

# WEEK 1

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## MEAL PLAN



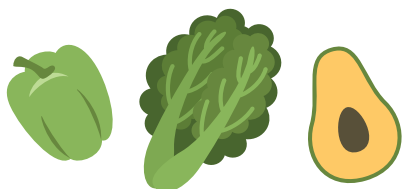
# Tailoring the meal plans to individual needs

The meal plans are designed to be used as a guide and encourage you to try and keep leftovers in order to save time and money.

It is important to note that not everyone's needs are the same when it comes to the amount of energy, carbs, fat and protein required. Factors such as age, gender and activity can play an important factor in this. For this reason, the meal plans can be tweaked to fit your individual needs and goals.

## CARBS

On a low carb diet, the amount of daily carbohydrates you consume can vary depending on your tolerance and how low you want to go. Often this can take a little bit of trial and error. Many members follow a low carb diet of less than 130g per day, whilst others find great success following a very low carb (ketogenic) diet of less than 30-50g per day. Whilst some start by reducing their carbs right down to <30-50g per day others find it easier to start at <130g of carbs per day then adjust from there to see what best fits their individual goals. It's about finding what works for you. Some people like to keep a track of the number of grams of carbohydrate they are eating, whilst others prefer to simply focus on eating a range of low carbohydrate foods.



If you are looking to **reduce the carbs** in the meal plans, you can do so by focusing on allocating  $\frac{1}{2}$  of your plate to healthy fats and protein and the other  $\frac{1}{2}$  of your plate to low carb vegetables.



If you are looking to **add some carbs** to the meal plans, you can do so by including some more starchier vegetables, such as carrots and parsnips, eating a little more fruit and/or adding some starchier foods such as beans, pulses and quinoa. Adding nuts, seeds or nut butters can also increase the carbohydrate content if choosing higher carb nuts such as pecans, hazelnuts, almonds, pistachios and cashews as well as pumpkin seeds and sunflower seeds. If you choose to add carbs to your meals, make sure to keep in mind your carbohydrate limit for the day.

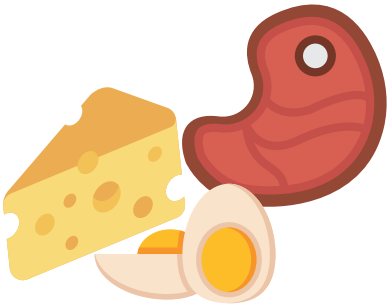
## FAT



The aim of the Program is to focus on **reducing your carbohydrate** content whilst also **enjoying healthy natural fats** in your diet.

Trying to focus on specific numbers can sometimes be overwhelming, especially when making changes to your lifestyle. Therefore, it is often fine to trust appetite to decide whether to eat more or less fat. For energy the body can use the fat that is eaten and also fat from our body stores. On a low carb diet dietary fat is a lever you can use to change the rate of your weight loss. If you're looking to lose a considerable amount of weight, you may wish to consider limiting your fat intake somewhat. Once you've reached your ideal weight, you can simply add more fat calories back into the diet to stop burning body fat and maintain your current weight. This is what makes low carb a lifestyle that one can stick to in the long term.

## PROTEIN



When it comes to protein, again this can vary amongst individuals and is dependent on various factors, including height, weight, age and activity levels. If you like to track your protein intake, then it can be useful to aim for between 0.8g and 2g of protein per kilogram of your ideal body weight. For example, if your ideal body weight is 70kg then this would involve aiming for between 60g and 140g of protein a day.

# THIS WEEK'S 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



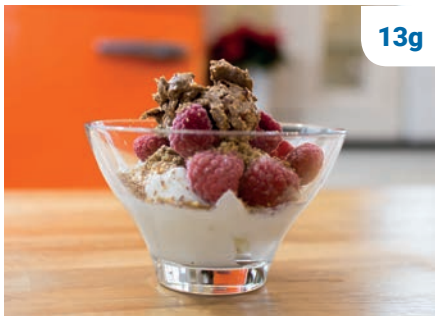
Cooking Time

### BREAKFAST

### LUNCH

### DINNER

DAY 1



13g

**07** OMEGA-BOOSTING GREEK YOGHURT (V)



19g

**08** SIMPLE LOW CARB TUNA & AVOCADO WRAPS



9g

**09** OVEN BAKED OMELETTE & COURGETTE FRITTERS

DAY 2



10g

**10** TOMATO & FETA BREAKFAST MUFFINS & COURGETTE FRITTERS (V)



15g

**11** LEFTOVER OVEN BAKED OMELETTE & GARDEN SALAD



25g

**12** COURGETTI SPAGHETTI BOLOGNESE

DAY 3



23g

**13** BERRIES & CINNAMON SEEDED YOGHURT BOWL (V)



34g

**14** SUPER-FAST CHILLI CON CARNE & CAULI RICE



20g

**15** QUICK & EASY PRAWN FRIED CAULIFLOWER RICE BOWL

BREAKFAST

LUNCH

DINNER

DAY 4



10g

16 TOMATO & FETA BREAKFAST MUFFINS & COURGETTE FRITTERS (V)



21g

17 PRAWN COCKTAIL & ICEBERG WEDGE



28g

18 GREEK STYLE ONE PAN LEMON & HERB CHICKEN

DAY 5



33g

19 BERRY & CINNAMON NUT BUTTER ZOATS



28g

20 CHICKEN SKEWERS, GREEK SALAD & TZATZIKI



10g

21 FISH & CHIP FRIDAY THE LOW CARB WAY!

DAY 6



14g

22 COCONUT FLOUR, FLAX & SOFT CHEESE PANCAKES (V)



11g

23 THE LOW CARB FISH FINGER SANDWICH



10g

24 CHINESE FAKE-AWAY YUK SUNG

DAY 7



3g

25 LOW CARB CLOUD BREAD EGGS BENEDICT



27g

26 SUNDAY ROAST CHICKEN & ROASTED VEG



27g

27 BUBBLE & SQUEAK

## WEEK 1 SHOPPING LIST

Please note, the weekly shopping list is based on the amounts of ingredients used in the weekly 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

18 Eggs  
55g Butter  
750g Greek Yoghurt  
100g Cheddar Cheese  
65g Parmesan Cheese  
230g Feta Cheese  
160g Soft Cheese



### MEAT

3 Slices of Deli Ham  
500g Beef Mince  
500g Pork Mince  
2 Medium Chicken Breasts  
1 Whole Chicken (1.3kg)



### FISH

180g Raw King Prawns  
2 Medium Cod Fillets



### FRUIT

7½ Medium Tomatoes  
1½ Medium Avocado  
3 Lemons  
2¼ tbsp. Lemon Juice



### FROM THE FREEZER

75g Frozen Raspberries  
275g Frozen Mixed Berries  
575g Frozen Mixed Peppers  
150g Frozen Mushrooms



### VEGETABLES

7 Cloves of Garlic  
1 Garlic Head  
¼ Small Red Chilli  
1 Medium Chilli  
3cm Ginger  
6 Sprigs of Thyme  
5 tbsp. Chives  
2 tbsp. Fresh Coriander  
2 Iceberg Lettuces  
1½ Romaine Lettuce  
2 Medium Red Onions  
5 Medium Onions  
13 Spring Onions  
3 Medium Red Peppers  
1½ Medium Cucumber  
5½ Medium Courgettes  
¾ Medium Broccoli  
1½ Medium Cauliflowers  
240g Celery  
2½ Medium Carrot  
15 Kalamata Olives  
1½ Medium Celeriac



### CUPBOARD ITEMS

19½ tbsp. Olive Oil  
4 tbsp. Coconut Oil  
100ml Vinegar  
3 tbsp. Tamari Soy Sauce  
1½ tbsp. Oyster Sauce  
2½ tbsp. Mayonnaise  
1 tbsp. Tomato Ketchup  
1 tsp. Mint Sauce  
1½ tbsp. Pumpkin Seeds  
1½ tbsp. Sunflower Seeds  
5 tsp. Sesame Seeds  
2½ tbsp. Milled Flaxseed  
150ml Tinned Coconut Milk  
1 Can (225g) Water Chestnuts  
1 Small Tin (210g) of Kidney Beans  
2 Tins (400g) of Chopped Tomatoes  
2 tbsp. Tomato Puree  
90g Cashew Nuts  
50g Ground Almonds  
3 tbsp. Almond Butter  
110g Coconut Flour  
3 tsp. Baking Powder  
30g Rolled Oats  
1½ tsp. Cinnamon  
1 tsp. Ground Ginger  
2½ tsp. Paprika  
¼ tsp. Cayenne Pepper  
¼ tsp. Garlic Powder  
2 tsp. English Mustard Powder  
1½ tsp. Mixed Herbs  
1 Bay Leaf  
1 Bouquet Garni  
3 Beef Stock Cubes  
1 Chicken Stock Cube  
1 Tin (120g) of Tuna  
2 tbsp. Marmite  
1 tsp. Natural Vanilla Extract  
1 tsp. Stevia

DAY 1 - BREAKFAST:

## OMEGA-BOOSTING GREEK YOGHURT (V)

 Serves 1  5 minutes

### Ingredients

200g Greek Yoghurt

75g Frozen Raspberries

2 tbsp. Almond Butter

1 tsp. Milled Flaxseed

### Method

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

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### NUTRITIONAL VALUES (per serving)

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



DAY 1 - LUNCH:

## SIMPLE LOW CARB TUNA & AVOCADO WRAPS



Serves 2



15 minutes

### Ingredients

1 Tin (120g) of Tuna  
1 Medium Avocado, diced  
150g Greek Yoghurt  
2 Medium Tomatoes, diced  
4 Spring Onions, diced  
2 Sticks of Celery, diced  
Juice of ½ Lemon  
Salt & Pepper, to taste  
8 Iceberg Lettuce Leaves  
100g Cheddar Cheese, grated  
2 Medium Red Peppers, sliced  
150g Cucumber, sliced

### Method

1. In a bowl combine the tuna, avocado, yoghurt, tomato, spring onions, celery and lemon juice. Season with salt & pepper.
2. Share out evenly between lettuce leaves as if to form wraps and sprinkle with cheese.
3. Serve with sliced peppers and cucumber.

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**TOP TIP:** Save 1 serving as a snack, half the recipe for 1 or share the 2nd serving with someone else

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### NUTRITIONAL VALUES (per serving)

- **Calories:** 579 kcal
- **Carbs:** 19g
- **Total Fat:** 38g
- **Protein:** 40g





DAY 1 - DINNER:

## OVEN BAKED OMELETTE & COURGETTE FRITTERS



20 minutes



20 minutes

**Omelette:** serves 2

**Courgette fritters:** makes 6/serves 3

### Ingredients

#### For the fritters:

3 Medium Courgettes, grated

2 Eggs

2 tbsp. Coconut Flour

50g Parmesan Cheese, grated

3 tbsp. Chives, diced

¼ tsp. Garlic Powder

Black Pepper

1 tbsp. Olive Oil

#### For the omelette:

1 tbsp. Olive Oil

100g Frozen Mixed Peppers

100g Frozen Mushrooms, sliced

3 Eggs

60g Feta Cheese

2 Slices of Deli Ham

1 tbsp. Coriander, chopped

1 tbsp. Chives, diced

### Method

1. For the fritters, grate the courgette into a colander and sprinkle with salt. Leave to drain for 10-15 minutes. Place the courgette into a tea towel and squeeze over the sink to drain excess water.
2. Combine courgettes, eggs, flour, parmesan, chives and garlic powder in a large bowl. Season with black pepper and shape the mixture into 6 even balls. Set aside whilst preparing the omelette.
3. For the omelette, preheat oven to 200°C/180°C fan (390°F/350°F fan). Add oil and frozen veg to a roasting tin and cook for 5 minutes.
4. Crack 3 eggs into a bowl and whisk gently. Remove the roasting tin from the oven and pour eggs over the vegetables. Top with crumbled feta, sliced ham, coriander and chives. Cook for a further 10-15 minutes or until the omelette is firm and cooked through.
5. Whilst the omelette bakes heat 1 tbsp. of oil in a non-stick frying pan over a medium heat. Add the fritters and press down to flatten them. Fry on each side until golden brown. Save 1 serving of omelette for day 2 lunch & 2 servings of fritters for day 2 & 4 breakfast.

**TOP TIP:** While making this dish, you can also prepare breakfast muffins for breakfast day 2 & 4.

### NUTRITIONAL VALUES (per serving)

● **Calories:** 513 kcal

● **Carbs:** 9g

● **Total Fat:** 36g

● **Protein:** 37g



DAY 2 - BREAKFAST:

# TOMATO & FETA BREAKFAST MUFFINS & COURGETTE FRITTERS (V)



Makes 6/serves 2



5 minutes



30 minutes

## Ingredients

4 Eggs

Salt & Pepper, to taste

1 Medium Courgette, grated

1 Medium Tomato, diced

60g Feta Cheese, crumbled

1 tbsp. Coriander

2 Leftover Fritters from day 1

## Method

1. Heat oven to 200°C/180°C fan (390°F/350°F fan) and line muffin tin with muffin cases.
2. Crack eggs into a bowl. Whisk them gently and season with salt and pepper. Add the grated courgette, tomato, feta and coriander to the bowl and mix thoroughly.
3. Spoon into muffin cases and cook for 25-30 minutes or until cooked through.
4. Simply take 2 leftover fritters from the fridge and serve. These can be enjoyed cold or warm. Save 1 serving of muffins for breakfast day 4.

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**TOP TIP:** Muffins can be made while preparing day 1 dinner 'Oven Baked Omelette'.

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## NUTRITIONAL VALUES (per serving)

- **Calories:** 487 kcal
- **Carbs:** 10g
- **Total Fat:** 32g
- **Protein:** 38g



DAY 2 - LUNCH:

## LEFTOVER OVEN BAKED OMELETTE & GARDEN SALAD



Serves 1



5 minutes

### Ingredients

½ Romaine Lettuce  
1 Medium Tomato  
50g Cucumber  
½ Medium Red Onion  
1 tbsp. Olive Oil  
1 tbsp. Lemon Juice  
Salt & Pepper, to taste  
Leftover Omelette from day 1

### Method

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



### NUTRITIONAL VALUES (per serving)

- Calories: 450 kcal
- Carbs: 15g
- Total Fat: 33g
- Protein: 23g

DAY 2 - DINNER:

# COURGETTI SPAGHETTI BOLOGNESE



15 minutes



40 minutes

**Bolognese:** serves 4

**Courgetti spaghetti:** serves 1

## Ingredients

2 tbsp. Olive Oil

2 Medium Onions, diced

2 Garlic Cloves, crushed

500g Beef Mince

2 Tins (800g) of Chopped Tomatoes

250g Frozen Peppers, sliced

2 tbsp. Marmite

2 tbsp. Tomato Puree

2 tsp. English Mustard Powder

1 Bay Leaf

1 Bouquet Garni

2 Beef Stock Cubes

1 Medium Courgette, spiralised

Salt & Pepper, to taste

1 tbsp. Parmesan Cheese, grated

## Method

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

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**TOP TIP:** Freeze 1 serving of bolognese sauce & adapt 2 servings to chilli con carne for day 3 lunch.

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## NUTRITIONAL VALUES (per serving)

● **Calories:** 525 kcal

● **Carbs:** 25g

● **Total Fat:** 28g

● **Protein:** 43g



DAY 3 - 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. Top with warm berries.
3. Sprinkle with seeds and cinnamon.

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### NUTRITIONAL VALUES (per serving)

● **Calories:** 511 kcal

● **Carbs:** 23g

● **Total Fat:** 32g

● **Protein:** 33g



DAY 3 - LUNCH:

## SUPER-FAST CHILLI CON CARNE & CAULIFLOWER RICE



15 minutes



30 minutes

**Cauliflower rice:** serves 3

**Chilli con carne:** serves 2

### Ingredients

1 Small Tin (210g) of Red Kidney Beans (drained weight 130g)

Leftover Bolognese Sauce from day 2 dinner

1 Medium Cauliflower, grated

2 tbsp. Olive Oil

### Method

1. Rinse kidney beans in cold water and add to leftover bolognese sauce. Cook for 20 minutes on a medium heat.

2. Grate cauliflower onto chopping board or use a food processor. .

**To roast:** preheat oven to 200°C/180°C fan (390°F/350°F fan).

Spread grated cauliflower evenly onto a baking tray and drizzle with oil. Roast for 12 minutes.

**To microwave:** Add grated cauliflower and oil into heatproof bowl and cover with cling film. Cook on high for 3 minutes.

**To stir-fry:** Heat oil in non-stick pan on a medium heat. Add grated cauliflower and cook for 5 minutes.

3. Serve 1 portion of cauliflower rice and chilli.

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**TOP TIP:** Save 1 portion of rice for day 3 dinner & the remaining rice & chilli for week 4 day 3.

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### NUTRITIONAL VALUES (per serving)

● **Calories:** 501 kcal

● **Carbs:** 34g

● **Total Fat:** 23g

● **Protein:** 40g



DAY 3 - DINNER:

## QUICK & EASY PRAWN FRIED CAULIFLOWER RICE BOWL



Serves 1



15 minutes



15 minutes

### Ingredients

2 tbsp. Coconut Oil  
1 Garlic Clove, crushed  
¼ Small Fresh Chilli, diced  
1 tsp. Ground Ginger  
½ Medium Carrot, diced  
2 Spring Onions, diced  
75g Frozen Peppers  
50g Frozen Mushrooms  
¼ Medium Broccoli Head, chopped  
1 tsp. Oyster Sauce  
90g Raw King Prawns  
30g Cashew Nuts  
Leftover Cauliflower Rice from day 3 lunch  
2 tbsp. Soy Sauce  
1 tsp. Sesame Seeds

### Method

1. Heat oil in a large wok or frying pan over a medium heat. Add the crushed garlic, chilli, ground ginger, carrots, spring onions, frozen veg, broccoli and oyster sauce. Cook for 5-10 minutes.
2. Reduce to a low heat and add the prawns, cashews, leftover cauliflower rice and soy sauce. Mix through and cook for a further 5 minutes.
3. Serve in a bowl and sprinkle sesame seeds.

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**TOP TIP:** Whilst preparing this meal, cook the prawns and prepare day 4 lunch.

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### NUTRITIONAL VALUES (per serving)

- **Calories:** 430 kcal
- **Carbs:** 20g
- **Total Fat:** 23g
- **Protein:** 36g



DAY 4 - BREAKFAST:

## TOMATO & FETA BREAKFAST MUFFINS & COURGETTE FRITTERS (V)



Serves 1

### Ingredients

Leftover Muffins from day 2

Leftover Fritters from day 1

### Method

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

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### NUTRITIONAL VALUES (per serving)

- Calories: 487 kcal
- Carbs: 10g
- Total Fat: 32g
- Protein: 38g





DAY 4 - LUNCH:

## PRAWN COCKTAIL & ICEBERG WEDGE



Serves 1



15 minutes



10 minutes

### Ingredients

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

### Method

1. Begin by hard-boiling an egg. At the same time heat the coconut oil in a large wok or frying pan.
2. Add the prawns and cook until pink on both sides. When cooked transfer to a dish and set aside to cool.
3. In a bowl combine the mayonnaise, tomato ketchup and paprika. When cool add cooked prawns to sauce and mix through.
4. Serve prawns in lettuce wedge with egg, tomatoes and cucumber. Garnish with spring onions.

**TOP TIP:** To save time, this can be prepared while making day 3 dinner. This recipe also involves hard-boiling an egg. Why not use this opportunity to boil up several eggs and save them for snacks.


### NUTRITIONAL VALUES (per serving)


- **Calories:** 722 kcal
- **Carbs:** 21g
- **Total Fat:** 58g
- **Protein:** 29g



DAY 4 - DINNER:

## GREEK-STYLE ONE PAN LEMON & HERB CHICKEN

 15 minutes

 20-30 minutes

**Chicken:** serves 1

**Greek side salad & tzatziki:** serves 2

### Ingredients

#### *For the chicken:*

1 Medium Chicken Breast  
2 tbsp. Olive Oil  
Juice of ½ Lemon  
1 Garlic Clove, crushed  
1 tsp. Mixed Herbs  
1 tsp. Paprika  
Salt & Pepper, to taste  
½ Medium Red Pepper  
½ Medium Red Onion  
½ Medium White Onion

#### *For the Greek side salad:*

1 Romaine Lettuce, roughly chopped  
15 Kalamata Olives  
1 Medium Tomato, sliced  
½ Medium Red Onion, sliced  
1 tbsp. Olive Oil  
Juice of ½ Lemon  
50g Feta

#### *For the tzatziki:*

100g Greek Yoghurt  
100g Cucumber, grated  
1 tsp. Mint sauce  
1 tbsp. Fresh Lemon Juice

### Method

1. Preheat oven to 200°C/180°C fan (390°F/350°F fan). Place the chicken in a bowl or freezer bag and combine 1 tbsp. of the oil, the lemon juice, 1 crushed garlic clove, mixed herbs and paprika.
2. Add salt and pepper to taste then use hands to mix well.
3. Marinate for 1-2 hours - this can be done the night before or in the morning.
4. Whilst the chicken is marinating cut the pepper and onions into chunks and place in a baking tray. Season with 1 tbsp. of oil and sprinkle over salt and pepper. Add the chicken to the tray and bake in the oven for 20-30 minutes.
5. Prepare salad by combining all ingredients in a large bowl and crumble feta over the top.
6. For the tzatziki combine all ingredients in a bowl. Remove chicken and vegetables from the oven and serve with half the salad and half the tzatziki. Save 1 portion of salad and tzatziki for day 5 lunch.

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

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### NUTRITIONAL VALUES (per serving)


- **Calories:** 738 kcal
- **Carbs:** 28g
- **Total Fat:** 49g
- **Protein:** 46g

DAY 5 - BREAKFAST:

## BERRY & CINNAMON NUT BUTTER ZOATS (V)

 Serves 1

 5 minutes

 5-10 minutes

### Ingredients

30g Porridge Oats

75g Frozen Mixed Berries

½ Medium Courgette, peeled & grated

150ml Tinned Coconut Milk

1 tbsp. Almond Butter

1 tsp. Cinnamon

1 tsp. Pumpkin Seeds

1 tsp. Sunflower Seeds

### Method

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

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### NUTRITIONAL VALUES (per serving)

● **Calories:** 562 kcal

● **Carbs:** 33g

● **Total Fat:** 42g

● **Protein:** 13g



DAY 5 - LUNCH:

## CHICKEN SKEWERS, GREEK SALAD & TZATZIKI



Serves 1



10 minutes



15-20 minutes

### Ingredients

1 Medium Chicken Breast, diced

1 tbsp. Olive Oil

Juice of ½ Lemon

1 Garlic Clove, crushed

½ tsp. Mixed Herbs

1 tsp. Paprika

Salt & Pepper, to taste

½ Medium Red Pepper

½ Medium Red Onion

½ Medium White Onion

Leftover Greek Salad & Tzatziki from day 4 dinner

### Method

1. Preheat oven to 200°C/180°C fan (390°F/350°F fan). Place chicken in a bowl or freezer bag and combine oil, lemon juice, garlic, mixed herbs and paprika.
2. Add salt and pepper to taste. This can be added to the same bag of chicken for day 4 dinner if preparing meals at the same time.
3. Marinate for 1-2 hours - this can be done the night before or in the morning. Whilst chicken is marinating cut the pepper and onions into large chunks.
4. Place chicken, peppers and onions onto two skewers, alternating between ingredients. Place the skewers onto a baking tray chicken and bake for 15-20 minutes.
5. Serve skewers with leftover Greek salad and tzatziki from day 4 dinner.

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**TOP TIP:** The skewers can be made while preparing day 4 dinner.

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### NUTRITIONAL VALUES (per serving)

● **Calories:** 630 kcal

● **Carbs:** 28g


● **Total Fat:** 37g

● **Protein:** 46g



DAY 5 - DINNER:

## FISH & CHIP FRIDAY THE LOW CARB WAY!

 15 minutes

 40 minutes

**Chips:** serves 1

**Fish:** serves 2

### Ingredients

#### For the chips:

1 Medium Celeriac  
1 tsp. Coconut Oil, melted  
Salt & Pepper, to taste

#### For the fish:

2 tbsp. Butter  
50g Coconut Flour  
50g Ground Almonds  
1 tsp. Baking Powder  
1 tsp. Black Pepper  
2 Medium Cod Fillets  
100ml Vinegar

### Method

1. Preheat oven to 200°C/180°C fan (390°F/350°F fan). Peel the celeriac using a sharp knife to remove the outer layer and cut into thick-cut chip shapes. Place the celeriac into a saucepan with water and boil for 2 minutes.
2. Drain celeriac chips over the sink and transfer onto a baking tray. Spread the celeriac out evenly and season with coconut oil, salt and pepper. Set aside whilst preparing the cod fillets.
3. For the battered fish, place butter in a baking tray and allow it to melt in the oven for 5 minutes. Mix the dry ingredients together in a large bowl and coat the cod fillets in the vinegar, then dry ingredients.
4. When the butter has melted remove the tray from the oven and place the battered cod fillets in the tray. Place the tray of cod fillets and celeriac in the oven for 30 minutes.
5. Serve 1 piece of cod with celeriac chips and save 1 piece of fish for day 6 lunch 'The Low Carb Fish Finger Sandwich'.

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**TOP TIP:** You should save 1 serving of the fish for day 6 lunch 'The Low Carb Fish Finger Sandwich'. This is a recipe you can adapt very easily by using alternative sources of fish.

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### NUTRITIONAL VALUES (per serving)


- **Calories:** 505 kcal
- **Carbs:** 10g
- **Total Fat:** 34g
- **Protein:** 33g



DAY 6 - BREAKFAST:

## COCONUT FLOUR, FLAX & SOFT CHEESE PANCAKES (V)

 Serves 1

 5 minutes

 10 minutes

### Ingredients

#### *For the batter:*

- 2 Eggs
- 60g Soft Cheese
- 2 tbsp. Coconut Flour
- 3 tsp. Milled Flaxseed
- 1 tsp. Baking Powder
- 1 tsp. Natural Vanilla Extract
- 1 tsp. Stevia
- 1 tsp. Coconut Oil

#### *For the toppings:*

- 50g Frozen Mixed Berries
- 1 tbsp. Greek Yoghurt

### 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. Add frozen berries to a saucepan and simmer over a low heat whilst cooking the pancakes. Alternatively heat berries in the microwave.
3. For the pancakes heat oil in a non-stick frying pan over a medium heat. Add the batter to the frying pan in small circles. Cook 2-3 pancakes at one time depending on the size of your frying pan.
4. When one side is cooked, flip pancake and continue cooking for a further 2 minutes or until cooked through. Set pancakes aside on a warm plate whilst cooking the rest of the batter.
5. Serve pancakes with Greek yoghurt and warm berries.

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### NUTRITIONAL VALUES (per serving)

- **Calories:** 531 kcal
- **Carbs:** 14g
- **Total Fat:** 36g
- **Protein:** 30g



DAY 6 - LUNCH:

## THE LOW CARB FISH FINGER SANDWICH



10 minutes



25 minutes

**Fish:** serves 1

**Cloud bread:** serves 2

### Ingredients

#### *For the cloud bread:*

1 tsp. Olive Oil

2 Eggs

2 tbsp. Soft Cheese

1 tsp. Baking Powder

#### *For the sandwich filling*

Leftover battered cod fillet from day 5 dinner

1 tsp. Mayonnaise

½ Medium Avocado, mashed

1 Slice of Tomato

1 Lettuce Leaf

### Method

1. Preheat oven to 200°C/180°C fan (390°F/350°F fan). Line a baking tray with baking paper and lightly cover with oil.
2. For the cloud bread separate the egg whites from the yolks. Add the soft cheese to the yolks and mix thoroughly, ensuring there are no lumps.
3. Add the baking powder to the egg whites and whisk until they form stiff peaks. An electric whisk works best, but if you don't have one, doing it by hand is fine.
4. Add ½ the yolk and cheese mixture to the egg whites and fold through slowly. Add the remaining mixture and fold through slowly.
5. Evenly share out 4 spoonfuls of the mixture onto the baking paper and bake for 20-25 minutes or until golden on top. Remove cloud bread from the oven and leave to cool.
6. Spread the mayonnaise onto 1 slice of cloud bread. Add mashed avocado, tomato, lettuce and leftover battered cod.
7. Top with another slice of cloud bread and enjoy!

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

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### NUTRITIONAL VALUES (per serving)

- **Calories:** 856 kcal
- **Carbs:** 11g
- **Total Fat:** 68g
- **Protein:** 43g



DAY 6 - DINNER:

## CHINESE FAKE-OUT YUK SUNG



Serves 4



20 minutes



35 minutes

### Ingredients

- 2 tbsp. Olive Oil
- 2 Garlic Cloves, crushed
- 1 Medium Fresh Chilli, diced
- 3cm Fresh Ginger, diced
- 150g Celery, diced
- 4 Spring Onions, diced
- 150g Frozen Mixed Peppers
- 500g Pork Mince
- 1 Can (225g) Water Chestnuts (drained weight 140g), diced
- 1 Beef Stock Cube
- 1 tbsp. Soy Sauce
- 60g Cashew Nuts
- 1 tbsp. Oyster Sauce
- 1 Iceberg Lettuce, separated
- 4 tsp. Sesame Seeds

### Method

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

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**TOP TIP:** Freeze the remaining 3 servings.

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### NUTRITIONAL VALUES (per serving)

- **Calories:** 343 kcal
- **Carbs:** 10g
- **Total Fat:** 20g
- **Protein:** 30g





DAY 7 - BREAKFAST:

## LOW CARB CLOUD BREAD EGGS BENEDICT



Serves 1



10 minutes



15 minutes

### Ingredients

#### *For the hollandaise sauce:*

1 Egg Yolk

¼ tbsp. Fresh Lemon Juice

25g Butter, melted

¼ tsp. Cayenne pepper

¼ tsp. Salt

#### *For the eggs benedict:*

2 Slices of Leftover Cloud Bread  
from day 6 lunch

2 Poached Eggs

1 Slice of Deli Ham

1 tbsp. Chives, diced

### Method

1. For the hollandaise sauce, add the egg yolks and lemon juice and rapidly whisk together until mixture thickens.
2. Place the bowl over a saucepan of barely simmering water. Make sure the bottom of the bowl does not reach the water and continue whisking eggs rapidly. It is important the eggs don't get too hot. We don't want scrambled eggs!
3. Very slowly and carefully add in the melted butter. Continue to whisk until the mixture increases in size. Remove from the hob and add a pinch of cayenne pepper and salt.
4. Poach your eggs in simmering water until they are no longer translucent, then top the cloud bread with ham, eggs and hollandaise sauce. Garnish with chives and serve.

### NUTRITIONAL VALUES (per serving)

● **Calories:** 646 kcal

● **Carbs:** 3g

● **Total Fat:** 57g

● **Protein:** 31g



DAY 7 - LUNCH:

## SUNDAY ROAST CHICKEN & ROASTED VEG



30 minutes



1 hour 30 minutes

**Roast chicken:** serves 8

**Vegetables:** serves 2

### Ingredients

*For the chicken & gravy:*

1 Medium Chicken (1.3kg)

1 Whole Lemon

6 Sprigs of Thyme

2 tbsp. Olive Oil

Salt & Pepper, to taste

½ Pint of Boiling Water

1 Chicken Stock Cube

*For the vegetables:*

2 Medium Onions, cut into quarters

2 Medium Carrots, sliced into batons

½ Medium Cauliflower Head,  
cut into florets

½ Medium Broccoli Head,  
cut into florets

½ Medium Celeriac, peeled and  
chopped into large chunks

1 Garlic Head, cloves separated  
and unpeeled

Salt & Pepper, to taste

2 tbsp. Olive Oil

### Method

1. Stand the chicken at room temperature for 30 minutes and preheat oven to 200°C/180°C fan (390°F/350°F fan).
2. Prepare the vegetables, then place them into a bowl with the garlic. Season with salt, pepper and 2 tbsp. of oil, then transfer into a large roasting tray with the chicken on top.
3. Use a knife to pierce the lemon and slide it inside the cavity of the chicken with several sprigs of thyme. Dress the chicken in 2 tbsp. of oil and season with salt and pepper.
4. Cover the chicken in foil, then place in the oven for 1 hour 20 minutes. After 50 minutes remove the foil from the chicken.
5. When cooked transfer the chicken to a chopping board and cover with foil. Leave to sit for 10-15 minutes. Reduce the oven to 50°C and place the vegetables in a bowl back in the oven to keep warm.
6. Whilst the chicken is sitting make the gravy, by placing the roasting tin used for the chicken on top of the hob, over a medium heat. Add the boiling water and stock cube and stir continuously.
7. Carve the chicken and serve 1 chicken breast with ½ the vegetables and gravy.
8. Save 1 leg of chicken for week 2, day 2 dinner and the remaining chicken for Week 2 'Superfood Stew'. Save ½ of the vegetables for day 7 dinner.

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**TOP TIP:** While making this prepare vegetables for Week 2 'Chicken & Kale Superfood Stew'.

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### NUTRITIONAL VALUES (per serving)

● **Calories:** 460 kcal

● **Carbs:** 27g

● **Total Fat:** 26g

● **Protein:** 30g

DAY 7 - DINNER:

## BUBBLE & SQUEAK



Serves 1



5 minutes



20 minutes

### Ingredients

2 tbsp. Olive Oil

Leftover Vegetables from day 7 lunch

1 Egg

60g Feta

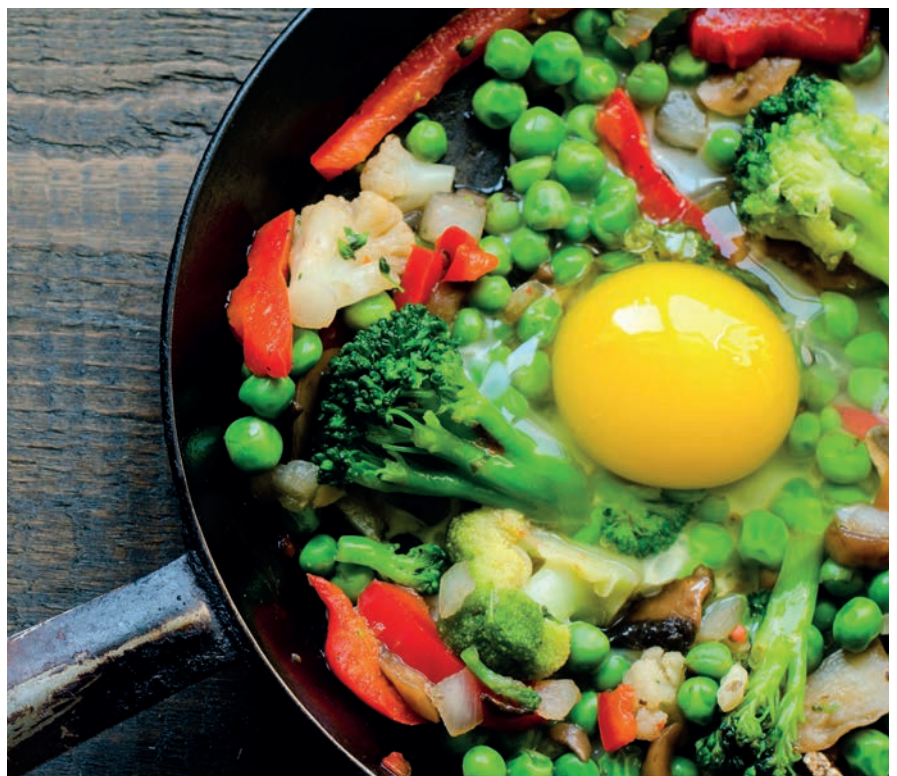
### Method

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

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### NUTRITIONAL VALUES (per serving)

- Calories: 515 kcal
- Carbs: 27g
- Total Fat: 34g
- Protein: 26g



## DISCLAIMER

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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 should 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.