

# WEEK 2

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## MEAL PLAN



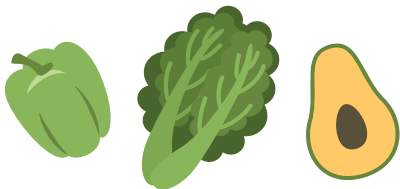
# Tailoring the meal plans to individual needs

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.

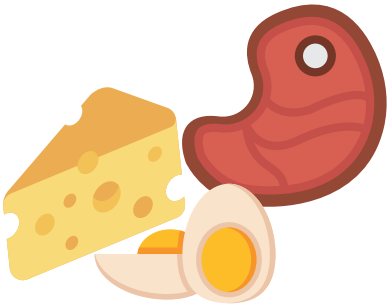
## FAT



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



18g

**07** FRUITY COCONUT & NUT BUTTER YOGHURT BOWL (V)



11g

**08** CREAMY CHICKEN & KALE SUPERFOOD STEW



6g

**09** PORTOBELLO MUSHROOM BAKED EGGS & BACON

DAY 2



7g

**10** SAUSAGE & EGG BREAKFAST PATTIES



11g

**11** LEFTOVER CREAMY CHICKEN & KALE SUPERFOOD STEW



11g

**12** EASY MACHO PEASY HOMEMADE NANDO'S

DAY 3



7g

**13** LEFTOVER SAUSAGE & EGG BREAKFAST PATTIES



8g

**14** 5 MINUTE MACKEREL PÂTÉ



17g

**15** BANGERS & SPRING ONION CHEESY MASH

BREAKFAST

LUNCH

DINNER

DAY 4



20g

**16** VANILLA & PEACH YOGHURT BOWL (V)



15g

**17** JACKET BUTTERNUT SQUASH & TUNA MAYO



19g

**18** CREAMY GARLIC PRAWN LINGUINI

DAY 5



33g

**19** PEACH & RASPBERRY NUT BUTTER OATS (V)



8g

**20** LEFTOVER MACKEREL PÂTÉ



8g

**21** SURF & TURF STEAK NIGHT!

DAY 6



9g

**22** DIPPY EGGS & COURGETTE SOLDIERS (V)



10g

**23** STEAK, WALNUT & BLUE CHEESE SALAD



16g

**24** 3 CHEESE SPINACH & BACON BUTTERNUT SQUASH

DAY 7



15g

**25** SWEET EGG OMELETTES



13g

**26** TOAD IN THE HOLE



12g

**27** TURKEY BURGERS & COLESLAW

## WEEK 2 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

13 Eggs	5½ tbsp. Parmesan Cheese
2 tsp. Butter	250g Garlic and Herb Soft Cheese
3 tbsp. Lard	70g Stilton Cheese
115ml Whole Milk	500ml Double Cream
575g Greek Yoghurt	
125g Cheddar Cheese	



### MEAT

200g Turkey Mince	2 Beef Frying Steaks
8 Smoked Bacon Rashers	1 Chicken Leg (125g)
10 97% Pork Sausages	



### FISH

140g Raw King Prawns



### FRUIT

2½ Medium Tomatoes	1 Medium Peach
200g Cherry Tomatoes	150g Strawberries
1½ Medium Avocados	
2¼ Lemons	



### FROM THE FREEZER

150g Frozen Raspberries  
100g Frozen Mixed Berries  
80g Frozen Peas



### VEGETABLES

2 Cloves of Garlic	2 Medium Leeks
½ Small Red Chilli	1 Medium Red Pepper
1 tbsp. Chives	¾ Medium Cucumber
1 tbsp. Fresh Parsley	3 Medium Courgettes
1 Iceberg Lettuce	1¼ Medium Broccolis
2 Lettuce Leaves	200g Celery
1 Handful of Mixed Green Leaves	4 Medium Carrots
200g Spinach	100g Green Beans
100g Kale	4 Portobello Mushrooms
1½ Medium Onions	450g Butternut Squash
3 Medium Red Onions	300g Asparagus
14 Spring Onions	½ Medium Red Cabbage



### CUPBOARD ITEMS

3½ tbsp. Olive Oil	1 tsp. Cinnamon
2½ tbsp. Coconut Oil	½ tsp. Paprika
5 tbsp. Mayonnaise	½ tsp. Garlic Powder
1 tsp. Mint Sauce	½ tsp. English Mustard Powder
1½ tbsp. Milled Flaxseed	1 tbsp. Oregano
150ml Tinned Coconut Milk	1 tsp. Chilli Flakes
60g Walnuts	1 Beef Stock Cube
4 tbsp. Almond Butter	1 Tin (120g) of Tuna
1 tbsp. Desiccated Coconut	2 Tins of Mackerel
40g Soya Flour	1 tbsp. Marmite
1 tsp. Baking Powder	1½ tsp. Natural Vanilla Extract
30g Oats	

DAY 1 - BREAKFAST:

## FRUITY COCONUT & NUT BUTTER YOGHURT BOWL (V)



Serves 1



5 minutes

### Ingredients

200g Greek Yoghurt

½ tsp. Vanilla Extract

100g Frozen Mixed Berries

1 tbsp. Desiccated Coconut

1 tsp. Milled Flaxseed

2 tbsp. Almond Butter

### Method

1. Add yoghurt to a bowl and stir in the vanilla essence and mixed berries.
2. Sprinkle the coconut and flaxseed over the yoghurt and drizzle with almond butter.

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

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### NUTRITIONAL VALUES (per serving)

- **Calories:** 554 kcal
- **Carbs:** 18g
- **Total Fat:** 43g
- **Protein:** 21g



DAY 1 - LUNCH:

## CREAMY CHICKEN & KALE SUPERFOOD STEW



Serves 6



10 minutes



40 minutes

### Ingredients

Leftover Chicken from day 7 lunch

Leftover Gravy from day 7 dinner

1L of Water

1 tbsp. Marmite

2 Medium Carrots, diced

200g Celery, diced

2 Medium Red Onions,  
cut into wedges

1 Medium Courgette, diced

2 Medium Leeks, diced

100g Green Beans

100g Kale

1 Medium Broccoli, cut into florets

Salt & Pepper, to taste

500ml Double Cream

### Method

1. Add the leftover chicken and gravy from week 1 day 7 lunch along with the water, marmite, vegetables, salt and pepper to a large pan and bring to the boil.
2. Reduce to a low heat and leave to cook for at least 30 minutes, add the cream and stir through before serving.
3. Save 1 serving for day 2 lunch. Freeze 4 servings for week 4 day 5, week 5 day 5, week 8 day 4 and week 9 day 3. Leave to cool before placing in the fridge or freezer.

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**TOP TIP:** To save time, this recipe can be made on week 1 day 7.

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### NUTRITIONAL VALUES (per serving)

● **Calories:** 680 kcal

● **Carbs:** 11g

● **Total Fat:** 57g

● **Protein:** 30g





DAY 1 - DINNER:

## PORTOBELLO MUSHROOM BAKED EGGS & BACON



Serves 1



5 minutes



25 minutes

### Ingredients

- 2 Portobello Mushrooms
- 2 Eggs
- 4 Smoked Bacon Rashers
- ½ Medium Avocado, sliced

### Method

1. Preheat oven to 160°C/140°C fan (320°F/300°F fan). Remove the stalk of the mushrooms, then place each mushroom on a baking tray facing upwards.
2. Crack an egg into each mushroom and place in the oven for 20-25 minutes.
3. Whilst the eggs and mushrooms are baking fry the bacon rashers over a medium heat. Remove eggs and mushrooms from the oven and serve with the bacon and avocado.

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### NUTRITIONAL VALUES (per serving)

- **Calories:** 579 kcal
- **Carbs:** 6g
- **Total Fat:** 43g
- **Protein:** 42g



## DAY 2 - BREAKFAST:

# SAUSAGE & EGG BREAKFAST PATTIES



Serves 2



5 minutes



25 minutes

### Ingredients

- 4 97% Pork Sausages
- 2 Medium Tomatoes, halved
- 2 Portobello Mushrooms
- 2 tbsp. Olive Oil
- 2 Eggs

### Method

1. Heat oven to 200°C/180°C fan (390°F/350°F fan). Remove the sausage meat from its skin and combine the 4 sausages. Shape them into 2 balls.
2. Place the tomatoes and the balls of meat onto a lined baking tray and flatten the meat into burger shapes. Cook in the oven for 20-25 minutes.
3. When the sausages have been cooked for 10 minutes, place the mushrooms in the oven and fry one of the eggs in 1 tbsp. oil.
4. Remove sausage patties and vegetables from the oven. Place the sausage patty on top of the cooked mushroom.
5. Lay the fried egg over the top of the patty and serve with 2 tomato halves.
6. Set aside 1 portion of the sausage, tomatoes and mushroom for day 3 breakfast – cook the remaining egg fresh on day 3 in the remaining oil.

**TOP TIP:** Cook the remaining sausages from the packet, these can be used for day 3 dinner.

### NUTRITIONAL VALUES (per serving)

- **Calories:** 431 kcal
- **Carbs:** 7g
- **Total Fat:** 32g
- **Protein:** 28g



DAY 2 - LUNCH:

## LEFTOVER CREAMY CHICKEN & KALE SUPERFOOD STEW

 Serves 1  5-10 minutes

### Ingredients

Leftover Creamy Chicken & Kale Superfood Stew from day 1

### Method

1. Simply reheat leftover stew in the microwave or on the hob and enjoy!



### NUTRITIONAL VALUES (per serving)

- Calories: 680 kcal
- Carbs: 11g
- Total Fat: 57g
- Protein: 30g

DAY 2 - DINNER:

## EASY MACHO PEASY HOMEMADE NANDO'S



Serves 1



10 minutes



25 minutes

### Ingredients

1 Chicken Leg (125g)  
1 tsp. Olive Oil  
Juice of ½ Lemon  
½ tsp. Chilli Flakes  
1 tbsp. Oregano  
80g Frozen Peas  
1 tsp. Butter  
½ Small Fresh Chilli, diced  
1 tbsp. Fresh Parsley  
1 tsp. Mint Sauce  
Salt & Pepper, to taste  
1 tbsp. Mayonnaise  
½ tsp. Paprika  
1 Handful of Mixed Green Salad Leaves

### Method

1. Preheat oven to 200°C/180°C fan (390°F/350°F fan). Take the chicken leg and drizzle with olive oil and ½ the lemon juice.
2. Sprinkle chilli flakes and oregano over the chicken and cover with foil. Place in the oven for 20-25 minutes. Remove foil after 15 minutes.
3. Whilst the chicken is in the oven boil the frozen peas in a small pan, then drain and add the butter, chilli, parsley and mint. Roughly mash peas with a potato masher or fork to form large broken chunks, then season with salt and black pepper.
4. For the perinaise sauce, combine the mayonnaise, remaining lemon juice and paprika in a dish.
5. Remove the chicken from the oven and serve with the macho peas, salad leaves and perinaise.



### NUTRITIONAL VALUES (per serving)

- **Calories:** 530 kcal
- **Carbs:** 11g
- **Total Fat:** 41g
- **Protein:** 28g

DAY 3 - BREAKFAST:

## LEFTOVER SAUSAGE & EGG BREAKFAST PATTIES



Serves 1



5 minutes



10 minutes

### Ingredients

Leftover Sausage Patty, Mushroom and Tomato from day 2

1 tbsp. Olive Oil, from day 2

1 Egg, from day 2

### Method

1. Reheat leftover sausage patty, mushroom and tomato either in a microwave, frying pan or in the oven.
2. In the meantime, heat oil in a non-stick frying pan and fry the egg.
3. Top the mushroom with the sausage patty and egg and enjoy!



### NUTRITIONAL VALUES (per serving)

- **Calories:** 431 kcal
- **Carbs:** 7g
- **Total Fat:** 32g
- **Protein:** 28g

DAY 3 - LUNCH:

## 5 MINUTE MACKEREL PÂTÉ



Serves 1



5 minutes

### Ingredients

- 2 Tins of Mackerel (drained weight 176g)
- 2 tbsps. Garlic & Herb Soft Cheese
- 1 Medium Avocado
- Juice of ½ Lemon
- 4 Spring Onions, diced
- Salt & Pepper, to taste
- ½ Medium Cucumber
- 1 Medium Red Pepper
- 8 Iceberg Lettuce Leaves

### Method

1. Combine the mackerel, soft cheese, avocado, lemon juice and spring onions in a bowl. Season with salt and pepper.
2. Slice cucumber and peppers into batons.
3. Split the mackerel pâté between 2 servings, placing the mackerel pâté in 2 wedges of iceberg lettuce and fold like a wrap. Serve with peppers and cucumber.

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**TOP TIP:** Save 1 portion for day 5 lunch.

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### NUTRITIONAL VALUES (per serving)

- **Calories:** 517 kcal
- **Carbs:** 8g
- **Total Fat:** 43g
- **Protein:** 24g



DAY 3 - DINNER:

## BANGERS & SPRING ONION CHEESY MASH



Serves 1



10 minutes



25 minutes

### Ingredients

2 97% Pork Sausages  
150g Butternut Squash  
¼ Medium Broccoli Head  
1 tbsp. Whole Milk  
30g Cheddar Cheese, grated  
3 Spring Onions, diced

### Method

1. Preheat the oven to 200°C/180°C fan (390°F/350°F fan). Place the sausages in the oven for 20-25 minutes.
2. Bring two pans of water to the boil.
3. Peel and chop the butternut squash into small cubes. Place the butternut squash into one pan of water and the broccoli into the second pan and bring to the boil until soft.
4. Drain the broccoli and set aside.
5. Drain the butternut squash and place it back in the pan with the milk, cheese and spring onions.
6. Mash the squash with a potato masher and serve with the sausages and broccoli.

### NUTRITIONAL VALUES (per serving)

- **Calories:** 531 kcal
- **Carbs:** 17g
- **Total Fat:** 37g
- **Protein:** 32g



DAY 4 - BREAKFAST:

## VANILLA & PEACH YOGHURT BOWL (V)



Serves 1



5 minutes

### Ingredients

200g Greek Yoghurt

½ tsp. Vanilla Essence

100g Frozen Raspberries

½ Medium Peach, chopped

40g Walnuts, chopped

### Method

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

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### NUTRITIONAL VALUES (per serving)

● **Calories:** 588 kcal

● **Carbs:** 20g

● **Total Fat:** 48g

● **Protein:** 19g





DAY 4 - LUNCH:

## JACKET BUTTERNUT SQUASH & TUNA MAYO



Serves 1



15 minutes



45 minutes

### Ingredients

150g Butternut Squash  
(½ the bulb of the squash)  
1 Tin (120g) of Tuna  
75g Greek Yoghurt  
4 Spring Onions, diced  
Salt & Pepper, to taste  
50g Cheddar Cheese, grated

### Method

1. Preheat oven to 200°C/180°C fan (390°F/350°F fan). To prepare the butternut squash use a large sharp knife to slice the bulb of the squash off and cut into quarters.
2. Remove the seeds of the squash. Score lines across its flesh and place the squash in the oven and bake for 40-45 minutes.
3. Whilst the squash is cooking combine the tuna, yoghurt and spring onions in a bowl and season with salt and pepper.
4. When the squash is finished serve the tuna in the butternut squash with the cheese sprinkled over the top.
5. The squash and tuna can be kept separate until serving if you are preparing the night before and reheating the squash.

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**TOP TIP:** The butternut squash and tuna mix can be made the night before.

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### NUTRITIONAL VALUES (per serving)

- **Calories:** 489 kcal
- **Carbs:** 15g
- **Total Fat:** 25g
- **Protein:** 51g



DAY 4 - DINNER:

## CREAMY GARLIC PRAWN LINGUINE



Serves 1



10 minutes



15 minutes

### Ingredients

1 tbsp. Coconut Oil  
1 Garlic Clove, crushed  
½ Medium Onion, finely diced  
1 Medium Courgette, spiralised  
Juice of ½ Lemon  
100g Raw King Prawns  
100g Cherry Tomatoes  
½ tsp. Chilli Flakes  
50g Garlic & Herb Soft Cheese  
Black Pepper, to taste  
2 tbsp. Parmesan Cheese, grated

### Method

1. Heat oil in a non-stick frying pan and add the crushed garlic and onions. Cook for 5 minutes or until tender. Whilst the onions are cooking spiralise the courgette.
2. Add the lemon juice to the onions and leave to simmer for 1 minute. Add the courgette, prawns and cherry tomatoes.
3. Season with ¼ tsp. of chilli flakes, cook until tomatoes are tender, and prawns are pink and cooked through.
4. Stir in soft cheese and season with black pepper.
5. Sprinkle grated parmesan and remaining chilli flakes over the top and serve.


### NUTRITIONAL VALUES (per serving)


- **Calories:** 452 kcal
- **Carbs:** 19g
- **Total Fat:** 25g
- **Protein:** 37g



DAY 5 - BREAKFAST:

## PEACH & RASPBERRY NUT BUTTER OATS (V)

 Serves 1

 5 minutes

 10 minutes

### Ingredients

30g Porridge Oats

50g Frozen Raspberries

150ml Coconut Milk

1 tbsp. Almond Butter

½ Medium Peach, sliced

1 tsp. Cinnamon

### Method

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

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### NUTRITIONAL VALUES (per serving)

● **Calories:** 517 kcal

● **Carbs:** 33g

● **Total Fat:** 38g

● **Protein:** 10g



DAY 5 - LUNCH:

## LEFTOVER MACKEREL PÂTÉ



Serves 1

### Ingredients

Leftover Mackerel Pâté from day 3

### Method

1. Simply take the leftover mackerel pâté wraps from the fridge that you saved on day 3 and enjoy!

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### NUTRITIONAL VALUES (per serving)

- **Calories:** 517 kcal
- **Carbs:** 8g
- **Total Fat:** 43g
- **Protein:** 24g



DAY 5 - DINNER:

## SURF & TURF STEAK NIGHT!



Serves 1



5 minutes



10 minutes

### Ingredients

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

### Method

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

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**TOP TIP:** To save time cook 1 piece of steak for day 6 lunch 'Steak, Walnut & Blue Cheese Salad'.

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### NUTRITIONAL VALUES (per serving)

- **Calories:** 489 kcal
- **Carbs:** 8g
- **Total Fat:** 26g
- **Protein:** 56g



## DAY 6 - BREAKFAST:

# DIPPY EGGS & COURGETTE SOLDIERS



Serves 1



10 minutes



24 minutes

### Ingredients

1 Medium Courgette

3 Eggs

3 tbsp. Parmesan Cheese, grated

½ tsp. Garlic Powder

Salt & Pepper, to taste

### Method

1. Preheat oven to 200°C/180°C fan (390°F/350°F fan) and prepare courgette soldiers by cutting them into batons.
2. Break 1 egg into a shallow bowl and whisk.
3. Take another shallow bowl and measure out the grated parmesan and garlic powder.
4. Dip each courgette baton into the egg and then into the parmesan and garlic powder. Place batons on a lined baking tray and season with sea salt and black pepper.
5. Place baking tray in the oven and cook for 10-12 minutes. Turn the batons over being careful not to break them.
6. Cook for a further 10-12 minutes or until they are nice and crispy, but not burnt!
7. Whilst the courgette soldiers are baking boil your eggs.
8. Remove the top of the egg and serve with the courgette soldiers.

### NUTRITIONAL VALUES (per serving)

- **Calories:** 489 kcal
- **Carbs:** 9g
- **Total Fat:** 30g
- **Protein:** 45g



DAY 6 - LUNCH:

## STEAK, WALNUT & BLUE CHEESE SALAD



Serves 1



10 minutes



15 minutes

### Ingredients

2 tsp. Olive Oil

½ Medium Red Onion, cut into wedges

1 Beef Frying Steak, cut into strips

100g Spinach

¼ Medium Cucumber

Juice of ¼ Lemon

30g Stilton Cheese

20g Chopped Walnuts

Salt & Pepper, to taste

### Method

1. Heat 1 tsp. of oil in a non-stick frying pan. Slice onion into thin wedges and cook on a medium heat for 5-8 minutes or until onions are tender.
2. Add the steak and cook for roughly 3 minutes, or until cooked through.
3. In the meantime, wash the spinach and place in a bowl with the sliced cucumber. Drizzle over the lemon juice and remaining oil.
4. Add the onions and steak to the salad and mix through. Crumble the stilton cheese and walnuts over the top of the salad and season with salt and pepper.

**TOP TIP:** Steak can be cooked when cooking day 5 dinner.

### NUTRITIONAL VALUES (per serving)

- **Calories:** 664 kcal
- **Carbs:** 10g
- **Total Fat:** 40g
- **Protein:** 65g



DAY 6 - DINNER:

## 3 CHEESE SPINACH & BACON BUTTERNUT SQUASH



Serves 1



15 minutes



55 minutes

### Ingredients

150g Butternut Squash (½ the bulb of the squash)

1 tsp. Coconut Oil, melted

100g Spinach

2 Bacon Rashers

2 tbsp. Garlic & Herb Soft Cheese

1 tbsp. Cheddar Cheese, grated

Salt & Pepper, to taste

1 tsp. Parmesan, grated

### Method

1. Preheat oven to 200°C/180°C fan (390°F/350°F fan). Take the remaining ½ bulb of squash leftover from day 4 lunch and score lines across its flesh.
2. Place flesh side up on a baking tray and drizzle the melted oil over the squash. Cook for 35-40 minutes.
3. Whilst the squash is cooking blanch the spinach and fry the bacon. In a bowl combine the spinach, bacon, soft cheese and cheddar cheese. Season with salt and pepper.
4. Remove the squash from the oven and place the cheese and spinach mixture into the section of the squash the seeds were removed from.
5. Sprinkle the parmesan over the top and season with black pepper.
6. Place back in the oven for 10-15 minutes and then serve.

### NUTRITIONAL VALUES (per serving)

- **Calories:** 587 kcal
- **Carbs:** 16g
- **Total Fat:** 46g
- **Protein:** 27g





## DAY 7 - BREAKFAST:

# SWEET EGG OMELETTES (V)



Serves 1



10 minutes



10 minutes

### Ingredients

- 2 Eggs
- 1 tbsp. Milled Flaxseed
- 1 tsp. Baking Powder
- ½ tsp. Vanilla Extract
- 1 tsp. Butter
- 150g Strawberries
- 1 tbsp. Almond Butter
- 2 tbsp. Greek Yoghurt

### Method

1. Preheat grill. In a bowl whisk the eggs, flaxseed, baking powder and vanilla extract.
2. Heat butter in a non-stick frying pan over a medium heat and add the egg mixture to the pan.
3. Slice ½ of the strawberries and scatter over the eggs. Drizzle ½ the almond butter over the top of the strawberries.
4. Place under the grill for 2-3 minutes or until there is a slight glaze. Be careful it doesn't burn.
5. Use a spatula to transfer the omelette onto a plate and top it with the Greek yoghurt, remaining strawberries and almond butter.

### NUTRITIONAL VALUES (per serving)

- **Calories:** 518 kcal
- **Carbs:** 15g
- **Total Fat:** 37g
- **Protein:** 30g



DAY 7 - LUNCH:

## TOAD IN THE HOLE



Serves 2



10 minutes



50 minutes

### Ingredients

½ Medium Red Onion  
3 tbsp. Lard  
4 97% Pork Sausages  
3 Eggs  
40g Soya Flour  
100ml Whole Milk  
300g Asparagus  
1 Beef Stock Cube  
50-100ml Boiling Water

### Method

1. Preheat oven to 200°C/180°C fan (390°F/350°F fan). Peel and chop onion into large wedges or quarters.
2. Place the lard, sausages and onions in a baking tray and cook for 15-20 minutes or until sausages are brown.
3. In the meantime, prepare the batter by whisking the eggs, soya flour and milk in a bowl. Leave to stand whilst the sausages are cooking.
4. Carefully remove the sausages from the oven. The lard should be spitting slightly. If it isn't, then place it on top of the hob over a high heat until sizzling.
5. Give the batter a quick whisk before pouring it into the tray with the sausages and onions.
6. Place the tray back in the oven and cook for 25-30 minutes. To ensure they rise do not open the door of the oven until they have cooked for at least 25 minutes.
7. 10 minutes before the toad in the hole is finished grill the asparagus and prepare the gravy. Place the stock cube in a heatproof jug and add 50-100ml of boiling water. Stir until melted.
8. Remove the toad in the hole and serve 1 portion with ½ the asparagus and gravy.
9. Save 1 portion for week 3, day 1 lunch.

### NUTRITIONAL VALUES (per serving)

- **Calories:** 777 kcal
- **Carbs:** 13g
- **Total Fat:** 61g
- **Protein:** 43g



DAY 7 - DINNER:

## TURKEY BURGERS & COLESLAW



15 minutes



15 minutes

**Turkey burgers:** serves 2

**Coleslaw:** serves 4

### Ingredients

#### *For the coleslaw:*

½ Medium Red Cabbage, shredded

1 Medium White Onion, finely sliced

2 Medium Carrots, grated

4 tbsp. Mayonnaise

Juice of ½ Lemon

½ tsp. English Mustard Powder

Salt & Pepper, to taste

#### *For the burgers:*

200g Turkey Mince

1 Egg

3 Spring Onions

30g Cheddar Cheese, grated

1 tbsp. Chives

Salt & Pepper, to taste

1 tsp. Coconut Oil

2 Slices of Bacon

2 Lettuce Leaves

½ Medium Tomato, sliced

### Method

1. For the coleslaw combine the cabbage, onion, carrot, mayonnaise, lemon juice and mustard in a bowl. Season with salt and pepper and set aside whilst making the burgers.
2. For the turkey burgers combine the mincemeat, egg, spring onions, cheese and chives in a bowl and season with salt and pepper. Shape the mixture into 2 even balls.
3. Heat the oil in a non-stick frying pan over a medium heat and cook the burgers for 5-7 minutes then flip and repeat on the other side.
4. When the burgers are nearly cooked, fry the bacon.
5. Place 1 burger on a lettuce leaf and top with 1 slice of bacon and tomato. Serve with ¼ of the coleslaw.
6. Save 1 serving of turkey burger and coleslaw for week 3, day 2 lunch.
7. Save 2 servings of coleslaw for week 3, day 4 dinner and day 5 lunch.

### NUTRITIONAL VALUES (per serving)

● **Calories:** 558 kcal

● **Carbs:** 12g

● **Total Fat:** 39g

● **Protein:** 39g



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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.