

# WEEK 3

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## MEAL PLAN



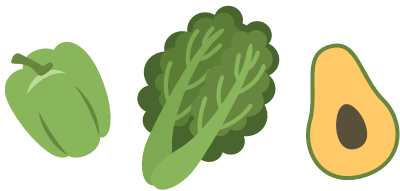
# Tailoring the meal plans to individual needs

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.

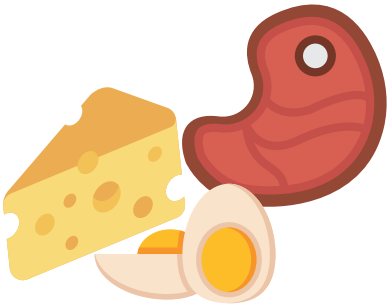
## FAT



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



22g

**07** BANANA, COCONUT & BLUEBERRY EGG MUFFINS (V)



13g

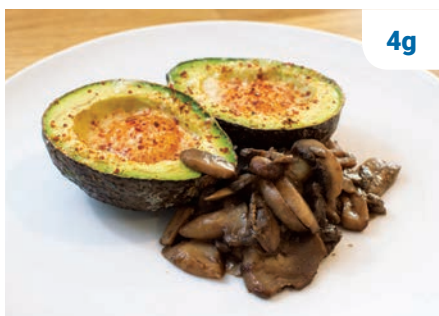
**08** LEFTOVER TOAD IN THE HOLE



15g

**09** TURKEY MEATBALLS & CELERIAC SPAGHETTI

DAY 2



4g

**10** EGGY AVOCADO BOATS



12g

**11** LEFTOVER TURKEY BURGERS & COLESLAW



8g

**12** CREAMY PESTO CHICKEN

DAY 3



22g

**13** BANANA, COCONUT & BLUEBERRY EGG MUFFINS (V)



16g

**14** CHICKEN PESTO SALAD



15g

**15** LEFTOVER TURKEY MEATBALLS & CELERIAC SPAGHETTI

BREAKFAST

LUNCH

DINNER

DAY 4



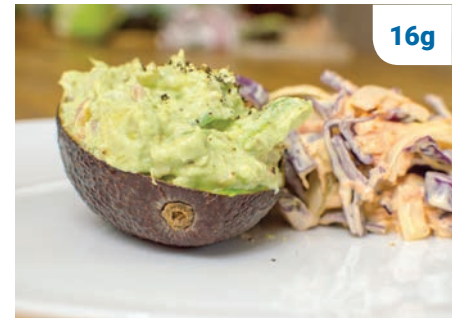
14g

16 WARM FLAX BERRY BOWL & COCONUT MILK



10g

17 FROM THE FREEZER YUK SUNG



16g

18 LOADED SALMON AVOCADOS & COLESLAW

DAY 5



22g

19 BANANA, COCONUT & BLUEBERRY EGG MUFFINS (V)



16g

20 LEFTOVER LOADED SALMON AVOCADOS & COLESLAW



24g

21 CURRY NIGHT! CHICKEN SHASHLIK & NAAN BREAD

DAY 6



14g

22 AMERICAN STYLE PANCAKES



22g

23 CHICKEN TIKKA WRAP



6g

24 BUFFALO WINGS & CHEESY GARLIC BREAD

DAY 7



13g

25 FULL ENGLISH BREKKY LOW CARB STYLE



23g

26 SUNDAY ROAST BEEF, SHALLOTS & YORKY PUDS



17g

27 WARM BEEF & HORSERADISH SALAD

## WEEK 3 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

25 Eggs	20g Blue Cheese
5 tbsp. Butter	60g Feta Cheese
50ml Whole Milk	80g Sour Cream
230g Greek Yoghurt	
80g Parmesan Cheese	
300g Soft Cheese	



### MEAT

500g Turkey Mince	1 97% Pork Sausage
4 Medium Chicken Breasts	60g Black Pudding
5 Streaky Bacon Rashers	900g Joint of Beef
4 Chicken Wings	



### FISH

150g Smoked Salmon



### FRUIT

1 Medium Tomato	½ Lime
18 Cherry Tomatoes	280g Blueberries
3½ Medium Avocados	2 Bananas
2½ Lemons	



### FROM THE FREEZER

100g Frozen Mixed Berries  
150g Frozen Mixed Peppers



### VEGETABLES

11 Cloves of Garlic	¼ Large Broccoli
1 tbsp. Chives	300g Celery
2 tbsp. Fresh Parsley	250g Mushrooms
3 Sprigs of Thyme	200g Asparagus
4 Lettuce Leaves	1 Large Celeriac
1 Romaine Lettuce	¼ Large Cauliflower
100g Spinach	
4½ Medium Red Onions	
4 Spring Onions	
100g Shallots	
½ Medium Red Pepper	
1 Medium Green Pepper	
½ Medium Cucumber	




### CUPBOARD ITEMS


5 tbsp. Olive Oil	1 tsp. Chilli Flakes
4 tbsp. Coconut Oil	½ tsp. Chilli Powder
1 tbsp. Mayonnaise	½ tsp. Curry Powder
1 tsp. Mint Sauce	2 tsp. Mixed Herbs
1 tsp. Horseradish Sauce	1 Beef Stock Cube
1 tbsp. Tamari Soy Sauce	1 Tin (400g) Chopped Tomatoes
1 tbsp. Milled Flaxseed	1 tbsp. Tomato Puree
100ml Tinned Coconut Milk	1 tsp. Marmite
130g Almonds	1 tsp. Natural Vanilla Extract
4 tbsp. Desiccated Coconut	3 tbsp. Roasted Red Pepper Pesto
20g Soya Flour	1 tsp. Stevia
3 tsp. Baking Powder	
1½ tbsp. Cinnamon	
3 tsp. English Mustard Powder	
¼ tsp. Cayenne Pepper	
½ tsp. Ground Cumin	
1 tbsp. Ground Coriander	

## DAY 1 - BREAKFAST:

# BANANA, COCONUT & BLUEBERRY EGG MUFFINS (V)

 Makes 12 (4 per person)

 5 minutes

 15 minutes

### Ingredients

12 Eggs  
2 Medium Bananas, mashed  
200g Blueberries  
80g Almonds, roughly chopped  
4 tbsp. Desiccated Coconut  
1 tbsp. Cinnamon

### Method

1. Heat oven to 200°C/180°C fan (390°F/350°F fan) and line a muffin tin with 12 muffin cases.
2. Crack eggs into bowl and whisk gently.
3. Add mashed banana, blueberries, almonds, coconut and cinnamon to the bowl and mix thoroughly.
4. Spoon into muffin cases and cook for 15 minutes or until cooked through. Remove from the oven and serve.





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**TOP TIP:** Save 1 portion for day 3 breakfast and 1 portion for day 5 breakfast.

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### NUTRITIONAL VALUES (per serving)

-  **Calories:** 680 kcal
-  **Carbs:** 22g
-  **Total Fat:** 41g
-  **Protein:** 36g



DAY 1 - LUNCH:

## LEFTOVER TOAD IN THE HOLE



Serves 1



5-10 minutes

### Ingredients

Leftover Toad in the Hole from week 2 day 7

### Method

1. Simply take the leftover toad in the hole and asparagus from week 2 day 7.
2. Reheat either in the oven or microwave and enjoy.



### NUTRITIONAL VALUES (per serving)

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



DAY 1 - DINNER:

# TURKEY MEATBALLS & CELERIAC SPAGHETTI



Serves 4



15 minutes



50 minutes

## Ingredients

500g Turkey Mince  
60g Feta  
2 tbsp. Soft Cheese  
2 Medium Red Onions, diced  
2 Garlic Cloves, crushed  
2 tsp. Mixed Herbs  
1 tbsp. Fresh Parsley  
1 Egg  
2 tbsp. Coconut Oil  
150g Celery, diced  
1 Tin (400g) Chopped Tomatoes  
150g Frozen Mixed Peppers  
2 tsp. English Mustard Powder  
1 tsp. Marmite  
1 Large Celeriac  
4 tbsp. Parmesan Cheese, grated

## Method

1. Combine the turkey, feta, soft cheese, ½ an onion, 1 crushed garlic clove, 1 tsp. mixed herbs, fresh parsley and egg in a bowl. Roll into 16 small balls.
2. Heat ½ the oil in a large non-stick pan. Cook the meatballs for 5 minutes over a high heat to brown them off, then set aside on a plate.
3. In the same pan heat the remaining oil over a medium heat. Add the remaining garlic, red onion and celery. Cook for 10 minutes or until tender.
4. Add in the tinned tomatoes, frozen peppers, mustard, remaining mixed herbs and marmite. Stir the mixture well and cook for 15 minutes, before adding the meatballs.
5. Reduce the heat and leave to simmer for 20 minutes. Add a splash of water if the mixture is too thick.
6. Whilst the sauce is cooking prepare the celeriac noodles. Peel the celeriac using a sharp knife. You can either use a spiralizer or peeler to prepare the spaghetti. If you are unsure there are plenty of helpful videos on YouTube!
7. Bring a pan of water to the boil and boil the spaghetti for 2-3 minutes or until desired tenderness. Serve the meatballs on top of the spaghetti and sprinkle with ¼ of the parmesan.

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**TOP TIP:** Save 1 serving for day 3 dinner. Freeze 2 portions for week 6 day 5 & week 8 day 5. Add the parmesan to these meals at the time of consumption.

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## NUTRITIONAL VALUES (per serving)

- **Calories:** 473 kcal
- **Carbs:** 15g
- **Total Fat:** 26g
- **Protein:** 45g

## DAY 2 - BREAKFAST:

# EGGY AVOCADO BOATS



Serves 1



5 minutes



15 minutes

### Ingredients

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

### Method

1. Preheat oven to 200°C/180°C fan (390°F/350°F fan). Cut the avocados in half and remove the stone. Use a spoon to remove enough of the flesh to enable the egg to fit into the hole.
2. Place the avocado either onto a baking tray or into an ovenproof dish. Crack each egg into the centre of each avocado and sprinkle with chilli flakes and cheese.
3. Place in the oven with the mushrooms and bake for 10-15 minutes or until the eggs have set. Remove from the oven and serve.

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**TOP TIP:** To make this vegetarian, swap the parmesan cheese for a vegetarian version of Italian style hard cheese.

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### NUTRITIONAL VALUES (per serving)

- **Calories:** 472 kcal
- **Carbs:** 4g
- **Total Fat:** 41g
- **Protein:** 22g



DAY 2 - LUNCH:

## LEFTOVER TURKEY BURGERS & COLESLAW



Serves 1

### Ingredients

Leftover Turkey Burgers & Coleslaw from week 2 day 7

### Method

1. Simply take leftover Turkey Burgers & Coleslaw from the fridge from week 2, day 7 dinner.
2. They can be enjoyed cold or reheated.

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### NUTRITIONAL VALUES (per serving)


- Calories: 558 kcal
- Carbs: 12g
- Total Fat: 39g
- Protein: 39g



DAY 2 - DINNER:

## CREAMY RED PESTO CHICKEN

 5 minutes

 30 minutes

**Chicken:** serves 2

**Vegetables:** serves 1

### Ingredients

2 Medium Chicken Breasts

100g Soft Cheese

3 tbsp. Roasted Red Pepper Pesto

Juice of 1 Lemon

200g Asparagus

2 tbsp. Butter

### Method

1. Preheat oven to 200°C/180°C fan (390°F/350°F fan). Lay each chicken breast onto a chopping board and use a rolling pin to flatten the chicken out.
2. In a bowl combine the soft cheese and pesto and spoon onto half of each chicken breast.
3. Take the side of the chicken breast that has no filling and fold it over so the chicken forms an envelope.
4. Squeeze the lemon juice over the chicken breast and place in a baking tray. Cover with foil and bake for 15-20 minutes.
5. Take the chicken out of the oven and remove the foil. Add the asparagus to the baking tray and cook for a further 5-7 minutes.
6. Serve 1 piece of chicken with the asparagus and butter, save 1 portion of chicken for day 3 lunch.

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**TOP TIP:** To save time prepare day 3 lunch 'Chicken Pesto Salad' while making this recipe.

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### NUTRITIONAL VALUES (per serving)

- **Calories:** 635 kcal
- **Carbs:** 8g
- **Total Fat:** 49g
- **Protein:** 42g



DAY 3 - BREAKFAST:

## BANANA, COCONUT & BLUEBERRY EGG MUFFINS (V)



Serves 1

### Ingredients

Leftover Muffins from day 1

### Method

1. Simply take leftovers from day 1, from the fridge. Giving you that extra 15 minutes in bed again! As mentioned before, you could use this opportunity to increase your activity levels. Or if it's been a busy week enjoy those extra few Z's in bed.

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### NUTRITIONAL VALUES (per serving)

- **Calories:** 608 kcal
- **Carbs:** 22g
- **Total Fat:** 41g
- **Protein:** 36g



DAY 3 - LUNCH:

## CHICKEN PESTO SALAD



Serves 1



5 minutes

### Ingredients

100g Spinach

½ Medium Red Pepper, chopped

½ Medium Red Onion, chopped

5 Cherry Tomatoes, halved

Leftover Pesto Chicken from day 2

Juice of ½ Lemon

1 tbsp. Olive Oil

Salt & Pepper, to taste

### Method

1. Combine the vegetables in a bowl and top with the leftover chicken from day 2 dinner.
2. Squeeze lemon juice over the salad and drizzle with olive oil, season with salt and pepper. This can be done whilst preparing day 2 dinner and stored in a plastic container. If so, don't squeeze the lemon juice over the salad until it is being consumed.

**TOP TIP:** To save time, this meal can be prepared while making day 2 dinner.

### NUTRITIONAL VALUES (per serving)

- **Calories:** 565 kcal
- **Carbs:** 16g
- **Total Fat:** 38g
- **Protein:** 41g



DAY 3 - DINNER:

## LEFTOVER TURKEY MEATBALLS & CELERIAC SPAGHETTI

 Serves 1  5-10 minutes

### Ingredients

Leftover Turkey Meatballs & Celeriac Spaghetti from day 1

1 tbsp. Parmesan Cheese, grated from day 1

### Method

1. Simply take leftovers from the fridge.
2. Reheat either in the oven, on the hob or in the microwave.
3. Sprinkle with parmesan and enjoy.
4. Don't forget to take 1 portion of Yuk Sung out of the freezer for lunch tomorrow.



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### NUTRITIONAL VALUES (per serving)

- **Calories:** 473 kcal
- **Carbs:** 15g
- **Total Fat:** 26g
- **Protein:** 45g

DAY 4 - BREAKFAST:

## WARM FLAX BERRY BOWL & COCONUT MILK (V)



Serves 1



5 minutes



10 minutes

### Ingredients

100g Mixed Frozen Berries  
50g Almonds, roughly chopped  
1 tsp. Cinnamon  
100ml Tinned Coconut Milk  
1 tbsp. Milled Flaxseed

### Method

1. Preheat oven to 200°C/180°C fan (390°F/350°F fan). Place the fruit and almonds in an ovenproof dish and sprinkle with cinnamon.
2. Bake in the oven for 5 minutes or heat in the microwave until fruit is soft and juicy.
3. Take the bowl of fruit out of the oven and pour the milk over the top.
4. Sprinkle flaxseed over the fruit and serve.

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### NUTRITIONAL VALUES (per serving)

- **Calories:** 551 kcal
- **Carbs:** 14g
- **Total Fat:** 48g
- **Protein:** 14g





DAY 4 - LUNCH:

## FROM THE FREEZER YUK SUNG



Serves 1



5-10 minutes

### Ingredients

1 Serving of Leftover Yuk Sung from week 1 day 6

4 Lettuce Leaves

### Method

1. Remove 1 portion of the frozen Yuk Sung from week 1 day 6 the night before.
2. Simply reheat the pork either over the hob or in the microwave.
3. Serve in lettuce leaves like a wrap.

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### NUTRITIONAL VALUES (per serving)

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



DAY 4 - DINNER:

## LOADED SALMON AVOCADOS & COLESLAW



Serves 2



5 minutes

### Ingredients

150g Smoked Salmon

80g Greek Yoghurt

Juice of ½ Lemon

1 tbsp. Chives

2 Medium Avocados

1 Serving of Leftover Coleslaw from week 2 day 7

### Method

1. For the loaded avocados chop the smoked salmon into small chunks and place into a bowl with the yoghurt, lemon juice and chives.
2. Cut the avocado in half and remove the stone. Scoop out the flesh and add to the salmon, yoghurt and chive mixture. Mash the avocado into the mixture and stir thoroughly.
3. Share the filling between the two avocado skins and serve with the leftover coleslaw from week 2, day 7 dinner.
4. Save 1 serving for day 5 lunch.

### NUTRITIONAL VALUES (per serving)

- **Calories:** 664 kcal
- **Carbs:** 16g
- **Total Fat:** 56g
- **Protein:** 24g



DAY 5 - BREAKFAST:

## BANANA, COCONUT & BLUEBERRY EGG MUFFINS (V)

 Serves 1

### Ingredients

Leftover Muffins from day 1

### Method

1. Simply take the leftovers from the fridge. Another lie in ... and it's Friday!

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### NUTRITIONAL VALUES (per serving)

- **Calories:** 608 kcal
- **Carbs:** 22g
- **Total Fat:** 41g
- **Protein:** 36g



DAY 5 - LUNCH:

## LEFTOVER LOADED SALMON AVOCADOS & COLESLAW

 Serves 1

### Ingredients

Leftover Loaded Salmon Avocados  
from day 4

Leftover Coleslaw from week 2 day 7

### Method

1. As it's Friday you can take it super easy. All you have to do is take day 4 leftover loaded avocado & coleslaw from the fridge.

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### NUTRITIONAL VALUES (per serving)

- **Calories:** 664 kcal
- **Carbs:** 16g
- **Total Fat:** 56g
- **Protein:** 24g



# CURRY NIGHT! CHICKEN SHASHLIK & NAAN BREAD



Serves 2



15 minutes



15-20 minutes

## Ingredients

### *For the chicken shashlik:*

- 1 tsp. Olive Oil
- 1 Medium Green Pepper
- 1 Medium Red Onion
- 50g Greek Yoghurt
- 1 Garlic Clove, crushed
- 1 tbsp. Coriander
- ½ tsp. Chilli Powder
- ¼ tsp. Ground Cumin
- 1 tbsp. Tomato Puree
- 1 tbsp. Soy Sauce
- 1 tsp. English Mustard Powder
- Salt & Pepper, to taste
- 2 Medium Chicken Breasts
- 8 Cherry Tomatoes

### *For the raita sauce:*

- 100g Greek Yoghurt
- ½ Medium Cucumber, grated
- 1 tsp. Mint Sauce
- 1 Garlic Clove, crushed
- ¼ tsp. Ground Cumin
- Juice of ½ Lime
- Salt & Pepper, to taste

### *For the naan bread:*

- 2 Eggs
- 2 tbsp. Soft Cheese
- 1 tsp. Baking Powder
- ½ tsp. Curry Powder

### *To serve:*

- ½ Romaine Lettuce, shredded

## Method

1. Preheat oven to 200°C/180°C fan (390°F/350°F fan) and line a baking tray with baking paper and lightly cover with oil.
2. For the chicken shashlik soak 4 wooden skewers in water for 30 minutes and chop the pepper and onion into large wedges and set aside, along with the cherry tomatoes.
3. In a bowl combine the yoghurt, crushed garlic, coriander, chilli powder, cumin, tomato puree, soy sauce, English mustard powder, salt and pepper and mix well.
4. Using scissors or a knife cut the chicken into large chunks and add to the yoghurt mixture. Stir it thoroughly to ensure the chicken is well coated. Cover and marinate for 1 hour in the fridge.
5. Whilst waiting for the chicken to marinate, prepare the raita sauce by combining the yoghurt, cucumber, mint, garlic, cumin and lime juice in a bowl. Season with salt and pepper and set aside in the fridge.
6. Take the chicken shashlik mixture from the fridge and evenly share out the ingredients between the 4 wooden skewers, alternating between ingredients.
7. For the naan bread, separate egg whites from the yolks. Add the cream cheese to the yolks and mix thoroughly. Ensure there are no lumps.
8. Add the baking powder and curry powder to the egg whites and whisk until they form stiff peaks.
9. Add ½ the yolk and cheese mixture to the egg whites and fold through slowly. Add the remaining mixture and fold through slowly.
10. Evenly share out 4 spoonfuls of the mixture onto the baking paper. Place the cloud bread and skewers in the oven for 15-20 minutes.
11. Serve ½ the chicken skewers on shredded lettuce, with 2 naan breads and ½ the raita sauce.
12. Save 1 portion of chicken & raita for day 6 lunch. Save 1 portion of the naan for day 6 dinner.

## NUTRITIONAL VALUES (per serving)

- **Calories:** 583 kcal
- **Carbs:** 24g
- **Total Fat:** 30g
- **Protein:** 54g

**TOP TIP:** To save time marinate the chicken the night before.

## DAY 6 - BREAKFAST:

# AMERICAN STYLE PANCAKES



Serves 1



5 minutes



10 minutes

### Ingredients

- 1 tsp. Coconut Oil
- 4 Eggs
- 2 tsp. Baking Powder
- 1 tsp. Vanilla Extract
- 80g Blueberries
- 1 tsp. Stevia
- 3 Streaky Bacon Rashers

### Method

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

### NUTRITIONAL VALUES (per serving)

- Calories: 510 kcal
- Carbs: 11g
- Total Fat: 34g
- Protein: 38g



DAY 6 - LUNCH:

## CHICKEN TIKKA WRAP



Serves 1



5 minutes

### Ingredients

4 Lettuce Leaves

Leftover Raita Sauce from day 5

Leftover Shashlik Kebab from day 5

½ Medium Avocado, sliced

### Method

1. Take the lettuce leaves and combine 2 leaves together so they form 2 thick lettuce wraps.
2. Share the raita sauce between the 2 portions of lettuce.
3. Add the leftover chicken shashlik to the 2 lettuce wraps and serve with sliced avocado. The chicken can be reheated if you prefer the meat warm!

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### NUTRITIONAL VALUES (per serving)

- **Calories:** 491 kcal
- **Carbs:** 22g
- **Total Fat:** 25g
- **Protein:** 45g



## DAY 6 - DINNER:

# BUFFALO WINGS & CHEESY GARLIC BREAD



Serves 2



5 minutes



45 minutes

### Ingredients

- 1 Egg
- 2 Garlic Cloves, crushed
- ¼ tsp. Cayenne Pepper
- Salt & Pepper, to taste
- 4 Chicken Wings
- 80g Sour Cream
- 20g Blue Cheese
- 4 Spring Onions, diced
- 2 tsp. Butter
- 1 tbsp. Parsley
- Leftover Naan Bread from day 5
- 10g Parmesan, grated
- 150g Celery

### Method

1. Preheat oven to 200°C/180°C fan (390°F/350°F fan). In a bowl combining the egg, 1 crushed garlic clove and cayenne pepper. Season with salt and pepper, then add the wings and toss well.
2. Place on a lined baking tray and cook for 30 minutes or until crispy. Turn the chicken wings halfway through.
3. Whilst the wings are baking prepare the dip by combining the sour cream, blue cheese, and spring onions.
4. For the cheesy garlic bread preheat the grill on high. Melt the butter in a saucepan over a low heat and add in the remaining crushed garlic clove and parsley.
5. Take the leftover naan bread from day 5 dinner and pour the melted butter mixture over the top of each naan. Sprinkle grated parmesan over the top of each naan bread and place under the grill for 1-2 minutes. Whilst the naan bread is grilling chop celery into batons.
6. Remove wings from the oven and split between 2 portions. Serve with the celery, blue cheese dip and garlic bread.

**TOP TIP:** Save 1 portion for week 4 day 1 lunch.

### NUTRITIONAL VALUES (per serving)

- **Calories:** 809 kcal
- **Carbs:** 6g
- **Total Fat:** 62g
- **Protein:** 57g





## DAY 7 - BREAKFAST:

# FULL ENGLISH BREKKY LOW CARB STYLE

 Serves 1  20 minutes

### Ingredients

2 tbsp. Butter  
1 97% Pork Sausage  
1 Slice (60g) of Black Pudding  
1 Medium Tomato, halved  
2 Streaky Bacon Rashers  
150g Mushrooms  
2 Eggs

### Method

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

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**TOP TIP:** With ingredients such as sausages or bacon etc, portion them into freezer bags and freeze to use at a later date.

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### NUTRITIONAL VALUES (per serving)

- **Calories:** 671 kcal
- **Carbs:** 13g
- **Total Fat:** 52g
- **Protein:** 38g



DAY 7 - LUNCH:

# ROAST BEEF, SHALLOTS & YORKSHIRE PUDDING



15 minutes



1 hour 30 minutes

**Beef:** serves 6

**Roasted vegetables  
& Yorkshire puddings:** serves 1

## Ingredients

- 1 Joint of Beef (Approximately 900g)
- 5 Whole Garlic Cloves
- 100g Shallots, peeled
- ¼ Large Broccoli
- ¼ Large Cauliflower, cut into florets
- Salt & Pepper, to taste
- 2 tbsp. Olive Oil
- 3 Sprigs of Thyme
- 1 Egg
- 20g Soya Flour
- 50ml Whole Milk
- 1½ tbsp. Coconut Oil
- 1 Beef Stock Cube
- 300ml Boiling Water

## Method

1. Stand the beef at room temperature for 30 minutes, then preheat oven to 240°C/220°C fan (460°F/440°F fan).
2. Place the garlic, shallots, broccoli and cauliflower in a large bowl and season with salt, pepper and 1 tbsp. of olive oil. Transfer into a large roasting tray with the beef placed on top.
3. Dress beef in remaining olive oil and season with sea salt, black pepper and 1 sprig of thyme. Sprinkle a few extra sprigs of thyme over the vegetables.
4. Reduce the temperature of the oven to 200°C/180°C fan (390°F/350°F fan) and cook for 1 hour. Add a splash of water to the pan half way through and baste the beef.
5. Whilst the beef is cooking prepare the Yorkshire pudding batter by combining the egg, soya flour and milk and whisk until there are no lumps, then set aside.
6. When the beef is cooked transfer to a chopping board and cover with foil. Leave the beef to sit for 15 minutes. Transfer vegetables into a serving dish covered with foil.
7. Whilst waiting to carve the beef, cook the Yorkshire puddings. Turn the oven up to 240°C/220°C fan (460°F/440°F fan). Share coconut oil between ½ a muffin tray (3 muffin holes) and put in the oven for 10 minutes or until sizzling.
8. When the oil is sizzling remove the baking tray from the oven and pour the batter into the muffin tray. Place the muffin tray in the oven for 25-30 minutes.
9. To ensure they rise, don't open the oven until they have cooked for at least 25 minutes. Whilst the Yorkshires are cooking carve the beef and cover with foil keep warm on a hot plate, whilst preparing the gravy.
10. To make the gravy place the roasting tin used for the beef on top of the hob over a medium heat. Add boiling water and stock cube and stir continuously.
11. When the gravy is ready serve 2 slices of beef with the vegetables, Yorkshire puddings and gravy.

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## NUTRITIONAL VALUES (per serving)

- **Calories:** 733 kcal
- **Carbs:** 23g
- **Total Fat:** 46g
- **Protein:** 58g

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**TOP TIP:** Save the remaining beef for day 7 dinner and week 4, day 1 dinner.

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DAY 7 - DINNER:

## WARM BEEF & HORSERADISH SALAD



Serves 1



10 minutes



10 minutes

### Ingredients

- ½ Romaine Lettuce
- 1 Medium Red Onion
- 1 tbsp. Olive Oil
- 150g Leftover Beef
- 1 tsp. Horseradish Sauce
- 1 tbsp. Mayonnaise
- Juice of ½ Lemon
- 5 Cherry Tomatoes

### Method

1. Preheat oven to 200°C/180°C fan (390°F/350°F fan). Slice the romaine in ½ and cut the onion into thin wedges.
2. Place the romaine on the baking tray with its inside facing up. Scatter the sliced red onion over the top of the romaine head and drizzle with oil.
3. Wrap the leftover beef in foil and place next to the romaine on the baking tray. Bake in the oven for 10 minutes or until tender and ever so slightly charred.
4. For the dressing combine the horseradish, mayonnaise and lemon juice.
5. Top the romaine with the tomatoes and beef and drizzle over the horseradish dressing.

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**TOP TIP:** Whilst preparing this meal you can also prepare the 'Beef Stir-fry' for week 4, day 1 dinner.

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### NUTRITIONAL VALUES (per serving)

- **Calories:** 605 kcal
- **Carbs:** 17g
- **Total Fat:** 44g
- **Protein:** 34g



## 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 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.