

WEEK 5

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.

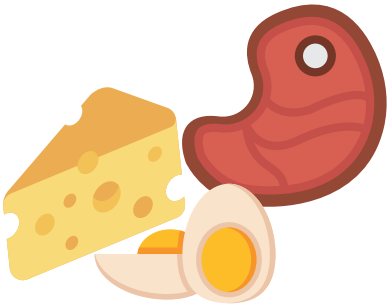
FAT



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



07 PB & STRAWBERRY CHIA JAM YOGHURT BOWL (V)



08 LOW CARB PLOUGHMAN'S SALAD



09 LEFTOVER GAMMON & GRATIN

DAY 2



10 APPLE & WALNUT MUFFINS



11 LEFTOVER LOW CARB PLOUGHMAN'S SALAD



12 CREAMY GARLIC & HAM LINGUINE

DAY 3



13 PB & J STRAWBERRY CHIA JAM YOGHURT BOWL (V)



14 LOW CARB BROCCOLI & STILTON SOUP (V)



15 CAULIFLOWER GRILLED CHEESE & HAM SANDWICH

BREAKFAST

LUNCH

DINNER

DAY 4



8g

16 APPLE & WALNUT MUFFINS (V)



14g

17 LOW CARB BROCCOLI & STILTON SOUP (V)



25g

18 LEFTOVER COURGETTI SPAGHETTI BOLOGNESE

DAY 5



17g

19 PB & STRAWBERRY CHIA JAM YOGHURT BOWL (V)



12g

20 LEFTOVER CREAMY CHICKEN & KALE STEW



3g

21 SMOKED SALMON & SOFT CHEESE OMELETTE

DAY 6



3g

22 CHEESY AVOCADO BALLS



3g

23 LOW CARB CLOUD BREAD BLT



9g

24 SCAMPI & CHIPS

DAY 7



2g

25 LOW CARB CLOUD BREAD EGGS ROYALE



9g

26 CAULIFLOWER GRILLED CHEESE & HAM SANDWICH



15g

27 CHEESY CAULIFLOWER, LEEK & BACON BAKE

WEEK 5 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	50g Garlic & Herb Soft Cheese
6½ tbsp. Butter	250g Soft Cheese
50g Butter	60g Mozzarella Cheese
200ml Double Cream	190g Cheddar Cheese
600g Greek Yoghurt	200g Stilton Cheese
1 tbsp. Parmesan Cheese	



MEAT

14 Streaky Bacon Rashers



FISH

131g Smoked Salmon
1 Medium Fillet of Cod



FRUIT

1 Slice of Medium Tomato	1½ tbsp. Lemon Juice
1½ Medium Avocado	1 Medium Apple
220g Cherry Tomatoes	
½ Lemon	



FROM THE FREEZER

200g Frozen Strawberries



VEGETABLES

3 Cloves of Garlic	¼ Large Celeriac
1½ tbsp. Chives	300g Asparagus
1 Romaine Lettuce	
1 Lettuce Leaf	
1 Handful of Green Salad Leaves	
2½ Medium Onions	
1 Medium Red Onion	
2 Medium Leeks	
2 Medium Courgettes	
2 Large Broccoli Heads	
2 Medium Cauliflowers	





CUPBOARD ITEMS

4½ tbsp. Olive Oil	2 Vegetable Stock Cubes
1 tsp. Coconut Oil	3 tsp. Stevia
3 tbsp. Mayonnaise	1 tsp. Vanilla Essence
2 tsp. Dijon Mustard	
2 tbsp. Chia Seeds	
3 tsp. Sunflower Seeds	
1 Tin (400ml) Coconut Milk	
50g Walnuts	
40g Ground Almonds	
6 tbsp. Crunchy Peanut Butter	
2¼ tsp. Baking Powder	
1 tsp. Cinnamon	
¼ tsp. Cayenne Pepper	
½ tsp. Chilli Flakes	
1 tsp. Mixed Herbs	

DAY 1 - BREAKFAST:

PB & STRAWBERRY CHIA JAM YOGHURT BOWL (V)

 5 minutes

 15 minutes

Yogurt bowl: serves 1

Strawberry chia jam: serves 4

Ingredients

For the chia jam:

200g Frozen Strawberries

1 tbsp. Lemon Juice

2 tsp. Stevia

2 tbsp. Chia Seeds

For the yogurt bowl:

200g Greek Yoghurt

2 tbsp. Crunchy Peanut Butter

1 tsp. Sunflower Seeds

Method

1. For the jam heat the strawberries, lemon juice and stevia in a pan. When the strawberries are stewed, mash with a potato masher and stir in the chia seeds. Leave to stand until the jam thickens. Store in the fridge in an air tight container.
2. Pour yoghurt into a bowl and top with 1 serving of chia jam, peanut butter and seeds. Enjoy!
3. Save remaining chia jam for day 3, 5 & week 6 day 1 breakfast.

TOP TIP: To save time the chia jam can be prepared the night before.

NUTRITIONAL VALUES (per serving)

● **Calories:** 485 kcal

● **Carbs:** 17g

● **Total Fat:** 31g

● **Protein:** 31g



DAY 1 - LUNCH:

LOW CARB PLOUGHMAN'S SALAD



Serves 2



10 minutes

Ingredients

- 1 Romaine Lettuce, chopped
- 1 Medium Red Onion, sliced
- 50g Cheddar Cheese, grated
- 1 Hard Boiled Egg, quartered
- 8 Cherry Tomatoes
- 1 Serving of Leftover Gammon, diced from week 4, day 7
- 2 tbsp. Mayonnaise
- 2 tsp. Dijon Mustard

Method

1. Combine the lettuce, onion, cheese, egg, tomatoes and gammon in a bowl, then split between two bowls.
2. In a separate bowl combine the mayonnaise and mustard and share out between the two salad dishes.

TOP TIP: Save 1 portion for day 2 lunch.

NUTRITIONAL VALUES (per serving)

- **Calories:** 504 kcal
- **Carbs:** 11g
- **Total Fat:** 37g
- **Protein:** 33g



DAY 1 - DINNER:

LEFTOVER GAMMON & GRATIN



Serves 1



5-10 minutes

Ingredients

Leftover Gammon & Gratin from week 4 day 7

Method

1. Simply take leftover gammon & gratin from week 4 day 7 from the fridge.
2. Reheat in the microwave or oven and enjoy.

NUTRITIONAL VALUES (per serving)

- **Calories:** 767 kcal
- **Carbs:** 12g
- **Total Fat:** 56g
- **Protein:** 53g



DAY 2 - BREAKFAST:

APPLE & WALNUT MUFFINS (V)



Makes 6/serves 2



5 minutes



25 minutes

Ingredients

- 6 Eggs
- 1 Medium Apple, grated
- 50g Walnuts, roughly chopped
- 1 tsp. Cinnamon
- 1 tsp. Stevia
- 1 tsp. Vanilla Essence
- ¼ tsp. Baking Powder

Method

1. Preheat oven to 200°C/180°C fan (390°F/350°F fan) and line the muffin tin with 6 muffin cases.
2. Crack the eggs into a bowl and whisk.
3. Combine the remaining ingredients with the eggs and spoon into the muffin cases.
4. Cook for 20-25 minutes or until cooked through.

TOP TIP: Save 1 portion for day 4 breakfast.

NUTRITIONAL VALUES (per serving)

- **Calories:** 430 kcal
- **Carbs:** 8g
- **Total Fat:** 33g
- **Protein:** 26g



DAY 2 - LUNCH:

LEFTOVER LOW CARB PLOUGHMAN'S SALAD



Serves 1

Ingredients

Leftover Ploughman's Salad from day 1

Method

1. Simply take the leftover salad from the fridge and serve.

NUTRITIONAL VALUES (per serving)

- Calories: 504 kcal
- Carbs: 11g
- Total Fat: 37g
- Protein: 33g



DAY 2 - DINNER:

CREAMY GARLIC & HAM LINGUINE



Serves 1



10 minutes



15 minutes

Ingredients

1 tbsp. Olive Oil

1 Garlic Clove, crushed

½ Medium Onion, finely diced

1 Medium Courgette, spiralised

Juice of ½ Lemon

1 Serving of Leftover Gammon
from week 4

100g Cherry Tomatoes

½ tsp. Chilli Flakes

50g Garlic & Herb Soft Cheese

Black Pepper, to taste

1 tbsp. Parmesan Cheese, grated

Method

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

NUTRITIONAL VALUES (per serving)

● **Calories:** 585 kcal

● **Carbs:** 16g

● **Total Fat:** 35g

● **Protein:** 52g



DAY 3 - BREAKFAST:

PB & STRAWBERRY CHIA JAM YOGHURT BOWL (V)

 Serves 1  5 minutes

Ingredients

200g Greek Yoghurt
Strawberry Chia Jam from day 1
2 tbsp. Crunchy Peanut Butter
1 tsp. Sunflower Seeds

Method

1. Pour yoghurt into a bowl.
2. Top with the chia jam, peanut butter and seeds.

NUTRITIONAL VALUES (per serving)

- **Calories:** 485 kcal
- **Carbs:** 17g
- **Total Fat:** 31g
- **Protein:** 31g



DAY 3 - LUNCH:

LOW CARB BROCCOLI & STILTON SOUP (V)



Serves 4



5 minutes



20 minutes

Ingredients

- 2 tbsp. Butter
- 2 Medium Onions, diced
- 2 Garlic Cloves, crushed
- 1L Vegetable Stock (using 2 stock cubes)
- 2 Large Broccoli Heads, cut into florets
- 1 tsp. Mixed Herbs
- 200g Stilton Cheese
- 200ml Double Cream
- Pepper, to taste

Method

1. Melt the butter in a large pan over a low heat. Add the onions and garlic and fry until tender.
2. Pour in the vegetable stock and add the broccoli and mixed herbs. Bring to a gentle simmer and cook until the broccoli is soft.
3. Crumble in the Stilton and simmer for a few more minutes, before adding the double cream. Use a blender to blend the soup to a smooth purée. Season with pepper and serve.

TOP TIP: Save 1 portion for day 4 lunch. Freeze 2 portions for week 6 day 2 & week 7 day 6.

NUTRITIONAL VALUES (per serving)

- **Calories:** 610 kcal
- **Carbs:** 14g
- **Total Fat:** 51g
- **Protein:** 22g



DAY 3 - DINNER:

CAULIFLOWER GRILLED CHEESE & HAM SANDWICH



Serves 1



15 minutes



20-25 minutes

Ingredients

For the cauliflower bread:

1 tbsp. Olive Oil

½ Medium Cauliflower, cut into small florets

1 Egg, lightly beaten

30g Mozzarella Cheese, grated

Salt & Pepper, to taste

For the grilled cheese & ham sandwich:

1 tbsp. Butter

30g Cheddar Cheese, grated

½ Serving of Leftover Gammon from week 4

Method

1. For the cauliflower bread slices preheat oven to 200°C/180°C fan (390°F/350°F fan) and line a baking tray with greaseproof paper. Lightly coat the paper in oil.
2. Either grate the cauliflower or use a food processor to form cauliflower rice and heat in the microwave on high until cooked.
3. Place the cauliflower rice in a tea towel and squeeze the liquid from the cauliflower over the sink. The cauliflower rice must be dry, otherwise the dough will be too soggy.
4. In a bowl combine the cauliflower rice, egg and mozzarella. Season with salt and pepper and mix thoroughly.
5. Spread the mixture onto the lined baking sheet into 2 squares and place in the oven for about 15 minutes or until golden. Allow them to cool before taking the cauliflower slices off the greaseproof paper.
6. For the grilled cheese sandwich, spread butter on 1 side of each cauliflower slice. Heat a non-stick pan over a medium heat and place one slice of cauliflower bread in the pan, buttered side down.
7. Sprinkle with the grated cheddar and ham, and top with the other slice of bread. Reduce to a low heat and cook until golden brown, then flip and repeat on the other side.
8. Don't forget to take 1 portion of bolognaise out of the freezer for dinner tomorrow.

NUTRITIONAL VALUES (per serving)

- **Calories:** 473 kcal
- **Carbs:** 9g
- **Total Fat:** 29g
- **Protein:** 44g



DAY 4 - BREAKFAST:

APPLE & WALNUT MUFFINS (V)



Serves 1

Ingredients

Leftover Apple & Walnut Muffins from day 2

Method

1. Simply take the leftovers from the fridge and enjoy hot or cold!

NUTRITIONAL VALUES (per serving)

- Calories: 430 kcal
- Carbs: 8g
- Total Fat: 33g
- Protein: 26g



DAY 4 - LUNCH:

LOW CARB BROCCOLI & STILTON SOUP (V)



Serves 1



5-10 minutes

Ingredients

Leftover Low Carb Broccoli & Stilton Soup from day 3

Method

1. Simply take the leftover soup from the fridge.
2. Reheat over the hob or in the microwave and enjoy.

NUTRITIONAL VALUES (per serving)

- **Calories:** 610 kcal
- **Carbs:** 14g
- **Total Fat:** 51g
- **Protein:** 22g



DAY 4 - DINNER:

LEFTOVER COURGETTI SPAGHETTI BOLOGNESE



Serves 1



5-10 minutes

Ingredients

1 tbsp. Olive Oil

1 Medium Courgettes, spiralised

Leftover Bolognese Sauce, defrosted
from week 1 day 2 dinner

Method

1. Defrost the bolognese the night before and prepare the courgetti by spiralising the courgette.
2. Heat 1 tbsp. of oil in a non-stick frying pan, then add the courgetti and cook for 2-3 minutes or until slightly soft.
3. Simply reheat the bolognese sauce and serve with the courgetti!
4. Don't forget to take 1 portion of Chicken & Kale Superfood Stew out of the freezer for lunch tomorrow.

NUTRITIONAL VALUES (per serving)

- **Calories:** 525 kcal
- **Carbs:** 25g
- **Total Fat:** 28g
- **Protein:** 43g



DAY 5 - BREAKFAST:

PB & STRAWBERRY CHIA JAM YOGHURT BOWL (V)



Serves 1



5 minutes

Ingredients

200g Greek Yoghurt

Strawberry Chia Jam from day 1

2 tbsp. Crunchy Peanut Butter

1 tsp. Sunflower Seeds

Method

1. Pour yoghurt into a bowl.
2. Top with the chia jam, peanut butter and seeds.

NUTRITIONAL VALUES (per serving)

- **Calories:** 485 kcal
- **Carbs:** 17g
- **Total Fat:** 31g
- **Protein:** 31g



DAY 5 - LUNCH:

LEFTOVER CREAMY CHICKEN & KALE SUPERFOOD STEW

 Serves 1  5-10 minutes

Ingredients

Leftover Creamy Chicken & Kale Superfood Stew from week 2

Method

1. Simply take 1 leftover portion of Creamy Chicken & Kale Stew, from week 2 day 1 out of the freezer. You can do this 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:

SMOKED SALMON & SOFT CHEESE OMELETTE

 Serves 1

 5 minutes

 10 minutes

Ingredients

1 tsp. Butter

3 Eggs

75g Smoked Salmon, diced

1 tbsp. Chives

2 tbsp. Soft Cheese

Method

1. Melt butter in a non-stick frying pan over a high heat. When the pan is hot, reduce to a medium heat.
2. Whisk the eggs and add to the pan. Swirl the eggs around to ensure they are evenly spread out.
3. Scatter the salmon and chives over the eggs and dollop the soft cheese in different areas, so it melts evenly.
4. Cook until the underneath of the eggs are firm, then use a spatula to fold one half of the omelette over. Cook for a few more minutes and serve.

NUTRITIONAL VALUES (per serving)

● **Calories:** 668 kcal

● **Carbs:** 3g

● **Total Fat:** 53g

● **Protein:** 44g



DAY 6 - BREAKFAST:

CHEESY AVOCADO BALLS



Serves 1



5 minutes



15-20 minutes

Ingredients

- 1 Medium Avocado
- 30g Cheddar Cheese, grated
- 6 Streaky Bacon Rashers
- 1 Handful of Green Salad Leaves

Method

1. Preheat oven to 200°C/180°C fan (390°F/350°F fan) and line a small baking tray with foil.
2. Peel the avocado and slice in half. Remove the stone, then fill ½ of the avocado with cheese, then replace with the other half.
3. Wrap the avocado with the 6 slices of bacon, then place on the prepared baking sheet and bake until the bacon is crispy on top.
4. Very carefully, flip the avocado using tongs and continue to cook until crispy all over. Cut in half crosswise and serve immediately with the salad leaves.

NUTRITIONAL VALUES (per serving)

- Calories: 504 kcal
- Carbs: 3g
- Total Fat: 60g
- Protein: 29g



DAY 6 - LUNCH:

LOW CARB CLOUD BREAD BLT



10 minutes



25 minutes

Sandwich filling: serves 1

Cloud bread: serves 3

Ingredients

For the cloud bread:

1 tsp. Olive Oil

2 Eggs

1 tsp. Baking Powder

2 tbsp. Soft Cheese

For the sandwich filling:

1 tbsp. Mayonnaise

1/3 Medium Avocado, mashed

1 Slice of Tomato

1 Lettuce Leaf

2 Streaky Bacon Rashers

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 1/2 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 6 spoonfuls of the mixture onto the baking paper and bake for 20-25 minutes or until golden on top. Whilst the cloud bread is in the oven fry the bacon.
6. Remove cloud bread from the oven and leave to cool.
7. Spread the mayonnaise onto 1 slice of cloud bread. Add mashed avocado, tomato, lettuce and bacon. Top with another slice of cloud bread and enjoy!

TOP TIP: Keep 2 slices of cloud bread for day 7 breakfast and week 6 day 1 dinner.

NUTRITIONAL VALUES (per serving)

- **Calories:** 511 kcal
- **Carbs:** 3g
- **Total Fat:** 49g
- **Protein:** 14g



DAY 6 - DINNER:

SCAMPI & CHIPS



Serves 1



15 minutes



40 minutes

Ingredients

For the chips:

¼ Large Celeriac

1 tsp. Coconut Oil

Salt & Pepper, to taste

For the batter:

40g Ground Almonds

1 tsp. Baking Powder

1 tsp. Black Pepper

2 tbsp. Butter

1 Medium Fillet of Cod

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.
2. Place celeriac into a saucepan with water and boil for 2 minutes. Drain celeriac chips over the sink and transfer onto a baking tray.
3. Spread the celeriac out evenly and season with coconut oil, salt and pepper. Set aside whilst preparing the scampi.
4. For the scampi place butter in a baking tray and allow it to melt in the oven for 5 minutes.
5. In the meantime, combine the coating ingredients together in a large bowl. Cut the cod into chunks and coat in the dried ingredients.
6. When the butter has melted remove the tray from the oven and place the fish into the tray.
7. Place the fish and celeriac in the oven for 30 minutes. Remove from the oven and serve.

NUTRITIONAL VALUES (per serving)

- **Calories:** 612 kcal
- **Carbs:** 9g
- **Total Fat:** 50g
- **Protein:** 32g



DAY 7 - BREAKFAST:

LOW CARB CLOUD BREAD EGGS ROYALE



Serves 1



10 minutes



15 minutes

Ingredients

For the hollandaise sauce:

½ Egg Yolk

¼ tbsp. Fresh Lemon Juice

13g Butter, melted

¼ tsp. Cayenne pepper

¼ tsp. Salt

For the eggs royale:

2 Poached Eggs

2 Slices of Leftover Cloud Bread

2 Slices (56g) of Smoked Salmon

1 tsp. Chives

Method

1. For the hollandaise sauce, add the egg yolks and lemon juice to a bowl and rapidly whisk together until mixture thickens and doubles in size.
2. Place 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!
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 the cayenne pepper and salt.
4. Poach your eggs, then top the cloud bread with salmon and eggs. Spoon over the hollandaise sauce and garnish with chives.

NUTRITIONAL VALUES (per serving)

- **Calories:** 634 kcal
- **Carbs:** 2g
- **Total Fat:** 48g
- **Protein:** 48g



DAY 7 - LUNCH:

CAULIFLOWER GRILLED CHEESE & HAM SANDWICH



Serves 1



15 minutes



20-25 minutes

Ingredients

For the cauliflower bread:

1 tbsp. Olive Oil

½ Medium Cauliflower, cut into small florets

1 Egg, lightly beaten

30g Mozzarella Cheese, grated

Salt & Pepper, to taste

For the grilled cheese & ham sandwich:

1 tbsp. Butter

30g Cheddar Cheese, grated

½ Serving of Leftover Gammon from week 4

Method

1. For the cauliflower bread slices preheat oven to 200°C/180°C fan (390°F/350°F fan) and line a baking tray with greaseproof paper. Lightly coat the paper in oil.
2. Either grate the cauliflower or use a food processor to form cauliflower rice and heat in the microwave on high until cooked.
3. Place the cauliflower rice in a tea towel and squeeze the liquid from the cauliflower over the sink. The cauliflower rice must be dry, otherwise the dough will be too soggy.
4. In a bowl combine the cauliflower rice, egg and mozzarella. Season with salt and pepper and mix thoroughly.
5. Spread the mixture onto the lined baking sheet into 2 squares and place in the oven for about 15 minutes or until golden. Allow them to cool before taking the cauliflower slices off the greaseproof paper.
6. For the grilled cheese sandwich, spread butter on 1 side of each cauliflower slice. Heat a non-stick pan over a medium heat and place one slice of cauliflower bread in the pan, buttered side down.
7. Sprinkle with the grated cheddar and ham, and top with the other slice of bread. Reduce to a low heat and cook until golden brown, then flip and repeat on the other side.

NUTRITIONAL VALUES (per serving)

- Calories: 473 kcal
- Carbs: 9g
- Total Fat: 29g
- Protein: 44g



DAY 7 - DINNER:

CHEESY CAULIFLOWER, LEEK & BACON BAKE



Serves 3



20 minutes



45 minutes

Ingredients

- 1 Medium Cauliflower Head, cut into florets
- 6 Streaky Bacon Rashers
- 2 Medium Leeks, diced
- 1 Tin (400ml) of Coconut Milk
- 50g Soft Cheese
- 50g Cheddar Cheese, grated
- 300g Asparagus, boiled

Method

1. Preheat oven to 200°C/180°C fan (390°F/350°F fan). Chop cauliflower into small florets and boil.
2. Whilst the cauliflower is boiling slice the bacon rashers and leeks. Fry the bacon until crispy then set aside. Use the same pan to sauté the leeks until tender.
3. Drain the cauliflower and place in a baking tray or casserole dish with the bacon bits and leeks and set aside.
4. On a low heat add the coconut milk to a pan and cook until warmed through.
5. Add the soft cheese and ½ the cheddar to the sauce. Stir until melted, then pour the cheese sauce over the cauliflower, leeks and bacon and stir well.
6. Top the mixture with the remaining cheddar and bake in the oven for 20-25 minutes, or until slightly golden.
7. Boil the asparagus 5 minutes before serving.

TOP TIP: Save 2 portions for week 6 days 1 and 3 lunch.

NUTRITIONAL VALUES (per serving)

- **Calories:** 535 kcal
- **Carbs:** 15g
- **Total Fat:** 43g
- **Protein:** 21g



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.

Should you have any health care related questions, call or see your doctor or other qualified health care provider promptly. You should never disregard medical advice or delay in seeking it because of something you have read in the recipe book.

No promises are being made that the information in this recipe book will be error free, or that it will provide specific results.

The recipe book is provided "AS-IS" without any warranty, and the use of the recipe book is solely at your own risk.

Before relying on the material in the recipe book, users should independently verify the accuracy, the completeness, and the relevance for their purposes, obtaining professional advice when appropriate or applicable as the material in the recipe book may include opinions, recommendations, or content from third parties, which may not reflect your views.

By accepting and using the recipe book and any information contained in the recipe book or related to the recipe book, you understand and acknowledge that your sole and exclusive remedy with respect to any defect in or dissatisfaction with the recipe book or the information contained in the recipe book is to cease using the recipe book.

You further understand and acknowledge that everyone that has contributed or prepared this recipe book or that has distributed or otherwise shared this recipe book disclaims any liability to you, and all such persons are not liable for losses or damages which may result through the use of the information, products, and service presented in this recipe book or any other materials or information relating to the Recipe Book.

The statements in this recipe book have not been evaluated by any authority.

These recipes are not intended to treat or cure any disease or condition.

© Low Carb Program, part of Diabetes Digital Media Ltd.
All Rights Reserved.

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.