
new dimensions fitness

4 WEEK NUTRITION PLAN & RECIPE BOOK



CONTENTS

WEEK 1	3
WEEK 2	19
WEEK 3	36
WEEK 4	50
VEGETARIAN OPTIONS	66

Week 1

DAY 1

Breakfast - Juice

1 x Orange Including the peel
2 x Carrots (peeled)
1/2 cm chunk of root ginger
1 Handful of fresh mint
Ice (optional)
Water

Place all the items excluding the ice in a blender/nutri-bullet and blitz. Serve immediately with ice if desired.

Lunch - Courgette Frittata

Ingredients

1/2 onion, chopped
1/2 courgette, finely chopped
3 eggs
Grated goats cheese or feta
Salt and ground black pepper, to taste

Directions

1. Preheat the oven to 175°C.
 2. Add 1/2 tablespoon coconut oil in a pan over medium heat. Add the onion and courgette and sauté for 2-3 minutes.
-

-
3. In a large mixing bowl, whisk together the eggs. Pour over the top of vegetables, sprinkle with salt and pepper. Cook until almost set, about 6 – 7 minutes. Sprinkle the cheese on top and transfer to the oven. Bake for 4 – 5 minutes or until the cheese is melted.

Dinner - Chicken Stew With Salsa Verde

Ingredients

- 1 tbsp olive oil
- 1kg good quality chicken legs, skin on
- 500g baby onions, peeled
- 400ml (3/4pt) chicken stock
- 200g baby carrots
- 2 bay leaves
- 200g (7oz) peas, defrosted

For the salsa verde

- 30g flat-leaf parsley
- 1 garlic clove, crushed
- ½ lemon, zested
- 2 tbsp olive oil

Directions

1. Heat the oil in a large casserole dish. Add the chicken and cook for 15 minutes, until golden on both sides. Remove the chicken and set aside.
 2. Add the onions and fry for 3 minutes to colour. Return the chicken to the pan with the stock, carrots and bay leaves. Bring to the boil then reduce the heat and loosely cover. Simmer for 45 minutes, skimming off any surface fat.
 3. Meanwhile, make the salsa verde. Whizz all the ingredients in a processor until you have a chunky paste.
-

-
4. Add the peas to the stew and cook for 3 minutes more. Cut into a thick chunk of chicken to check that it is cooked through.
 5. Stir in the salsa verde, season well and serve.

DAY 2

Breakfast - Juice

2 Pears (medium)
1/4 Cucumber
1/2 Lime (peeled)
Mint 4 sprigs

Place all the items excluding the ice in a blender/nutri-bullet and blitz. Serve immediately with ice if desired.

Lunch - Chicken salad With Hazelnut Dressing

Ingredients

1 small romaine lettuce
200g cooked leftover chicken meat
10g Parmesan

For the dressing

20g hazelnuts
1 tbsp natural yogurt
½ tsp Worcestershire sauce

6 anchovies
½ tsp capers
¼ tsp Dijon mustard
1 tsp lemon juice
½ clove garlic, crushed

Directions

1. First, make the hazelnut dressing. Place the hazelnuts in a small food processor and blitz until they resemble breadcrumbs.
2. Add the remaining dressing ingredients, including 2 of the anchovies (reserve 4 for the salad). Blitz until you have a dressing that is of a creamy consistency.
3. Tear the romaine lettuce into large pieces and cut the cooked leftover chicken meat into strips. Chop up the four remaining anchovies. Then place the lettuce, chicken and anchovies in a bowl. Pour the hazelnut dressing over the salad and toss well.
4. Divide between two plates or bowls and serve sprinkled with Parmesan shavings.

Dinner - Healthy Fish & Chips

Ingredients

750g sweet potatoes
2 tbsp light olive oil
1 tsp sweet paprika (optional)
4 white fish fillets, such as cod or haddock, approx 150g each
1 lemon, zested
25g (1oz) Parmesan, finely grated
2 tbsp chopped flat leaf parsley
peas, to serve
lemon wedges, to serve

Directions

1. Preheat the oven to gas 6, 200°C, fan 180°C. Cut the sweet potato into thick wedges and place in a shallow roasting tray. Pour over half the olive oil, season well and sprinkle with the paprika, if using. Mix well to combine. Bake for 30 minutes in the preheated oven, turning halfway through.
2. Meanwhile, season the fish fillets and place well apart on a lightly oiled baking sheet. Add the lemon zest, Parmesan, parsley and the remaining oil. Season well and mix together. Divide the crumbs evenly between the fish fillets, pressing onto the top of each one.
3. Bake on the top shelf of the oven for the last 10-12 minutes of the sweet potatoes' cooking time, or until the fish is opaque and the potatoes are golden and crisp. Serve with peas and lemon wedges.

DAY 3 - FASTING/DETOX

Remember this doesn't have to be day 3, if it works better for you being day 1 then please feel free to swap these around.

Fast for 17-18 hrs consuming water and herbal teas. Break the fast with a green juice

Ingredients

- 1 cup green tea, chilled
 - Small handful coriander
 - Small handful organic baby kale (or another baby green)
 - 1 cm chunk cucumber
 - juice of 1 lemon
 - ½ avocado
 - Ice
-

Meal to be eaten 10 minutes later

Chicken and broccoli salad

- 1 tbsp olive oil/ coconut oil
- 1 cup broccoli florets
- 2 tbsp olive oil
- 1 red pepper
- 1 tomato
- handful pitted black olives
- 1 chicken breast, sliced
- 1 red chillies, deseeded and sliced
- 1 garlic cloves, sliced

Steam the broccoli for 4 mins until just tender, tip into a large bowl, then season.

Meanwhile, heat the oil in a pan, then fry the tomato and pepper and for 2 mins. Add the chillies and garlic, then cook for a further 4 mins until softened.

Remove the chilli and garlic with a slotted spoon, then mix with the broccoli, olives and chicken. Warm over a medium heat, then pour over the salad. Eat warm or cold.

Dinner - Salmon Stir Fry

Add as many veggies as possible to your stir fry avoiding root veg and soy sauce.

Flavour with herbs and spices.

Either bake the salmon in the oven or on a griddle and serve with the stir fried veg.

Add a healthy dessert if required and remember to drink plenty of water. If you're still hungry you must eat, choose items from the snack lists.

DAY 4

Breakfast Smoothie

1 tbsp natural yogurt
2cm block courgette
1 tbsp milled flaxseeds, pumpkins seeds and goji berries
1 scoop protein powder (optional)
10 blueberries
Almond/coconut milk
Handful spinach

Place all the items excluding the ice in a nutri-bullet and blitz. Serve immediately with ice if desired.

Lunch - Mushroom Omelette With Asparagus, Spinach & Feta

Ingredients

4 asparagus, spears
1 1/2 cup spinach, baby
2 large organic eggs
20g feta
1/2 cup chopped mushrooms
Salt and pepper, to taste

Directions

1. Blanch (cook briefly) the asparagus in lightly salted boiling water until just cooked. Remove from water and cool in cold (preferably iced) water.
-

-
2. Wash baby spinach in cold water to remove dirt and grit. Dry thoroughly, preferably in a salad spinner.
 3. With a fork, whisk the eggs in a bowl. Heat some coconut oil in a small non-stick frying pan. When the pan is hot, add the eggs and mushrooms constantly moving the eggs around for 15 seconds.
 4. Lower heat and place the spinach leaves on one half of omelette. Put asparagus spears on spinach and crumble some feta on top. Continue cooking on low heat until the egg is almost cooked but still a bit soft. Season lightly with cracked black pepper.
 5. Fold the uncovered half of the omelette over the fillings and serve immediately.

Dinner - Stuffed Peppers

Ingredients

- 500g organic minced beef
- 1 tsp coconut oil
- 2 large Red Peppers
- 1 onion
- 1 carrot
- 1/2 courgette
- 1 can of tinned tomatoes
- 1 tsp Moroccan spice
- 1 large sweet potato

Directions

1. Pre heat the oven to 175C and either cut or spiralize the sweet potato. Heat some oil in a roasting tray and add the potato checking regularly to turn.
 2. Blitz the courgette, onion and carrot in a food processor. Heat the coconut oil in a pan and lightly fry the blitzed veg for 5 minutes.
 3. Add the mince to the pan and cook until browned
 4. Add the tomatoes and spice cooking for a further 5 minutes
-

-
5. Prepare the peppers by removing the top and insides, add the cooked mince
 6. Bake for 15-20 minutes or until peppers are browned
 7. Serve with sweet potatoes and side salad if required

DAY 5

Breakfast - Juice

Ingredients

- 1 Handful spinach
- 6 Strawberries
- 2 Teaspoons raw cacao powder
- ¼ Beets
- 1 scoop protein powder
- Unsweetened almond milk to fill line

Directions

Add ingredients to your nutri-bullet or blender, extract for 30 seconds, or until smooth.

Lunch - Sweet Potato, Bacon and Poached eggs

Ingredients

- 2 eggs
 - 3 slices of bacon, diced
 - 1 small sweet potato, diced
 - 1/2 red onion, sliced
 - 1 handful of spinach, chopped
-

Directions

1. In a roasting tin, bake the diced potatoes, onion and bacon until cooked through.
Approx 20-25 mins.
2. After 15 minutes poach the eggs in a pan. Use a splash of vinegar to bind the eggs.
3. When ready to serve, toss the spinach with the potatoes mix.
4. Serve

Dinner - Seafood Stew

Ingredients

- 2 teaspoons coconut oil
- 1 medium onion, chopped
- 1 clove garlic, minced
- 1/2 teaspoon dried thyme
- 1/2 teaspoon fennel seed
- 1/4 teaspoon salt
- 1/4 teaspoon freshly ground pepper
- Pinch of crumbled saffron threads
- 1 cup diced tomatoes, with juice
- 1/4 cup vegetable broth
- 4 ounces green beans, cut into 1-inch pieces
- 4 ounces bay scallops, tough muscle removed
- 4 ounces small shrimp, (41-50 per pound), peeled and deveined

Directions

1. Heat oil in a large saucepan over medium heat. Add onion; cook, stirring constantly, for 3 minutes. Add garlic, thyme, fennel seed, salt, pepper and saffron; cook for 20 seconds.
-

-
2. Stir in tomatoes, broth and green beans. Bring to a simmer. Cover, reduce heat and simmer for 2 minutes.
 3. Increase heat to medium, stir in scallops and cook, stirring occasionally, for 2 minutes. Add shrimp and cook, stirring occasionally, for 2 minutes more.

DAY 6

Breakfast - Poached eggs, Avocado and Miso Sweetcorn Pure

Ingredients

- 200ml of filtered water
- 1 egg
- 1 small can of sweetcorn (drained)
- 1 tbsp of miso paste
- 1/2 an avocado
- 1 lime
- 1 crushed garlic clove (optional)
- 1 tbsp of sesame oil
- 1/2 tbsp of apple cider vinegar

Directions

1. Boil 200ml of filtered water in a pan and add a pinch of salt. Make sure you use filtered water in order to avoid giving your egg a nasty metallic taste. Crack the egg into a ramekin then pour it into the pan. Poach for 2 minutes so it is still gooey in the middle.
 2. Cut the avocado into slithers and place on the plate, cover in 1/2 the lime juice and salt.
-

-
3. Place the other half of the lime juice, sweet corn, 1/2 tbsp of miso in the blender and blend until smooth, place onto the plate with the avo.
 4. Place the rest of the miso paste with the sesame oil, garlic and vinegar in the blender. Blend until smooth and pour over the plate with the freshly poached egg.

Lunch - Pea & Roasted Garlic Soup

Ingredients

- 1 garlic bulb
- 60ml cold-pressed extra-virgin olive oil, plus extra to serve
- 1 onion, finely chopped
- 3 fresh thyme sprigs, leaves picked
- 1 litre vegetable stock (see tip)
- 500g fresh or frozen peas
- 1 tbsp cider vinegar
- Handful fresh parsley leaves, plus extra to garnish

Directions

1. Heat the oven to 200°C/fan180°C/gas 6. Cut the top off the garlic bulb, put on a baking tray and drizzle with 1 tbsp of the olive oil. Bake for 30-35 minutes.
 2. Meanwhile, heat the remaining olive oil in a large saucepan over a medium heat, then cook the onion and thyme for 5 minutes. Add the stock, peas and vinegar, season with salt and freshly ground black pepper, then bring to the boil.
 3. Reduce the heat to low, then add the parsley and simmer gently, partially covered, for 5-10 minutes.
 4. Remove from the heat, allow to cool slightly, then pour into a blender. Remove the garlic from the oven and squeeze the cloves out of their skins into the blender. Whizz until the soup is your preferred texture. Serve with parsley and a drizzle of oil.
-

Dinner - Cottage Pie With Cauliflower Mash

Ingredients

- 2 tablespoons extra virgin olive oil
- 1 large onion, chopped
- 2 garlic cloves, crushed
- 1 celery stalk, chopped
- 500 g (1 lb 2 oz.) lean minced (ground) lamb, organic if possible
- 2 anchovies, chopped
- 1/2 x 400 g (14 oz.) tin chopped tomatoes (sugar and additive free)
- 125 ml (4 fl oz./1/2 cup) tomato passata (puréed tomato)
- 1 teaspoon sea salt & ground black pepper
- 1/4 teaspoon liquid stevia (optional)

Cauliflower mash

- 1 cauliflower cut into florets
- 1 tablespoon extra-virgin olive oil, or organic butter (if tolerated)
- 1 tablespoon nutritional yeast flakes

Directions

1. Heat the olive oil in a large frying pan.
 2. Add the onion, garlic and celery and sauté over medium–low heat for 8–10 minutes, or until the onion is golden brown.
 3. Add the lamb and anchovies and cook for a further 5 minutes, stirring often to break up any lumps in the meat.
 4. Stir in the chopped tomatoes, passata, salt and pepper, then cover and cook over low heat for 20 minutes.
 5. If there is excess liquid in the pan, turn the heat up and simmer, uncovered, for a few minutes more.
 6. Stir in the stevia, if using. Meanwhile, preheat the oven to 220°C (425°F/Gas 7) and make the cauliflower mash.
-

-
7. Put the florets in a steamer over a saucepan of simmering water and cook, covered, until tender — the florets can be verging on soft, but shouldn't be falling apart.
 8. Transfer the cauliflower to a blender or food processor and add the olive oil, yeast flakes, a pinch of sea salt and a few grinds of black pepper.
 9. Blend until smooth.
 10. Transfer the cooked lamb mixture to an 18 cm (7 inch) square baking dish and level the surface. Gently spoon the cauliflower mash over the top, scraping a fork across the surface to create little trenches in the mash.
 11. Bake for 20 minutes, or until the mash has a crispy top.

DAY 7

Breakfast - Spinach Pancakes with Fried Eggs and Mushrooms

Ingredients (serves 2)

- 6 eggs
 - 200g of mushrooms
 - 4-5 tbsp of coconut oil
 - 1 fresh red chilli
 - 1 crushed garlic clove
 - 1tsp of dried thyme
 - 190g of porridge Oats
 - 2 tsp of baking powder
 - 50g of spinach
 - 170ml of almond milk (or other plant based milk)
 - Olive oil to serve
 - Salt and pepper
-

Directions

1. Grab your blender or food processor and place in the oats. Process until they form a flour-like consistency, throw in the baking powder, a pinch of salt, the spinach, 2 eggs, coconut oil, milk and blend until smooth.
2. Thinly slice the mushrooms and the red chilli. Heat 1 tbsp of avocado oil and sauté the mushrooms, chilli, garlic and thyme with a pinch of salt for 10 minutes.
3. While this is cooking pour the pancake mix into a heated pan of oil. Cook for 2-3 minutes until golden brown and cooked through.
4. While this is cooking, heat another pan to a medium to high heat with 1 tbsp of coconut oil and a pinch of salt.
5. Fry 4 eggs in the pan (one at a time- depending on pan size) for 2 minutes or until cooked to your liking.
6. Serve with the waffles, mushrooms, salt, pepper and a drizzle of Olive oil.

Dinner - Roast Pork & Crackling

Ingredients

Leg of Pork
Handful fresh sage
1 onion, thinly sliced
5 cloves of garlic, 1 peeled & crushed
1 TBS Olive Oil
3 daikons halved then chopped into wedges
1 tsp. sea salt & fresh ground pepper to taste

Directions

1. Preheat oven to 350 degrees
 2. Put veggies in bottom of baking dish along with 4 whole garlic cloves
 3. Put Pork in middle of dish and place sage inside and underneath pork
-

-
4. On top run with sea salt and sprinkle with fresh ground pepper
 5. Place in oven for 10 mins on high to crisp up top then turn heat down to moderate and bake for 1 hour and 20 mins
 6. Serve with Squash sauce, daikon wedges, and green beans.

Week 2

DAY 1

Breakfast - Juice

1/2 Beetroot
1/2 Cup blueberries
1/4 Cucumber
1/2 Apple
1/2 Tsp cinnamon
Handful romaine lettuce
Water

Place all the items in a blender/nutri-bullet and blitz. Serve immediately.

Lunch - Stuffed Mushrooms

Ingredients: (Serves 2)

5 large flat mushrooms (1 extra mushroom for the stuffing)
1 large onion
2 garlic cloves
2 tsp olive oil
60g mixed unsalted nuts (brazils/hazelnuts/almonds/walnuts)
1 tbsp vegan margarine
1/2 tsp dried thyme
1/2 tsp dried rosemary
1 tbsp chopped fresh herbs eg parsley, fennel, dill, chives

salt and pepper to taste.

Directions

1. Cut the stems from the mushrooms and finely dice these along with one whole mushroom.
2. Preheat the oven to 200C/Gas Mark 6.
3. Finely dice the onion and crush the garlic cloves.
4. Place the onion and garlic in a saucepan with the olive oil and sweat them in the oil until the onion is soft and beginning to brown. Add the chopped mushroom stalks and sweat the vegetables for a few more minutes.
5. Lightly toast the mixed nuts in a medium oven or grill and remove the skins.
6. Grind the mixed nuts fairly finely in a food processor or using a mortar and pestle and add to the pan along with the butter, dried herbs, fresh herbs and salt and pepper to taste. Mix to combine.
7. Place the field mushrooms, stem side up, on a baking tray. Divide the mixture between the mushrooms and spread over the surface of each one.
8. Bake in the oven for 5-8 minutes or until the tops are beginning to brown and the mushrooms are just cooked. Serve 2-3 mushrooms on each plate along with a salad garnish.

Dinner - Cod With Pea Puree

Ingredients

- 2 X 200g loins of cod
 - 200g frozen garden peas
 - 2 sprigs fresh mint, leaves chopped
 - 1 tsp mint sauce
 - 200ml fish or vegetable stock (organic or gluten free)
-

Knob of butter
Olive oil
Salt and pepper
Coconut flour or ground almonds

Directions

1. To make the pea puree, cook the garden peas in the stock and then either crush or preferably purée them in a food blender. Add a glug of olive oil, a spoonful of mint sauce and then some chopped fresh mint. Season to taste.
2. Preheat the oven to 180C.
3. Season the flour with salt and pepper and roll the cod in the seasoned coconut flour or almonds. Add a glug of oil and a knob of butter to a hot pan and then add the cod skin side down, pan frying for 2 to 3 mins until skin is crisp. Transfer to a hot oven (180C) for 8-10 minutes until cod cooked through.
4. Serve on the pea purée with oven baked sweet potatoes chips.

DAY 2

Breakfast - Juice

1 Banana
1 Tbsp almond butter
1 Tbsp cacao powder
1/4 Cup oats
1/2 Tsp vanilla
Almond milk (unsweetened)

Place all the items in a blender or nutri-bullet and blitz. Serve immediately.

Lunch - Chunky Chilli Chicken Soup

Serves 6

(Vegetarian option - Substitute the Chicken for chickpeas)

Ingredients

1 large onion, finely chopped

Coconut oil

2 garlic cloves, crushed

2 tsp cumin seeds

2 tsp ground coriander

½ tsp ground cinnamon

½ tsp cayenne pepper

2 green chillies, finely chopped

6 free-range boneless, skinless chicken thighs, chopped

400g tin chopped tomatoes

600ml fresh chicken stock

400g tin kidney beans, drained and rinsed

Directions

1. Fry the onion in a little oil in a deep saucepan for 10 minutes, stirring now and then. Add the garlic, cumin seeds, ground coriander, ground cinnamon, cayenne pepper and chillies. Add the chicken pieces and stir to coat in the spices.
2. Pour in the chopped tomatoes and chicken stock, season well and bring to a simmer. Simmer for 20 minutes, then add the kidney beans and simmer for 10 more minutes.

Dinner - Jamie Olivers Asian Crispy Beef

(Vegetarian option: Shiitake mushrooms)

Serves 2

Ingredients

1 tablespoon unsalted peanuts

2 cloves of garlic

5cm piece of ginger

sesame oil

2 star anise

200 g lean beef mince

1 teaspoon runny honey

1 teaspoon fish sauce

1 teaspoon tamari

2 limes

150 g brown rice noodles

2 spring onions

1 fresh red chilli

200 g fresh mixed salad veg , such as round lettuce, carrot, radishes, cress, spinach

4 sprigs of fresh coriander

Directions

1. Lightly toast the peanuts in a dry frying pan, then crush in a pestle and mortar and put aside. Peel and finely chop the garlic and ginger. Put 1 tablespoon of sesame oil and the star anise into the frying pan on a medium-high heat. Add the mince, breaking it apart with a wooden spoon, followed by half the garlic and ginger and the honey. Stir-fry for 5 minutes to crisp up and get golden brown.
 2. Meanwhile, crush the remaining garlic and ginger into a paste in the pestle and mortar, then muddle in the fish and tamari sauces and lime juice to make a dressing. Cook the noodles according to the packet instructions. Trim the spring onions, then finely slice with the chilli (deseed if you like). Prep the salad veg, breaking the lettuce leaves apart and matchsticking or finely slicing any crunchy veg so it's all a pleasure to eat.
-

-
3. Load up your plates with that lovely salad veg, then drain and add the noodles. Spoon over the dressing, sprinkle over the crispy beef, chilli, spring onions and crushed peanuts, pick over the coriander leaves and tuck in.

DAY 3 - FASTING/DETOX

Remember this doesn't have to be day 3, if it works better for you being day 1 then please feel free to swap these around.

Fast for 17-18 hrs consuming water and herbal teas. Break the fast with a green juice

Ingredients

1 Cup spinach

1/4 Large avocado

1/4 Cucumber

1/4 Lemon, juiced

1 Pinch sea salt

Almond milk

Meal to be eaten 10 minutes later

Turkey and bok choy salad

Serves 2

Ingredients

1 large carrots, thinly sliced on the bias

1 bunch baby bok choy, stems cut into thin 1/2-inch-long slices and leaves cut into 1 inch pieces

Olive oil

Turkey strips

1 cup cannellini (aka white kidney) or navy beans, drained and rinsed

1 cup baby tomatoes, halved

1 tbsp chopped fresh basil

Dressing

1/2 clove garlic

1 tbsp balsamic vinegar

1 tbsp extra-virgin olive oil

1 tbsp chopped fresh basil

1 tsp fresh lemon juice

Pinch ground black pepper

Instructions

1. In a large steamer basket set over top of a pot of gently simmering water, add carrots and steam for 4 minutes. Add bok choy stems and steam for 1 minutes; add bok choy leaves and steam for 1 more minute.
 2. Meanwhile, mist a nonstick skillet with cooking spray and heat on medium-high. Add turkey strips and cook, turning once, until lightly browned, about 1 minute per side. When cool enough to handle, slice thinly.
 3. Prepare dressing: In a blender, blend dressing ingredients and 1/3 cup water until smooth.
 4. In a large bowl, combine carrots, bok choy, beans and tomatoes. Top with turkey, dressing and basil.
-

Dinner - Ratatouille & Steak

Vegetarian option; Substitute the stake for sweet potato or butternut squash

Serves 2

Ingredients

- 1 large onion, sliced
- 2 tbsp olive oil
- 2 cloves garlic, thinly sliced
- 1 aubergines, thickly sliced
- 2 courgettes, thickly sliced
- 1 red or yellow peppers, seeded and quartered
- 4 plum tomatoes, sliced
- 2 sprigs thyme
- 1 handful basil leaves

Instructions

1. Sweat the sliced onion in 2 tbsp of olive oil until they are soft, add 2 sliced garlic cloves and cook until soft. Remove to a deep roasting tin or baking dish.
2. Fry each of the other vegetables separately, adding more oil as necessary, until each is pale gold. Remove as each one is ready and add to the tin or dish, followed by 4 thickly sliced plum tomatoes, seasoning with salt, black pepper and thyme.
3. Bake at 180C/gas mark 4 for about 40 minutes until soft and tender. Stir gently with a handful of torn basil leaves and serve.

DAY 4

Breakfast Smoothie

- 1 Tbsp natural yogurt
-

1/2 Cup strawberries
1/4 Raspberries
4-5cm Chunk of courgette
1 Tsp pumpkin seeds
1 Scoop protein powder
Almond milk

Place all the items in a blender/nutri-bullet and blitz. Serve immediately.

Lunch - Smoked Salmon Salad with Strawberries, Green Beans & Watercress

(Vegetarian option: Substitute salmon for avocado)

Serves 2

Ingredients

4 oz fresh green beans, ends trimmed
1 small bunch watercress, trimmed (about 2 1/2 cups)
1 can unsalted cannellini or Great Northern beans, drained and rinsed
1 cup quartered, hulled fresh strawberries
400g smoked salmon, cut into 12 pieces

Vinaigrette

1 tbsp raspberry or red wine vinegar
1 tbsp extra-virgin olive oil
1 tbsp finely chopped shallot
1 tsp raw honey
1/4 tsp Dijon mustard
Pinch sea salt, divided
Pinch fresh ground black pepper

Directions

-
1. In a medium pot fitted with a steamer basket, add 1 inch water and bring to a boil. Add green beans, cover and steam until crisp-tender and bright green, 6 to 7 minutes. Fill a medium bowl with ice water. Drain beans and plunge immediately into ice water; set aside.
 2. Meanwhile, in a small bowl, whisk together all vinaigrette ingredients.
 3. Divide watercress among serving plates. Top with green beans, cannellini beans and strawberries. Place 3 slices salmon over each serving. Drizzle vinaigrette over salads.

Dinner - Courgetti Bolognese

Ingredients - (serves 2-3)

500g organic minced beef

1 tsp coconut oil

3 large courgette

1 onion

1 carrot

1 can of tinned tomatoes

1 tbsp bolognese spices

1 jar organic (or a no sugar one) bolognese sauce (I use Made In Italy ragu)

Directions

1. Blitz the courgette, onion and carrot in a food processor. Heat the coconut oil in a pan and lightly fry the blitzed veg for 5 minutes.
 2. Add the mince to the pan and cook until browned.
 3. Add the tomatoes, ragu and spice cooking for a further 5 minutes.
 4. Spiralize the courgettes, add to a non-stick pan and heat for 1-2 mins.
 5. Serve with grated parmesan.
-

DAY 5

Breakfast - Juice

Ingredients

Handful spinach
1/2 Orange
1 Cup strawberries
1/2 Inch ginger
1/2 Tsp turmeric
Coconut water

Directions

Add ingredients to your nutri-bullet or blender, extract for 30 seconds, or until smooth.

Lunch - Tortilla Wraps

Ingredients

2 eggs whisked
1 cup of full fat coconut milk (or you can use unsweetened almond milk)
1 tbs of coconut oil
3/4 cup of spelt flour
3 tbs of coconut flour
1/4 tsp sea salt

Instructions

1. In a mixing bowl, combine all the above wet ingredients (including the tablespoon of oil)
-

-
2. In a separate bowl, combine all dry ingredients together (salt and flours)
 3. Pour wet ingredients into dry ingredients bowl and whisk until fully combined
 4. Season your pan with coconut oil
 5. Heat pan on medium to medium-low heat
 6. Pour 1/3 cup of batter into center of pan to form about a 6" circle
 7. Cook for 2-3 minutes until tortilla is lightly browned on the bottom
 8. Flip and cook about 1 to 1 1/2 minutes on the opposite side until browned
 9. Place tortillas on a paper towel-lined plate
 10. Makes about 6 tortillas about 6-inches in diameter

Add a filling of your choice... Nice with iceberg lettuce, red pepper and prawns

Dinner - Porchetta

Ingredients

- 2 garlic cloves finely chopped; plus 2 heads, halved crosswise
- 1 tablespoon coarsely chopped fresh rosemary, plus 4 sprigs
- 1 tablespoon fennel seeds, coarsely chopped
- 1½ teaspoons kosher salt
- 2 tablespoons olive oil, divided
- Freshly ground black pepper
- 1 1½-lb. pork tenderloin
- 4 slices bacon

Directions

1. Preheat oven to 220°C. Toss chopped garlic, chopped rosemary, fennel seeds, salt, and 1 Tbsp. oil in a small bowl; season with pepper.
 2. Rub garlic mixture all over tenderloin (if you have time to do this in the morning, great; refrigerate pork until dinner). Scatter rosemary sprigs in a large baking dish
-

and set tenderloin on top. Wrap bacon slices around tenderloin, tucking ends underneath so bacon stays put. Nestle halved heads of garlic around tenderloin and drizzle everything with remaining 1 Tbsp. oil.

3. Roast for approx, 40–45 minutes. Transfer to a cutting board and let rest at least 10 minutes before slicing.

Prepare tomorrow mornings breakfast tonight!

DAY 6

Breakfast - Overnight Oats

Ingredients

40 grams rolled oats
120 ml coconut milk
1 tbsp chia seeds
2 tbsp slivered almonds
1/2 tbsp maple syrup
1 tsp vanilla extract

Directions

1. Mix all the ingredients together in a glass jar. Stir well, cover, and refrigerate overnight.
 2. The next morning, remove from the fridge, top off with your favourite fresh fruit, and enjoy!
-

Lunch - Sweet Potato Jackets

Ingredients

Serves 4

(Vegetarian option - spring onions/chickpeas)

4 small sweet potato

185g can tuna in spring water, drained

½ red onion, finely sliced

1 small red chilli

juice 1 lime

6 tbsp Greek yogurt

handful coriander leaves

Directions

1. Scrub the sweet potatoes and prick all over with a fork. Place in the oven at 180 deg C and cook for 30-35 mins, or until soft. Split in half and place each one, cut-side up, on a serving plate.
2. Flake the drained tuna with a fork and divide between the sweet potatoes. Top with the red onion and chilli, then squeeze over the lime juice. Top with a dollop of yogurt and scatter over the coriander, to serve.

Dinner - Cheat Meat!

Any thing at all.... Whatever you fancy. The rules are to sit at the table and eat your protein first.

DAY 7

Either a traditional roast or substitute chicken for aubergine if you want a vegetarian dish

Breakfast - Black pudding and scallops with crisp bacon, apples and hazelnuts

Ingredients (serves 2)

2 rashers streaky smoked bacon

1 tasty British eating apples, peeled, cored and each cut into 8 wedges

6 fresh scallops

Good pinch of ground cumin

1/2 tbsp apple or normal balsamic vinegar, plus a little drizzle

1 tsp hazelnut or walnut oil

1/2 tbsp olive oil

3 x 1cm slices black pudding, cut into half-moons

Knob of butter

Handful toasted blanched hazelnuts, very roughly chopped

2 good handfuls winter salad leaves

Directions

1. Heat a frying pan, add the bacon and leave it to sizzle until the fat runs. Cook for about 10 mins, turning once or twice until golden and very crisp.
 2. Meanwhile, cut the apples into chunky wedges. Add the apple to the bacon pan and fry for a couple of mins on each side until softened and starting to turn golden. Lift both the bacon and apples from the pan when ready, then set aside on a plate and keep warm in a very low oven. Wipe out the pan with a paper towel.
 3. Prepare the scallops and make the vinaigrette. Pat the scallops dry. Season on each side with salt, pepper and the cumin. If you are using the orange roes, pierce a couple of times with a sharp knife. This will stop them from popping at you as they fry. Whisk together the vinegar, oils and salt and pepper to make the vinaigrette.
-

-
4. When ready to serve, get the frying pan nice and hot. Add the slices of black pudding to one side of the pan. Add the butter to the other side. Once it foams, add the scallops and fry for 1 min on each side or until caramelised and golden all over. Avoid fiddling with them as they cook. Turn the black pudding when you turn the scallops - it should be dark and sizzling. When ready, take the pan from the heat.
 5. Arrange the apples, scallops and black pudding onto 4 plates, then top with a few shards of the crisp bacon. Toss the leaves in the vinaigrette then sit a little bundle of leaves on top of each plate. If you scrunch the leaves with your hands just ever so slightly, they are more likely to stay in place. Scatter the nuts around the salad, then finish the presentation with a little drizzle of the balsamic if you like.

Dinner - Pot Roast Chicken

Serves 4

Ingredients

- 4 Chicken thighs
 - 400g sweet potato, cut into chunks
 - 100g chorizo sausage, sliced
 - 1/2 bulb garlic, broken into cloves
 - 1 tbsp olive oil
 - 100ml chicken stock
 - 1/2 lemon
 - 1 courgettes, cut into thick batons
 - 1/2 red chilli, deseeded and sliced
 - 120g baby spinach
 - 1 tbsp parsley, chopped
 - Pinch salt
 - Pinch black pepper
-

Directions

1. Preheat the oven to gas 7, 220°C, fan 200°C.
 2. Place the chicken, skin-side up, in a roasting tin with sweet potato chunks.
 3. Leaving the skin on lightly crush the garlic cloves and place them amongst the pieces of chicken.
 4. Drizzle the olive oil over the pan and add the chicken stock, then season. Squeeze the lemon juice in too before adding the juiced half of lemon to the tray.
 5. Bake in the oven for 45-50 minutes. About 30 minutes in add the chorizo, courgettes and chilli.
 6. Cut into the thickest part of the thigh to check that the chicken is cooked through with no pink showing, then remove from the oven and allow to rest for a few minutes.
 7. Mix the spinach and parsley leaves through the hot chicken mix and serve immediately.
-

Week 3

DAY 1

Breakfast - Juice

Kale

Parsley

Wheat grass

1/4 fresh pineapple, roughly chopped

1 piece ginger, about the size of your thumb

1 lime

1/2 avocado

Unsweetened almond milk

Scoop of protein powder (optional)

Place all the items in a blender/nutri-bullet and blitz. Serve immediately.

Lunch - Salmon Noodle Bowl

Serves 2

Ingredients:

Rice noodles or (chick pea pasta)

Asparagus, cut in thirds

Coconut oil

2 salmon fillets, skin off, cut into pieces (veggie option: Tofu)

1 tablespoon toasted sesame oil

Zest and juice of 1-2 limes (3 TBSP juice)

1/4 teaspoon salt

1/4 teaspoon fresh pepper
4 ounces cucumber, skin on, cut into medium pieces
1/2 small avocado, cut into bite-size pieces

Directions

1. Cook the noodles in boiling water until soft
2. Transfer with tongs to a strainer. Add asparagus to same boiling water. Cook until al dente (about 2 minutes); rinse under cold water.
3. Heat a grill pan over medium-high heat. Coat lightly with butter or coconut oil. Cook the salmon until cooked through, turning pieces (about 2-3 minutes per side). Reserve.
4. Make the vinaigrette: Whisk together sesame oil, lime zest and juice, and salt and pepper in a small bowl. Combine the noodles, asparagus, and vinaigrette in a medium serving bowl.
5. Add the cucumber and avocado; toss to coat. Just before serving, add salmon. Serve warm or at room temperature, or make up to 4 hours ahead and keep refrigerated in an airtight container.

Dinner - Roasted Cumin Chicken with Chips and Broccoli

Ingredients

3 teaspoons olive oil
1 teaspoon cumin
2 chicken breasts (veggie option: peppers)
2 sweet potato, cut into thick slices
1 broccoli, cut in large pieces
Salt and pepper to taste

Directions

-
1. Preheat oven to 180 C, then mix 1 tsp. oil with cumin and rub into chicken.
 2. Toss together 2 tsp. oil, sweet potato slices, broccoli, salt and pepper. Put chicken, fries and broccoli on a baking sheet, and bake for about 30 minutes (turning once), until chicken is cooked through and chips and broccoli are tender.

DAY 2

Breakfast - Juice

- 1 cup nut milk
- 1 frozen banana
- 1 scoop chocolate/banana protein powder
- 1 tablespoon fresh chopped mint
- 1 tablespoon cacao nibs
- few ice cubes

Place all the items in a blender or nutri-bullet and blitz. Serve immediately.

Lunch - Broccoli & Feta Omelette

Ingredients

- 1/2 tbsp coconut oil
- 1 cup chopped broccoli
- 2 large eggs, beaten
- 2 tablespoons feta cheese, crumbled
- 1/4 teaspoon dried dill

Directions

-
1. Heat coconut oil in a pan over medium heat. Add broccoli, and cook 3 minutes.
 2. Combine egg, feta, and dill in a small bowl. Add egg mixture to pan. Cook 3 to 4 minutes; flip omelette and cook 2 minutes or until cooked through.
 3. Serve with spinach leaves

Dinner - Slow Cooker Beef Stew

Serves 2

Ingredients

- 500g diced Beef - grass fed (Veggie option lentils)
- 4 carrots
- 3 Leeks
- 2 green peppers
- 2 stalks celery
- 1 Tsp Worcestershire Sauce (optional)
- 100g Frozen Peas (optional)
- 475ml of Beef stock (veg stock)

Directions

1. Turn slow cooker onto low heat setting
 2. Heat some oil in a frying pan and brown off beef
 3. Peel and chop carrots, leeks, celery, peas and green pepper
 4. To make beef stock, use a Knorr stock cube and add 475 ml of cold water
 5. Mix in Worcestershire sauce to stock.
 6. Add all ingredients to slow cooker and give it a stir.
 7. Pop on lid and cook for 6 hours on high or 8 hours on Low.
-

DAY 3 - FASTING/DETOX

Remember this doesn't have to be day 3, if it works better for you being day 1 then please feel free to swap these around.

Fast for 17-18 hrs consuming water and herbal teas. Break the fast with a green juice

Ingredients

1 cup kale
1/2 avocado
1 celery stick
1/4 Lemon, juiced
1 sprig mint
5-6 sugar snap peas
Water

Meal to be eaten 10 minutes later

Lunch - Bacon and Spinach Salad with King Prawn

Vegetarian option: Substitute Prawns and bacon for avocado)

Serves 2

Ingredients

4 slices bacon
1 pack kings prawns
Cherry tomatoes, halved
1 pack fresh baby spinach
Handful coriander
2 tablespoons extra-virgin olive oil

1/2 tablespoon balsamic vinegar
1 teaspoon Dijon mustard
1/4 teaspoon salt
1/4 teaspoon freshly ground black pepper

Directions

1. Cook bacon in a pan over medium heat until crisp. Remove bacon from pan then add the shrimp and cook 2 minutes, turning once.
2. Combine bacon, tomatoes, coriander and baby spinach in a bowl. Combine the remaining ingredients in a small bowl, stirring with a whisk. Add the prawn and balsamic mixture to spinach mixture; toss well.

Dinner - Stuffed Aubergines

Ingredients

2 aubergines
1 onion
3 garlic cloves (optional)
olive oil
400g lamb mince (veggie option quinoa)
1tsp cinnamon
1tsp dried oregano
75g feta cheese
green salad

Instructions

1. Preheat the oven to Gas 4, 180°C, fan160°C. Halve the aubergines lengthways and scoop out the flesh. Chop the flesh into small (1cm) pieces. Gently fry the onions
-

(finely chopped), garlic (crushed) and aubergine pieces in a splash of the oil, until softened but without colour.

2. Add the lamb, cinnamon, oregano and cook until mince is browned.
3. Meanwhile, place the aubergine skins on a baking tray, season, drizzle with oil and spoon the mince into the aubergine skins.
4. Crumble the feta over the top and bake for 20 mins. Serve with a green salad.

DAY 4

Breakfast smoothie

1 to 2 scoops vanilla protein (optional)

1 tbsp natural yogurt

1 cup organic frozen blueberries

Handful of spinach

Your choice of 1 teaspoon hemp seeds, flax seeds, pumpkin seeds

Place all the items in a blender/nutri-bullet and blitz. Serve immediately.

Lunch - Pea & Ham Soup With Hard Boiled Eggs

Serves 2

Ingredients

2 tbsp coconut oil

1 medium-sized onion, chopped

1 medium-sized sweet potato, cut into small cubes

300g frozen garden peas

350ml vegetable stock
2 tbsp organic double cream
100g shredded ham hock (remove for veggie option)
1 small handful of fresh mint leaves
1 tsp chopped chives
Salt and pepper
2 hard boiled eggs

Instructions

1. Heat the oil in a pan over a medium heat. In another pan, bring to the boil water and add the eggs for 7 minutes.
2. Add the onion and sweet potato into the oil, season with the salt and pepper and fry for three minutes, stirring continuously.
3. Add the peas and stock, bring to the boil and simmer for four minutes.
4. Add the cream, bring back to the boil and then take off the heat.
5. Blend the soup in a food processor until smooth.
6. Serve it in a bowl and garnish it with the ham, chopped boiled eggs, chives and mint leaves.

Dinner - Greek-style Roast Fish

Ingredients - (serves 2)

2 sweet potatoes cut into wedges
1 onion, halved and sliced
1 garlic cloves, roughly chopped
½ tsp dried oregano or ½ tbsp chopped fresh oregano
2 tbsp olive oil
½ lemon, cut into wedges
2 large tomatoes, cut into wedges
2 fresh skinless pollock fillets (veggie option butternut squash)

small handful parsley, chopped

Directions

1. Heat oven to 200C/180C fan/gas 6. Tip the potatoes, onion, garlic, oregano and olive oil into a roasting tin, season, then mix together with your hands to coat everything in the oil. Roast for 15 mins, turn everything over and bake for 15 mins more.
2. Add the lemon and tomatoes, and roast for 10 mins, then top with the fish fillets and cook for 10 mins more. Serve with parsley scattered over.

DAY 5

Breakfast - Juice

Ingredients

Large handful spinach

1/4 grapefruit

1/4 lime, juiced

1/2 Inch ginger

4 basil leaves

Pinch sea salt

Coconut water

Directions

Add ingredients to your nutri-bullet or blender, extract for 30 seconds, or until smooth.

Lunch - Cauliflower Pizza

Ingredients

1 head cauliflower, stalk removed
1/2 cup feta
1/4 cup grated Parmesan
1/2 teaspoon dried oregano
1/2 teaspoon kosher salt
1/4 teaspoon garlic powder
2 eggs, lightly beaten

Directions

1. Preheat the oven to 200 degrees C and line a baking sheet with parchment paper.
2. Break the cauliflower into florets and pulse in a food processor until fine. Steam in a steamer basket and drain well. (Put it on a towel to get all the moisture out.) Let cool.
3. In a bowl, combine the cauliflower with the feta, Parmesan, oregano, salt, garlic powder and eggs. Transfer to the centre of the baking sheet and spread into a circle, resembling a pizza crust. Bake for 20 minutes.
4. Add desired toppings and bake an additional 10 minutes.

Dinner - Meatballs

Serves 2

Ingredients

500g minced beef - grass fed if possible (veggie option quinoa)
1 large egg
1 onion finely chopped
2 tablespoons Tomato Paste

2 tablespoons dijon mustard
1 tablespoon coconut flour
½ teaspoon sea salt
½ teaspoon ground black pepper
¼ teaspoon baking soda

Instructions

1. Pre heat the oven to 175 deg C
2. In a large bowl, combine the mince, egg, and onion
3. Mix in tomato paste, mustard, coconut flour, salt, pepper, and baking soda
4. Form meatballs and place on a parchment lined baking sheet and bake for 25 minutes
5. Serve with organic or no sugar Bolognese sauce over squash or courgette spaghetti

DAY 6

Breakfast - Egg Muffins

Ingredients

Bacon (veggie option: Courgettes)
3 spring onions
1 green pepper
2 tomatoes
4 eggs

Directions

1. Preheat the oven to 175 degrees
 2. Grease a muffin tin with butter
 3. Finely chop the pepper, spring onions and tomatoes
-

-
4. Place strips of bacon in each muffin case and add the chopped veg on top
 5. Beat the eggs and pour the mixture into each muffin case
 6. Bake for 15-20 mins and serve with spinach leaves.

Lunch - Chickpea, Goat's Cheese & Rocket Salad

Serves 2

Ingredients

200g dried chickpeas

6 tbsp extra-virgin olive oil

Juice 1 large lemon

2 ripe plum tomatoes, roughly chopped

Small handful fresh flatleaf parsley, chopped

50g wild rocket

150g mild, creamy goat's cheese, crumbled

Directions

1. Heat the chickpeas in a pan. Drain well and place in a large bowl. While warm, pour over the oil and lemon juice and season. Cool.
2. Toss the tomatoes, parsley and rocket with the chickpeas. Crumble over the goat's cheese to serve.

Dinner - Cheat Meat!

Any thing at all.... Whatever you fancy. The rules are to sit at the table and eat your protein first.

DAY 7

Breakfast - Maple Almond Granola

Ingredients

- 2 cups raw, whole rolled oats
- ½ cup sliced raw almonds
- ¼ cup raw sunflower seeds
- 2 tbsp maple syrup (100% real maple syrup)
- 1 tbsp raw honey
- 1 tbsp + 1 tsp coconut oil
- ¼ tsp vanilla extract
- 1 large pinch fine sea salt

Directions

1. Preheat the oven to 175 deg C. Combine all ingredients in a mixing bowl and mix well. The coconut oil might be liquid or solid depending on the temperature of the room you are in (it has a melting point of about 75°F.) Your hands will warm it up and melt it into the mixture if it's solid, just be sure to mix it all through the other ingredients so there aren't any chunks of oil left. Spread the mixture in a thin layer on a baking sheet and bake for 10 minutes, until very lightly toasted.
2. Cool before serving with natural or Greek yogurt
3. This granola can be kept in an airtight container in a cool, dry place for up to 2 weeks.

Dinner - Roast Meat of your choice served with Cauliflower Mash

For a traditional english dinner add veg of your choice and try to make a gluten free gravy if possible. For vegetarian option use a nut roast/squash or aubergine.

Ingredients

1 cauliflower, cut into florets
1 tablespoon olive oil
1 clove garlic, smashed (optional)
1/4 cup grated Parmesan cheese
1/2 teaspoon sea salt
Pinch freshly ground black pepper

Directions

1. Par boil or steam the cauliflower for 10 mins
 2. Heat olive oil in a small pan over medium heat; cook and stir garlic until softened, about 2 minutes. Remove from heat.
 3. Transfer half the cauliflower to a food processor; cover and blend on high. Add remaining cauliflower florets, one at a time, until vegetables are creamy. Blend in garlic, Parmesan cheese, salt, and black pepper.
-

Week 4

This week introduces spiralized recipes. You can purchase one on Amazon for approx £30, it's a good investment and can add variety as well as nutritional value to your meals.

DAY 1

Breakfast - Juice

Handful spinach
1/2 tbsp coconut oil
1 peach
1/4 cucumber
1/4 cup unsweetened coconut flakes
Coconut water

Place all the items in a blender/nutri-bullet and blitz. Serve immediately.

Lunch - Zoodle Stir-Fry Bowl (veggie or add a meat of your choice)

Serves 2

Ingredients:

2 courgettes, spiral cut
2 cups Brussels Sprouts, halved
2 cups Broccoli, florets
1½ cups Broccoli Slaw Mix, shredded broc. carrots & purple cabbage
6 White Button Mushrooms, quartered
¼ cup onion, diced
1 tbsp oil, coconut or olive oil recommended

2 Spring Onions, diced
2 cloves Garlic, minced
Salt & Pepper, to taste
1/2 Avocado, thinly sliced to top
Sesame Seeds, to top

Directions

1. Sautee onions and garlic for 1 minute in oil in a large pan over a medium heat.
2. Add in sprouts halved, flat side down to brown up for about 6 minutes.
3. Add in your remaining vegetables (minus courgetti) and cook till tender, about 5 minutes.
4. Once everything is cooked through let sit while you assemble your bowl. Start with a base of raw zucchini spiral cut.
5. Serve warm, enjoy with a second serving!

Dinner - Maple-Chilli Glazed Pork Medallions

Serves 2

Ingredients

1 teaspoon chilli powder
1/2 teaspoon salt
1/2 teaspoon ground black pepper
Pork tenderloin, trimmed and cut crosswise into 1-inch-thick medallions (veggie option: aubergine or butternut squash)
1 teaspoon coconut oil
1/4 cup apple cider
1/2 tablespoon maple syrup
1 teaspoon apple cider vinegar

Directions

-
1. Mix chilli powder, salt and ground pepper in a small bowl. Sprinkle over both sides of pork.
 2. Heat oil in a large pan over medium-high heat. Add the pork and cook until golden, 1 to 2 minutes per side. Add cider, syrup and vinegar to the pan. Bring to a boil, scraping up any browned bits. Reduce the heat to medium and cook, turning the pork occasionally to coat, until the sauce is reduced to a thick glaze, 1 to 3 minutes. Serve the pork drizzled with the glaze and veg of your choice.

DAY 2

Breakfast - Juice

- 1 pear
- 1/2 banana
- 1/2 cup oats
- 1/2 tsp cinnamon
- 1 tsp maple syrup
- Almond milk

Place all the items in a blender or nutri-bullet and blitz. Serve immediately.

Lunch - Artichoke & Olive Tuna Salad

Ingredients

- 1 can tuna, drained and flaked
 - 1 cup chopped canned artichoke hearts
 - 1/2 cup chopped olives
 - 2 teaspoons lemon juice
-

drizzle olive oil

1 teaspoon chopped fresh oregano, or 1/2 teaspoon dried

Directions

Combine tuna, artichokes, olives, mayonnaise, lemon juice and oregano in a medium bowl.

Dinner - Carrot Pasta (veggie or serve with Salmon fillet)

Serves 2

Ingredients

2 Salmon fillets

For the noodles:

1 big carrot, made into noodles (you can use a veggie noodle/pasta machine or a julienne peeler)

For the sauce:

1 tbsp unhulled tahini (or the regular tahini if you want)

1 tbsp good walnut oil (or good olive oil)

3 tbsp fresh lemon juice

1 tsp tamari

1 tsp grated ginger

1 small garlic clove, grated

To top: handful of parsley (chopped), sesame seeds, pine nuts and anything else you fancy

Directions

1. Bake the salmon fillet either in the oven or griddle
 2. Mix all the ingredients for the sauce until you get them all combined.
 3. Cut your carrot into noodles.
-

-
4. Pour sauce over the carrots and gently mix them by hand to coat.
 5. Top with parsley, sesame and pine nuts and serve fresh.
 6. Keeps well in the fridge overnight.

DAY 3 - FASTING/DETOX

Remember this doesn't have to be day 3, if it works better for you being day 1 then please feel free to swap these around.

Fast for 17-18 hrs consuming water and herbal teas. Break the fast with a green juice

Ingredients

1/4 cucumber
1 celery stalks
1 sprig mint
1-2 kale leaves with stalks
Juice of 1 lemon

Meal to be eaten 10 minutes later

Lunch - Cottage Cheese, Spinach and Tomato Omelette

Serves 2

Ingredients

2 eggs
2 tbsp cottage cheese
1 green pepper

1/2 cup spinach cooked or raw
6 Cherry Tomatoes (diced)
Coconut oil

Directions

1. Heat the oil in a pan, add in the beaten eggs and the 1/4 cup of raw chopped onions.
2. When your omelette is close to perfection, add the cottage cheese (try not to get too much of the liquid), the 1/2 cup of Cooked Spinach, and the chopped tomatoes evenly on 1/2 of the omelet. While still in the pan, let it cook like this for another 1-2 minutes, softening and warming all the ingredients.
3. Next, flip the bare half of the omelet over onto the full side, creating that perfect half circle.

Dinner - Mediterranean Sea Bass

Ingredients

1 courgette sliced lengthways
1 tbsp green pesto
40g butter, softened
2 sea bass, heads removed and gutted (veggie option: aubergine)
Olive oil, for drizzling
150g cherry vine tomatoes
75g pitted black olives
Basil leaves, for garnish

Instructions

1. Set the oven to 200°C/400°F/gas mark 6.
 2. Spread out the courgette in the base of a roasting tin.
-

-
3. Mix the pesto into the butter. Slash the top flesh of the fish and spread some butter in each of the slashes, then place the fish on the courgette. Drizzle over some olive oil and bake for 10 mins.
 4. Add the tomatoes, cut into small bunches, and olives, the drizzle over a little more oil and bake for a further 10-15 mins, or until the fish is cooked. Remove from the oven and serve at once with garnished basil leaves.

DAY 4

Breakfast smoothie

1 banana
6 dates
1 tbsp hazelnut butter
1 heaped tbsp cacao powder (or 1 scoop choc protein powder)
1/4 cup oats
Pinch sea salt
Almond milk

Place all the items in a blender/nutri-bullet and blitz. Serve immediately.

Lunch - Cauliflower Soup

Serves 2

Ingredients

1 tbsp extra virgin olive oil
1 medium onion, chopped (about 1 cup)
1 large garlic cloves, chopped (optional)

500g cauliflower florets
½ tsp salt
¼ tsp ground black pepper
3 cups of water

Instructions

1. Sauté onion and garlic in olive oil on a soup pot, over medium heat, until onion is translucent, about 10 minutes.
2. Add cauliflower florets, salt and pepper and continue cooking for 10-12 minutes
3. Add 3 cups of water, bring to a boil and simmer until cauliflower is tender, 20-25 minutes.
4. Blend soup in a blender until creamy. Serve

Dinner - Italian Turkey Sweet Potato Casserole

Ingredients - (serves 2)

1 tbsp olive oil
½ onion (diced)
1 red bell pepper (diced)
3 cloves garlic (minced)
500g ground turkey (veggie option: mushrooms)
1 tsp dried oregano
1 tsp dried parsley
½ tsp fennel seeds
¼ tsp red pepper flakes
2 tbsp fresh basil (chopped)
Tin of chopped tomatoes
2 sweet potatoes
Halloumi cheese (sliced)

Directions

1. Preheat oven to 175 deg C.
2. Add olive oil to a large pan over medium-high heat. Saute bell pepper and onion for 3-5 minutes. Add garlic, saute for 1-2 minutes.
3. Add the ground turkey and cook through.
4. Place the oregano, parsley, fennel seeds and red pepper flakes in a spice grinder (or use a mortal and pestle to grind by hand.)
5. Add the ground herbs to the turkey.
6. Add the fresh basil and diced tomatoes. Reduce the heat to low and simmer for 15 minutes.
7. In the mean time, get spiralizing!
8. Slice the ends off of the sweet potatoes, peel, cut in half and spiralize with Blade C.
9. Add the spiralized sweet potatoes to the pan. Toss and cook for 3-5 minutes.
10. If the pan is not oven safe, transfer the casserole to an oven-safe dish and top with the halloumi cheese.
11. If the dish you are using on the pan is oven safe, simply top with the fresh halloumi and in the oven it goes.
12. Cover and bake for 15 minutes. Uncover and bake 5-10 minutes or until cheese browned.

DAY 5

Breakfast - Juice

1/2 mango

1 tsp vanilla essence or protein powder

1cm chunk root ginger

Handful spinach

Coconut water

Directions

Add ingredients to your nutri-bullet or blender, extract for 30 seconds, or until smooth.

Lunch - Moroccan Rice Stuffed Tomatoes

Ingredients

2 large beef-steak tomatoes

2 free range eggs

1/2 tbsp olive oil

1 courgette, coarsely grated

1 tbsp pine nuts

1/2 red onion, peeled and finely chopped

1tsp Moroccan spice mix

3 dried apricots, finely chopped

Wholegrain rice (a pre cooked bag is a quick alternative)

Few sprigs fresh mint, chopped

Directions

1. Heat oven to 200C/gas mark 6. Slice the top off each tomato and use a teaspoon to scoop out flesh. Roughly chop the flesh from 2 tomatoes; discard rest.
 2. Heat oil in a frying pan. Add courgette, pine nuts, onion, spice mix and apricots, cook for 5 mins. Stir in reserved tomato flesh, cook for 1 min.
 3. Add rice and mint to pan. Stir, spoon into tomatoes. Top with lids and bake for 15-20 mins.
 4. Serve with hard boiled eggs for extra protein.
-

Dinner - Chicken, Chickpea & Broccoli Noodle Pasta

Ingredients

1/2 tablespoon extra virgin olive oil
2 chicken breasts (veggie option: use extra chickpeas)
salt and pepper, to taste
¼ teaspoon dried oregano flakes
2 broccoli stems, Blade C
1/2 cup canned chickpeas, drained and rinsed
½ cup cooked green peas
1/2 cup thinly sliced leeks

For the dressing:

2 tablespoons basil, chopped
1/3 cup feta
1/2 shallot, chopped
1 tablespoon lemon juice
salt and pepper to taste
1 tablespoons olive oil
1 tablespoons red wine vinegar
1 small garlic clove, minced

Instructions

1. Place a large pan over medium heat and add in the olive oil. Meanwhile, season chicken with salt, pepper and oregano on both sides. Once the oil is hot, add in the chicken and cook until no longer pink. Set aside.
 2. Place a medium pot filled halfway with water over high heat and bring to a boil. Once boiling, add in the broccoli noodles and peas and cook for 2-3 minutes or until the broccoli noodles are softened and cooked to al dente and the peas are bright green. Drain and set aside.
-

-
3. While broccoli noodles are chilling, place all of the ingredients for the feta dressing into a food processor and pulse until creamy. Place the broccoli noodles, chickpeas, peas, leeks and dressing in a large bowl and toss to combine.
 4. Serve immediately.

DAY 6

Breakfast - Porridge with Berries

Serves 1

Ingredients

50g whole rolled porridge oats

150 ml almond milk

Mixed berries, such as strawberries, raspberries and blueberries

15g flaked almonds

Natural yoghurt

Honey

Directions

Put the oats in a saucepan with the milk. Cook over a low-medium heat for 3-4 minutes, stirring constantly, until rich and creamy.

Pour into a bowl and top with the mixed berries. Scatter the almonds over and serve with the natural yoghurt and honey

Lunch - Sweet Potato Turkey Burger Sliders

Ingredients

400g minced turkey or lean ground beef (veggie option: red pepper & halloumi)

1/2 tsp salt
1 large sweet potato
1 tsp extra virgin olive oil
3-4 slices cooked turkey bacon (remove if veggie)
Lettuce torn into small pieces.

Directions

1. Mix ground turkey with salt and shape into 8-10 mini patties. Set aside. (Size of your patties depends on the size of sweet potato slices you have since they will be the bun.)
2. Slice sweet potatoes into 1/4-1/2 inch thick slices. Drizzle with olive oil and season with salt and pepper. Roast in oven at 200deg C for 20-30 minutes (flipping half-way through). You want edges to be slightly crispy.
3. While potatoes are roasting, grill the burgers. Place patties on a well-heated grill flipping after 3-4 minutes, and cook until cooked through.
4. Assemble burgers, placing a mini burger in between two roasted sweet potato slices. Garnish burgers with lettuce, bacon, and mustard (or any other desired toppings).

Dinner - Cheat Meat!

Any thing at all.... Whatever you fancy. The rules are to sit at the table and eat your protein first.

DAY 7

Breakfast - Spiced Scrambled Eggs

Ingredients

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

Directions

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

Dinner - Griddled Chicken With Quinoa Greek salad

Serves 2

Ingredients

225g quinoa
25g butter
1 red chilli, deseeded and finely chopped
1 garlic clove, crushed
500g chicken mini fillets (veggie option: tofu)
1½ tbsp extra-virgin olive oil
300g vine tomato, roughly chopped
Handful pitted black kalamata olives
1 red onion, finely sliced
100g feta cheese, crumbled
Small bunch mint leaves, chopped
Juice and zest ½ lemon

Directions

1. Cook the quinoa following the pack instructions, then rinse in cold water and drain thoroughly.
2. Meanwhile, mix the butter, chilli and garlic into a paste. Toss the chicken fillets in 2 tsp of the olive oil with some seasoning. Lay in a hot griddle pan and cook for 3-4 mins each side or until cooked through. Transfer to a plate, dot with the spicy butter and set aside to melt.
3. Next, tip the tomatoes, olives, onion, feta and mint into a bowl. Toss in the cooked quinoa. Stir through the remaining olive oil, lemon juice and zest, and season well. Serve with the chicken fillets on top, drizzled with any buttery chicken juices.

Supper - Roasted Chilli Pepper Hummus

Ingredients

400g can chickpeas
3tbsp tahini (sesame paste)
Juice of 3 lemons
3 garlic cloves, peeled
1 roasted red pepper from a can or jar
1/2tsp paprika
1-2tsp hot chilli sauce
Chopped fresh parsley, to garnish
Raw vegetables sticks, to serve

Directions

1. Drain the chickpeas reserving 6tbsp of the liquid from the can. Place the chickpeas in a food processor with 3tbsp of the liquid.
-

-
2. Add the tahini, lemon juice, garlic, red pepper and paprika and blend until smooth, adding a little more of the reserved liquid from the can if necessary to make a creamy texture. Add 1tsp chilli sauce and season with salt and freshly ground pepper. Blend again to mix then taste and add a little more chilli sauce, if necessary, to get the strength of chilli you like.
 3. Spoon into a bowl, sprinkle with parsley and serve with raw vegetable sticks.
-

Vegetarian Options

Spiced Squash, Butter Bean and Purple Sprouting Broccoli Stew

Ingredients

- 1 tbsp ground cumin
- 1 tbsp ground coriander
- 1½ tsp smoked paprika
- 1/2 tsp crushed chillies
- 1 tbsp ghee, butter or coconut oil
- 2 large onions, diced
- 2 tsp fresh thyme or oregano leaves, or 1 tsp dried thyme or oregano
- 4 garlic cloves, finely chopped
- Zest and juice of 1 lemon
- 1 small butternut squash (around 800g), peeled and chopped into 3cm cubes
- 1 litre vegetable stock
- 3 x 400g tins butter beans, drained
- 600g purple sprouting broccoli
- 1 large handful of coriander
- 1 large handful of flat-leaf parsley
- 100g organic feta cheese*
- Extra virgin olive oil,

Directions

1. Toast the cumin, coriander, paprika and half the crushed chillies in a large dry casserole briefly, stirring, until fragrant.
-

-
2. Add the ghee and the onions for 5 minutes until soft, not brown. Add the thyme, garlic and lemon zest for 1 minute more.
 3. Add the squash to the pan along with the stock; bring to the boil, then simmer gently for about 10 minutes until the squash is almost tender, add the drained butter beans and season with salt and pepper. Simmer for a further 5 minutes.
 4. Add the purple sprouting broccoli, cover and simmer for about 10 minutes until tender, then add the lemon juice and half of the coriander and parsley. Spoon into bowls and top each serving with the remaining parsley and coriander, some crumbled feta cheese and a drizzle of extra-virgin olive oil; sprinkle with the remaining crushed chillies. For DF and Vg version, substitute feta cheese with pumpkin and/or sunflower seeds.
 5. Put a lid on and allow to simmer, on a medium heat, for 15 minutes or until the carrots are tender.
 6. Turn off the heat and stir through the miso, most of the coriander leaves (save some to garnish) and a dash of the tamari and lemon/lime juice.
 7. Allow your soup to cool a little and then blend in small batches.

Quick and Easy Miso, Carrot and Quinoa One-Pot

Ingredients

- 2 carrots
 - 1 tbsp of coconut oil or butter
 - 1tsp of freshly grated ginger
 - 1 crushed garlic clove
 - 2 tsp of tamari
 - 1.5 tbsp of miso paste
 - 180g of quinoa
-

1/2 tsp of chilli flakes

Directions

1. Cut the carrot into matchsticks. Heat the oil in a pan and throw the carrot sticks in. Cook for 3 minutes then throw in the garlic and ginger. Cook for another 2 minutes. Next, Boil 800ml of water.
2. Mix 1 tbsp of miso paste and 1 tsp of tamari with 1 tsp of boiling water. Throw it over the carrots and cook for 30 seconds then add the quinoa and the rest of the boiling water. Bring to the boil and then reduce to simmer for 18-20 minutes until the quinoa is cooked through.
3. Stir in another tsp of tamari and ½ tbsp miso paste. Throw over the chilli flakes and add a little olive oil to serve.
4. This is a great lunchbox recipe to have for dinner and take the leftovers to work. It should last in the fridge for a few days so make a big batch on a Sunday evening and enjoy until Wednesday.

Vegetarian Stir Fry

Ingredients - Serves 2

- 2 tablespoon coconut Oil
 - 1 garlic bulb, peeled and crushed
 - 1 knob ginger crushed
 - 2 cups spinach
 - 1 Tbs tahini
 - 1 Tbs wheat free tamari (optional)
 - 1 cup daikon
 - 1 head broccolini cut into florets
 - 1/4 head cabbage roughly chopped
-

-
- 1 cup green beans
 - 1 yellow pepper, sliced lengthwise into strips
 - 1 red pepper, sliced lengthwise into strips
 - 1 red onion, peeled and sliced lengthwise into strips
 - 1 Tbs fresh basil

Directions

1. Heat oil in large pan over medium high heat
2. Once hot, add garlic, onion, peppers and mix around until fragrant, but do not burn
3. Add chopped vegetables and turn heat down to medium for five minutes
4. Turn heat to low and cover with lid cook for a further 10 minutes adding tahini and tamari
5. Top with fresh basil and serve immediately.

Sweet Potato and Chickpea Stew

Ingredients

- 2 cans of tinned tomatoes (400ml each)
 - 1 can of coconut milk
 - 2 large sweet potatoes
 - 2 aubergines
 - 1 bag of spinach
 - 1 can of chickpeas (400g)
 - 4 tablespoons of tomato puree
 - 4 tablespoons of apple cider vinegar
 - 4 teaspoons of turmeric
 - 4 teaspoons of cumin
 - 2 teaspoons of cayenne pepper
-

4 cloves of garlic
Fresh coriander
Brown rice or quinoa to serve

Directions

1. Cut the sweet potato into small chunks, steam these for 15 minutes. Then chop the aubergine into bite sized pieces
2. Once the sweet potatoes have cooked put the tomato puree, vinegar, garlic, spices and salt in a pot with some olive oil, heat for a minute or two until they're bubbling
3. At this point add the coconut milk, tomatoes, aubergine, sweet potato, salt and pepper to the pot and allow it to heat until boiling
4. Allow the pot to cook for about forty five minutes, at which point add the drained chickpeas and spinach. Let these cook for fifteen minutes
5. Finely chop the coriander. Then serve the stew with brown rice or quinoa, and sprinkle the coriander on the top
6. Store any extras in an airtight container in the fridge or freeze.

Date & Chia Pudding

Ingredients

4 tablespoons of chia seeds
250ml of almond milk
1 teaspoon of date nectar/maple syrup
2 tablespoons of coconut yoghurt

Directions

Place the chia seeds, date syrup and yoghurt in a jar and then pour the milk in. Stir everything together before placing a lid on the jar.

Store the jar in the fridge overnight (or for 6-8 hours), during this time the liquid will be absorbed and the pudding will form a jelly-like consistency.

Mango, cucumber and Hazelnut Salad

Ingredients

For the Salad

120g of quinoa
1 mango
1 avocado
1 small cucumber
1 red pepper
80g of hazelnuts

For the Dressing

3 tablespoons of olive oil
1 tablespoon of tamari
1 tablespoon of tahini
1 tablespoon of sesame oil
1 tablespoon of apple cider vinegar
Salt and pepper

Directions

1. Put the quinoa in a saucepan with boiling water, a little salt and a few drops of apple cider vinegar. Let this cook for about fifteen minutes until it's cooked
 2. Pre-heat the oven to 200C, place the hazelnuts on a baking tray and let the nuts cook for about ten minutes. You want them to be deliciously crunchy
 3. While the quinoa and hazelnuts cook prepare the rest of the salad. Peel the mango and cut it into bite sized chunks.
-

-
4. Chop the pepper into small pieces, the cucumber into thin quarter moon slices and the avocado into bite sized chunks. Stir the dressing together
 5. Let the quinoa and hazelnuts cool before mixing everything together, then serve and enjoy.

Spicy tofu kedgerree

Ingredients

140g brown rice
2 eggs
1 tbsp olive oil
1 onion, chopped
1 red chilli, chopped
2 tbsp medium curry powder
1 tsp brown or black mustard seeds
2-3 pinches cayenne pepper
100g marinated tofu
½ bunch spring onions, sliced
handful flat-leaf parsley, chopped

Directions

1. Cook the rice and boil the eggs in the same pan for 8-9 mins. Meanwhile, heat oil in a non-stick frying pan and soften the onion and chilli for 5 mins. Add all the spices and fry for 1-2 mins more.
 2. Drain the rice and stir into the spicy onion with a splash of water and the tofu. Season well, then heat through gently for a few mins until piping hot. Peel and quarter the boiled eggs. Stir the spring onions and parsley into the rice, divide between 2 bowls and top with the eggs.
-

Beetroot and Lentil Burgers

Ingredients

325g raw beetroot
250g pack cooked puy lentils
2 garlic cloves
1 red chilli
5cm piece fresh ginger
6 fresh mint sprigs
1 medium free-range egg
½ tbsp curry powder
2-3 tbsp coconut/spelt flour
Olive oil

To serve

60g crumbled feta
Salad leaves
Lemon wedges

Directions

1. Heat the oven to 200°C/fan180°C/gas 6. Peel the beetroot, grate and wrap in a folded clean J-cloth. Squeeze out as much liquid as you can.
 2. Put the beetroot in a bowl with the lentils. Finely chop and add the garlic, chilli, ginger and mint. Crack in the egg. Mix in the curry powder, salt and pepper and 1-2 tbsp spelt/coconut flour (just enough to hold it all together).
 3. Heat a glug of oil in a pan. Divide the beetroot mix into 4 and shape into burgers. Dust well with flour on both sides. Once the oil is very hot, fry the burgers for 2-3 minutes on each side until golden.
-

-
- Put the burgers in a baking tray and bake for 5-6 minutes until piping hot. Serve topped with feta with salad leaves and a few lemon wedges.

Sweet Potato and Courgette Vegetarian Lasagne

Ingredients

Serves 4

Pasta

2 medium parsnips

2 medium courgettes

Dairy free Bean Béchamel

1 can of butter beans

¼ lemon

1 tbsp of butter or coconut oil

100g of natural yogurt or coconut yogurt

Roasted sweet potato and spinach

1kg of sweet potato

1.5 tbsp of coconut oil or butter

500g of spinach

¼ tsp of nutmeg

Tomato Sauce

1 can of chopped tomatoes

1 large onion

2 garlic cloves

1 tbsp of coconut oil or butter

Directions

- Pre heat the oven to 190C.
-

-
2. Cut the sweet potato roughly into inch cubes. Season with salt and pepper and pour over 1 tbsp of melted oil, massage well so the potato is evenly cover in oil and roast in the oven for 40 minutes until cooked through and golden.
 3. While this is cooking make the tomato sauce. Finely chop the onion and sauté in 1 tbsp of oil for 5 minutes until soft. Crush the garlic cloves and add them in, stirring for 30 seconds then pour in the can of tomatoes and let this cook to a simmer for 30 minutes, uncovered.
 4. To make the spinach, heat ½ tbsp. of oil in a large pan and slowly add the spinach until it is all in the pan. Keep stirring so it wilts down, then throw in the nutmeg and a pinch of salt and stir again. Place into a colander and drip dry.
 5. To make the bean mixture blend the beans with the zest of ¼ of a lemon and the juice of that same quarter and a tbsp of oil. Take two tbsp of this and mix it with the yogurt. (this will be left for the very top layer)
 6. Peel the courgettes and parsnips lengthways so you get lots of lovely thin strips. Boil the parsnip for 3-4 minutes until tender but not totally cooked through.
 7. Once the sweet potato is ready take it out and mash it roughly with a fork.
 8. Turn the oven up to 200C.
 9. Grab a nice pie dish that can hold about 800g to stack the ingredients up.
 10. Take about 1/3 of the veggie strip and place down on the bottom of the dish
 11. Then a nice layer of tomato, again this should be about 1/3 of the mixture.
 12. Followed by roasted sweet potato, again about 1/3 of the mixture.
 13. Add another 1/3 of Spinach
 14. Add another layer of Bean Bechamel again about 1/3
 15. Repeat again until everything is finished up (about 3 layers)
 16. Top with the yogurt mixture, salt and pepper
 17. Place in the oven and roast for 25-30 minutes until bubbling and golden on the top..
-