. Share **your journey** with your **family** and **friends**



5. Check with your **doctor**



6. Keep it **simple**



7. **Meal prep** and **low carb snacks**



8. Remove **temptation**



9. Learn how to **eat out**



10. Make sure to include some form of **low carb 'treat'**

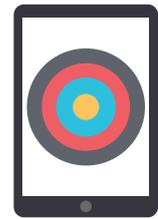
1. DON'T DO IT ALONE



Kickstarting 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

Success requires commitment, drive and dedication, and setting goals are really important in achieving this. 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 people, 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 lose a certain amount of weight or get your HbA1c under 6% (42mmol/mol).



3. TRACK YOUR PROGRESS

Tracking your progress throughout your transition to a low carb lifestyle is incredibly beneficial to 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 regularly throughout the day 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.

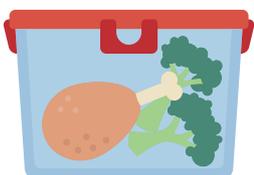


5. CHECK WITH YOUR DOCTOR

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

6. KEEP IT SIMPLE

Here on the Low Carb Program we want it 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 healthy fat intake. The rest will fall into place.



7. MEAL PREP AND LOW CARB SNACKS

For anyone who has dieted before, you might already be aware of the benefits of planning your meals and cooking in bulk. For those who are new to this, the advantages of meal prepping include helping to save you time and money, but more importantly helping to ensure you adhere to your goals. It takes away the temptation to pick 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. For those of you who prefer to opt for more of a plant-based diet, alternative ideas for vegetarians are included.

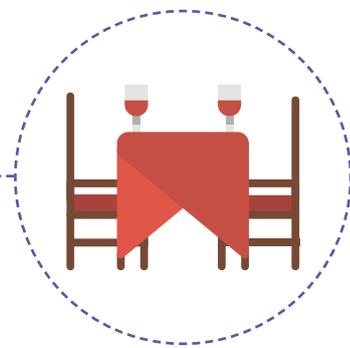


8. REMOVE TEMPTATION

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.

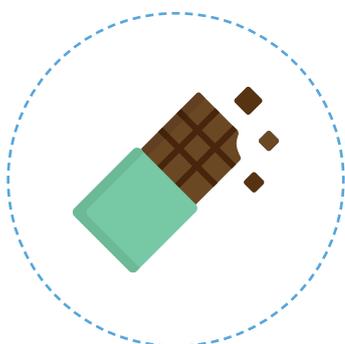
9. LEARN HOW TO EAT OUT

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 really isn't hard to eat out low carb and the more you do it, the more confident you will become. The low carb community is a great place to seek help if you are ever stuck for ideas.



10. MAKE SURE TO INCLUDE SOME FORM OF 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 to encourage 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 snacks'. This is also an opportunity for those of you who enjoy getting into the kitchen to experiment with some low carb baking. Why not try out the Low Carb Dessert Cookbook from week 8 of the Low Carb Program.



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 oils, nuts, oily fish, meat and full fat dairy. Although they tend to limit 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
- ▶ Try to significantly reduce or entirely eliminate processed food, sugar and grains

There are different perceptions as to what is considered a low carb diet. A moderately 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 30-50g of carbohydrates per day. Generally, the lower your carbohydrate intake, the more likely you are to lose weight and reduce your blood sugar levels. However, a very low carbohydrate intake can 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.

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 low carb, high fat diet enables this with little stress or sacrifice, due to the fact that it increases satiety and reduces appetite, eliminating the need to focus on calorie counting. In addition, insulin is understood to aid in fat storage, therefore reducing one's carbohydrate intake, results in reduced insulin levels and consequential fat loss.

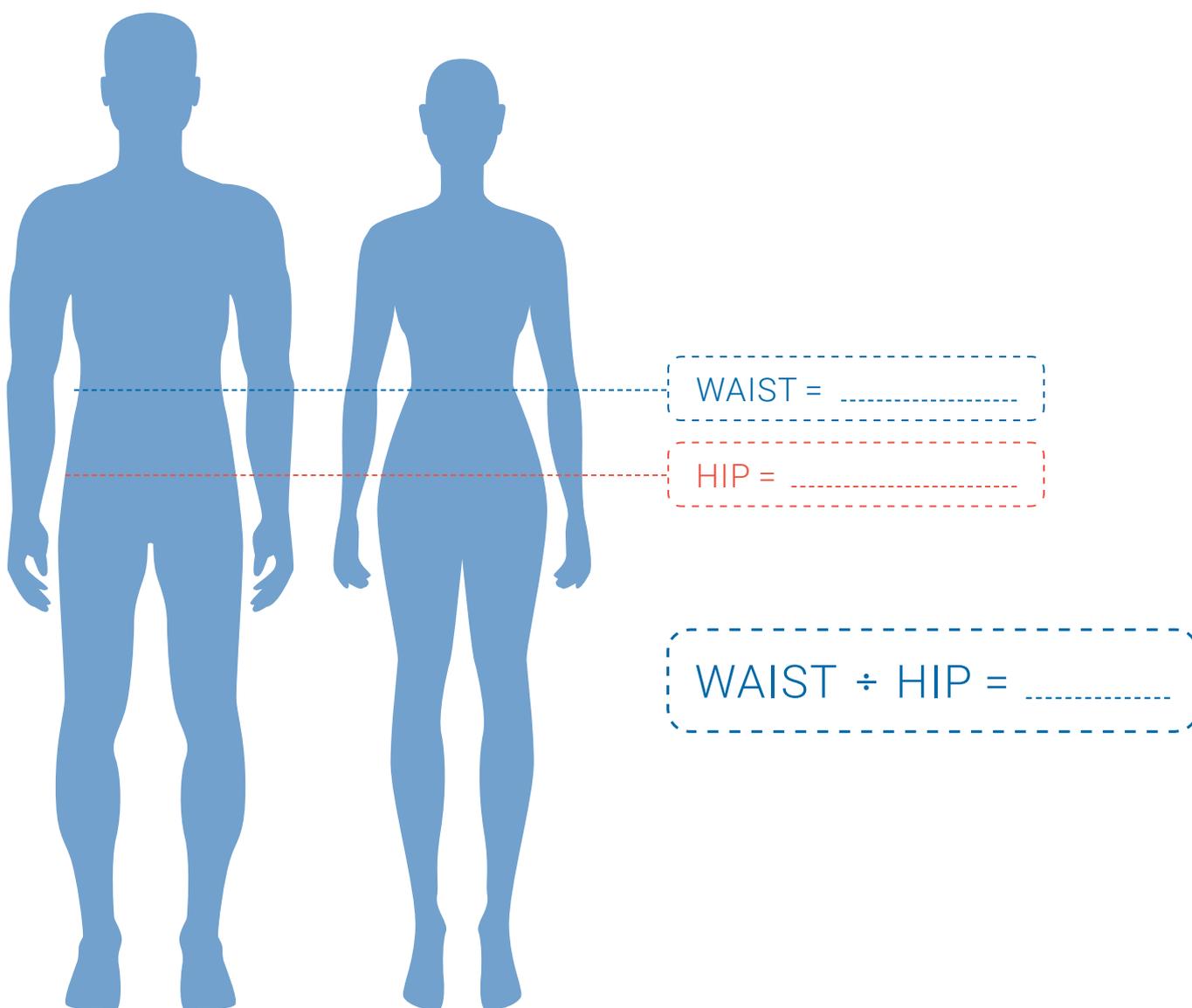


WHERE TO START

WAIST-TO-HIP RATIO

Often BMI is used as a method of monitoring 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 mass and fails to consider age, gender or muscle mass. Therefore, BMI can wrongly categorise healthy individuals with a large amount of muscle mass as being obese. In addition, one can have a healthy BMI, yet carry excess fat around their stomach.

In order to measure your WHR, use a measuring tape to measure 1 inch above your belly button. Then measure around your hips, placing the measuring tape around the widest area of your hips. Next, divide the waist measurement by the hip measurement. This is best done with minimal clothing. If there is someone you trust to take your measurements, this can be useful for accuracy.



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 out some of the guess work, we have created a low carb shopping list to guide you on your journey. Everyone has different tastes and preferences, so we recommend selecting the foods you enjoy most from the list below. The low carb community is also a great place to get 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.

SHOPPING LIST



DAIRY

Whole Milk
Cream
Butter
Cheese e.g. cheddar,
parmesan, goats cheese,
feta, brie, soft cheese

Sour Cream
Greek Yoghurt
Eggs



MEAT/DAIRY ALTERNATIVES

Tofu
Unsweetened Dairy Free Milk Alternatives
e.g. almond milk, coconut milk, soya milk
Unsweetened Dairy Free Yoghurt Alternatives
e.g. coconut yoghurt, almond yoghurt



HERBS & SPICES

Garlic
Coriander
Parsley
Rosemary
Thyme

Ginger
Chillies
Paprika
Oregano



VEGETABLES

Lettuce
Cucumber
Celery
Spinach
Kale
Asparagus
Spring Onions
Broccoli

Cauliflower
Courgette
Cabbage
Leeks
Green Beans
Aubergine
Peppers
Celeriac



FRUIT

Avocados
Blueberries
Blackberries
Raspberries
Strawberries
Cantaloupe

Honeydew Melon
Watermelon
Passionfruit
Lemons
Limes



CUPBOARD ITEMS

Olive Oil
Coconut Oil
Coconut Cream
Coconut Milk
Mayonnaise
Olives
Almonds
Walnuts
Pecans
Pine Nuts

Brazil Nuts
Macadamia Nuts
Pumpkin Seeds
Sunflower Seeds
Sesame Seeds
Chia Seeds
Flaxseed
Plain Dark Chocolate
85% or higher

DAYS 1-7 MEAL PLAN



DAYS 1-7 SHOPPING LIST

Please note, the shopping list is based on the amounts of ingredients used in the recipes and can be purchased in quantities to suit your individual needs e.g. in bulk or frozen. Please feel free to use leftover ingredients for the following week if necessary.



DAIRY

250g Greek Yoghurt	6 tbsp. Ghee
310g Goats Cheese	10 Eggs
350ml Double Cream	100ml Whole Milk
70g Stilton Cheese	130g Cheddar Cheese
30g Butter	35g Parmesan Cheese
145g Sour Cream	80g Feta Cheese
195ml Single Cream	50g Soft Cheese



FRUIT

2 Large Tomatoes
50g Cherry Tomatoes
1 Lemon



FROM THE FREEZER

150g Mixed Berries
100g Cherries



VEGETABLES

17 Garlic Cloves	150g Kale
1½ Medium Onions	1 Medium Broccoli
500g Mushrooms	1 tbsp. Fresh Chives
1½ Large Cauliflowers	200g Asparagus
15g Fresh Parsley	2 Medium Globe Artichokes
1 Medium Red Onion	1 tbsp. Fresh Basil
2 Medium Aubergines	1 Medium Red Chilli
15g Fresh Ginger	6 Baby Aubergines
2 Small Green Chillies	40g Rocket
75g Celeriac	40g Baby Spinach
1 Medium Pepper	1 Portobello Mushroom
1 Medium Cauliflower	1 Medium Courgette
20g Fresh Coriander	



CUPBOARD ITEMS

5 tbsp. Pumpkin Seeds	1½ tsp. Ground Cumin
3 tbsp. Sunflower Seeds	1 tsp. Ground Turmeric
3 tbsp. Milled Flaxseed	75g Flaked Almonds
½ tsp. Cinnamon	3 tbsp. Tomato Puree
10 tbsp. Olive Oil	1 tsp. Chili Powder
2 Vegetable Stock Cubes	1 tsp. Paprika
½ tsp. Smoked Paprika	1 tsp. Dijon Mustard
100g Quinoa	70g Hazelnuts
1 tbsp. Chia Seeds	40g Desiccated Coconut
500ml Tinned Coconut Milk	2 tbsp. Smooth Peanut Butter
1 tsp. Stevia	½ tsp. Mustard Seeds
6 Brazil Nuts	½ tsp. Fenugreek Seeds
3 x 400g Tins Chopped Tomatoes	Salt
2 tsp. Garam Masala	Pepper

MEALS AT A GLANCE

Welcome to your week of delicious, low carb recipes that are suitable for the whole family. Easy to follow, easy to cook and suitable for any budget.

ICON KEY

 Servings  Prep Time  Cooking Time

BREAKFAST

LUNCH

DINNER

DAY 1



23g

14 BERRIES & CINNAMON SEEDED YOGHURT BOWL (V)



11g

15 BROCCOLI AND STILTON SOUP (V)



14g

16 MUSHROOM STROGANOFF & CAULI RICE (V)

DAY 2



30g

17 QUINOA & CHIA CHERRY PORRIDGE (V)



14g

18 LEFTOVER MUSHROOM STROGANOFF & CAULI RICE (V)



27g

19 AUBERGINE JALFREZI ON CAULIFLOWER RICE (V)

DAY 3



7g

20 SCRAMBLED EGG, SAUTÉED KALE & TOASTED PUMPKIN SEEDS (V)



33g

21 SHAKSHUKA (V)



27g

22 LEFTOVER AUBERGINE JALFREZI ON CAULIFLOWER RICE (V)

BREAKFAST

LUNCH

DINNER

DAY 4



30g

23 LEFTOVER QUINOA & CHIA CHERRY PORRIDGE (V)



27g

24 LEFTOVER AUBERGINE JALFREZI ON CAULIFLOWER RICE (V)



18g

25 NO PASTA MAC 'N' CHEESE (V)

DAY 5



30g

26 LEFTOVER QUINOA & CHIA CHERRY PORRIDGE (V)



18g

27 LEFTOVER NO PASTA MAC 'N' CHEESE (V)



7g

28 ARTICHOKE, KALE & GOATS CHEESE SALAD (V)

DAY 6



19g

29 LOW CARB TOMATO & FETA BAKED EGGS (V)



7g

30 LEFTOVER ARTICHOKE, KALE & GOATS CHEESE SALAD (V)



16g

31 STUFFED BABY AUBERGINES (VEGAN)

DAY 7



33g

32 SHAKSHUKA (V)



16g

33 LEFTOVER STUFFED BABY AUBERGINES (VEGAN)



10g

34 ONE PAN MUSHROOM CARBONARA (V)

DAY 1 - BREAKFAST:

BERRIES & CINNAMON SEEDED YOGHURT BOWL (V)

 Serves 1

 5 minutes

 5 minutes

Ingredients

150g Frozen Mixed Berries

250g Greek Yoghurt

1 tbsp. Pumpkin Seeds

1 tbsp. Sunflower Seeds

1 tbsp. Milled Flaxseed

½ tsp. Cinnamon

Method

1. Heat berries on the hob or in the microwave.
2. Spoon Greek yoghurt into a bowl and top with warm berries.
3. Sprinkle with the seeds and cinnamon.

NUTRITIONAL VALUES (per serving)

● **Calories:** 511 kcal

● **Carbs:** 23g

● **Total Fat:** 32g

● **Protein:** 33g



DAY 1 - LUNCH:

BROCCOLI AND STILTON SOUP (V)



Serves 1



5 minutes



20 minutes

Ingredients

1 tbsp. Olive Oil
1 Garlic Clove, crushed
1 Medium Broccoli, cut into florets
500ml Boiling Water
1 Vegetable Stock Cube
50ml Double Cream
70g Stilton, crumbled
Salt & Pepper, to taste

Method

1. Heat the olive oil in a saucepan over a medium heat then add the crushed garlic and broccoli florets and cook for 5 minutes.
2. Combine the boiling water and stock cube and add to the saucepan so the broccoli is covered.
3. Simmer for 15 minutes and then blitz the soup until smooth using a hand blender.
4. Add the double cream and crumbled stilton then stir until combined.
5. Season to taste, serve into a bowl and enjoy!

TOP TIP: This can be made in advance the night before.

NUTRITIONAL VALUES (per serving)

- **Calories:** 664 kcal
- **Carbs:** 11g
- **Total Fat:** 55g
- **Protein:** 32g



DAY 1 - DINNER:

MUSHROOM STROGANOFF & CAULI RICE (V)



Serves 2



10 minutes



25-30 minutes

Ingredients

- 1 tbsp. Butter
- ½ Medium Onion, diced
- 2 Garlic Cloves, crushed
- 500g Mushrooms, sliced
- ½ tsp. Smoked Paprika
- 100ml Boiling Water
- 1 Vegetable Stock Cube
- ½ Large Cauliflower, grated
- 150ml Double Cream
- Pepper, to taste
- 3 tbsp. Sour Cream
- 2 tbsp. Fresh Parsley, chopped

Method

1. Melt the butter in a large pan over a medium heat. Add the onions, garlic, mushrooms and paprika and cook until tender (about 5-10 minutes).
2. Mix the water with the vegetable stock cube, then pour into the pan leave to simmer for 10 minutes.
3. Whilst the mixture simmers, prepare the cauliflower rice by grating the cauliflower and frying gently in a non-stick pan.
4. Return to the stroganoff mix and reduce the heat to low. Pour in the cream, then season with black pepper and stir well. Cook for 5 minutes before serving with the cauli rice and garnish with parsley.

TOP TIP: Save 1 portion for day 2 lunch.

NUTRITIONAL VALUES (per serving)

- Calories: 534 kcal
- Carbs: 14g
- Total Fat: 49g
- Protein: 9g



DAY 2 - BREAKFAST:

QUINOA & CHIA CHERRY PORRIDGE (V)



Serves 3



5 minutes



15 minutes

Ingredients

- 100g Quinoa, dry
- 1 tbsp. Chia Seeds
- 200ml Water
- 500ml Tinned Coconut Milk
- 100g Frozen Cherries
- 1 tsp. Stevia
- 2 tbsp. Milled Flaxseed
- 6 Brazil Nuts, chopped
- 3 tsp. Pumpkin Seeds
- 3 tbsp. Single Cream

Method

1. Mix the quinoa, chia seeds, water, coconut milk, cherries, stevia and flaxseed in a pan and place over a medium heat.
2. Bring the mixture to the boil then reduce to a low heat and cook slowly for 10 minutes. Be careful it doesn't stick to the bottom of the pan. If you prefer a thicker consistency continue to cook for a little longer. If you like a slightly runnier texture add a splash of milk or water.
3. Sprinkle 1 portion with 1/3 of the chopped nuts and pumpkin seeds, and drizzle with 1 tbsp. of cream.

TOP TIP: Save 2 portions for day 4 and 5 breakfast.

NUTRITIONAL VALUES (per serving)

- **Calories:** 594 kcal
- **Carbs:** 30g
- **Total Fat:** 47g
- **Protein:** 12g



DAY 2 - LUNCH:

LEFTOVER MUSHROOM STROGANOFF & CAULI RICE (V)

 Serves 1

 5-10 minutes

Ingredients

1 portion of Leftover Mushroom Stroganoff & Cauli Rice from day 1 dinner

Method

1. Simply reheat leftovers in the microwave or in a pan then serve.



NUTRITIONAL VALUES (per serving)

- Calories: 534 kcal
- Carbs: 14g
- Total Fat: 49g
- Protein: 9g

DAY 2 - DINNER:

AUBERGINE JALFREZI ON CAULIFLOWER RICE (V)



Serves 3



10 minutes



45 minutes

Ingredients

- 6 tbsp. Ghee
- 1 Medium Red Onion, finely chopped
- 2 Medium Aubergines, cubed
- 1 Tin (400g) Chopped Tomatoes
- 1½ inch piece of Fresh Ginger, finely chopped
- 6 Garlic Cloves, finely chopped
- 2 Small Green Chillies, deseeded and finely chopped
- 1 tsp. Garam Masala
- 1 tsp. Ground Cumin
- 1 tsp. Ground Turmeric
- 75g Celeriac, peeled and chopped
- 1 Medium Red Pepper, chopped
- 300ml Water
- 1 Medium Cauliflower, grated
- 6 tbsp. Sour Cream
- 75g Flaked Almonds
- 1 Handful Fresh Coriander, to serve

Method

1. Heat 3 tbsp. ghee in a large frying pan over a medium heat. Add the red onion and fry for 3-5 minutes.
2. Place the aubergine in the pan and cook for 4-5 minutes until it is starting to soften.
3. Transfer the onion and aubergine to a large saucepan along with the chopped tomatoes, ginger, garlic, chillies and spices.
4. Add the celeriac, red pepper and water and simmer on a low heat for 25-30 minutes.
5. Heat the remaining 3 tbsp. ghee in a frying pan over a medium heat and sauté the grated cauliflower for 3-4 minutes.
6. Serve the aubergine jalfrezi on a bed of cauliflower rice with a spoonful of soured cream. Sprinkle with the flaked almonds and fresh coriander leaves and enjoy.

TOP TIP: Save 1 portion for day 3 dinner and day 4 lunch.

NUTRITIONAL VALUES (per serving)

- **Calories:** 539 kcal
- **Carbs:** 27g
- **Total Fat:** 41g
- **Protein:** 16g



DAY 3 - BREAKFAST:

SCRAMBLED EGG, SAUTÉED KALE & TOASTED PUMPKIN SEEDS (V)



Serves 1



10 minutes



10 minutes

Ingredients

1 tbsp. Olive Oil

50g Kale, trimmed and diced

1 tbsp. Pumpkin Seeds

3 Eggs

30g Cheddar Cheese, grated

100ml Whole Milk

1 tbsp. Butter

Method

1. Heat the olive oil in a non-stick pan then add the kale and pumpkin seeds and cook until the kale is tender.
2. In the meantime, whisk the eggs, cheese and milk in a bowl, then melt the butter in a small pan.
3. Add the egg mixture to the pan and cook on a low heat, stirring until the eggs scramble. Be careful not to cook the eggs too quickly or they will stick to the pan.
4. Transfer the kale and pumpkin seeds to a plate with the scrambled eggs and serve.

NUTRITIONAL VALUES (per serving)

● Calories: 504 kcal

● Carbs: 7g

● Total Fat: 36g

● Protein: 37g



DAY 3 - LUNCH:

SHAKSHUKA (V)



Serves 1



5 minutes



25 minutes

Ingredients

1 tbsp. Olive Oil

½ Medium Onion, diced

1 Garlic Clove, minced

½ Medium Pepper, diced

1 Tin (400g) Chopped Tomatoes

1 tbsp. Tomato Puree

½ tsp. Chilli Powder

½ tsp. Paprika

Salt & Pepper, to taste

2 Eggs

80g Goats Cheese

1 tbsp. Fresh Parsley

Method

1. 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.
2. Pour the tomatoes and tomato puree into the pan and stir well. Add the spices and season with salt and pepper.
3. Place the lid on the pan and leave to reduce for 10 minutes.
4. Crack the eggs into the pan and cook to your desired runniness. About 5 minutes before serving crumble over the goats cheese.
5. Garnish with parsley and serve.

NUTRITIONAL VALUES (per serving)

● Calories: 646 kcal

● Carbs: 33g

● Total Fat: 39g

● Protein: 40g



DAY 3 - DINNER:

LEFTOVER AUBERGINE JALFREZI ON CAULIFLOWER RICE (V)

 Serves 1  5 minutes

Ingredients

1 portion of Aubergine Jalfrezi on Cauliflower Rice from day 2 dinner

Method

1. Take the leftover aubergine jalfrezi and cauliflower rice out of the fridge and either reheat or enjoy cold.

NUTRITIONAL VALUES (per serving)

- **Calories:** 539 kcal
- **Carbs:** 27g
- **Total Fat:** 41g
- **Protein:** 16g



DAY 4 - BREAKFAST:

LEFTOVER QUINOA & CHERRY PORRIDGE (V)

 Serves 1  5-10 minutes

Ingredients

1 portion of Leftover Quinoa & Cherry Porridge from day 2 breakfast

Method

1. Simply take the leftover portion from the fridge and reheat in the microwave or on the hob. To loosen it up add a splash of water or milk.
2. Sprinkle over 1 portion of the nuts, seeds and cream and enjoy!

NUTRITIONAL VALUES (per serving)

- Calories: 595 kcal
- Carbs: 30g
- Total Fat: 47g
- Protein: 12g



DAY 4 - LUNCH:

LEFTOVER AUBERGINE JALFREZI ON CAULIFLOWER RICE (V)

 Serves 1  5 minutes

Ingredients

1 portion of Aubergine Jalfrezi on Cauliflower Rice from day 2 dinner

Method

1. Take the leftover aubergine jalfrezi and cauliflower rice out of the fridge and either reheat or enjoy cold.

NUTRITIONAL VALUES (per serving)

- Calories: 511 kcal
- Carbs: 27g
- Total Fat: 41g
- Protein: 16g



DAY 4 - DINNER:

NO PASTA MAC 'N' CHEESE (V)



Serves 2



15 minutes



15 minutes

Ingredients

1 Large Cauliflower, cut into florets
150ml Double Cream
50g Soft Cheese
100g Cheddar Cheese, grated
1 tsp. Dijon Mustard
Salt & Pepper, to taste
1 tbsp. Fresh Chives
200g Asparagus, grilled

Method

1. Boil the cauliflower florets until slightly tender, then drain well and set aside.
2. Pour the cream into a pan and bring to a gentle simmer.
3. Add the soft cheese and stir until completely smooth, then add in $\frac{1}{2}$ of the grated cheddar.
4. Again, stir until the cheese has melted and the sauce is smooth. Stir in the Dijon mustard and season with salt and pepper.
5. 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.
6. Garnish with chives and serve with the grilled asparagus.

TOP TIP: Save 1 portion for day 5 lunch.

NUTRITIONAL VALUES (per serving)

- **Calories:** 768 kcal
- **Carbs:** 18g
- **Total Fat:** 66g
- **Protein:** 26g



DAY 5 - BREAKFAST:

LEFTOVER QUINOA & CHERRY PORRIDGE (V)

 Serves 1  5-10 minutes

Ingredients

1 portion of Leftover Quinoa & Cherry Porridge from day 2 breakfast

Method

1. Simply take the leftover portion from the fridge and reheat in the microwave or on the hob. To loosen it up add a splash of water or milk.
2. Sprinkle over 1 portion of the nuts, seeds and cream and enjoy!

NUTRITIONAL VALUES (per serving)

- Calories: 594 kcal
- Carbs: 30g
- Total Fat: 47g
- Protein: 12g



DAY 5 - LUNCH:

LEFTOVER NO PASTA MAC 'N' CHEESE (V)



Serves 1



5-10 minutes

Ingredients

1 portion of Leftover No Pasta Mac 'n' Cheese, from day 4 dinner

Method

1. Simply take the leftover no pasta mac 'n' cheese from day 4 out of the fridge.
2. Reheat in the microwave or oven and enjoy!

NUTRITIONAL VALUES (per serving)

- Calories: 768 kcal
- Carbs: 18g
- Total Fat: 66g
- Protein: 26g



DAY 5 - DINNER:

ARTICHOKE, KALE & GOATS CHEESE SALAD (V)



Serves 2



10 minutes



40 minutes

Ingredients

2 Medium Globe Artichokes, sliced

2 tbsp. Olive Oil

Salt & Pepper, to taste

100g Kale

Juice of ½ Lemon

70g Hazelnuts, roughly chopped

150g Goats Cheese

Method

1. Preheat the oven to 200°C/180°C fan (390°F/350°F fan).
2. Place the artichokes on a baking tray and drizzle in 1 tbsp. of olive oil. Season with salt and pepper then place in the oven for 35 minutes.
3. Whilst the artichokes are in the oven trim and wash the kale. Place the kale on the baking tray with the artichokes and drizzle in the remaining oil and the lemon juice.
4. Season the kale with salt and pepper then place in the oven with the artichokes for 5 minutes.
5. Remove the baking tray from the oven then transfer the kale and artichokes to a salad bowl.
6. Sprinkle with the hazelnuts then toss the salad well.
7. Crumble the goats cheese over the top then serve.

TOP TIP: Save 1 portion for day 6 lunch.

NUTRITIONAL VALUES (per serving)

● **Calories:** 516 kcal

● **Carbs:** 7g

● **Total Fat:** 43g

● **Protein:** 26g



DAY 6 - BREAKFAST:

LOW CARB TOMATO & FETA BAKED EGGS (V)



Serves 1



5 minutes



30 minutes

Ingredients

2 Large Tomatoes
1 tbsp. Olive Oil
1 Garlic Clove, crushed
1 tbsp. Parmesan Cheese, finely grated
1 tbsp. Fresh Basil, chopped
2 Eggs
80g Feta
Salt & Pepper, to taste

Method

1. Preheat oven to 200°C/180°C fan (390°F/350°F fan). Slice the top of each tomato off and use a spoon to remove the insides of each tomato.
2. Place the tomatoes into a bowl with the olive oil, garlic, parmesan and basil. Rub the oil and seasoning into the tomatoes, then place them onto a baking tray. Bake for 20 minutes.
3. Remove the tomatoes from the oven and crack an egg into the hole of the tomato and crumble over the feta.
4. Place back in the oven for 10 minutes, or until the eggs are set. Serve and season with salt and pepper.

NUTRITIONAL VALUES (per serving)

- Calories: 608 kcal
- Carbs: 19g
- Total Fat: 43g
- Protein: 35g



DAY 6 - LUNCH:

LEFTOVER ARTICHOKE, KALE & GOATS CHEESE SALAD (V)

 Serves 1

Ingredients

1 portion of Leftover Artichoke, Kale & Goats Cheese Salad, from day 5 dinner

Method

1. Take leftover salad from the fridge then serve.

NUTRITIONAL VALUES (per serving)

- Calories: 516 kcal
- Carbs: 7g
- Total Fat: 43g
- Protein: 26g



DAY 6 - DINNER:

STUFFED BABY AUBERGINES (VEGAN)



Serves 2



15 minutes



25 minutes

Ingredients

40g Desiccated Coconut
2 tbsp. Smooth Peanut Butter
15g Fresh Coriander, chopped
4 Garlic Cloves, chopped
1 Medium Red Chilli, finely sliced
1 tbsp. Tomato Puree
5g Fresh Ginger, peeled
1 tsp. Garam Masala
½ tsp. Ground Cumin
Salt & Pepper, to taste
6 Baby Aubergines
1 tbsp. Olive Oil
½ tsp. Mustard Seeds
½ tsp. Fenugreek Seeds

To serve:

40g Rocket
40g Baby Spinach
50g Cherry Tomatoes, halved
Juice of ½ Lemon
1 tbsp. Olive Oil
2 tbsp. Pumpkin Seeds
2 tbsp. Sunflower Seeds

NUTRITIONAL VALUES (per serving)

- Calories: 498 kcal
- Carbs: 16g
- Total Fat: 40g
- Protein: 17g

Method

1. Start by making the stuffing for the aubergines. Add the coconut, peanut butter, coriander, garlic, chilli, tomato puree, ginger and spices to a food processor and pulse until well mixed.
2. Slice each aubergine from the base to the stem, but not through the stem, so the aubergine stays intact. Turn the aubergine and slice again in the same way, so that each aubergine is split into four but still attached to the stem.
3. Stuff each aubergine with the coconut and peanut mixture.
4. Heat the olive oil in a large frying pan, then add the mustard seeds and fenugreek seeds and fry until they start to pop, then turn the heat down.
5. Gently place the aubergines in the pan with the seeds, taking care not to spill the filling out of them. Add any extra filling the pan at the same time and gently stir to coat the aubergines.
6. Cover the pan with a lid and cook for 15-20 minutes until the aubergines are soft and cooked, adding a splash of water if the pan looks dry. Gently turn the aubergines every few minutes to make sure they cook on each side.
7. Whilst the aubergines are cooking, prepare the salad by tossing together the rocket, spinach, tomatoes, lemon juice and olive oil.
8. Sprinkle the seeds over the salad and serve with the stuffed aubergines.

TOP TIP: Save 1 portion for day 7 lunch



DAY 7 - BREAKFAST: SHAKSHUKA (V)



Serves 1



5 minutes



25 minutes

Ingredients

1 tbsp. Olive Oil
½ Medium Onion, diced
1 Garlic Clove, minced
½ Medium Pepper, diced
1 Tin (400g) Chopped Tomatoes
1 tbsp. Tomato Puree
½ tsp. Chilli Powder
½ tsp. Paprika
Salt & Pepper, to taste
2 Eggs
80g Goats Cheese
1 tbsp. Fresh Parsley

Method

1. 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.
2. Pour the tomatoes and tomato puree into the pan and stir well. Add the spices and season with salt and pepper.
3. Place the lid on the pan and leave to reduce for 10 minutes.
4. Crack the eggs into the pan and cook to your desired runniness. About 5 minutes before serving crumble over the goats cheese.
5. Garnish with parsley and serve.



NUTRITIONAL VALUES (per serving)

- Calories: 646 kcal
- Carbs: 33g
- Total Fat: 39g
- Protein: 40g

DAY 7 - LUNCH:

LEFTOVER STUFFED BABY AUBERGINES (VEGAN)

 Serves 1  10-15 minutes

Ingredients

1 portion of Leftover Stuffed Baby Aubergines from day 6 dinner

Method

1. Take the leftovers out of the fridge and enjoy!
2. If you want to reheat the aubergines, place them on a baking tray in the oven at 180°C/160° fan (350°F/320°F fan) for 10-15 minutes.

NUTRITIONAL VALUES (per serving)

- Calories: 498 kcal
- Carbs: 16g
- Total Fat: 40g
- Protein: 17g



DAY 7 - DINNER:

ONE PAN MUSHROOM CARBONARA (V)

 Serves 1  10 minutes  10 minutes

Ingredients

1 tbsp. Olive Oil
1 Garlic Clove, crushed
1 Portobello Mushroom, sliced
1 Medium Courgette, spiralised
1 Egg Yolk
30g Parmesan Cheese, grated
150ml Single Cream
Salt & Pepper, to taste

Method

1. Heat the oil in a non-stick pan over a medium heat then fry the garlic and mushroom.
2. Whilst the garlic and mushroom are cooking prepare the courgetti by spiralising the courgette. Add the courgetti to the pan with the garlic and mushroom and cook for 1-2 minutes.
3. Transfer the garlic, mushroom and courgetti to a plate and set aside.
4. In a bowl combine the egg yolk and parmesan cheese together, then pour $\frac{1}{2}$ of the cream into the pan and warm through over a medium heat.
5. Add the egg and parmesan mixture into the pan and mix well.
6. Add the remaining cream into the pan with the mushroom and courgetti and season with salt and pepper.
7. Continue to stir until well mixed, ensuring the courgetti is evenly coated in the mixture, then serve.



NUTRITIONAL VALUES (per serving)

- Calories: 572 kcal
- Carbs: 10g
- Total Fat: 48g
- Protein: 24g

DAYS 8-14 MEAL PLAN



DAYS 8-14 SHOPPING LIST

Please note, the shopping list is based on the amounts of ingredients used in the recipes and can be purchased in quantities to suit your individual needs e.g. in bulk or frozen. Please feel free to use leftover ingredients for the following week if necessary.



DAIRY

945g Greek Yoghurt	95g Parmesan Cheese
45ml Double Cream	225g Cheddar Cheese
11 Eggs	1 Ball (125g) of Mozzarella Cheese
55g Butter	50g Cottage Cheese
70g Blue Cheese	10g Sour Cream
375g Halloumi	
1 tbsp. Soft Cheese	



MEAT ALTERNATIVES

400g Tofu



FRUIT

Juice of 1 Lemon
1 Medium Avocado
2 Medium Tomatoes



FROM THE FREEZER

200g Strawberries
75g Raspberries
100g Edamame Beans



VEGETABLES

1 Medium Red Onion	100g Cucumber
4 Medium Onions	100g Spinach
8 Spring Onions	2 Handfuls of Mixed Green Salad Leaves
8 Garlic Cloves	2 tbsp. Chives
1 Small Red Chilli	2 tbsp. Fresh Basil Leaves
1 Medium Pepper	
2 Medium Aubergines	
4 Medium Courgettes	
100g Broccoli	
1 Medium Cauliflower	
1 Pak Choi	
200g Kale	
300g Asparagus	



CUPBOARD ITEMS

2 tbsp. Chia Seeds	½ tsp. Smoked Paprika
3 tsp. Sunflower Seeds	½ tsp. Turmeric
70g Walnuts	½ tsp. Cumin
50g Pine Nuts	1 tsp. Mint Sauce
20g Cashew Nuts	1 Vegetable Stock Cube
30g Almonds	12 Sun-dried Tomatoes
1½ tbsp. Ground Flaxseed	1 x 400g Tin Chopped Tomatoes
8 tbsp. Crunchy Peanut Butter	1 tsp. Tomato Puree
2 tbsp. Almond Butter	1 tbsp. Tamari Soy Sauce
¼ tsp. Ground Nutmeg	2 tbsp. Coconut Cream
1 tsp. Cinnamon	9 ½ tbsp. Olive Oil
2 tsp. Stevia	2 tbsp. Coconut Oil
½ tsp. Baking Powder	Salt
½ tsp. Mixed Herbs	Pepper
1 tsp. Paprika	

MEALS AT A GLANCE

Welcome to your week of delicious, low carb recipes that are suitable for the whole family. Easy to follow, easy to cook and suitable for any budget.

ICON KEY

 Servings  Prep Time  Cooking Time  Chill Time

BREAKFAST

LUNCH

DINNER

DAY 8



17g

39 PB & STRAWBERRY CHIA JAM YOGHURT BOWL (V)



8g

40 WARM BLUE CHEESE, WALNUT & KALE SALAD (V)



21g

41 GREEK NIGHT! VEGGIE KEBABS & TZATZIKI (V)

DAY 9



17g

42 PB & STRAWBERRY CHIA JAM YOGHURT BOWL (V)



8g

43 LEFTOVER WARM BLUE CHEESE, WALNUT & KALE SALAD (V)



17g

44 CREAMED SPINACH BAKED EGGS (V)

DAY 10



3g

45 CHEESY SCRAMBLED EGGS & SUN-DRIED TOMATOES (V)



21g

46 LEFTOVER GREEK NIGHT! VEGGIE KEBABS & TZATZIKI (V)



22g

47 CHEESY AUBERGINE BAKE (V)

BREAKFAST

LUNCH

DINNER

DAY 11



17g

48 PB & STRAWBERRY CHIA JAM YOGHURT BOWL (V)



22g

49 LEFTOVER CHEESY AUBERGINE BAKE (V)



10g

50 TOFU COURGETTI & PESTO SAUCE (V)

DAY 12



3g

51 CHEESY SCRAMBLED EGGS & SUN-DRIED TOMATOES (V)



10g

52 LEFTOVER TOFU COURGETTI & PESTO SAUCE (V)



12g

53 TOFU AND CASHEW NUT STIR FRY (V)

DAY 13



10g

54 KETO PANCAKES & STRAWBERRY CHIA JAM (V)



21g

55 CAULIFLOWER CHEESE & ONION SANDWICH (V)



12g

56 LEFTOVER TOFU AND CASHEW NUT STIR FRY (V)

DAY 14



13g

57 OMEGA-BOOSTING GREEK YOGHURT (V)



21g

58 CAULIFLOWER CHEESE & ONION SANDWICH (V)



24g

59 HALLOUMI BAKE FOR ONE (V)

DAY 8 - BREAKFAST:

PB & STRAWBERRY CHIA JAM YOGHURT BOWL (V)

 5 minutes

 15 minutes

Yogurt Bowl: serves 1

Strawberry Chia Jam: serves 4

Ingredients

For the chia jam:

200g Frozen Strawberries

1 tbsp. Lemon Juice

2 tsp. Stevia

2 tbsp. Chia Seeds

For the yogurt bowl:

200g Greek Yoghurt

2 tbsp. Crunchy Peanut Butter

1 tsp. Sunflower Seeds

Method

1. 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.
2. Leave to stand until the jam thickens. Store in the fridge in an airtight container.
3. Pour the yogurt into a bowl and top with the peanut butter, seeds and 1 serving of chia jam. Enjoy!

TOP TIP: To save time, the chia jam can be prepared the night before. Save 3 portions of chia jam for day 9, day 11 and day 13 breakfast.

NUTRITIONAL VALUES (per serving)

● **Calories:** 485 kcal

● **Carbs:** 17g

● **Total Fat:** 31g

● **Protein:** 31g



DAY 8 - LUNCH:

WARM BLUE CHEESE, WALNUT & KALE SALAD (V)

 Serves 2

 5 minutes

 10 minutes

Ingredients

1 tbsp. Olive Oil

200g Kale

300g Asparagus

70g Walnuts, roughly chopped

70g Blue Cheese

½ Medium Red Onion, sliced

Method

1. Heat the oil in a non-stick frying pan over a medium heat. Add the kale and asparagus to the pan and cook for 5 minutes, or until tender.
2. Add the chopped nuts and toss well. Cook for a further 5 minutes, then add to a bowl.
3. Crumble over the blue cheese and onions, then serve.

TOP TIP: Save 1 portion for day 9 lunch.

NUTRITIONAL VALUES (per serving)

● **Calories:** 491 kcal

● **Carbs:** 8g

● **Total Fat:** 41g

● **Protein:** 22g



DAY 8 - DINNER:

GREEK NIGHT! VEGGIE KEBABS & TZATZIKI (V)



Serves 2



10 minutes



2 hours



20 minutes

Ingredients

For the skewers:

250g Halloumi, cubed

1 tbsp. Olive Oil

Juice of ½ Lemon

1 Garlic Clove, crushed

½ tsp. Mixed Herbs

1 tsp. Paprika

Salt & Pepper, to taste

1 Medium Pepper, cut into chunks

½ Medium Red Onion, cut into chunks

½ Medium White Onion,
cut into chunks

For the Tzatziki:

100g Cucumber, grated

1 tsp. Mint Sauce

100g Greek Yoghurt

Method

1. Place 4 wooden skewers in cold water and leave to soak for 30 minutes (this prevents them from burning!)
2. Place the halloumi in a bowl or freezer bag and combine with oil, lemon juice, garlic, mixed herbs and paprika. Add salt and pepper to taste. Marinate for 1-2 hours - this can be done the night before or in the morning.
3. Whilst marinating prepare the vegetables for the skewers and the tzatziki.
4. For the tzatziki grate cucumber onto a tea towel and squeeze over the sink to drain. Combine cucumber, mint sauce and yoghurt in a bowl and store in the fridge.
5. Preheat oven to 200°C/180°C fan (390°F/350°F fan). Place the halloumi, peppers and onions onto 4 skewers, alternating between ingredients. Place the skewers onto a baking tray and bake for 15-20 minutes.
6. Serve skewers with the tzatziki.

TOP TIP: Save 1 serving for day 10 lunch.

NUTRITIONAL VALUES (per serving)

● Calories: 592 kcal

● Carbs: 21g

● Total Fat: 40g

● Protein: 38g



DAY 9 - BREAKFAST:

PB & STRAWBERRY CHIA JAM YOGHURT BOWL (V)

 Serves 1  5 minutes

Ingredients

200g Greek Yoghurt

1 portion of Strawberry Chia Jam
from day 8 breakfast

2 tbsp. Crunchy Peanut Butter

1 tsp. Sunflower Seeds

Method

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

NUTRITIONAL VALUES (per serving)

● **Calories:** 485 kcal

● **Carbs:** 17g

● **Total Fat:** 31g

● **Protein:** 31g



DAY 9 - LUNCH:

LEFTOVER WARM BLUE CHEESE, WALNUT & KALE SALAD (V)

 Serves 1

Ingredients

1 portion of Leftover Blue Cheese,
Walnut & Kale Salad from day 8 lunch

Method

1. Simply take leftovers from the fridge and enjoy.

NUTRITIONAL VALUES (per serving)

- Calories: 491 kcal
- Carbs: 8g
- Total Fat: 41g
- Protein: 22g



DAY 9 - DINNER:

CREAMED SPINACH BAKED EGGS (V)



Serves 1



10 minutes



15 minutes

Ingredients

- 1 tbsp. Olive Oil
- 1 Garlic Clove, crushed
- 1 Medium Onion, diced
- 100ml Water
- 1 Vegetable Stock Cube
- 100g Spinach
- Salt & Pepper, to taste
- ¼ tsp. Ground Nutmeg
- 1 tbsp. Double Cream
- 1 tbsp. Soft Cheese
- 2 Eggs
- 1 tbsp. Parmesan Cheese, grated
- 1 tbsp. Cheddar Cheese, grated

Method

1. Heat oil in a large pan over a medium heat. Add the garlic and onion and cook until tender.
2. Add the water and stock cube and stir. Bring to the boil then add the spinach and stir. Season with salt, pepper and the nutmeg.
3. Stir in the cream and soft cheese. Allow the mixture to simmer and thicken, then crack the eggs into the pan and sprinkle with the parmesan and cheddar.
4. Leave to cook until the eggs are baked, then transfer into a bowl and serve.



NUTRITIONAL VALUES (per serving)

- **Calories:** 623 kcal
- **Carbs:** 17g
- **Total Fat:** 46g
- **Protein:** 36g

DAY 10 - BREAKFAST:

CHEESY SCRAMBLED EGGS & SUN-DRIED TOMATOES (V)

 Serves 1

 5 minutes

 5-10 minutes

Ingredients

1 tbsp. Butter

3 Eggs

1 tbsp. Double Cream

6 Sun-dried Tomatoes

30g Cheddar Cheese, grated

3 Spring Onions, diced

Method

1. Melt the butter in a saucepan over a low heat. Whisk the eggs and add to the pan with the cream.
2. Sprinkle over the tomatoes, cheese and spring onions and stir continuously until the eggs begin to thicken. Serve and enjoy!

NUTRITIONAL VALUES (per serving)

● **Calories:** 614 kcal

● **Carbs:** 3g

● **Total Fat:** 53g

● **Protein:** 31g



DAY 10 - LUNCH:

LEFTOVER GREEK NIGHT! VEGGIE KEBABS & TZATZIKI (V)

 Serves 1

Ingredients

1 portion of Leftover Greek Night!
Veggie Kebabs & Tzatziki from
day 8 dinner

Method

1. Simply take the leftovers from day 8 out of the fridge and enjoy!
This can be enjoyed hot or cold.

NUTRITIONAL VALUES (per serving)

- Calories: 592 kcal
- Carbs: 21g
- Total Fat: 40g
- Protein: 38g



DAY 10 - DINNER:

CHEESY AUBERGINE BAKE (V)



Serves 2



15 minutes



1 hour 30 minutes

Ingredients

2 Medium Aubergines, sliced lengthways

Salt

2 tbsp. Olive Oil

2 Garlic Cloves, minced

1 Medium Onion, diced

1 Tin (400g) of Chopped Tomatoes

1 tsp. Cinnamon

Pepper

1 Ball (125g) of Mozzarella

5 tbsp. Parmesan, finely grated

2 Handfuls of Mixed Green Salad Leaves

Method

1. Place the aubergine slices in a colander and sprinkle with salt. Leave for about 1 hour, to allow the juices to drain.
2. Preheat the oven to 200°C/180°C fan (390°F/350°F fan). Heat 1 tbsp. of oil in a large non-stick frying pan over a medium heat. Add the garlic and onions and cook until tender. Pour in the tomatoes and sprinkle with cinnamon. Leave to simmer for 15-20 minutes, or until the sauce has thickened.
3. Whilst the sauce thickens, place the aubergine on a baking tray and drizzle with 1 tbsp. of oil. Season with pepper and place under the grill until slightly charred. Turn the aubergine over, so both sides are grilled, then set aside.
4. Grease a small oven-proof dish and place $\frac{1}{3}$ of the aubergine slices across the bottom, topped with $\frac{1}{2}$ of the tomato sauce. Tear the mozzarella into pieces and scatter $\frac{1}{3}$ of the mozzarella and grated parmesan over the tomato sauce.
5. Repeat this for a second time, creating 2 layers, then cover the second layer with the remaining aubergine and cheese.
6. Place in the oven for 30-40 minutes, then serve with mixed green leaves of choice.

TOP TIP: Save 1 portion for day 11 lunch.



NUTRITIONAL VALUES (per serving)

● **Calories:** 548 kcal

● **Carbs:** 22g

● **Total Fat:** 37g

● **Protein:** 31g

DAY 11 - BREAKFAST:

PB & STRAWBERRY CHIA JAM YOGHURT BOWL (V)

 Serves 1  5 minutes

Ingredients

200g Greek Yoghurt

1 portion of Strawberry Chia Jam
from day 8 breakfast

2 tbsp. Crunchy Peanut Butter

1 tsp. Sunflower Seeds

Method

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

NUTRITIONAL VALUES (per serving)

● **Calories:** 485 kcal

● **Carbs:** 17g

● **Total Fat:** 31g

● **Protein:** 31g



DAY 11 - LUNCH:

LEFTOVER CHEESY AUBERGINE BAKE (V)

 Serves 1  5-10 minutes

Ingredients

1 portion of Leftover Cheesy Aubergine Bake from day 10 dinner

Method

1. Simply take leftovers from day 10 out of the fridge.
2. Reheat in the oven or microwave and enjoy.

NUTRITIONAL VALUES (per serving)

- Calories: 548 kcal
- Carbs: 22g
- Total Fat: 37g
- Protein: 31g



DAY 11 - DINNER:

TOFU COURGETTI & PESTO SAUCE (V)



Serves 2



15 minutes



15 minutes

Ingredients

- 1 Medium Avocado
- 50g Pine Nuts
- 2 Garlic Cloves, crushed
- 2 tbsp. Olive Oil
- 2 tbsp. Chives
- 1 tbsp. Fresh Basil Leaves
- Salt & Pepper, to taste
- ½ tsp. Butter
- 200g Tofu, cubed
- 3 Medium Courgettes, spiralised
- 1 tbsp. Parmesan Cheese, grated

Method

1. For the pesto sauce place the avocado, pine nuts, garlic, oil, chives and basil into a food processor. Season with salt and pepper and blend until smooth.
2. Add the butter to a pan and fry the tofu until slightly crispy.
3. Spiralise the courgette using a spiraliser or vegetable peeler and add to the pan with the tofu. Cook until tender, then stir in the pesto sauce and cook until the pesto is warm.
4. Transfer onto serving dishes and sprinkle over the parmesan.

TOP TIP: Save 1 portion for day 12 lunch.

NUTRITIONAL VALUES (per serving)

- **Calories:** 495 kcal
- **Carbs:** 10g
- **Total Fat:** 41g
- **Protein:** 21g



DAY 12 - BREAKFAST:

CHEESY SCRAMBLED EGGS & SUN-DRIED TOMATOES (V)

 Serves 1

 5 minutes

 5-10 minutes

Ingredients

1 tbsp. Butter

3 Eggs

1 tbsp. Double Cream

6 Sun-dried Tomatoes

30g Cheddar Cheese, grated

3 Spring Onions, diced

Method

1. Melt the butter in a saucepan over a low heat. Whisk the eggs and add to the pan with the cream.
2. Sprinkle over the tomatoes, cheese and spring onions and stir continuously until the eggs begin to thicken. Serve and enjoy!

NUTRITIONAL VALUES (per serving)

● **Calories:** 614 kcal

● **Carbs:** 3g

● **Total Fat:** 53g

● **Protein:** 31g



DAY 12 - LUNCH:

LEFTOVER TOFU COURGETTI & PESTO SAUCE (V)

 Serves 1  5 minutes

Ingredients

1 portion of Leftover Tofu Courgetti & Pesto from day 11 dinner

Method

1. Simply take leftovers from the fridge and reheat.

NUTRITIONAL VALUES (per serving)

- Calories: 495 kcal
- Carbs: 10g
- Total Fat: 41g
- Protein: 21g



DAY 12 - DINNER:

TOFU AND CASHEW NUT STIR FRY (V)



Serves 2



5 minutes



10-12 minutes

Ingredients

2 tbsp. Coconut Oil
1 Garlic Clove, crushed
1 Small Red Chilli, finely chopped
2 tbsp. Crunchy Peanut Butter
2 Spring Onions, sliced
100g Broccoli, chopped into florets
1 Pak Choi, separated into leaves
200g Tofu, cubed
100g Edamame Beans
1 tbsp. Tamari Soy Sauce
2 tbsp. Coconut Cream
20g Cashew Nuts

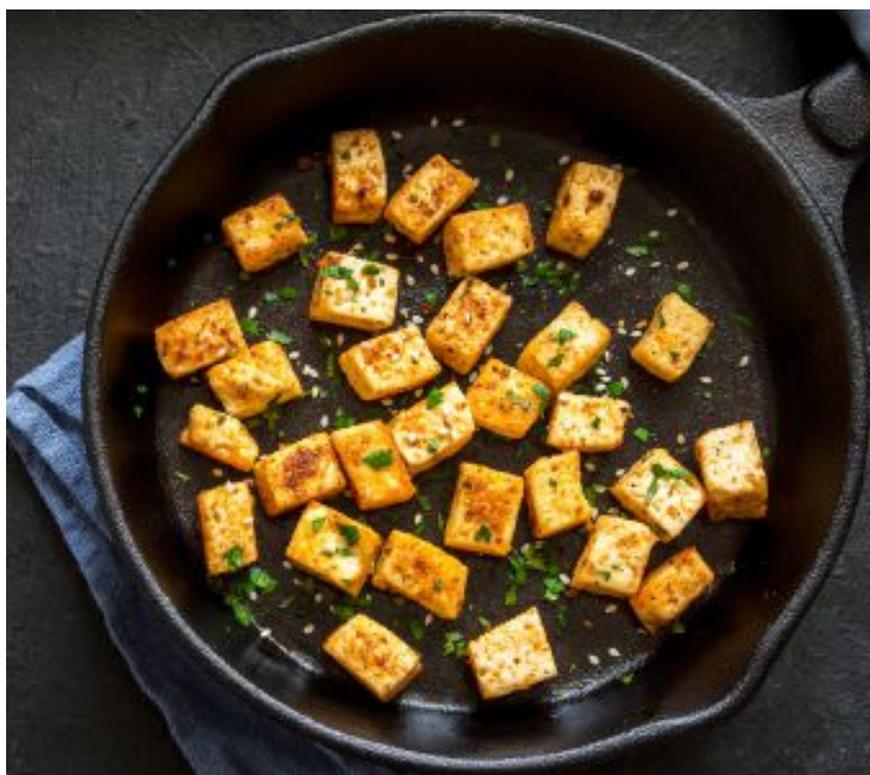
Method

1. Heat the coconut oil in a wok over a medium to high heat, then add the garlic, red chilli and peanut butter and cook for 2 minutes.
2. Add the spring onion, broccoli and pak choi and cook for a further 5 minutes.
3. Add the tofu, edamame beans, soy sauce and coconut cream and cook for a further 3-5 minutes.
4. Divide between 2 plates and sprinkle the cashew nuts over the top.

TOP TIP: Save 1 portion for day 13 dinner.

NUTRITIONAL VALUES (per serving)

- Calories: 459 kcal
- Carbs: 12g
- Total Fat: 33g
- Protein: 26g



DAY 13 - BREAKFAST:

KETO PANCAKES & STRAWBERRY CHIA JAM (V)



Serves 1



10 minutes



10 minutes

Ingredients

1 Egg

50g Cottage Cheese

½ tsp. Baking Powder

1 tbsp. Ground Flaxseed

1 tbsp. Butter

1 tbsp. Greek Yoghurt

1 portion of Strawberry Chia Jam,
from day 8 breakfast

30g Almonds, roughly chopped

Method

1. Combine the egg, cottage cheese, baking powder and flaxseed in a bowl and mix well.
2. Leave the mixture to rest for 5 minutes whilst melting the butter in a non-stick frying pan.
3. When the butter has melted, transfer the mixture into the pan in large circles. You may need to do this in batches.
4. Cook on either side for a few minutes or until cooked through then transfer onto a plate.
5. Layer the pancakes on the plate then top with the Greek yoghurt, chia jam and almonds.

NUTRITIONAL VALUES (per serving)

● Calories: 481 kcal

● Carbs: 10g

● Total Fat: 37g

● Protein: 26g



DAY 13 - LUNCH:

CAULIFLOWER CHEESE & ONION SANDWICH (V)



Serves 1



10 minutes



10 minutes

Ingredients

- ½ Medium Cauliflower
- 1 Egg, lightly beaten
- 30g Parmesan Cheese, grated
- Salt & Pepper, to taste
- 1 tsp. Olive Oil
- 75g Cheddar Cheese, grated
- ½ Medium Onion, sliced

Method

1. Cut the cauliflower into florets and create cauli rice by finely grating or using a food processor.
2. In a large bowl combine the cauli rice with the egg and parmesan. Mix well and season with salt and pepper. Shape into 4 even balls.
3. 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.
4. Top 2 of the patties with the cheddar, onion and remaining patties. Cook on both sides, until the cheese has melted in the middle.

NUTRITIONAL VALUES (per serving)

- **Calories:** 664 kcal
- **Carbs:** 21g
- **Total Fat:** 45g
- **Protein:** 44g



DAY 13 - DINNER:

LEFTOVER TOFU AND CASHEW NUT STIR FRY (V)

 Serves 1  5 minutes

Ingredients

1 portion of Leftover Tofu and Cashew Nut Stir Fry, from day 12 dinner

Method

1. Simply reheat the leftover tofu and cashew nut stir fry in the microwave for 3-5 minutes until warm.

NUTRITIONAL VALUES (per serving)

- Calories: 459 kcal
- Carbs: 12g
- Total Fat: 33g
- Protein: 26g



DAY 14 - BREAKFAST:

OMEGA-BOOSTING GREEK YOGHURT (V)

 Serves 1  5 minutes

Ingredients

200g Greek Yoghurt
75g Frozen Raspberries
2 tbsp. Almond Butter
1 tsp. Ground Flaxseed

Method

1. Add yoghurt and raspberries to a bowl.
2. Drizzle the almond butter over the top and sprinkle with the ground flaxseed.

NUTRITIONAL VALUES (per serving)

- Calories: 465 kcal
- Carbs: 13g
- Total Fat: 32g
- Protein: 29g



DAY 14 - LUNCH:

CAULIFLOWER CHEESE & ONION SANDWICH (V)

 Serves 1  10 minutes  10 minutes

Ingredients

½ Medium Cauliflower
1 Egg, lightly beaten
30g Parmesan Cheese, grated
Salt & Pepper, to taste
1 tsp. Olive Oil
75g Cheddar Cheese, grated
½ Medium Onion, sliced

Method

1. Cut the cauliflower into florets and create cauli rice by finely grating or using a food processor.
2. In a large bowl combine the cauli rice with the egg and parmesan. Mix well and season with salt and pepper. Shape into 4 even balls.
3. 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.
4. Top 2 of the patties with the cheddar, onion and remaining patties. Cook on both sides, until the cheese has melted in the middle.

NUTRITIONAL VALUES (per serving)

- **Calories:** 664 kcal
- **Carbs:** 21g
- **Total Fat:** 45g
- **Protein:** 44g



DAY 14 - DINNER:

HALLOUMI BAKE FOR ONE (V)

 Serves 1  10 minutes  25 minutes

Ingredients

1 tbsp. Olive Oil
½ Medium Onion, chopped
1 Garlic Clove, crushed
2 Medium Tomatoes, diced
1 Medium Courgette, diced
1 tsp. Tomato Puree
½ tsp. Turmeric
½ tsp. Ground Cumin
½ tsp. Smoked Paprika
½ Small Red Fresh Chilli, finely sliced
Salt & Pepper, to taste
125g Halloumi, sliced
1 Handful of Fresh Basil, to garnish
½ tbsp. Sour Cream

Method

1. Heat the oil in a small frying pan over a low-medium heat. Add the onion and garlic and cook until tender.
2. Add the tomatoes, courgette, tomato puree and spices. Season with salt and pepper and cook for 10 minutes or until the vegetables are tender and the tomatoes are juicy.
3. Add a splash of water and cook for a further 5 minutes, to allow the sauce to reduce.
4. Preheat the grill to a medium-high heat. Remove the pan from the hob and place the slices of halloumi across the top of the vegetables. Place under the grill until the cheese is golden.
5. Transfer into a serving dish. Garnish with basil and top with a spoonful of sour cream before serving.



NUTRITIONAL VALUES (per serving)

- **Calories:** 681 kcal
- **Carbs:** 24g
- **Total Fat:** 48g
- **Protein:** 38g

DAYS 15-21 MEAL PLAN



DAYS 15-21 SHOPPING LIST

Please note, the shopping list is based on the amounts of ingredients used in the recipes and can be purchased in quantities to suit your individual needs e.g. in bulk or frozen. Please feel free to use leftover ingredients for the following week if necessary.



DAIRY

15 Eggs
130g Butter
1 tbsp. Ghee
135g Greek Yoghurt
200g Mascarpone
200g Mozzarella Cheese
125g Goats Cheese
100g Feta Cheese
100ml Whole Milk
60g Ricotta
50g Cheddar Cheese
50g Cottage Cheese



DAIRY ALTERNATIVES

180g Coconut Yoghurt



MEAT ALTERNATIVES

300g Tofu



FRUIT

Juice of 2½ Lemons
200g Strawberries
4 Medium Avocados
2 Medium Tomatoes
50g Cherry Tomatoes



VEGETABLES

9 Garlic Cloves
2 Small Onions
2 Medium Onions
2½ Medium Red Onions
1 Medium Red Chilli
1 Medium Green Chilli
20g Fresh Ginger
1 Large Cauliflower
1 Medium Cauliflower
2 Medium Courgettes
200g Asparagus
¼ Medium Cabbage
1 Medium Carrot
4 Portobello Mushrooms
220g Baby Spinach
50g Rocket
5g Fresh Coriander
10g Fresh Basil



CUPBOARD ITEMS

11 tbsp. Olive Oil
5 tbsp. Coconut Oil
80g Sunflower Seeds
35g Chia Seeds
45g Pumpkin Seeds
1 tbsp. Poppy Seeds
116g Desiccated Coconut
200g Ground Almonds
75g Flaked Almonds
30g Almonds
1½ tsp. Baking Powder
1 tsp. Stevia
1 tbsp. Peanut Butter
1 tsp. Ground Turmeric
1 tsp. Oregano
½ tsp. Garlic Powder
2 tsp. Coriander Seeds
2 tsp. Ground Coriander
2 tsp. Ground Cumin
2 tsp. Tamarind Paste
2 tsp. Mixed Herbs
½ tsp. English Mustard Powder
1 tbsp. Ground Flaxseed
2 Vegetable Stock Cubes
1 x 400ml Tin Coconut Milk
1 x 210g Tin Chickpeas (drained weight 130g)
2½ tbsp. Pesto
4 tbsp. Passata
40g Soya Flour
Salt
Pepper

MEALS AT A GLANCE

Welcome to your week of delicious, low carb recipes that are suitable for the whole family. Easy to follow, easy to cook and suitable for any budget.

ICON KEY

 Servings  Prep Time  Cooking Time  Chill Time

BREAKFAST

LUNCH

DINNER

DAY 15



10g

64 PB & J ON MULTISEED BREAD (V)



22g

65 KERALAN VEGETABLES WITH COURGETTI (V)



21g

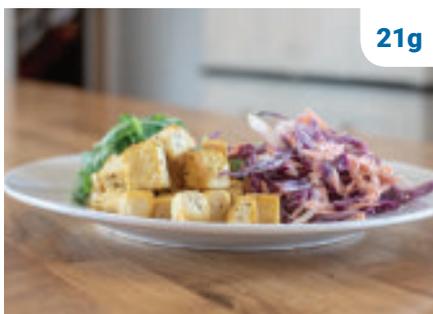
66 TOFU NUGGETS & CREAMY COCONUT COLESLAW (VEGAN)

DAY 16



9g

67 SMASHED AVOCADO ON TOAST (V)



21g

68 LEFTOVER TOFU NUGGETS & CREAMY COCONUT COLESLAW (VEGAN)



22g

69 LEFTOVER KERALAN VEGETABLES WITH COURGETTI (V)

DAY 17



12g

70 STRAWBERRY CHIA JAM & SUNFLOWER SEED MASCARPONE BOWL (V)



22g

71 LEFTOVER KERALAN VEGETABLES WITH COURGETTI (V)



26g

72 CHICKPEA COCONUT CURRY (VEGAN)

BREAKFAST

LUNCH

DINNER

DAY 18



12g

73 STRAWBERRY CHIA JAM & SUNFLOWER SEED MASCARPONE BOWL (V)



26g

74 LEFTOVER CHICKPEA COCONUT CURRY (VEGAN)



11g

75 PORTOBELLO VEGGIE CHEESE BURGER (V)

DAY 19



9g

76 SMASHED AVOCADO ON TOAST (V)



11g

77 LEFTOVER PORTOBELLO VEGGIE CHEESE BURGER (V)



19g

78 RICOTTA & SPINACH CAULIFLOWER CALZONES (V)

DAY 20



10g

79 KETO PANCAKES & STRAWBERRY CHIA JAM (V)



6g

80 LOW CARB CHEESE ON TOAST (V)



20g

81 RED ONION & FETA TOAD IN THE HOLE (V)

DAY 21



6g

82 POACHED EGGS ON TOAST (V)



20g

83 LEFTOVER RED ONION & FETA TOAD IN THE HOLE (V)



19g

84 RICOTTA & SPINACH CAULIFLOWER CALZONES (V)

DAY 15 - BREAKFAST:

PB & J ON MULTISEED BREAD (V)



10 minutes



45 minutes

Multiseed bread:

serves 6/makes 12 slices

Chai Jam: serves 4

Toppings: serves 1

Ingredients

For the multiseed bread:

7 Eggs

2 tbsp. Olive Oil

115g Butter, melted

35g Sunflower Seeds

20g Chia Seeds

40g Pumpkin Seeds

1 tsp. Baking Powder

200g Ground Almonds

½ tsp. Salt

1 tbsp. Poppy Seeds

For the strawberry chia jam:

200g Strawberries, diced

1 tbsp. Lemon Juice

1 tsp. Stevia (optional)

1 tbsp. Chia Seeds

For the toppings:

1 tbsp. Peanut Butter

Method

1. For the bread begin by preheating the oven to 180°C/160°C fan (350°F/320°F fan).
2. Crack the eggs into a bowl and beat for 1-2 minutes on high.
3. Add the olive oil and melted butter to the eggs, continue beating.
4. Combine the remaining ingredients except for the poppy seeds, then scrape into a loaf pan lined with baking paper and scatter with the poppy seeds.
5. Place the bread into the oven and bake for 45 minutes (remove once a skewer comes out of the middle clean).
6. In the meantime, prepare the strawberry chia jam by heating the strawberries, lemon juice and stevia in a pan.
7. When the strawberries are stewed, mash with a potato masher and stir in the chia seeds.
8. Leave to stand until the jam thickens, then transfer into an air tight container.
9. Remove the bread from the oven then leave to cool for ten minutes.
10. Slice the bread into 12 even slices, placing 10 of the slices in an air tight container.
11. Toast the remaining two slices of bread in the toaster or under the grill then spread the peanut butter over the top.
12. Spread 1 serving of chia jam on top of the peanut butter then serve.

TOP TIP: The multi-seed bread and chia jam can be made the night before to save time. Save 3 portions of the chia jam for day 17, 18 and 20 breakfast. Save 4 portions of the bread for day 16, 19 and 21 breakfast, and day 20 lunch.

NUTRITIONAL VALUES (per serving)

● **Calories:** 684 kcal

● **Carbs:** 10g

● **Total Fat:** 60g

● **Protein:** 25g

DAY 15 - LUNCH:

KERALAN VEGETABLES WITH COURGETTI (V)

 Serves 3  15 minutes  1 hour  20 minutes

Ingredients

1 Medium Cauliflower, cut into florets
2 tbsp. Greek Yoghurt
½ tsp. Ground Turmeric
1 tbsp. Ghee
2 tsp. Coriander Seeds
6 Garlic Cloves, chopped
1 Medium Red Chilli, finely chopped
10g Fresh Ginger, finely chopped
2 Small Onions, diced
450ml Boiling Water
2 Vegetable Stock Cubes
1 Tin (400ml) Coconut Milk
100g Baby Spinach
2 Medium Courgettes, spiralised
75g Flaked Almonds

Method

1. Place the cauliflower, yoghurt and turmeric in a bowl and mix well so that the cauliflower is well coated, then leave to marinate for 1 hour
2. Heat the ghee in a large pan, then add the coriander seeds, garlic, chilli and ginger and fry for 3-4 minutes.
3. Add the onions and fry for a further 5-6 minutes.
4. Add the marinated cauliflower and fry for 4-5 minutes until lightly browned. Make sure to stir frequently to stop the cauliflower from sticking to the pan.
5. Make up the vegetable stock using the boiling water and stock cubes, then add it to the pan and leave to simmer for 20-25 minutes.
6. Stir through the coconut milk, spinach and spiralised courgette and simmer for a further 5-6 minutes.
7. Spoon the curry into bowls, scatter over the flaked almonds and serve.

TOP TIP: Save 2 portions for day 16 dinner and day 17 lunch.

NUTRITIONAL VALUES (per serving)

- **Calories:** 533 kcal
- **Carbs:** 22g
- **Total Fat:** 42g
- **Protein:** 16g



DAY 15 - DINNER:

TOFU NUGGETS & CREAMY COCONUT COLESLAW (VEGAN)



Serves 2



10 minutes



10 minutes

Ingredients

For the tofu nuggets:

300g Tofu, cut into cubes

2 tsp. Mixed Herbs

Salt & Pepper, to taste

4 tbsp. Olive Oil

1 Medium Avocado, sliced

2 Handfuls of Rocket

For the creamy coconut coleslaw:

1 Medium Onion, finely sliced lengthways

¼ Medium Cabbage, finely shredded

1 Medium Carrot, finely grated

150g Coconut Yoghurt

1 tbsp. Lemon Juice

½ tsp. English Mustard Powder

Salt & Pepper, to taste

Method

1. Place the cubes of tofu into a bowl and sprinkle over the mixed herbs. Season with salt and pepper.
2. Heat the oil in a non-stick frying pan then place the tofu nuggets into the pan. Cook for 10 minutes or until crispy, turning the nuggets over to ensure they are evenly cooked.
3. In the meantime, prepare the coleslaw by combining all the ingredients in a bowl, ensuring it is well mixed.
4. Remove the tofu nuggets from the pan and serve with the coleslaw, avocado and rocket.

TOP TIP: Save 1 portion for day 16 lunch.

NUTRITIONAL VALUES (per serving)

● **Calories:** 429 kcal

● **Carbs:** 21g

● **Total Fat:** 31g

● **Protein:** 16g



DAY 16 - BREAKFAST:

SMASHED AVOCADO ON TOAST (V)

 Serves 1

 5 minutes

 5 minutes

Ingredients

2 slices of Leftover Multiseed Bread,
from day 15 breakfast

1 Medium Avocado, mashed

Juice of ½ Lemon

Salt & Pepper, to taste

Method

1. Toast the bread in the toaster or under the grill.
2. In the meantime, mash the avocado and lemon juice then season with salt and pepper.
3. Share the mashed avocado out between the two slices of toast, then serve and enjoy.

NUTRITIONAL VALUES (per serving)

● **Calories:** 814 kcal

● **Carbs:** 9g

● **Total Fat:** 77g

● **Protein:** 22g



DAY 16 - LUNCH:

LEFTOVER TOFU NUGGETS & CREAMY COCONUT COLESLAW (VEGAN)

 Serves 1  5-10 minutes

Ingredients

1 portion of Leftover Tofu Nuggets & Creamy Coconut Coleslaw from day 15 dinner

Method

1. Take the leftover nuggets from the fridge and reheat or enjoy cold.
2. Serve with the leftover coleslaw.

NUTRITIONAL VALUES (per serving)

- **Calories:** 429 kcal
- **Carbs:** 21g
- **Total Fat:** 31g
- **Protein:** 16g



DAY 16 - DINNER:

LEFTOVER KERALAN VEGETABLES WITH COURGETTI (V)

 Serves 1  5 minutes

Ingredients

1 portion of Leftover Keralan Vegetables with Courgetti from day 15 lunch

Method

1. Take the leftovers out of the fridge and either enjoy cold or reheat in a pan.

NUTRITIONAL VALUES (per serving)

- **Calories:** 533 kcal
- **Carbs:** 22g
- **Total Fat:** 42g
- **Protein:** 16g



DAY 17 - BREAKFAST:

STRAWBERRY CHIA JAM & SUNFLOWER SEED MASCARPONE BOWL (V)



Serves 1



5 minutes

Ingredients

- 100g Mascarpone
- 1 portion of Strawberry Chia Jam, from day 15 breakfast
- 2 tbsp. Sunflower Seeds
- 1 tbsp. Desiccated Coconut

Method

1. Add the mascarpone and chia jam to a bowl.
2. Sprinkle with the sunflower seeds and coconut then serve.

NUTRITIONAL VALUES (per serving)

- **Calories:** 632 kcal
- **Carbs:** 12g
- **Total Fat:** 60g
- **Protein:** 10g



DAY 17 - LUNCH:

LEFTOVER KERALAN VEGETABLES WITH COURGETTI (V)



Serves 1



5 minutes

Ingredients

1 portion of Leftover Keralan Vegetables with Courgetti from day 15 lunch

Method

1. Take the leftovers out of the fridge and either enjoy cold or reheat in a pan.

NUTRITIONAL VALUES (per serving)

- Calories: 533 kcal
- Carbs: 22g
- Total Fat: 42g
- Protein: 16g



DAY 17 - DINNER:

CHICKPEA COCONUT CURRY (VEGAN)



Serves 2



5 minutes



25 minutes

Ingredients

- 2 tbsp. Coconut Oil
- 1 Medium Onion, diced
- 3 Garlic Cloves, chopped
- 10g Ginger, grated
- 1 Medium Green Chilli, finely sliced
- ½ tsp. Ground Turmeric
- 2 tsp. Ground Coriander
- 2 tsp. Ground Cumin
- 2 tsp. Tamarind Paste
- 2 Medium Tomatoes, chopped
- 350ml Boiling Water
- 100g Desiccated Coconut
- 1 Small Tin (210g) Chickpeas, drained and rinsed
- 100g Baby Spinach
- Juice of ½ Lemon
- 2 tbsp. Coconut Yoghurt
- 5g Fresh Coriander, chopped

Method

1. Heat the coconut oil in a large pan, add the onion and fry for 3-4 minutes until browned.
2. Add the garlic, ginger and green chilli and fry for a further 1-2 minutes.
3. Stir in the turmeric, coriander, cumin and tamarind paste, then add the tomatoes and stir to coat in the spices.
4. Add the water and desiccated coconut to the pan, stir and simmer for 10 minutes.
5. Stir through the chickpeas and spinach and simmer for a further 5-7 minutes, until the chickpeas are heated through.
6. Squeeze the lemon over the curry and serve with coconut yoghurt and a garnish of fresh coriander.

TOP TIP: Save 1 portion for day 18 lunch.

NUTRITIONAL VALUES (per serving)

- **Calories:** 475 kcal
- **Carbs:** 26g
- **Total Fat:** 36g
- **Protein:** 11g



DAY 18 - BREAKFAST:

STRAWBERRY CHIA JAM & SUNFLOWER SEED MASCARPONE BOWL (V)



Serves 1



5 minutes

Ingredients

- 100g Mascarpone
- 1 portion of Strawberry Chia Jam, from day 15 breakfast
- 2 tbsp. Sunflower Seeds
- 1 tbsp. Desiccated Coconut

Method

1. Add the mascarpone and chia jam to a bowl.
2. Sprinkle with the sunflower seeds and coconut then serve.

NUTRITIONAL VALUES (per serving)

- Calories: 6632 kcal
- Carbs: 12g
- Total Fat: 60g
- Protein: 10g



DAY 18 - LUNCH:

LEFTOVER CHICKPEA COCONUT CURRY (VEGAN)

 Serves 1  5 minutes

Ingredients

1 portion of Leftover Chickpea
Coconut Curry from day 17 dinner

Method

1. Take the leftovers out of the fridge, reheat in a pan and enjoy.



NUTRITIONAL VALUES (per serving)

- Calories: 475 kcal
- Carbs: 26g
- Total Fat: 36g
- Protein: 11g

DAY 18 - DINNER:

PORTOBELLO VEGGIE CHEESE BURGER (V)



Serves 2



10 minutes



15 minutes

Ingredients

For the burgers:

4 Portobello Mushrooms

1 tbsp. Olive Oil

½ Medium Red Onion, thinly sliced

1 Medium Avocado, mashed

125g Goats Cheese

2 tbsp. Pesto

For the salad:

2 Handfuls of Rocket

50g Cherry Tomatoes, halved

For the dressing:

2 tbsp. Olive Oil

1 tsp. Pesto

Method

1. Preheat the oven to 200°C/180°C fan (390°F/350°F fan).
2. Place the mushrooms on a lined baking tray and bake in the oven for 10-15 minutes.
3. In the meantime, heat the oil in a non-stick frying pan and fry the sliced onions. Cook until tender.
4. When the mushrooms are cooked, remove from the oven and top two with the mashed avocado, crumbled goats cheese, onions and pesto. Place the leftover mushrooms on top.
5. Drizzle the rocket with the olive oil and pesto and serve the rocket salad with the burgers.

TOP TIP: Save 1 portion for day 19 lunch.

NUTRITIONAL VALUES (per serving)

● **Calories:** 673 kcal

● **Carbs:** 11g

● **Total Fat:** 61g

● **Protein:** 21g



DAY 19 - BREAKFAST:

SMASHED AVOCADO ON TOAST (V)

 Serves 1

 5 minutes

 5 minutes

Ingredients

2 slices of Leftover Multiseed Bread,
from day 15 breakfast

1 Medium Avocado, mashed

Juice of ½ Lemon

Salt & Pepper, to taste

Method

1. Toast the bread in the toaster or under the grill.
2. In the meantime, mash the avocado and lemon juice then season with salt and pepper.
3. Share the mashed avocado out between the two slices of toast then serve and enjoy.

NUTRITIONAL VALUES (per serving)

● **Calories:** 814 kcal

● **Carbs:** 9g

● **Total Fat:** 77g

● **Protein:** 22g



DAY 19 - LUNCH:

LEFTOVER PORTOBELLO VEGGIE CHEESE BURGER (V)

 Serves 1

Ingredients

1 portion of Leftover Low Carb Veggie Cheese Burger, from day 18 dinner

Method

1. Simply take the leftover burger and salad from the fridge then serve.

NUTRITIONAL VALUES (per serving)

- Calories: 673 kcal
- Carbs: 11g
- Total Fat: 61g
- Protein: 21g



RICOTTA & SPINACH CAULIFLOWER CALZONES (V)



Serves 1



15 minutes



30 minutes

Ingredients

- 1 tbsp. Olive Oil
- ½ Large Cauliflower
- 1 Egg, lightly beaten
- 100g Mozzarella Cheese, shredded
- ½ tsp. Oregano
- ¼ tsp. Garlic Powder
- Salt & Pepper, to taste
- 2 tbsp. Passata
- 30g Ricotta
- 1 Handful of Baby Spinach
- 1 Handful of Fresh Basil, torn

Method

1. Preheat oven to 200°C/180°C fan (390°F/350°F fan) and line a baking tray with baking paper and lightly cover with oil.
2. Use a food processor or hand-held grater to finely grate the cauliflower.
3. Microwave the cauliflower for 8-10 minutes and drain in a tea towel over the sink, until the cauliflower is dry.
4. In a bowl combine the cauliflower, egg, ½ of the mozzarella, oregano and garlic powder. Season with salt and pepper and mix it thoroughly using your hands.
5. Roll the mixture into a large ball, then flatten it onto the baking tray in a round shape. Bake for 10 minutes.
6. Remove from the oven and spread the passata over half of the calzone base. Sprinkle with the remaining mozzarella, ricotta, spinach and basil.
7. Fold the cauliflower in half, covering the cheese and tomato filling and press down on the edge to ensure it is well sealed.
8. 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.

NUTRITIONAL VALUES (per serving)

- Calories: 676 kcal
- Carbs: 19g
- Total Fat: 47g
- Protein: 45g



DAY 20 - BREAKFAST:

KETO PANCAKES & STRAWBERRY CHIA JAM (V)

 Serves 1

 10 minutes

 10 minutes

Ingredients

1 Egg
50g Cottage Cheese
½ tsp. Baking Powder
1 tbsp. Ground Flaxseed
1 tbsp. Butter
1 tbsp. Greek Yoghurt
1 portion of Strawberry Chia Jam,
from day 15 breakfast
30g Almonds, roughly chopped

Method

1. Combine the egg, cottage cheese, baking powder and flaxseed in a bowl and mix well.
2. Leave the mixture to rest for 5 minutes whilst melting the butter in a non-stick frying pan.
3. When the butter has melted, transfer the mixture into the pan in large circles. You may need to do this in batches.
4. Cook on either side for a few minutes or until cooked through then transfer onto a plate.
5. Layer the pancakes on the plate then top with the Greek yoghurt, chia jam and almonds.

NUTRITIONAL VALUES (per serving)

- **Calories:** 481 kcal
- **Carbs:** 10g
- **Total Fat:** 37g
- **Protein:** 26g



DAY 20 - LUNCH:

LOW CARB CHEESE ON TOAST (V)



Serves 1



5 minutes



10 minutes

Ingredients

2 slices of Leftover Multiseed Bread,
from day 15 breakfast

50g Cheddar Cheese, grated

1 Handful of Rocket

Juice of ½ Lemon

Method

1. Preheat the grill to a medium heat then lightly toast the bread on either side.
2. Top each slice with the grated cheddar then place under the grill until the cheese melts.
3. Remove the cheese on toast from the grill then serve on a plate with the rocket drizzled in the lemon juice.

NUTRITIONAL VALUES (per serving)

● **Calories:** 783 kcal

● **Carbs:** 6g

● **Total Fat:** 70g

● **Protein:** 33g



DAY 20 - DINNER:

RED ONION & FETA TOAD IN THE HOLE (V)



Serves 2



10 minutes



45 minutes

Ingredients

2 Medium Red Onions

3 tbsp. Coconut Oil

3 Eggs

40g Soya Flour

100ml Whole Milk

100g Feta Cheese

200g Asparagus

Method

1. Preheat oven to 220°C/200°C fan (430°F/390°F fan). Peel and chop onions into large wedges or quarters. Place the oil and onions in a baking tray and cook for 15 minutes.
2. Whilst the onions are cooking prepare the batter. Whisk the eggs, soya flour and milk in a bowl.
3. Carefully remove the onions from the oven. The oil should be spitting slightly. If it isn't, then place it on top of the hob over a high heat until sizzling.
4. Crumble the feta into the baking tray with the onions, then give the batter a quick whisk before pouring it over the feta and onions.
5. Place the tray back in the oven and cook for 25-30 minutes. To ensure the mixture rises, do not open the door of the oven until it has cooked for at least 25 minutes.
6. 10 minutes before the toad in the hole is finished grill the asparagus. Remove the toad in the hole and serve.

TOP TIP: Save 1 portion for day 21 lunch.

NUTRITIONAL VALUES (per serving)

● **Calories:** 590 kcal

● **Carbs:** 20g

● **Total Fat:** 43g

● **Protein:** 32g



DAY 21 - BREAKFAST:

POACHED EGGS ON TOAST (V)

 Serves 1

 5 minutes

 10 minutes

Ingredients

2 Eggs

2 slices of Leftover Multiseed Bread,
from day 15 breakfast

1 tsp. Pumpkin Seeds

1 tsp. Sunflower Seeds

Method

1. Bring a pan of water to the boil then reduce the heat low and crack the eggs into the pan.
2. Cook for roughly 3 minutes or until the eggs are no longer translucent.
3. Whilst the eggs are cooking toast each slice of bread.
4. Remove the eggs from the pan and drain on kitchen roll.
5. Place the eggs on top of each slice of toast then sprinkle with the seeds and serve.

NUTRITIONAL VALUES (per serving)

● **Calories:** 754 kcal

● **Carbs:** 6g

● **Total Fat:** 65g

● **Protein:** 35g



DAY 21 - LUNCH:

LEFTOVER RED ONION & FETA TOAD IN THE HOLE (V)

 Serves 1  5-10 minutes

Ingredients

Leftover Red Onion & Feta Toad in the Hole from day 20 dinner

Method

1. Simply take the leftover Red Onion & Feta Toad in the Hole out of the fridge.
2. Reheat in the oven or microwave and serve.

NUTRITIONAL VALUES (per serving)

- Calories: 590 kcal
- Carbs: 20g
- Total Fat: 43g
- Protein: 32g



DAY 21 - DINNER:

RICOTTA & SPINACH CAULIFLOWER CALZONES (V)

 Serves 1  15 minutes  30 minutes

Ingredients

1 tbsp. Olive Oil
½ Large Cauliflower
1 Egg, lightly beaten
100g Mozzarella Cheese, shredded
½ tsp. Oregano
¼ tsp. Garlic Powder
Salt & Pepper, to taste
2 tbsp. Passata
30g Ricotta
1 Handful of Baby Spinach
1 Handful of Fresh Basil, torn

Method

1. Preheat oven to 200°C/180°C fan (390°F/350°F 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.
2. Microwave the cauliflower for 8-10 minutes and drain in a tea towel over the sink, until the cauliflower is dry.
3. In a bowl combine the cauliflower, egg, ½ of the mozzarella, oregano and garlic powder. Season with salt and pepper and mix it thoroughly using your hands.
4. Roll the mixture into a large ball, then flatten it onto the baking tray in a round shape. Bake for 10 minutes.
5. Remove from the oven and spread the passata over half of the calzone base. Sprinkle with the remaining mozzarella, ricotta, spinach and basil.
6. Fold the cauliflower in half, covering the cheese and tomato filling and press down on the edge to ensure it is well sealed.
7. 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.

NUTRITIONAL VALUES (per serving)

- Calories: 676 kcal
- Carbs: 19g
- Total Fat: 47g
- Protein: 45g



DAYS 22-28 MEAL PLAN



DAYS 22-28 SHOPPING LIST

Please note, the shopping list is based on the amounts of ingredients used in the recipes and can be purchased in quantities to suit your individual needs e.g. in bulk or frozen. Please feel free to use leftover ingredients for the following week if necessary.



DAIRY

22 Eggs	400ml Whole Milk	350g Feta Cheese
270ml Double Cream	130g Greek Yoghurt	250g Halloumi
165g Butter	200g Mascarpone	60g Soft Cheese
100g Goats Cheese		6 tbsp. Garlic & Herb Soft Cheese
		100g Cottage Cheese
		90g Cheddar Cheese



FRUIT

Juice of 1 lemon
200g Strawberries
100g Cherry Tomatoes
2 Medium Tomatoes
1 Medium Avocado



FROM THE FREEZER

50g Peas



VEGETABLES

2 Medium Beetroots	250g Cucumber
4 Medium Red Onions	60g Rocket
½ Medium White Onion	160g Baby Spinach
4 Garlic Cloves	150g Kale
60g Radishes	2 tbsp. Chives
1 Medium Pepper	5g Fresh Ginger
½ Medium Cauliflower	1 Medium Red Chilli
485g Asparagus	
500g Mushrooms	



CUPBOARD ITEMS

1 tbsp. Chia Seeds	1 x 400ml Tin Coconut Milk
4 tbsp. Sunflower Seeds	1 tsp. Mint Sauce
3 tbsp. Pumpkin Seeds	100g Artichoke Hearts, in oil
3 tbsp. Milled Flaxseed	50g Kalamata Olives
2 tbsp. Desiccated Coconut	1 tsp. Dried Oregano
60g Almonds	10 tbsp. Olive Oil
50g Brazil Nuts	8 tbsp. Coconut Oil
1 tsp. Stevia	½ tsp. Mixed Herbs
2 tsp. Baking Powder	1 tsp. Paprika
3 tsp. Coconut Flour	Salt
40g Soya Flour	Pepper
½ x 400g Tin Chopped Tomatoes	

MEALS AT A GLANCE

Welcome to your week of delicious, low carb recipes that are suitable for the whole family. Easy to follow, easy to cook and suitable for any budget.

ICON KEY

 Servings  Prep Time  Cooking Time  Chill Time

BREAKFAST

LUNCH

DINNER

DAY 22



12g

89 STRAWBERRY CHIA JAM & SUNFLOWER SEED MASCARPONE BOWL (V)



13g

90 BRAZIL NUT SUPER SALAD (V)



8g

91 LOW CARB SAVOURY PANCAKES (V)

DAY 23



7g

92 SCRAMBLED EGG, SAUTÉED KALE & TOASTED PUMPKIN SEEDS (V)



13g

93 LEFTOVER BRAZIL NUT SUPER SALAD (V)



8g

94 LOW CARB SAVOURY PANCAKES (V)

DAY 24



10g

95 KETO PANCAKES & STRAWBERRY CHIA JAM (V)



10g

96 GREEK SALAD (V)



20g

97 RED ONION & FETA TOAD IN THE HOLE (V)

BREAKFAST

LUNCH

DINNER

DAY 25



12g

98 STRAWBERRY CHIA JAM & SUNFLOWER SEED MASCARPONE BOWL (V)



20g

99 LEFTOVER RED ONION & FETA TOAD IN THE HOLE (V)



10g

100 LEFTOVER GREEK SALAD (V)

DAY 26



10g

101 KETO PANCAKES & STRAWBERRY CHIA JAM (V)



3g

102 FETA AND SPINACH OMELETTE WITH BUTTERY GREENS (V)



28g

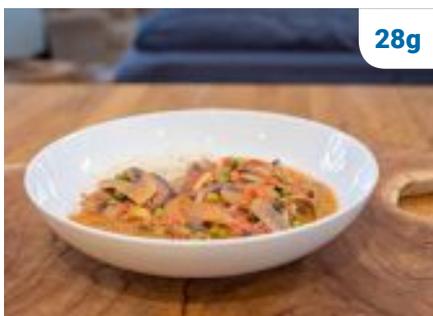
103 MUSHROOM AND PEA CURRY ON CAULIFLOWER RICE (VEGAN)

DAY 27



7g

104 SCRAMBLED EGG, SAUTÉED KALE & TOASTED PUMPKIN SEEDS (V)



28g

105 LEFTOVER MUSHROOM AND PEA CURRY ON CAULIFLOWER RICE (VEGAN)



21g

106 GREEK NIGHT! VEGGIE KEBABS & TZATSIKI (V)

DAY 28



7g

108 SCRAMBLED EGG, SAUTÉED KALE & TOASTED PUMPKIN SEEDS (V)



3g

109 FETA AND SPINACH OMELETTE WITH BUTTERY GREENS (V)



21g

110 LEFTOVER GREEK NIGHT! VEGGIE KEBABS & TZATSIKI (V)

DAY 22 - BREAKFAST:

STRAWBERRY CHIA JAM & SUNFLOWER SEED MASCARPONE BOWL (V)



10 minutes



45 minutes

Mascarpone bowl: serves 1

Strawberry chia jam: serves 4

Ingredients

For the strawberry chia jam:

For the strawberry chia jam:

200g Strawberries, diced

1 tbsp. Lemon Juice

1 tsp. Stevia (optional)

1 tbsp. Chia Seeds

For the mascarpone bowl:

100g Mascarpone

2 tbsp. Sunflower Seeds

1 tbsp. Desiccated Coconut

Method

1. Prepare the strawberry chia jam by heating the strawberries, lemon juice and stevia in a pan.
2. When the strawberries are stewed, mash with a potato masher and stir in the chia seeds.
3. Leave to stand until the jam thickens, then transfer into an air tight container.
4. Add the mascarpone to a bowl, then top with 1 serving of the chia jam.
5. Sprinkle with the sunflower seeds and desiccated coconut, then serve.

TOP TIP: Save 3 portions of the strawberry chia jam for day 24, 25 and 26 breakfast.

NUTRITIONAL VALUES (per serving)

● **Calories:** 632 kcal

● **Carbs:** 12g

● **Total Fat:** 60g

● **Protein:** 10g



DAY 22 - LUNCH:

BRAZIL NUT SUPER SALAD (V)



Serves 2



10 minutes



1 hour 10 minutes

Ingredients

2 Medium Beetroots, tops cut off and scrubbed

125g Asparagus

60g Rocket

60g Baby Spinach

100g Cherry Tomatoes, halved

60g Radishes, sliced

1 Medium Avocado, sliced

100g Artichoke Hearts, in oil, drained

100g Goats Cheese, cubed

50g Brazil Nuts, roughly chopped

2 tbsp. Olive Oil

Method

1. Preheat the oven to 190°C/170°C fan (375°F/340°F fan).
2. Wrap the beetroots in foil and roast in the oven for one hour, until they are tender and can easily be pierced with a knife. Leave to cool.
3. Once cooled, peel and slice or cube the beetroots.
4. Whilst the beetroots are cooling, snap the woody ends off the asparagus spears and steam the tops for 5-7 minutes until tender.
5. Place the rocket, spinach, cherry tomatoes, radishes, avocado, artichokes, beetroot and asparagus into a large bowl and toss to combine.
6. Sprinkle the goats cheese and brazil nuts over the top, drizzle with the olive oil and serve.

TOP TIP: Save 1 portion for day 23 lunch.

NUTRITIONAL VALUES (per serving)

● **Calories:** 696 kcal

● **Carbs:** 13g

● **Total Fat:** 62g

● **Protein:** 22g



DAY 22 - DINNER:

LOW CARB SAVOURY PANCAKES (V)

 5 minutes

 10 minutes

Pancakes: serves 2

Filling: serves 1

Ingredients

For the batter:

2 Eggs

60g Soft Cheese

3 tsp. Coconut Flour

3 tsp. Milled Flaxseed

1 tsp. Baking Powder

1 tbsp. Coconut Oil

For the filling:

100g Mushrooms

3 tbsp. Garlic & Herb Soft Cheese

1 tbsp. Chives

Method

1. Combine all batter ingredients except for the coconut oil in a large bowl. You can use a hand-held whisk, electric whisk or blender. Leave batter to settle for a few minutes.
2. Heat the coconut oil in a non-stick frying pan over a medium heat. Add $\frac{1}{2}$ the batter to the frying pan ensuring it is evenly spread over the entire base of the frying pan.
3. When one side is cooked, flip pancake and continue cooking for a further 2 minutes or until cooked through.
4. Add the mushrooms to a saucepan and simmer over a low heat whilst cooking the pancakes. When cooked add the soft cheese and stir.
5. Place pancakes onto a plate and spoon the mushroom and soft cheese mixture onto the edge of the pancake, then fold the pancake in half, then in half again. Garnish with chives and serve.

TOP TIP: Save $\frac{1}{2}$ the batter for day 23 dinner.

NUTRITIONAL VALUES (per serving)

● **Calories:** 652 kcal

● **Carbs:** 8g

● **Total Fat:** 60g

● **Protein:** 20g



DAY 23 - BREAKFAST:

SCRAMBLED EGG, SAUTÉED KALE & TOASTED PUMPKIN SEEDS (V)



Serves 1



10 minutes



10 minutes

Ingredients

1 tbsp. Olive Oil

50g Kale, trimmed and diced

1 tbsp. Pumpkin Seeds

3 Eggs

30g Cheddar Cheese, grated

100ml Whole Milk

1 tbsp. Butter

Method

1. Heat 1 tbsp. of olive oil in a non-stick pan then add the kale and pumpkin seeds and cook until the kale is tender.
2. In the meantime, whisk the eggs, cheese and milk in a bowl then melt the butter in a small pan.
3. Add the egg mixture to the pan and cook on a low heat, stirring until the eggs scramble. Careful not to cook the eggs too quickly or they will stick to the pan.
4. Transfer the kale and pumpkin seeds to a plate with the scrambled eggs and serve.

NUTRITIONAL VALUES (per serving)

● Calories: 504 kcal

● Carbs: 7g

● Total Fat: 36g

● Protein: 37g



DAY 23 - LUNCH:

LEFTOVER BRAZIL NUT SUPER SALAD (V)

 Serves 1

Ingredients

1 portion of leftover Brazil Nut Super Salad from day 22 lunch

Method

1. Simply take the leftovers from the fridge then serve.



NUTRITIONAL VALUES (per serving)

- Calories: 696 kcal
- Carbs: 13g
- Total Fat: 62g
- Protein: 22g

DAY 23 - DINNER:

LOW CARB SAVOURY PANCAKES (V)



Serves 1



5 minutes



10 minutes

Ingredients

½ tbsp. Coconut Oil

1 portion of Leftover Pancake Batter
from day 22 dinner

100g Mushrooms

3 tbsp. Garlic & Herb Soft Cheese

1 tbsp. Chives

Method

1. Heat oil in a non-stick frying pan over a medium heat. Add remaining batter to the frying pan ensuring it is evenly spread over the entire base of the frying pan.
2. When one side is cooked, flip pancake and continue cooking for a further 2 minutes or until cooked through.
3. Add the mushrooms to a saucepan and simmer over a low heat whilst cooking the pancakes. When cooked add the soft cheese and stir.
4. Place pancakes onto a plate and spoon the mushroom and soft cheese mixture onto the edge of the pancake, then fold the pancake in half, then in half again. Garnish with chives and serve.

NUTRITIONAL VALUES (per serving)

● Calories: 652 kcal

● Carbs: 8g

● Total Fat: 60g

● Protein: 20g



DAY 24 - BREAKFAST:

KETO PANCAKES & STRAWBERRY CHIA JAM (V)

 Serves 1

 10 minutes

 10 minutes

Ingredients

1 Egg
50g Cottage Cheese
½ tsp. Baking Powder
1 tbsp. Ground Flaxseed
1 tbsp. Butter
1 tbsp. Greek Yoghurt
1 portion of Strawberry Chia Jam
from day 22 breakfast
30g Almonds, roughly chopped

Method

1. Combine the egg, cottage cheese, baking powder and flaxseed in a bowl and mix well.
2. Leave the mixture to rest for 5 minutes whilst melting the butter in a non-stick frying pan.
3. When the butter has melted, transfer the mixture into the pan in large circles. You may need to do this in batches.
4. Cook on either side for a few minutes or until cooked through then transfer onto a plate.
5. Layer the pancakes on the plate then top with the Greek yoghurt, chia jam and almonds.

NUTRITIONAL VALUES (per serving)

- **Calories:** 481 kcal
- **Carbs:** 10g
- **Total Fat:** 37g
- **Protein:** 26g



DAY 24 - LUNCH:

GREEK SALAD (V)

 Serves 2  5 minutes

Ingredients

2 Medium Tomatoes, sliced
¼ Medium Cucumber, cubed
½ Medium Red Onion, finely sliced
150g Feta Cheese, crumbled
50g Kalamata Olives
Salt & Pepper, to taste
1 tsp. Dried Oregano
4 tbsp. Olive Oil

Method

1. In a large bowl mix all of the ingredients together, except for the olive oil.
2. Divide between two plates and drizzle with olive oil.
3. Save 1 portion for day 25 dinner.

TOP TIP: Save 1 portion for day 25 dinner.

NUTRITIONAL VALUES (per serving)

- Calories: 501 kcal
- Carbs: 10g
- Total Fat: 45g
- Protein: 14g



DAY 24 - DINNER:

RED ONION & FETA TOAD IN THE HOLE (V)

 Serves 2  10 minutes  45 minutes

Ingredients

2 Medium Red Onions
3 tbsp. Coconut Oil
3 Eggs
40g Soya Flour
100ml Whole Milk
100g Feta Cheese
200g Asparagus

Method

1. Preheat oven to 220°C/200°C fan (430°F/390°F fan). Peel and chop the onions into large wedges or quarters. Place the oil and onions in a baking tray and cook for 15 minutes.
2. Whilst the onions are cooking prepare the batter. Whisk the eggs, soya flour and milk in a bowl.
3. Carefully remove the onions from the oven. The oil should be spitting slightly. If it isn't, then place it on top of the hob over a high heat until sizzling.
4. Crumble the feta into the baking tray with the onions, then give the batter a quick whisk before pouring it over the feta and onions.
5. Place the tray back in the oven and cook for 25-30 minutes. To ensure the mixture rises, do not open the door of the oven until it has cooked for at least 25 minutes.
6. 10 minutes before the toad in the hole is finished grill the asparagus. Remove the toad in the hole and serve.

TOP TIP: Save 1 portion for day 25 lunch.

NUTRITIONAL VALUES (per serving)

- **Calories:** 590 kcal
- **Carbs:** 20g
- **Total Fat:** 43g
- **Protein:** 32g



DAY 25 - BREAKFAST:

STRAWBERRY CHIA JAM & SUNFLOWER SEED MASCARPONE BOWL (V)



Serves 1



5 minutes

Ingredients

- 100g Mascarpone
- 1 portion of Strawberry Chia Jam, from day 22 breakfast
- 2 tbsp. Sunflower Seeds
- 1 tbsp. Desiccated Coconut

Method

1. Add the mascarpone and chia jam to a bowl.
2. Sprinkle with the sunflower seeds and coconut then serve.

NUTRITIONAL VALUES (per serving)

- **Calories:** 632 kcal
- **Carbs:** 12g
- **Total Fat:** 60g
- **Protein:** 10g



DAY 25 - LUNCH:

LEFTOVER RED ONION & FETA TOAD IN THE HOLE (V)

 Serves 1  5-10 minutes

Ingredients

1 portion of Leftover Red Onion & Feta Toad in the Hole from day 24 dinner

Method

1. Simply take the leftover red onion & feta toad in the hole out of the fridge.
2. Reheat in the oven or microwave and serve.



NUTRITIONAL VALUES (per serving)

- Calories: 590 kcal
- Carbs: 20g
- Total Fat: 43g
- Protein: 32g

DAY 25 - DINNER:

LEFTOVER GREEK SALAD (V)



Serves 1

Ingredients

1 portion of Leftover Greek Salad
from day 24 lunch

Method

1. Simply remove from the fridge and enjoy.

NUTRITIONAL VALUES (per serving)

- Calories: 501 kcal
- Carbs: 10g
- Total Fat: 45g
- Protein: 14g



DAY 26 - BREAKFAST:

KETO PANCAKES & STRAWBERRY CHIA JAM (V)



Serves 1



10 minutes



10 minutes

Ingredients

1 Egg
50g Cottage Cheese
½ tsp. Baking Powder
1 tbsp. Ground Flaxseed
1 tbsp. Butter
1 tbsp. Greek Yoghurt
1 portion of Strawberry Chia Jam
from day 22 breakfast
30g Almonds, roughly chopped

Method

1. Combine the egg, cottage cheese, baking powder and flaxseed in a bowl and mix well.
2. Leave the mixture to rest for 5 minutes whilst melting the butter in a non-stick frying pan.
3. When the butter has melted, transfer the mixture into the pan in large circles. You may need to do this in batches.
4. Cook on either side for a few minutes or until cooked through then transfer onto a plate.
5. Layer the pancakes on the plate then top with the Greek yoghurt, chia jam and almonds.

NUTRITIONAL VALUES (per serving)

- Calories: 481 kcal
- Carbs: 10g
- Total Fat: 37g
- Protein: 26g



DAY 26 - LUNCH:

FETA AND SPINACH OMELETTE WITH BUTTERY GREENS (V)



Serves 1



5 minutes



15 minutes

Ingredients

3 tbsp. Butter

50g Baby Spinach

3 Eggs, beaten

3 tbsp. Double Cream

Salt & Pepper, to taste

80g Asparagus

50g Feta Cheese, crumbled

Method

1. Heat 1 tbsp. butter in a frying pan over a medium heat and sauté the spinach.
2. Set the sautéed spinach aside and in a small bowl mix the eggs, cream and seasoning.
3. Steam the asparagus for 6 minutes or until tender.
4. Meanwhile heat 1 tbsp. butter in the frying pan, then add the egg mixture and cook for a few minutes. Add the sautéed spinach and crumbled feta and fold the omelette in half and continue to cook until firm.
5. Drain the asparagus and serve alongside the omelette, adding the remaining tbsp. of butter over the asparagus allowing it to melt, before enjoying.

NUTRITIONAL VALUES (per serving)

● Calories: 619 kcal

● Carbs: 3g

● Total Fat: 52g

● Protein: 34g



DAY 26 - DINNER:

MUSHROOM AND PEA CURRY ON CAULIFLOWER RICE (VEGAN)



Serves 2



10 minutes



20 minutes

Ingredients

- 3½ tbsp. Coconut Oil
- 1 Medium Red Onion, sliced
- 5g Fresh Ginger, finely chopped
- 3 Garlic Cloves, finely chopped
- 1 Medium Red Chilli, finely chopped
- 300g Mushrooms, sliced
- ½ Tin (200g) Chopped Tomatoes
- 50g Frozen Peas
- 1 Tin (400ml) Coconut Milk
- Salt & Pepper, to taste
- ½ Medium Cauliflower, grated

Method

1. Heat 2 tbsp. coconut oil in a pan over a medium heat, add the onion, ginger, garlic and chilli, and sauté for 3-4 minutes.
2. Add the mushrooms and cook for another 5-6 minutes until the mushrooms are browned.
3. Stir in the chopped tomatoes, peas and coconut milk, season to taste, and leave to simmer for 10 minutes.
4. Whilst the curry is simmering, heat the remaining coconut oil in a pan, add the cauliflower and cook for 3-4 minutes.
5. Serve the cauliflower rice topped with the mushroom and pea curry.

TOP TIP: Save 1 portion for day 27 lunch.

NUTRITIONAL VALUES (per serving)

- **Calories:** 520 kcal
- **Carbs:** 28g
- **Total Fat:** 40g
- **Protein:** 12g



DAY 27 - BREAKFAST:

SCRAMBLED EGG, SAUTÉED KALE & TOASTED PUMPKIN SEEDS (V)



Serves 1



10 minutes



10 minutes

Ingredients

1 tbsp. Olive Oil

50g Kale, trimmed and diced

1 tbsp. Pumpkin Seeds

3 Eggs

30g Cheddar Cheese, grated

100ml Whole Milk

1 tbsp. Butter

Method

1. Heat 1 tbsp. of olive oil in a non-stick pan then add the kale and pumpkin seeds and cook until the kale is tender.
2. In the meantime, whisk the eggs, cheese and milk in a bowl then melt the butter in a small pan.
3. Add the egg mixture to the pan and cook on a low heat, stirring until the eggs scramble. Careful not to cook the eggs too quickly or they will stick to the pan.
4. Transfer the kale and pumpkin seeds to a plate with the scrambled eggs and serve.

NUTRITIONAL VALUES (per serving)

● Calories: 504 kcal

● Carbs: 7g

● Total Fat: 36g

● Protein: 37g



DAY 27 - LUNCH:

LEFTOVER MUSHROOM AND PEA CURRY ON CAULIFLOWER RICE (VEGAN)

 Serves 1  5 minutes

Ingredients

1 portion of Leftover Mushroom and Pea Curry on Cauliflower from day 26 dinner

Method

1. Take the leftovers out of the fridge and either enjoy cold or reheat in a pan for 5-7 minutes until hot.

NUTRITIONAL VALUES (per serving)

- **Calories:** 520 kcal
- **Carbs:** 28g
- **Total Fat:** 40g
- **Protein:** 12g



DAY 27 - DINNER:

GREEK NIGHT! VEGGIE KEBABS & TZATZIKI (V)



Serves 2



10 minutes



2 hours



20 minutes

Ingredients

For the skewers:

250g Halloumi, cubed

1 tbsp. Olive Oil

Juice of ½ Lemon

1 Garlic Clove, crushed

½ tsp. Mixed Herbs

1 tsp. Paprika

Salt & Pepper, to taste

1 Medium Pepper, cut into chunks

½ Medium Red Onion, cut into chunks

½ Medium White Onion, cut into chunks

For the Tzatziki:

100g Cucumber, grated

1 tsp. Mint Sauce

100g Greek Yoghurt

Method

1. Place 4 wooden skewers in cold water and leave to soak for 30 minutes (this prevents them from burning!).
2. Place the halloumi in a bowl or freezer bag and combine with oil, lemon juice, garlic, mixed herbs and paprika. Add salt and pepper to taste. Marinate for 1-2 hours - this can be done the night before or in the morning.
3. Whilst marinating prepare the vegetables for the skewers and the tzatziki.
4. For the tzatziki grate cucumber onto a tea towel and squeeze over the sink to drain. Combine cucumber, mint sauce and yoghurt in a bowl and store in the fridge.
5. Preheat oven to 200°C/180°C fan (390°F/350°F fan). Place the halloumi, peppers and onions onto 4 skewers, alternating between ingredients. Place the skewers onto a baking tray and bake for 15-20 minutes.
6. Serve skewers with the tzatziki.

TOP TIP: Save 1 portion for day 28 dinner.

NUTRITIONAL VALUES (per serving)

● Calories: 592 kcal

● Carbs: 21g

● Total Fat: 40g

● Protein: 38g



DAY 28 - BREAKFAST:

SCRAMBLED EGG, SAUTÉED KALE & TOASTED PUMPKIN SEEDS (V)



Serves 1



10 minutes



10 minutes

Ingredients

1 tbsp. Olive Oil

50g Kale, trimmed and diced

1 tbsp. Pumpkin Seeds

3 Eggs

30g Cheddar Cheese, grated

100ml Whole Milk

1 tbsp. Butter

Method

1. Heat 1 tbsp. of olive oil in a non-stick pan then add the kale and pumpkin seeds and cook until the kale is tender.
2. In the meantime, whisk the eggs, cheese and milk in a bowl then melt the butter in a small pan.
3. Add the egg mixture to the pan and cook on a low heat, stirring until the eggs scramble. Careful not to cook the eggs too quickly or they will stick to the pan.
4. Transfer the kale and pumpkin seeds to a plate with the scrambled eggs and serve.

NUTRITIONAL VALUES (per serving)

● Calories: 504 kcal

● Carbs: 7g

● Total Fat: 36g

● Protein: 37g



DAY 28 - LUNCH:

FETA AND SPINACH OMELETTE WITH BUTTERY GREENS (V)



Serves 1



5 minutes



15 minutes

Ingredients

3 tbsp. Butter

50g Baby Spinach

3 Eggs, beaten

3 tbsp. Double Cream

Salt & Pepper, to taste

80g Asparagus

50g Feta Cheese, crumbled

Method

1. Heat 1 tbsp. butter in a frying pan over a medium heat and sauté the spinach.
2. Set the sautéed spinach aside and in a small bowl mix the eggs, cream and seasoning.
3. Steam the asparagus for 6 minutes or until tender.
4. Meanwhile heat 1 tbsp. butter in the frying pan, then add the egg mixture and cook for a few minutes. Add the sautéed spinach and crumbled feta and fold the omelette in half and continue to cook until firm.
5. Drain the asparagus and serve alongside the omelette, adding the remaining tbsp. of butter over the asparagus allowing it to melt, before enjoying.



NUTRITIONAL VALUES (per serving)

● Calories: 619 kcal

● Carbs: 3g

● Total Fat: 52g

● Protein: 34g

DAY 28 - DINNER:

LEFTOVER GREEK NIGHT! VEGGIE KEBABS & TZATZIKI (V)

 Serves 1

Ingredients

Leftover Greek Night! Veggie Kebabs
& Tzatziki from day 27 dinner

Method

1. Simply take the leftovers from day 27 out of the fridge and enjoy!
This can be enjoyed hot or cold.

NUTRITIONAL VALUES (per serving)

- Calories: 592 kcal
- Carbs: 21g
- Total Fat: 40g
- Protein: 38g



DAYS 29-35 MEAL PLAN



DAYS 29-35 SHOPPING LIST

Please note, the shopping list is based on the amounts of ingredients used in the recipes and can be purchased in quantities to suit your individual needs e.g. in bulk or frozen. Please feel free to use leftover ingredients for the following week if necessary.



DAIRY

13 Eggs	90g Parmesan Cheese
9 Large Eggs	175g Cheddar Cheese
20g Butter	150g Feta Cheese
300ml Single Cream	120g Halloumi
100ml Double Cream	140g Stilton Cheese
300g Greek Yoghurt	150g Sour Cream
1 tbsp. Ghee	



VEGETABLES

15 Garlic Cloves	1 Pak Choi
2 Small Red Onions	50g Baby Spinach
½ Medium Red Onion	1 Baby Gem Lettuce
½ Medium Onion	¾ Medium Cucumber
2 Spring Onions	200g Radishes
1 Large Cauliflower	2 Small Red Chillies
½ Medium Cauliflower	10g Fresh Parsley
2¼ Medium Broccoli	10g Fresh Coriander
2 Medium Courgettes	5g Ginger
4 Portobello Mushrooms	



DAIRY ALTERNATIVES

270g Coconut Yoghurt



MEAT ALTERNATIVES

200g Tofu



FRUIT

2 tbsp. Lime Juice
60g Strawberries
5 Medium Avocados
400g Vine Tomatoes
4 Medium Tomatoes



CUPBOARD ITEMS

75g Chia Seeds	1 tbsp. Tamari Soy Sauce
20g Walnuts	50g Kalamata Olives
20g Cashew Nuts	12½ tbsp. Olive Oil
2 tsp. Desiccated Coconut	2 tbsp. Coconut Oil
1 tbsp. Cacao Powder	2 Vegetable Stock Cubes
2 tbsp. Almond Butter	1 tsp. Dried Oregano
2 tbsp. Peanut Butter	2 tsp. Smoked Paprika
1 x 400g Tin Chopped Tomatoes	1 tsp. Chilli Flakes
1 x 400ml Tin Coconut Milk	Salt
2 tbsp. Coconut Cream	Pepper
1½ tbsp. Tamarind Paste	



FROM THE FREEZER

100g Edamame Beans

MEALS AT A GLANCE

Welcome to your week of delicious, low carb recipes that are suitable for the whole family. Easy to follow, easy to cook and suitable for any budget.

ICON KEY

 Servings  Prep Time  Cooking Time  Chill Time

BREAKFAST

LUNCH

DINNER

DAY 29



5g

114 CHEESY TOMATO AND SPINACH BREAKFAST MUFFINS (V)



10g

115 GREEK SALAD (V)



17g

116 SPICY TOMATOES AND BAKED EGGS (V)

DAY 30



17g

117 CHOCOLATE AND COCONUT CHIA BREAKFAST (VEGAN)



10g

118 LEFTOVER GREEK SALAD (V)



24g

119 TAMARIND CAULIFLOWER WINGS (V)

DAY 31



5g

120 LEFTOVER CHEESY TOMATO AND SPINACH BREAKFAST MUFFINS (V)



24g

121 LEFTOVER TAMARIND CAULIFLOWER WINGS (V)



10g

122 ONE PAN MUSHROOM CARBONARA (V)

BREAKFAST

LUNCH

DINNER

DAY 32



17g

123 LEFTOVER CHOCOLATE AND COCONUT CHIA BREAKFAST (VEGAN)



24g

124 LEFTOVER TAMARIND CAULIFLOWER WINGS (V)



12g

125 TOFU AND CASHEW NUT STIR FRY (V)

DAY 33



5g

126 LEFTOVER CHEESY TOMATO AND SPINACH BREAKFAST MUFFINS (V)



11g

127 BROCCOLI AND STILTON SOUP (V)



12g

128 LEFTOVER TOFU AND CASHEW NUT STIR FRY (V)

DAY 34



9g

129 FULL ENGLISH VEGETARIAN BREKKY LOW CARB STYLE (V)



17g

130 SPICY TOMATOES AND BAKED EGGS (V)



10g

131 ONE PAN MUSHROOM CARBONARA (V)

DAY 35



9g

132 FULL ENGLISH VEGETARIAN BREKKY LOW CARB STYLE (V)



11g

133 BROCCOLI AND STILTON SOUP (V)



21g

134 CAULIFLOWER CHEESE & ONION SANDWICH (V)

DAY 29 - BREAKFAST:

CHEESY TOMATO AND SPINACH BREAKFAST MUFFINS (V)



Serves 3



10 minutes



20 minutes

Ingredients

For the muffins :

2 tbsp. Olive Oil
9 Large Eggs
20g Baby Spinach
100g Cheddar Cheese, grated
Salt & Pepper, to taste

To serve:

400g Vine Tomatoes
3 Handfuls of Baby Spinach

Method

1. Preheat the oven to 200°C/180°C fan (390°F/350°F fan).
2. Grease a muffin tin with the oil, then whisk the eggs in a large bowl.
3. Add the remaining ingredients to the bowl, leaving half of the cheddar cheese to one side.
4. Share the egg mixture out between each section of the muffin tray then sprinkle with the remaining cheese.
5. Place in the oven for 20 minutes or until cooked through and golden. Place the vine tomatoes onto a baking tray and bake in the oven at the same time.
6. Remove the egg muffins and vine tomatoes from the oven and serve with the spinach.

TOP TIP: Save 2 portions for day 31 and day 33 breakfast.

NUTRITIONAL VALUES (per serving)

- Calories: 485 kcal
- Carbs: 5g
- Total Fat: 37g
- Protein: 33g



DAY 29 - LUNCH:

GREEK SALAD (V)

 Serves 2  5 minutes

Ingredients

2 Medium Tomatoes, sliced
¼ Medium Cucumber, cubed
½ Medium Red Onion, finely sliced
150g Feta Cheese, crumbled
50g Kalamata Olives
Salt & Pepper, to taste
1 tsp. Dried Oregano
4 tbsp. Olive Oil

Method

1. In a large bowl mix all of the ingredients together, except for the olive oil.
2. Divide between two plates and drizzle with olive oil.

TOP TIP: Save 1 portion for day 30 lunch.

NUTRITIONAL VALUES (per serving)

- **Calories:** 501 kcal
- **Carbs:** 10g
- **Total Fat:** 45g
- **Protein:** 14g



DAY 29 - DINNER:

SPICY TOMATOES AND BAKED EGGS (V)



Serves 1



5 minutes



20 minutes

Ingredients

1 tbsp. Olive Oil

1 Small Red Onion, sliced

2 Garlic Cloves, finely chopped

½ Small Red Chilli, finely sliced

1 tsp. Smoked Paprika

½ Tin (200g) Chopped Tomatoes

3 Eggs

5g Fresh Parsley, chopped

1 Medium Avocado, sliced

Method

1. Heat the olive oil in frying pan and fry the onion, garlic and chilli for 4-5 minutes.
2. Stir in the paprika, then add the tomatoes and simmer for 10 minutes.
3. Make 3 wells in the tomato sauce using the back of a spoon, then crack an egg into each well.
4. Cover the pan with a lid and cook over a low heat for 5-6 minutes, until the eggs are cooked to your desired firmness.
5. Sprinkle over the parsley and serve with the avocado slices.

NUTRITIONAL VALUES (per serving)

● Calories: 579 kcal

● Carbs: 17g

● Total Fat: 44g

● Protein: 28g



DAY 30 - BREAKFAST:

CHOCOLATE AND COCONUT CHIA BREAKFAST (VEGAN)

 5 minutes

 Overnight

Chia breakfast: serves 2

Toppings: serves 1

Ingredients

For the chia pudding:

400ml Tinned Coconut Milk

100ml Water

75g Chia Seeds

1 tbsp. Cacao Powder

For the toppings:

30g Strawberries, chopped

3 tbsp. Coconut Yoghurt

1 tsp. Desiccated Coconut

10g Walnuts, chopped

1 tbsp. Almond Butter

Method

1. Add the coconut milk, water, chia seeds and cacao powder to a bowl and mix well to combine.
2. Place the chia mixture in bowls or jars and leave to set in the fridge overnight.
3. Take 1 portion of the chia pudding out of the fridge and top with the chopped strawberries, coconut yoghurt, desiccated coconut, walnuts and almond butter and enjoy.

TOP TIP: Save 1 portion for day 32 breakfast. Make the chia breakfast the night before so it is ready in the morning.

NUTRITIONAL VALUES (per serving)

● **Calories:** 773 kcal

● **Carbs:** 17g

● **Total Fat:** 68g

● **Protein:** 17g



DAY 30 - LUNCH:

LEFTOVER GREEK SALAD (V)

 Serves 1

Ingredients

1 portion of Leftover Greek Salad
from day 29 lunch

Method

1. Simply remove from the fridge and enjoy.



NUTRITIONAL VALUES (per serving)

- Calories: 501 kcal
- Carbs: 10g
- Total Fat: 45g
- Protein: 14g

DAY 30 - DINNER:

TAMARIND CAULIFLOWER WINGS (V)



Serves 3



10 minutes



40 minutes

Ingredients

For the wings:

- 1 tbsp. Ghee
- 6 Garlic Cloves, finely chopped
- 5g Ginger, finely chopped
- 1½ tbsp. Tamarind Paste
- 1 tsp. Chilli Flakes
- 200ml Water
- 200g Greek Yoghurt
- 1 Large Cauliflower, cut into florets

For the dip:

- 100g Greek Yoghurt
- 150g Sour Cream
- 2 tbsp. Lime Juice
- 10g Fresh Coriander, chopped
- Salt & Pepper, to taste

For the salad:

- ½ Medium Cucumber, sliced
- 200g Radishes, sliced
- 1 Baby Gem Lettuce, separated into leaves
- 2 Medium Avocados, sliced

Method

1. Preheat the oven to 190°C/170° fan (375°F/340°F fan).
2. Melt the ghee in a saucepan over a medium heat, then add the garlic and ginger and fry for 2-3 minutes.
3. Add the tamarind paste, chilli flakes and water and bring to a boil. Reduce the heat and simmer for 3-5 minutes to make a thick glaze, then stir the glaze into the yoghurt to make a batter.
4. Pour the batter over the cauliflower florets and mix well, making sure that all of the florets are coated in batter.
5. Place the cauliflower on a baking tray and bake in the oven for 25-30 minutes, turning over halfway.
6. Whilst the cauliflower is cooking, prepare the dip by mixing all of the dip ingredients together in a bowl.
7. Arrange all the salad ingredients on a plate and serve with the cauliflower wings and dip.

TOP TIP: Save 2 portions for day 31 and 32 lunch.

NUTRITIONAL VALUES (per serving)

- **Calories:** 565 kcal
- **Carbs:** 24g
- **Total Fat:** 43g
- **Protein:** 19g



DAY 31 - BREAKFAST:

LEFTOVER CHEESY TOMATO AND SPINACH BREAKFAST MUFFINS (V)

 Serves 1

Ingredients

1 portion of Leftover Cheesy Tomato and Spinach Breakfast Muffins, from day 29 breakfast

1 portion of Leftover Spinach and Vine Tomatoes, from day 29 breakfast

Method

1. Simply take leftovers from the fridge and enjoy hot or cold.

NUTRITIONAL VALUES (per serving)

- Calories: 485 kcal
- Carbs: 5g
- Total Fat: 37g
- Protein: 33g



DAY 31 - LUNCH:

LEFTOVER TAMARIND CAULIFLOWER WINGS (V)

 Serves 1  10 minutes

Ingredients

1 portion of Leftover Tamarind Cauliflower Wings from day 30 dinner

1 portion of Leftover Dip from day 30 dinner

1 portion of Leftover Salad from day 30 dinner

Method

1. Take the leftovers out of the fridge and enjoy cold with the dip and salad.
2. If you want to reheat the cauliflower wings, place them on a baking tray in the oven at 190°C/170° fan (375°F/340°F fan) for 10-15 minutes until hot through.

NUTRITIONAL VALUES (per serving)

- **Calories:** 564 kcal
- **Carbs:** 24g
- **Total Fat:** 43g
- **Protein:** 19g



DAY 31 - DINNER:

ONE PAN MUSHROOM CARBONARA (V)



Serves 1



10 minutes



10 minutes

Ingredients

1 tbsp. Olive Oil
1 Garlic Clove, crushed
1 Portobello Mushroom, sliced
1 Medium Courgette, spiralised
1 Egg Yolk
30g Parmesan Cheese, grated
150ml Single Cream
Salt & Pepper, to taste

Method

1. Heat the oil in a non-stick pan over a medium heat then fry the garlic and mushroom.
2. Whilst the garlic and mushroom are cooking prepare the courgetti by spiralising the courgette. Add the courgetti to the pan with the garlic and mushroom and cook for 1-2 minutes.
3. Transfer the garlic, mushroom and courgetti to a plate and set aside.
4. In a bowl combine the egg yolk and parmesan cheese together, then pour $\frac{1}{2}$ of the cream into the pan and warm through over a medium heat.
5. Add the egg and parmesan mixture into the pan and mix well.
6. Add the remaining cream into the pan with the mushroom and courgetti and season with salt and pepper.
7. Continue to stir until well mixed, ensuring the courgetti is evenly coated in the mixture, then serve.

NUTRITIONAL VALUES (per serving)

- Calories: 572 kcal
- Carbs: 10g
- Total Fat: 48g
- Protein: 24g



DAY 32 - BREAKFAST:

LEFTOVER CHOCOLATE AND COCONUT CHIA BREAKFAST (VEGAN)

 Serves 1  5 minutes

Ingredients

1 portion of Leftover Chia Pudding from day 30 breakfast

30g Strawberries, chopped

3 tbsp. Coconut Yoghurt

1 tsp. Desiccated Coconut

10g Walnuts, chopped

1 tbsp. Almond Butter

Method

1. Take the chia pudding out of the fridge and top with the chopped strawberries, coconut yoghurt, desiccated coconut, walnuts and almond butter and enjoy.

NUTRITIONAL VALUES (per serving)

● **Calories:** 773 kcal

● **Carbs:** 17g

● **Total Fat:** 68g

● **Protein:** 17g



DAY 32 - LUNCH:

LEFTOVER TAMARIND CAULIFLOWER WINGS (V)

 Serves 1  10 minutes

Ingredients

1 portion of Leftover Tamarind Cauliflower Wings from day 30 dinner

1 portion of Leftover Dip from day 30 dinner

1 portion of Leftover Salad from day 30 dinner

Method

1. Take the leftovers out of the fridge and enjoy cold with the dip and salad.
2. If you want to reheat the cauliflower wings, place them on a baking tray in the oven at 190°C/170° fan (375°F/340°F fan) for 10-15 minutes until hot through.

NUTRITIONAL VALUES (per serving)

● **Calories:** 564 kcal

● **Carbs:** 24g

● **Total Fat:** 43g

● **Protein:** 19g



DAY 32 - DINNER:

TOFU AND CASHEW NUT STIR FRY (V)



Serves 2



5 minutes



10-12 minutes

Ingredients

2 tbsp. Coconut Oil
1 Garlic Clove, crushed
1 Small Red Chilli, finely chopped
2 tbsp. Peanut Butter
2 Spring Onions, sliced
100g Broccoli, chopped into florets
1 Pak Choi, separated into leaves
200g Tofu, cubed
100g Edamame Beans
1 tbsp. Tamari Soy Sauce
2 tbsp. Coconut Cream
20g Cashew Nuts

Method

1. Heat the coconut oil in a wok over a medium to high heat, then add the garlic, red chilli and peanut butter and cook for 2 minutes.
2. Add the spring onion, broccoli and pak choi and cook for a further 5 minutes.
3. Add the tofu, edamame beans, soy sauce and coconut cream and cook for a further 3-5 minutes.
4. Divide between 2 plates and sprinkle the cashew nuts over the top.

TOP TIP: Save 1 portion for day 33 dinner.

NUTRITIONAL VALUES (per serving)

- Calories: 459 kcal
- Carbs: 12g
- Total Fat: 33g
- Protein: 26g



DAY 33 - BREAKFAST:

LEFTOVER CHEESY TOMATO AND SPINACH BREAKFAST MUFFINS (V)

 Serves 1

Ingredients

1 portion of Leftover Cheesy Tomato and Spinach Breakfast Muffins, from day 29 breakfast

1 portion of Leftover Spinach and Vine Tomatoes, from day 29 breakfast

Method

1. Simply take leftovers from the fridge and enjoy hot or cold.

NUTRITIONAL VALUES (per serving)

- Calories: 511 kcal
- Carbs: 5g
- Total Fat: 37g
- Protein: 33g



DAY 33 - LUNCH:

BROCCOLI AND STILTON SOUP (V)



Serves 1



5 minutes



20 minutes

Ingredients

1 tbsp. Olive Oil

1 Garlic Clove, crushed

1 Medium Broccoli, cut into florets

500ml Boiling Water

1 Vegetable Stock Cube

50ml Double Cream

70g Stilton Cheese, crumbled

Salt & Pepper, to taste

Method

1. Heat the olive oil in a saucepan over a medium heat then add the crushed garlic and broccoli florets and cook for 5 minutes.
2. Combine the boiling water and stock cube and add to the saucepan so the broccoli is covered.
3. Simmer for 15 minutes and then blitz the soup until smooth using a hand blender.
4. Add the double cream and crumbled stilton then stir until combined.
5. Season to taste, serve into a bowl and enjoy!

TOP TIP: This can be made in advance the night before.

NUTRITIONAL VALUES (per serving)

● **Calories:** 664 kcal

● **Carbs:** 11g

● **Total Fat:** 55g

● **Protein:** 32g



DAY 33 - DINNER:

LEFTOVER TOFU AND CASHEW NUT STIR FRY (V)

 Serves 1  5 minutes

Ingredients

1 portion of Leftover Tofu and Cashew Nut Stir Fry, from day 32 dinner

Method

1. Simply reheat the leftover tofu and cashew nut stir fry in the microwave for 3-5 minutes until warm.

NUTRITIONAL VALUES (per serving)

- Calories: 459 kcal
- Carbs: 12g
- Total Fat: 33g
- Protein: 26g



DAY 34 - BREAKFAST:

FULL ENGLISH VEGETARIAN BREKKY LOW CARB STYLE (V)

 Serves 1  15 minutes

Ingredients

2 tsp. Butter
60g Halloumi Cheese, sliced
1 Portobello Mushroom
1 Medium Tomato, halved
2 Eggs
½ Medium Avocado, sliced

Method

1. Heat 1 tsp. butter in a non-stick frying pan and cook the halloumi, mushroom and tomatoes until slightly charred.
2. Add the remaining butter to the pan and fry the eggs until cooked to desired runniness.
3. Serve with the avocado and enjoy!

NUTRITIONAL VALUES (per serving)

- Calories: 647 kcal
- Carbs: 9g
- Total Fat: 53g
- Protein: 33g



DAY 34 - LUNCH:

SPICY TOMATOES AND BAKED EGGS (V)



Serves 1



5 minutes



20 minutes

Ingredients

1 tbsp. Olive Oil

1 Small Red Onion, sliced

2 Garlic Cloves, finely chopped

½ Small Red Chilli, finely sliced

1 tsp. Smoked Paprika

½ Tin (200g) Chopped Tomatoes

3 Eggs

5g Fresh Parsley, chopped

1 Medium Avocado, sliced

Method

1. Heat the olive oil in frying pan and fry the onion, garlic and chilli for 4-5 minutes.
2. Stir in the paprika, then add the tomatoes and simmer for 10 minutes.
3. Make 3 wells in the tomato sauce using the back of a spoon, then crack an egg into each well.
4. Cover the pan with a lid and cook over a low heat for 5-6 minutes, until the eggs are cooked to your desired firmness.
5. Sprinkle over the parsley and serve with the avocado slices.

NUTRITIONAL VALUES (per serving)

● Calories: 579 kcal

● Carbs: 17g

● Total Fat: 44g

● Protein: 28g



DAY 34 - DINNER:

ONE PAN MUSHROOM CARBONARA (V)



Serves 1



10 minutes



10 minutes

Ingredients

- 1 tbsp. Olive Oil
- 1 Garlic Clove, crushed
- 1 Portobello Mushroom, sliced
- 1 Medium Courgette, spiralised
- 1 Egg Yolk
- 30g Parmesan Cheese, grated
- 150ml Single Cream
- Salt & Pepper, to taste

Method

1. Heat the oil in a non-stick pan over a medium heat then fry the garlic and mushroom.
2. Whilst the garlic and mushroom are cooking prepare the courgetti by spiralising the courgette. Add the courgetti to the pan with the garlic and mushroom and cook for 1-2 minutes.
3. Transfer the garlic, mushroom and courgetti to a plate and set aside.
4. In a bowl combine the egg yolk and parmesan cheese together, then pour $\frac{1}{2}$ of the cream into the pan and warm through over a medium heat.
5. Add the egg and parmesan mixture into the pan and mix well.
6. Add the remaining cream into the pan with the mushroom and courgetti and season with salt and pepper.
7. Continue to stir until well mixed, ensuring the courgetti is evenly coated in the mixture, then serve.



NUTRITIONAL VALUES (per serving)

- Calories: 572 kcal
- Carbs: 10g
- Total Fat: 48g
- Protein: 24g

DAY 35 - BREAKFAST:

FULL ENGLISH VEGETARIAN BREKKY LOW CARB STYLE (V)

 Serves 1  15 minutes

Ingredients

2 tsp. Butter
60g Halloumi, sliced
1 Portobello Mushroom
1 Medium Tomato, halved
2 Eggs
½ Medium Avocado, sliced

Method

1. Heat 1 tsp. butter in a non-stick frying pan and cook the halloumi, mushroom and tomatoes until slightly charred.
2. Add the remaining butter to the pan and fry the eggs until cooked to desired runniness.
3. Serve with the avocado and enjoy!

NUTRITIONAL VALUES (per serving)

- Calories: 647 kcal
- Carbs: 9g
- Total Fat: 53g
- Protein: 33g



DAY 35 - LUNCH:

BROCCOLI AND STILTON SOUP (V)



Serves 1



5 minutes



20 minutes

Ingredients

1 tbsp. Olive Oil
1 Garlic Clove, crushed
1 Medium Broccoli, cut into florets
500ml Boiling Water
1 Vegetable Stock Cube
50ml Double Cream
70g Stilton Cheese, crumbled
Salt & Pepper, to taste

Method

1. Heat the olive oil in a saucepan over a medium heat then add the crushed garlic and broccoli florets and cook for 5 minutes.
2. Combine the boiling water and stock cube and add to the saucepan so the broccoli is covered.
3. Simmer for 15 minutes and then blitz the soup until smooth using a hand blender.
4. Add the double cream and crumbled stilton then stir until combined.
5. Season to taste, serve into a bowl and enjoy!

TOP TIP: This can be made in advance the night before.

NUTRITIONAL VALUES (per serving)

- **Calories:** 664 kcal
- **Carbs:** 11g
- **Total Fat:** 55g
- **Protein:** 32g



DAY 35 - DINNER:

CAULIFLOWER CHEESE & ONION SANDWICH (V)

 Serves 1

 10 minutes

 10 minutes

Ingredients

½ Medium Cauliflower
1 Egg, lightly beaten
30g Parmesan Cheese, grated
Salt & Pepper, to taste
1 tsp. Olive Oil
75g Cheddar Cheese, grated
½ Medium Onion, sliced

Method

1. Cut the cauliflower into florets and create cauli rice by finely grating or using a food processor.
2. In a large bowl combine the cauli rice with the egg and parmesan. Mix well and season with salt and pepper. Shape into 4 even balls.
3. 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.
4. Top 2 of the patties with the cheddar, onion and remaining patties. Cook on both sides, until the cheese has melted in the middle.

NUTRITIONAL VALUES (per serving)

- **Calories:** 664 kcal
- **Carbs:** 21g
- **Total Fat:** 45g
- **Protein:** 44g



DAYS 36-40 MEAL PLAN



DAYS 36-40 SHOPPING LIST

Please note, the shopping list is based on the amounts of ingredients used in the recipes and can be purchased in quantities to suit your individual needs e.g. in bulk or frozen. Please feel free to use leftover ingredients for the following week if necessary.



DAIRY

16 Eggs
90ml Whole Milk
165g Butter
4 tbsp. Ghee
270g Greek Yoghurt

45g Parmesan Cheese
75g Cheddar Cheese
170g Soft Cheese
150g Paneer



DAIRY ALTERNATIVES

270g Coconut Yoghurt



MEAT ALTERNATIVES

200g Tofu



FRUIT

2 tbsp. Lemon Juice
60g Strawberries
5 Medium Avocados



FROM THE FREEZER

100g Edamame Beans



VEGETABLES

½ Medium Onion
1 Small Onion
3 Small Red Onions
10 Garlic Cloves
1½ Medium Cauliflowers
1 Medium Red Pepper
4 Medium Courgettes
100g Green Beans

10g Fresh Ginger
1 Medium Red Chilli
1 Small Red Chilli
10g Fresh Coriander
10g Fresh Parsley
1 tbsp. Fresh Basil Leaves
2 tbsp. Chives



CUPBOARD ITEMS

85g Chia Seeds
20g Walnuts
50g Pine Nuts
60g Ground Almonds
50g Flaked Almonds
2 tbsp. Ground Flaxseed
2 tsp. Desiccated Coconut
30g Coconut Flour
2 tsp. Baking Powder
2 tbsp. Almond Butter
3 tsp. Ground Cinnamon
1½ tsp. Ground Nutmeg

1 tbsp. Cacao Powder
2½ tbsp. Tomato Puree
2 x 400ml Tins Coconut Milk
1 x 400g Tin Chopped Tomatoes
4½ tbsp. Olive Oil
2½ tsp. Ground Cumin
1½ tsp. Ground Turmeric
1 tsp. Paprika
2 tsp. Smoked Paprika
Salt
Pepper

MEALS AT A GLANCE

Welcome to your week of delicious, low carb recipes that are suitable for the whole family. Easy to follow, easy to cook and suitable for any budget.

ICON KEY

 Servings  Prep Time  Cooking Time  Chill Time

BREAKFAST

LUNCH

DINNER

DAY 36



10g

139 LOW CARB SWEET EGGY BREAD (V)



21g

140 CAULIFLOWER CHEESE & ONION SANDWICH (V)



26g

141 VEGETABLE KORMA ON CAULIFLOWER RICE (V)

DAY 37



17g

142 CHOCOLATE AND COCONUT CHIA BREAKFAST (VEGAN)



9g

143 MASHED AVOCADO ON TOAST (V)



26g

144 LEFTOVER VEGETABLE KORMA ON CAULIFLOWER RICE (V)

DAY 38



10g

145 LOW CARB SWEET EGGY BREAD (V)



26g

146 LEFTOVER VEGETABLE KORMA ON CAULIFLOWER RICE (V)



17g

147 SPICY TOMATOES AND BAKED EGGS (V)

BREAKFAST

LUNCH

DINNER

DAY 39



17g

148 LEFTOVER CHOCOLATE AND COCONUT CHIA BREAKFAST (VEGAN)



9g

149 MASHED AVOCADO ON TOAST (V)



10g

150 TOFU COURGETTI & PESTO SAUCE (V)

DAY 40



10g

151 LOW CARB SWEET EGGY BREAD (V)



17g

152 SPICY TOMATOES AND BAKED EGGS (V)



10g

153 LEFTOVER TOFU COURGETTI & PESTO SAUCE (V)

DAY 36 - BREAKFAST:

LOW CARB SWEET EGGY BREAD (V)



15 minutes



50 minutes

Loaf: makes 10 slices/serves 5

Eggy bread: serves 1

Ingredients

For the loaf:

- 6 Eggs
- 170g Soft Cheese
- 115g Butter, melted
- 60g Ground Almonds
- 30g Coconut Flour
- 2 tbsp. Ground Flaxseed
- 2 tsp. Baking Powder
- 10g Chia Seeds

For the eggy bread:

- 1 Egg
- 2 tbsp. Whole Milk
- 1 tsp. Ground Cinnamon
- ½ tsp. Ground Nutmeg
- 1 tbsp. Butter
- 2 tbsp. Greek Yoghurt

Method

1. For the loaf, preheat the oven to 180°C/160°C fan (350°F/320°F fan), grease and line a loaf tin.
2. In a bowl, beat eggs together with the soft cheese and melted butter until smooth.
3. Add the rest of the ingredients except the chia seeds and mix well. Leave the mixture to sit for 10 minutes.
4. Add the mixture into the prepared loaf tin and sprinkle the chia seeds on top. Bake for 45 minutes. (Remove once a skewer comes out of the middle clean).
5. Take the bread out of the oven and allow it to cool before slicing.
6. To make the eggy bread, whisk the egg, milk, cinnamon and nutmeg together in a bowl and heat the butter in a large frying pan.
7. Take two slices of the loaf and dip them into the egg mixture, making sure they are well coated in the mixture.
8. Place the slices into the pan and cook for 2-3 minutes, then carefully flip the slices over and cook for another 2-3 minutes on the other side, until both sides are golden brown.
9. Serve the eggy bread hot out of the pan with the Greek yoghurt.

TOP TIP: Save 4 portions of the loaf for day 38 and 40 breakfast, and day 37 and 39 lunch. The loaf can be made the night before to save time.



NUTRITIONAL VALUES (per serving)

- **Calories:** 703 kcal
- **Carbs:** 10g
- **Total Fat:** 60g
- **Protein:** 32g

DAY 36 - LUNCH:

CAULIFLOWER CHEESE & ONION SANDWICH (V)



Serves 1



10 minutes



10 minutes

Ingredients

- ½ Medium Cauliflower
- 1 Egg, lightly beaten
- 30g Parmesan Cheese, grated
- Salt & Pepper, to taste
- 1 tsp. Olive Oil
- 75g Cheddar Cheese, grated
- ½ Medium Onion, sliced

Method

1. Cut the cauliflower into florets and create cauli rice by finely grating or using a food processor.
2. In a large bowl combine the cauli rice with the egg and parmesan. Mix well and season with salt and pepper. Shape into 4 even balls.
3. 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.
4. Top 2 of the patties with the cheddar, onion and remaining patties. Cook on both sides, until the cheese has melted in the middle.

NUTRITIONAL VALUES (per serving)

- **Calories:** 664 kcal
- **Carbs:** 21g
- **Total Fat:** 45g
- **Protein:** 44g



DAY 36 - DINNER:

VEGETABLE KORMA ON CAULIFLOWER RICE (V)



Serves 3



15 minutes



1 hour

Ingredients

For the vegetable korma:

- 2 tbsp. Ghee
- 1 Small Onion, chopped
- 4 Garlic Cloves, chopped
- 10g Fresh Ginger, finely chopped
- 1 Medium Red Chilli, finely sliced
- 2½ tsp. Ground Cumin
- 1½ tsp. Ground Turmeric
- 150g Paneer, cubed
- 1 Medium Red Pepper, chopped
- 1 Medium Courgette, thickly sliced
- 100g Green Beans, trimmed
- 2½ tbsp. Tomato Puree
- 400ml Tinned Coconut Milk
- 200ml Water
- 50g Flaked Almonds

For the cauliflower rice:

- 2 tbsp. Ghee
- 1 Small Red Onion, finely sliced
- 1 Medium Cauliflower, grated

Method

1. Start the korma by heating the ghee in a large pan over a medium heat.
2. Add the onion and sauté for 4-5 minutes, then add the garlic, ginger, chilli, cumin and turmeric and fry for another minute.
3. Add the paneer, red pepper, courgette and green beans and fry for 5-6 minutes.
4. Stir in the tomato puree, coconut milk and water, then bring to a boil, cover with a lid and simmer, stirring occasionally, for 30-35 minutes until the vegetables are cooked and tender.
5. Whilst the korma is cooking, make the cauliflower rice.
6. Heat the ghee in a large frying pan and fry the onion for 3-4 minutes.
7. Add the grated cauliflower and continue to cook for another 3-4 minutes.
8. Sprinkle the vegetable korma with flaked almonds and serve on a bed of cauliflower rice.

TOP TIP: Save 2 portions for day 37 dinner and day 38 lunch.

NUTRITIONAL VALUES (per serving)

- **Calories:** 668 kcal
- **Carbs:** 26g
- **Total Fat:** 51g
- **Protein:** 26g



DAY 37 - BREAKFAST:

CHOCOLATE AND COCONUT CHIA BREAKFAST (VEGAN)

 5 minutes

 Overnight

Chia breakfast: serves 2

Toppings: serves 1

Ingredients

For the chia pudding:

400ml Tinned Coconut Milk

100ml Water

75g Chia Seeds

1 tbsp. Cacao Powder

For the toppings:

30g Strawberries, chopped

3 tbsp. Coconut Yoghurt

1 tsp. Desiccated Coconut

10g Walnuts, chopped

1 tbsp. Almond Butter

Method

1. Add the coconut milk, water, chia seeds and cacao powder to a bowl and mix well to combine.
2. Place the chia mixture in bowls or jars and leave to set in the fridge overnight.
3. Take 1 portion of the chia pudding out of the fridge and top with the chopped strawberries, coconut yoghurt, desiccated coconut, walnuts and almond butter and enjoy.

TOP TIP: Save 1 portion for day 39 breakfast. Make the chia breakfast the night before so it is ready in the morning.

NUTRITIONAL VALUES (per serving)

● **Calories:** 773 kcal

● **Carbs:** 17g

● **Total Fat:** 68g

● **Protein:** 17g



DAY 37 - LUNCH:

MASHED AVOCADO ON TOAST (V)

 Serves 1

 5 minutes

 5 minutes

Ingredients

2 Slices of Leftover Loaf from day 36 breakfast

80g Edamame Beans

1 Medium Avocado, mashed

1 tbsp. Lemon Juice

5g Fresh Coriander, chopped

Salt & Pepper, to taste

½ tsp. Paprika

Method

1. Toast the bread in the toaster or under the grill.
2. Boil the edamame beans in a large pan of water for 5-6 minutes, then drain.
3. Mash the edamame beans, avocado and lemon juice together in a small bowl.
4. Stir through the coriander and season with the salt and pepper.
5. Spread the mashed avocado on the toast, sprinkle with the paprika and enjoy.

NUTRITIONAL VALUES (per serving)

● Calories: 628 kcal

● Carbs: 9g

● Total Fat: 55g

● Protein: 22g



DAY 37 - DINNER:

LEFTOVER VEGETABLE KORMA ON CAULIFLOWER RICE (V)

 Serves 1  5 minutes

Ingredients

1 portion of Leftover Vegetable Korma on Cauliflower Rice from day 36 dinner

Method

1. Take the leftovers out of the fridge and either enjoy cold or reheat in a pan.

NUTRITIONAL VALUES (per serving)

- **Calories:** 668 kcal
- **Carbs:** 26g
- **Total Fat:** 51g
- **Protein:** 26g



DAY 38 - BREAKFAST:

LOW CARB SWEET EGGY BREAD (V)

 Serves 1

 5 minutes

 5 minutes

Ingredients

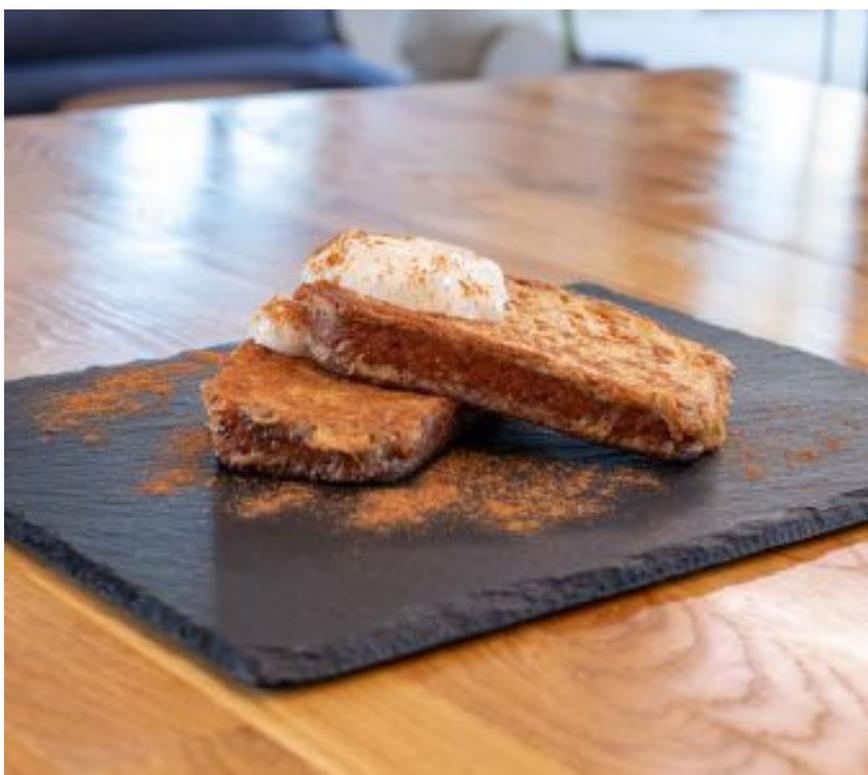
1 Egg
2 tbsp. Whole Milk
1 tsp. Ground Cinnamon
½ tsp. Ground Nutmeg
1 tbsp. Butter
2 Slices of Leftover Loaf from
day 36 breakfast
2 tbsp. Greek Yoghurt

Method

1. Whisk the egg, milk, cinnamon and nutmeg together in a bowl and heat the butter in a large frying pan.
2. Take two slices of the loaf and dip them into the egg mixture, making sure they are well coated in the mixture.
3. Place the slices into the pan and cook for 2-3 minutes, then carefully flip the slices over and cook for another 2-3 minutes on the other side, until both sides are golden brown.
4. Serve the eggy bread hot out of the pan with the Greek yoghurt.

NUTRITIONAL VALUES (per serving)

- **Calories:** 703 kcal
- **Carbs:** 10g
- **Total Fat:** 60g
- **Protein:** 32g



DAY 38 - LUNCH:

LEFTOVER VEGETABLE KORMA ON CAULIFLOWER RICE (V)

 Serves 1  5 minutes

Ingredients

1 portion of Leftover Vegetable Korma on Cauliflower Rice from day 36 dinner

Method

1. Take the leftovers out of the fridge and either enjoy cold or reheat in a pan.



NUTRITIONAL VALUES (per serving)

- Calories: 668 kcal
- Carbs: 26g
- Total Fat: 51g
- Protein: 26g

DAY 38 - DINNER:

SPICY TOMATOES AND BAKED EGGS (V)



Serves 1



5 minutes



20 minutes

Ingredients

1 tbsp. Olive Oil

1 Small Red Onion, sliced

2 Garlic Cloves, finely chopped

½ Small Red Chilli, finely sliced

1 tsp. Smoked Paprika

½ Tin (200g) Chopped Tomatoes

3 Eggs

5g Fresh Parsley, chopped

1 Medium Avocado, sliced

Method

1. Heat the olive oil in frying pan and fry the onion, garlic and chilli for 4-5 minutes.
2. Stir in the paprika, then add the tomatoes and simmer for 10 minutes.
3. Make 3 wells in the tomato sauce using the back of a spoon, then crack an egg into each well.
4. Cover the pan with a lid and cook over a low heat for 5-6 minutes, until the eggs are cooked to your desired firmness.
5. Sprinkle over the parsley and serve with the avocado slices.

NUTRITIONAL VALUES (per serving)

● Calories: 579 kcal

● Carbs: 17g

● Total Fat: 44g

● Protein: 28g



DAY 39 - BREAKFAST:

LEFTOVER CHOCOLATE AND COCONUT CHIA BREAKFAST (VEGAN)



Serves 1



5 minutes

Ingredients

1 portion of Leftover Chia Pudding
from day 37 breakfast

30g Strawberries, chopped

3 tbsp. Coconut Yoghurt

1 tsp. Desiccated Coconut

10g Walnuts, chopped

1 tbsp. Almond Butter

Method

1. Take the chia pudding out of the fridge and top with the chopped strawberries, coconut yoghurt, desiccated coconut, walnuts and almond butter and enjoy.

NUTRITIONAL VALUES (per serving)

● Calories: 773 kcal

● Carbs: 17g

● Total Fat: 68g

● Protein: 17g



DAY 39 - LUNCH:

MASHED AVOCADO ON TOAST (V)

 Serves 1

 5 minutes

 5 minutes

Ingredients

2 Slices of Leftover Loaf from day 36 breakfast

80g Edamame Beans

1 Medium Avocado, mashed

1 tbsp. Lemon Juice

5g Fresh Coriander, chopped

Salt & Pepper, to taste

½ tsp. Paprika

Method

1. Toast the bread in the toaster or under the grill.
2. Boil the edamame beans in a large pan of water for 5-6 minutes, then drain.
3. Mash the edamame beans, avocado and lemon juice together in a small bowl.
4. Stir through the coriander and season with the salt and pepper.
5. Spread the mashed avocado on the toast, sprinkle with the paprika and enjoy.

NUTRITIONAL VALUES (per serving)

● **Calories:** 628 kcal

● **Carbs:** 9g

● **Total Fat:** 55g

● **Protein:** 22g



DAY 39 - DINNER:

TOFU COURGETTI & PESTO SAUCE (V)



Serves 2



15 minutes



15 minutes

Ingredients

- 1 Medium Avocado
- 50g Pine Nuts
- 2 Garlic Cloves, crushed
- 2 tbsp. Olive Oil
- 2 tbsp. Chives
- 1 tbsp. Fresh Basil Leaves
- Salt & Pepper, to taste
- ½ tsp. Butter
- 200g Tofu, cubed
- 3 Medium Courgettes, spiralised
- 1 tbsp. Parmesan Cheese, grated

Method

1. For the pesto sauce place the avocado, pine nuts, garlic, oil, chives and basil into a food processor. Season with salt and pepper and blend until smooth.
2. Add the butter to a pan and fry the tofu until slightly crispy.
3. Spiralise the courgette using a spiraliser or vegetable peeler and add to the pan with the tofu. Cook until tender, then stir in the pesto sauce and cook until the pesto is warm. Transfer onto serving dishes and sprinkle over the parmesan.

TOP TIP: Save 1 portion for day 40 dinner.

NUTRITIONAL VALUES (per serving)

- **Calories:** 495 kcal
- **Carbs:** 10g
- **Total Fat:** 41g
- **Protein:** 21g



DAY 40 - BREAKFAST:

LOW CARB SWEET EGGY BREAD (V)

 Serves 1

 5 minutes

 5 minutes

Ingredients

1 Egg
2 tbsp. Whole Milk
1 tsp. Ground Cinnamon
½ tsp. Ground Nutmeg
1 tbsp. Butter
2 Slices of Leftover Loaf from
day 36 breakfast
2 tbsp. Greek Yoghurt

Method

1. Whisk the egg, milk, cinnamon and nutmeg together in a bowl and heat the butter in a large frying pan.
2. Take two slices of the loaf and dip them into the egg mixture, making sure they are well coated in the mixture.
3. Place the slices into the pan and cook for 2-3 minutes, then carefully flip the slices over and cook for another 2-3 minutes on the other side, until both sides are golden brown.
4. Serve the eggy bread hot out of the pan with the Greek yoghurt.

NUTRITIONAL VALUES (per serving)

- **Calories:** 703 kcal
- **Carbs:** 10g
- **Total Fat:** 60g
- **Protein:** 32g



DAY 40 - LUNCH:

SPICY TOMATOES AND BAKED EGGS (V)



Serves 1



5 minutes



20 minutes

Ingredients

- 1 tbsp. Olive Oil
- 1 Small Red Onion, sliced
- 2 Garlic Cloves, finely chopped
- ½ Small Red Chilli, finely sliced
- 1 tsp. Smoked Paprika
- ½ Tin (200g) Chopped Tomatoes
- 3 Eggs
- 5g Fresh Parsley, chopped
- 1 Medium Avocado, sliced

Method

1. Heat the olive oil in frying pan and fry the onion, garlic and chilli for 4-5 minutes.
2. Stir in the paprika, then add the tomatoes and simmer for 10 minutes.
3. Make 3 wells in the tomato sauce using the back of a spoon, then crack an egg into each well.
4. Cover the pan with a lid and cook over a low heat for 5-6 minutes, until the eggs are cooked to your desired firmness.
5. Sprinkle over the parsley and serve with the avocado slices.

NUTRITIONAL VALUES (per serving)

- Calories: 579 kcal
- Carbs: 17g
- Total Fat: 44g
- Protein: 28g



DAY 40 - DINNER:

LEFTOVER TOFU COURGETTI & PESTO SAUCE (V)



Serves 1



5 minutes

Ingredients

1 portion of Leftover Tofu Courgetti & Pesto from day 39 dinner

Method

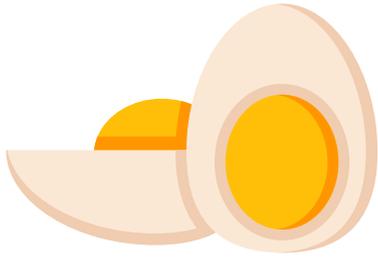
1. Simply take leftovers from the fridge and reheat.

NUTRITIONAL VALUES (per serving)

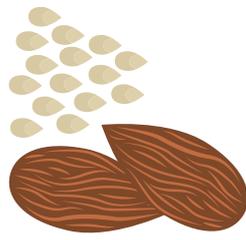
- Calories: 495 kcal
- Carbs: 10g
- Total Fat: 41g
- Protein: 21g



SNACKS



HARD-BOILED EGGS



NUTS & SEEDS
e.g. almonds, walnuts, pumpkin seeds, sunflower seeds, flaxseeds



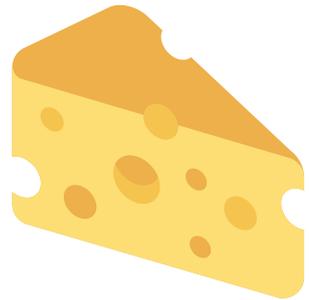
GREEK YOGHURT & BERRIES



BERRIES & CREAM



OLIVES



CHEESE



SLICED VEGETABLES
& FRESH GUACAMOLE



DARK CHOCOLATE
1 or 2 squares, 85% or higher

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:

- ▶ Improved functioning of your body's organs
- ▶ Maintenance of bodily fluids and electrolyte balance
- ▶ Regulating body temperature
- ▶ Flushing out waste
- ▶ Improved energy levels and performance
- ▶ Skin health
- ▶ Lubrication of joints
- ▶ Helps to keep you feeling 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.

HELPFUL TIPS

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 in 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 laptop. 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.

By improving our quality of sleep, we can minimise our stress levels, enhance our creativity and improve cognition.



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.

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.



HELPFUL TIPS

MINDFUL EATING TIPS

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 reach 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 sooner 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 a 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 to 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.

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.



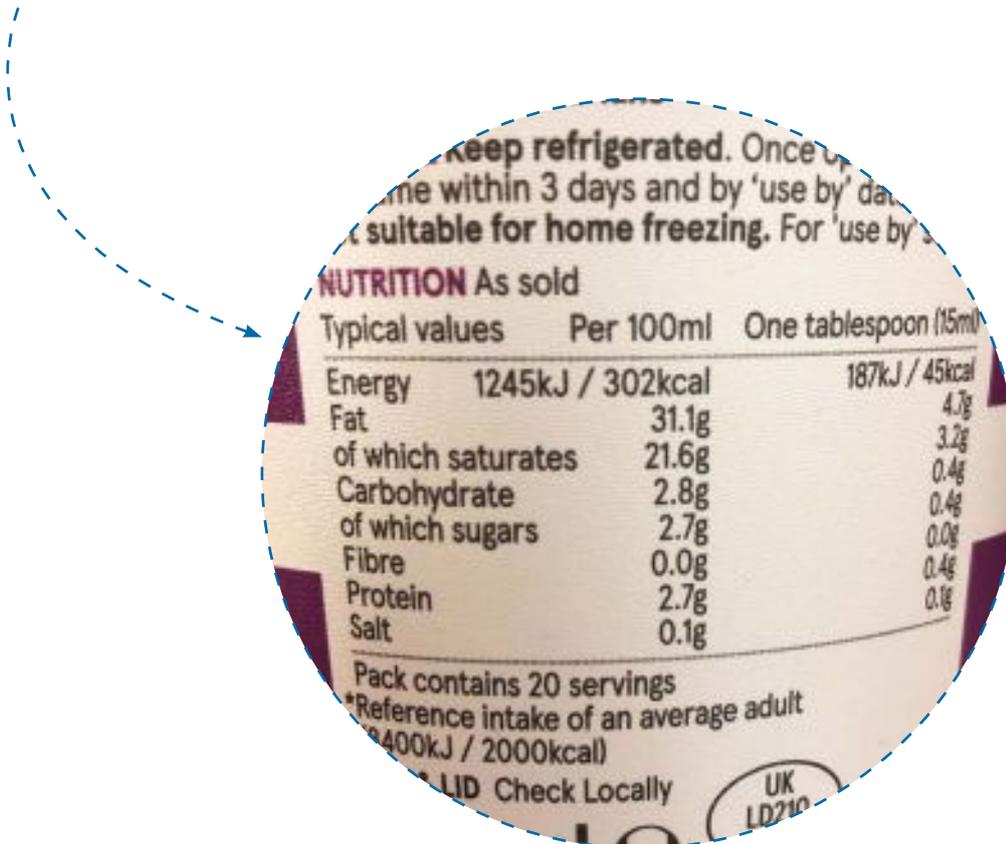
GRATITUDE JOURNAL

	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					

HELPFUL TIPS

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 certain 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.



RESOURCES TO HELP

HUNGER DIARY

People may think that making a change to their way of eating means 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.

Use the diary on the next page to help you keep track of your hunger.

TOP LOW CARB SWAPS

SWAP: PIZZA



FOR: CAULIFLOWER PIZZA



SWAP: CHIPS



FOR: CELERIAC FRIES



SWAP: TORTILLA WRAP



FOR: LETTUCE WRAP



SWAP: LASAGNE SHEETS



FOR: SLICED COURGETTE



SWAP: BURGER BUN



FOR: PORTOBELLO MUSHROOM



TOP LOW CARB SWAPS

SWAP: RICE

FOR: CAULIFLOWER RICE



SWAP: PASTA/NOODLES

FOR: COURGETTI



SWAP: BREAD

FOR: CLOUD BREAD



SWAP: MASH POTATO

FOR: CAULIFLOWER MASH



SWAP: SCOTCH PANCAKES

FOR: VANILLA PANCAKES



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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These recipes are not intended to treat or cure any disease or condition.

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NUTRITIONAL DISCLAIMER

All nutritional information is based on UK food databases.

Nutritional information is calculated per serving and is subject to variation dependent on brand, use of organic produce and seasonal variation. They should therefore be used as an estimate only.

UK nutritional information for total carbohydrate does not include fibre.

All dairy products are based on full fat varieties.

An egg is based on a typical medium sized egg (58g).

Some varieties of parmesan cheese include rennet which is not suitable for vegetarians. All vegetarians should ensure they opt for vegetarian parmesan cheese.

When selecting ingredients, whole foods are chosen by default.

Certain fruits and vegetables, that might be higher in carbohydrates, are used in small amounts in some recipes e.g. root vegetables, bananas or cashews. They should only be used in the amounts specified, to avoid the over consumption of carbohydrates.