

WEEK 4

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.

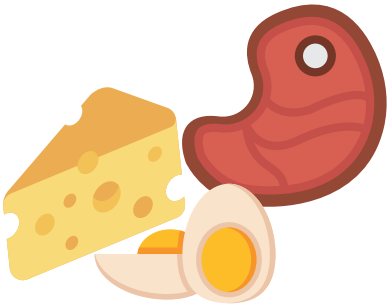
FAT



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



30g

07 QUINOA & CHIA
CHERRY PORRIDGE (V)



6g

08 LEFTOVER BUFFALO WINGS
& CHEESY GARLIC BREAD



14g

09 BEEF STIR FRY

DAY 2



24g

10 BLACK FOREST ICE CREAM
SMOOTHIE BOWL (V)



14g

11 LEFTOVER BEEF STIR FRY



7g

12 SUPER SPEEDY & SIMPLE
CHINESE EGG DROP SOUP (V)

DAY 3



30g

13 QUINOA & CHIA
CHERRY PORRIDGE (V)



34g

14 FROM THE FREEZER
CHILLI CON CARNE



10g

15 5 MINUTE MACKEREL PÂTÉ

BREAKFAST

LUNCH

DINNER

DAY 4



16g

16 WARM FLAX CHERRY BOWL & CREAM (V)



10g

17 LEFTOVER MACKEREL PÂTÉ



6g

18 PORTOBELLO MUSHROOM BAKED EGGS & BACON

DAY 5



30g

19 QUINOA & CHIA CHERRY PORRIDGE (V)



12g

20 LEFTOVER CREAMY CHICKEN & KALE STEW



10g

21 CHICKEN KIEV & COURGETTE FRIES

DAY 6



6g

22 DIPPY EGGS & COURGETTE FRIES (V)



8g

23 CLOUD BREAD CHICKEN BURGERS



9g

24 LOW CARB PIZZA NIGHT

DAY 7



3g

25 LOW CARB CLOUD BREAD EGGS FLORENTINE (V)



12g

26 ROAST GAMMON & BLUE CHEESE GRATIN



9g

27 LEFTOVER PIZZA

WEEK 4 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

15 Eggs
95g Butter
3 tbsp. Single Cream
150ml Double Cream
200g Greek Yoghurt
5 tbsp. Garlic & Herb Soft Cheese
250g Soft Cheese
130g Mozzarella Cheese
50g Brie
50g Blue Cheese



MEAT

2 Medium Chicken Breasts
8 Smoked Bacon Rashers
1.3kg Roast Gammon Joint



FRUIT

1 Slice of Medium Tomato
1³/₄ Medium Avocado
½ Lemon
¼ tbsp. Lemon Juice



FROM THE FREEZER

300g Frozen Cherries
200g Frozen Mixed Peppers
250g Frozen Sliced Mushrooms



VEGETABLES

1 Clove of Garlic
1 Medium Red Chilli
½ tsp. Chives
1 Handful of Fresh Basil
4 Iceberg Lettuce Leaves
1 Handful of Lettuce
50g Spinach
1 Medium White Onion
1 Medium Red Onion
6 Spring Onions
1 Medium Red Pepper
½ Medium Cucumber
2 Medium Courgettes
1 Medium Broccoli
2 Portobello Mushrooms
1 Medium Cauliflower
150g Baby Corn



CUPBOARD ITEMS

1 tsp. Olive Oil
4 tbsp. Coconut Oil
1 tsp. Mayonnaise
2 tbsp. Dark Soy Sauce
2 tbsp. Tamari Soy Sauce
1 tsp. White Wine Vinegar
3 tbsp. Milled Flaxseed
1 tbsp. Chia Seeds
3 tsp. Pumpkin Seeds
6 tbsp. Sesame Seeds
500ml Tinned Coconut Milk
1 Tin of Water Chestnuts
6 Brazil Nuts
20g Walnuts
50g Almonds
170g Ground Almonds
2 tsp. Baking Powder
1 tsp. Cinnamon
¼ tsp. Cayenne Pepper
2 tsp. Chilli Flakes
½ tsp. Dried Oregano
½ tsp. Ginger
2 Vegetable Stock Cubes
6 tbsp. Passata
1 tsp. Stevia
100g Quinoa
20g 85% Dark Chocolate
1 Tin (125g) of Mackerel

DAY 1 - BREAKFAST:

QUINOA & CHIA CHERRY PORRIDGE (V)



Serves 3



5 minutes



15 minutes

Ingredients

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

Method

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

TOP TIP: Save 2 portions for day 3 and 5 breakfast.

NUTRITIONAL VALUES (per serving)

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



DAY 1 - LUNCH:

LEFTOVER BUFFALO WINGS & CHEESY GARLIC BREAD

 Serves 1  5-10 minutes

Ingredients

Leftover Buffalo Wings & Garlic Bread
from week 3 day 6

Method

1. Simply take the leftover wings & dip from week 3, day 6 dinner.
2. The chicken wings can be reheated if you prefer the meat warm!

NUTRITIONAL VALUES (per serving)

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



DAY 1 - DINNER:

BEEF STIR FRY



Serves 4



10 minutes



20 minutes

Ingredients

4 tbsp. Coconut Oil

1 Medium Red Onion, sliced

1 Garlic Clove, crushed

1 Medium Red Chilli, diced

1 tsp. Chilli flakes

Leftover Gravy from week 3 day
7 lunch

2 tbsp. Dark Soy Sauce

Leftover Roast Beef from week 3 day
7 lunch

200g Mixed Frozen Peppers

200g Frozen Sliced Mushrooms

1 Tin of Water Chestnuts, drained
weight 145g

150g Baby Corn

4 tbsp. Sesame Seeds

1 Medium Cauliflower, grated

Method

1. Heat 2 tbsp. of oil in a large frying pan or wok and add the onion, garlic, chilli and chilli flakes. Cook for 5-7 minutes or until the onions are tender.
2. Add the leftover gravy, soy sauce, beef, mixed peppers, mushrooms, water chestnuts, baby corn and sesame seeds. Cook on high for 5-10 minutes, then leave to simmer for 10 minutes.
3. Whilst the beef stir-fry is simmering prepare the cauliflower rice by grating the cauliflower onto chopping board.

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 the remaining oil in non-stick pan on a medium heat. Add grated cauliflower and cook for 5 minutes.

4. Serve 1 portion of the beef stir-fry and cauliflower rice.
5. Save 1 portion for day 2 lunch and freeze 2 portions.

NUTRITIONAL VALUES (per serving)

● **Calories:** 439 kcal

● **Carbs:** 14g

● **Total Fat:** 25g

● **Protein:** 39g



DAY 2 - BREAKFAST:

BLACK FOREST ICE CREAM SMOOTHIE BOWL (V)



Serves 1



5 minutes

Ingredients

20g 85% Plain Dark Chocolate

20g Walnuts

100g Frozen Cherries

200g Greek Yoghurt

Crushed Ice

Method

1. Take the dark chocolate and walnut pieces and roughly chop them into small pieces.
2. Use an electric blender to mix the frozen cherries, yoghurt and ice.
3. Spoon the mixture into a bowl and sprinkle the dark chocolate and walnut pieces over the top.

NUTRITIONAL VALUES (per serving)

● **Calories:** 545 kcal

● **Carbs:** 24g


● **Total Fat:** 38g


● **Protein:** 25g



DAY 2 - LUNCH:

LEFTOVER ROAST BEEF STIR FRY

 Serves 1

 5-10 minutes

Ingredients

Leftover Roast Beef Stir-Fry & Cauliflower Rice from day 1

Method

1. Simply take leftover portion of Roast Beef Stir-Fry & Cauliflower Rice from the fridge.
2. Reheat in the microwave or on the hob for 5-10 minutes and serve.


NUTRITIONAL VALUES (per serving)

- **Calories:** 439 kcal
- **Carbs:** 14g
- **Total Fat:** 25g
- **Protein:** 39g



DAY 2 - DINNER:

SUPER SPEEDY & SIMPLE CHINESE EGG DROP SOUP (V)

 Serves 1

 5 minutes

 10 minutes

Ingredients

285ml of Water

2 Vegetable Stock Cubes

½ tsp. Ginger

2 Spring Onions, diced

1 tsp. Chilli Flakes

Black Pepper, to taste

2 tbsp. Tamari Soy Sauce

3 Eggs

2 tbsp. Sesame Seeds

Method

1. Combine the water, stock cubes, ginger, spring onions and chilli flakes in a pan. Season with black pepper, stir well and bring to the boil.
2. When boiling reduce the temperature to a low-medium heat, so the liquid is simmering and add the soy sauce, then stir well.
3. In a bowl crack the eggs and whisk. Slowly pour the eggs into the pan. They should create a stringy texture. Cook for 30-60 seconds, then serve. Sprinkle with sesame seeds.

NUTRITIONAL VALUES (per serving)

● **Calories:** 412 kcal

● **Carbs:** 7g

● **Total Fat:** 29g


● **Protein:** 30g



DAY 3 - BREAKFAST:

QUINOA & CHERRY CHIA PORRIDGE (V)

 Serves 1

 5-10 minutes

Ingredients

Leftover Quinoa & Cherry Porridge
from day 1

Method

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

NUTRITIONAL VALUES (per serving)

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



DAY 3 - LUNCH:

FROM THE FREEZER CHILLI CON CARNE



Serves 1



5-10 minutes

Ingredients

Leftover Chilli Con Carne from week 1
day 3

Method

1. Simply take leftover portion out of the freezer the night before.
2. Reheat in the microwave or on the hob for 5-10 minutes.

NUTRITIONAL VALUES (per serving)

- Calories: 501 kcal
- Carbs: 34g
- Total Fat: 23g
- Protein: 40g



DAY 3 - DINNER:

5 MINUTE MACKEREL PÂTÉ



Serves 2



5 minutes

Ingredients

- 1 Tin (125g) of Mackerel, drained
- 3 tbsp. Garlic & Herb Soft Cheese
- 1 Medium Avocado
- Juice of ½ Lemon
- 4 Spring Onions, diced
- Salt & Pepper, to taste
- 4 Iceberg Lettuce Leaves
- 1 Medium Red Pepper
- ½ Medium Cucumber

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 pate in 2 wedges of iceberg lettuce and fold like a wrap. Serve with peppers and cucumber.

TOP TIP: Save 1 portion for day 4 lunch.


NUTRITIONAL VALUES (per serving)


- **Calories:** 526 kcal
- **Carbs:** 10g
- **Total Fat:** 45g
- **Protein:** 21g



DAY 4 - BREAKFAST:

WARM FLAX CHERRY BOWL & CREAM (V)

 Serves 1

 5 minutes

 5 minutes

Ingredients

100g Frozen Cherries
50g Almonds, chopped
1 tsp. Cinnamon
50ml Double Cream
1 tbsp. Milled Flaxseed

Method

1. Preheat oven to 200°C/180°C fan (390°F/350°F fan). Place the cherries and almonds in an oven proof 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 over the cream. Top with the flaxseed and serve.

NUTRITIONAL VALUES (per serving)

- **Calories:** 639 kcal
- **Carbs:** 16g
- **Total Fat:** 57g
- **Protein:** 14g



DAY 4 - LUNCH:

LEFTOVER MACKEREL PÂTÉ

 Serves 1

Ingredients

Leftover Mackerel Pâté from day 3

Method

1. Simply take leftover mackerel Pâté wraps from the fridge and enjoy!


NUTRITIONAL VALUES (per serving)


- Calories: 526 kcal
- Carbs: 10g
- Total Fat: 45g
- Protein: 21g



DAY 4 - 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.



NUTRITIONAL VALUES (per serving)

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

DAY 5 - BREAKFAST:

QUINOA & CHIA CHERRY PORRIDGE (V)

 Serves 1  5-10 minutes

Ingredients

Leftover Quinoa & Cherry Porridge
from day 1

Method

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

NUTRITIONAL VALUES (per serving)

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



DAY 5 - LUNCH:

LEFTOVER CREAMY CHICKEN & KALE STEW



Serves 1



5-10 minutes

Ingredients

Leftover Creamy Chicken & Kale Stew from week 2 day 1

Method

1. Simply take 1 leftover portion of Creamy Chicken & Kale Superfood Stew from week 2 day 1 out of the freezer the night before.
2. Reheat in the microwave or on the hob and serve.

NUTRITIONAL VALUES (per serving)

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



DAY 5 - DINNER:

CHICKEN KIEV & COURGETTE FRIES



Serves 2



15 minutes



30 minutes

Ingredients

- 2 tbsp. Butter
- 2 tbsp. Garlic & Herb Soft Cheese
- 2 Medium Chicken Breasts
- 100g Ground Almonds
- 1 tsp. Baking Powder
- 1 tsp. Black Pepper
- 2 Eggs, beaten
- 2 Medium Courgettes

Method

1. Preheat oven to 200°C/180°C fan (390°F/350°F fan). Add butter to a baking tray and place in the oven.
2. Prepare the chicken by using a rolling pin to hammer it flat. Place 1 tbsp. of soft cheese onto 1 half of each chicken breast and fold over like an envelope.
3. For the batter combine the ground almonds, baking powder and black pepper together in a shallow bowl and mix well with a spoon.
4. Dip each chicken breast in egg and then cover in the batter mixture. Cut the courgettes into chip shapes and dip into the egg and batter mixture.
5. Remove the baking tray from the oven. The butter should be sizzling. Place the chicken and the courgette into the baking tray and cook for 30 minutes.
6. Serve 1 piece of chicken with ½ of the fries.

TOP TIP: Save 1 chicken Kiev for day 6 lunch and ½ the fries for day 6 breakfast.


NUTRITIONAL VALUES (per serving)


- **Calories:** 790 kcal
- **Carbs:** 10g
- **Total Fat:** 59g
- **Protein:** 56g




DAY 6 - BREAKFAST:

DIPPY EGGS & COURGETTE FRIES (V)

 Serves 1

 5 minutes

 5 minutes

Ingredients

2 Eggs

Leftover Courgette Fries from day 5

Method

1. Boil eggs in boiling water for 5 minutes and reheat the courgette fries from day 5 dinner.
2. Remove the eggs from the boiling water and place in 2 egg cups. Take the top of the egg off using a knife.
3. Serve the eggs with the courgette soldiers, to dip into your eggs and enjoy.

NUTRITIONAL VALUES (per serving)

- **Calories:** 431 kcal
- **Carbs:** 6g
- **Total Fat:** 33g
- **Protein:** 27g



DAY 6 - LUNCH:

CLOUD BREAD CHICKEN BURGERS



15 minutes



20 minutes

Cloud bread: serves 2

Chicken burger: serves 1

Ingredients

For the cloud bread:

1 tsp. Olive Oil

2 Eggs

1 tsp. Baking Powder

2 tbsps. Soft Cheese

For the burger filling:

1 tsp. Mayonnaise

1 Handful of Lettuce

¼ Medium Avocado

1 Slice of Tomato

Leftover Chicken Kiev from day 5

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. In 2 bowls separate egg whites from the yolks. Add the soft cheese to the yolks and mix thoroughly. Ensure 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 soft cheese mixture to the egg whites and fold through slowly. Add the remaining mixture and fold through slowly. Evenly share out 4 spoonfuls of the mixture onto the baking paper and bake for 20-25 minutes or until golden on top.
5. Remove cloud bread from the oven and leave to cool. Spread the mayonnaise onto 1 slice of cloud bread. Add the lettuce, avocado, tomato and leftover Kiev. Top with another slice of cloud bread and enjoy!

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

NUTRITIONAL VALUES (per serving)

- **Calories:** 825 kcal
- **Carbs:** 8g
- **Total Fat:** 68g
- **Protein:** 54g



DAY 6 - DINNER:

LOW CARB PIZZA NIGHT



Serves 2



5 minutes



30 minutes

Ingredients

For the crust:

100g Mozzarella Cheese, grated

2 tbsp. Soft Cheese

70g Ground Almonds

1 tsp. White Wine Vinegar

1 Egg

½ tsp. Salt

Olive Oil, to grease your hands

For the topping:

6 tbsp. Passata

½ tsp. Dried Oregano

4 Bacon Rashers

30g Mozzarella, grated

50g Brie Sliced

1 Handful of Fresh Basil

Method

1. Preheat the oven to 200°C/180°C fan (390°F/350°F fan).
2. For the crust heat the mozzarella and soft cheese in a small, non-stick pan on medium heat or in a bowl in the microwave. Stir until they melt together, then add the remaining ingredients and mix well.
3. Moisten your hands with olive oil and flatten the dough on parchment paper, making a circle about 8 inches (20 cm) in diameter. You can also use a rolling pin to flatten the dough between two sheets of parchment paper.
4. Remove top parchment sheet (if used). Prick the crust with a fork (all over) and bake in the oven for 10–12 minutes until golden brown. Remove from the oven.
5. Spread a thin layer of passata on the crust. Top pizza with oregano, meat and cheese. Bake for 10–15 minutes or until the cheese has melted. Garnish with basil and serve.

TOP TIP: Save 1 portion for day 7 dinner.

NUTRITIONAL VALUES (per serving)

● **Calories:** 795 kcal

● **Carbs:** 9g

● **Total Fat:** 64g

● **Protein:** 44g



DAY 7 - BREAKFAST:

LOW CARB CLOUD BREAD EGGS FLORENTINE (V)



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 florentine:

½ tsp. Butter

50g Frozen Mushrooms

50g Spinach

2 Poached Eggs

2 Slices of Leftover Cloud Bread
from day 6

¼ tsp. Chives

Method

1. Heat the butter in a pan and fry the mushrooms and spinach over a low heat.
2. For the hollandaise sauce, add the egg yolk and lemon juice to a bowl and rapidly whisk together until mixture thickens and doubles in size.
3. Place the bowl over a saucepan containing 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!
4. 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.
5. Poach your eggs, then top the cloud bread with the mushrooms, spinach and eggs. Spoon over the hollandaise sauce and garnish with chives.

NUTRITIONAL VALUES (per serving)

● **Calories:** 674 kcal

● **Carbs:** 3g


● **Total Fat:** 60g


● **Protein:** 29g



DAY 7 - LUNCH:

ROAST GAMMON & BLUE CHEESE GRATIN

 15 minutes

 1 hour 15 minutes

Gammon joint: serves 6

Blue cheese gratin: serves 2

Ingredients

1.3kg Roast Gammon Joint

1 Medium Broccoli Head, cut into florets

1 tbsp. Butter

1 Medium Onion, diced

100ml Double Cream

50g Blue Cheese

50g Soft Cheese

Pepper, to taste

Method

1. Preheat the oven to 210°C/190°C fan (410°F/390°F fan). Place the gammon in a roasting tray and cover loosely with foil.
2. Place on the middle shelf of the oven. Cook for 1 hour 15 mins, removing the foil for the last 30 minutes.
3. For the gratin, boil the broccoli until slightly tender, then drain well. In another pan add the butter and melt over a medium heat. Add in the onions and cook until tender.
4. Pour in the cream and leave to simmer until bubbling slightly. Stir in the blue cheese and soft cheese, saving a little blue cheese to sprinkle on the top of the gratin. Season with pepper.
5. Add the broccoli florets into a small casserole dish and pour over the sauce. Sprinkle with the remaining blue cheese and cover in foil. Bake for 20 minutes, then remove the foil and cook for a further 10 minutes or until slightly crispy.
6. Remove the gammon and the gratin from the oven and leave to stand for 2 minutes. Carve the gammon and serve with the gratin.

TOP TIP: Save 1 portion of gammon and gratin for week 5, day 1 dinner. The remaining gammon can be saved for recipes in week 5 (day 1 and 2 lunch, day 2 and 3 dinner).

NUTRITIONAL VALUES (per serving)

● **Calories:** 767 kcal

● **Carbs:** 12g

● **Total Fat:** 56g

● **Protein:** 53g



DAY 7 - DINNER:

LEFTOVER PIZZA



Serves 1



5 minutes



5-10 minutes

Ingredients

Leftover pizza from day 6

Method

1. Simply take leftover pizza from day 6 dinner and enjoy hot or cold!

NUTRITIONAL VALUES (per serving)

- Calories: 795 kcal
- Carbs: 9g
- Total Fat: 64g
- Protein: 44g



DISCLAIMER

The information provided in this recipe book should not be considered complete, nor should it be relied on to suggest a course of treatment for a particular individual, nor is it intended to refer you to a particular medical professional or health care provider.

It should not be used in place of a visit to, consultation with or the advice of a doctor, DSN or other qualified health care provider.

The material in the recipe book is made available with the understanding that we are not engaged in providing professional advice.

Information in the recipe book is not exhaustive and does not cover all/any aspects of diabetes, ailments or physical conditions or their treatment.

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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.