

WEEK 6

MEAL PLAN



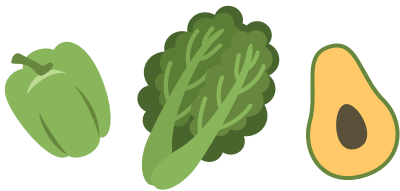
Tailoring the meal plans to individual needs

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.

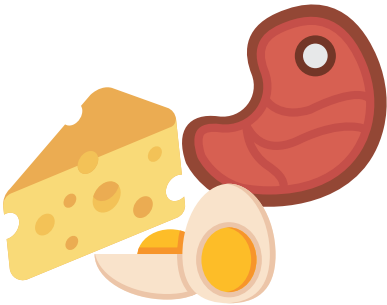
FAT



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



17g

07 PB & STRAWBERRY CHIA JAM YOGHURT BOWL (V)



15g

08 LEFTOVER CAULIFLOWER, LEEK & BACON BAKE



7g

09 LOW CARB CHEESE BOMB BEEF BURGERS

DAY 2



4g

10 EGGY AVOCADO BOATS (V)



14g

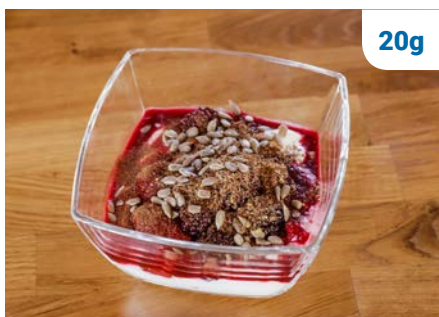
11 LEFTOVER LOW CARB BROCCOLI & STILTON SOUP (V)



12g

12 LEFTOVER BURGERS & COURGETTE FRIES

DAY 3



20g

13 CHERRIES & CINNAMON SEEDED YOGHURT BOWL (V)



15g

14 LEFTOVER CHEESY CAULIFLOWER, LEEK & BACON BAKE



6g

15 DIPPY EGGS & COURGETTE FRIES

BREAKFAST

LUNCH

DINNER

DAY 4



20g

16 CHERRIES & CINNAMON SEEDED YOGHURT BOWL (V)



10g

17 FROM THE FREEZER YUK SUNG



13g

18 CARB FRIENDLY CREAMY FISH PIE

DAY 5



3g

19 CHEESY SCRAMBLED EGGS & SUNDRIED TOMATOES (V)



15g

20 FROM THE FREEZER TURKEY MEATBALLS



9g

21 CANADIAN STYLE LOW CARB POUTINE

DAY 6



2g

22 LOW CARB CLOUD BREAD POACHED EGGS (V)



13g

23 LEFTOVER CARB FRIENDLY CREAMY FISH PIE



22g

24 EASY CHEESY BELL PEPPER NACHOS

DAY 7



14g

25 CHERRY, COCONUT & SOFT CHEESE PANCAKES (V)



27g

26 SUNDAY ROAST CHICKEN & ROASTED VEG



22g

27 LEFTOVER EASY CHEESY BELL PEPPER NACHOS (V)

WEEK 6 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
80g Butter
215ml Double Cream
100g Sour Cream
645g Greek Yoghurt
2 tbsp. Parmesan Cheese
160g Soft Cheese
185g Mozzarella Cheese
280g Cheddar Cheese



MEAT

2 Bacon Rashers
500g Beef Mince
1 Large Chicken (1.9kg)



FISH

1 Medium Cod Fillet
1 Medium Salmon Fillet
1 Medium Mackerel Fillet



FRUIT

1¼ Medium Tomatoes
2 Medium Avocados
1 Lemon
½ Lime



FROM THE FREEZER

210g Frozen Cherries



VEGETABLES

1 Garlic Head
2 Cloves of Garlic
3 tbsp. Chives
6 Sprigs of Thyme
6 Lettuce Leaves
2 Medium White Onions
1¼ Medium Red Onions
6 Spring Onions
4 Medium Peppers
2 Medium Courgettes
½ Medium Broccoli
½ Medium Cauliflower
1 Large Cauliflower
½ Medium Celeriac
½ Large Celeriac
400g Asparagus
100g Mushrooms
2 Medium Carrots



CUPBOARD ITEMS

8 tbsp. Olive Oil
2½ tbsp. Coconut Oil
1 tsp. Mayonnaise
½ tbsp. French Mustard
1 tsp. Dijon Mustard
2 tbsp. Pumpkin Seeds
2½ tbsp. Sunflower Seeds
5 tsp. Milled Flaxseed
50g Ground Almonds
2 tbsp. Crunchy Peanut Butter
3 tsp. Coconut Flour
2½ tsp. Baking Powder
1 tsp. Cinnamon
¼ tsp. Ground Cumin
1 tsp. Chilli Flakes
¼ tsp. Chilli Powder
½ tsp. Garlic Powder
1 Bay Leaf
1 Beef Stock Cube
1 Chicken Stock Cube
1 tsp. Stevia
1 tsp. Vanilla Extract
6 Sundried Tomatoes
40g Jalapeños

DAY 1 - BREAKFAST:

PB & STRAWBERRY CHIA JAM YOGHURT BOWL (V)

 Serves 1  5 minutes

Ingredients

200g Greek Yoghurt

Strawberry Chia Jam from week 5,
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 1 - LUNCH:

LEFTOVER CAULIFLOWER, LEEK & BACON BAKE



Serves 1



5-10 minutes

Ingredients

Leftover Cauliflower, Leek & Bacon
Bake from week 5 day 7

Method

1. Simply take leftovers from the fridge.
2. Reheat in the microwave or on the hob and enjoy.

NUTRITIONAL VALUES (per serving)


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



DAY 1 - DINNER:

LOW CARB CHEESE BOMB BEEF BURGERS

 15 minutes

 30 minutes

Cheese bomb beef burgers: serves 4

Cloud bread & toppings: serves 1

Ingredients

For the burgers:

500g Beef Mince

1 Egg

Salt & Pepper, to taste

1 Mozzarella Ball (125g)

1 tsp. Coconut Oil, for greasing

For the cloud bread:

2 Slices of Leftover Cloud Bread from week 5

For the toppings:

1 tsp. Mayonnaise

½ tbsp. French Mustard

2 Lettuce Leaves

¼ Medium Tomato, sliced

¼ Medium Red Onion

Method

1. Preheat oven to 200°C/180°C fan (390°F/350°F fan). Use your hands to combine the mince beef and egg in a bowl and season with salt and pepper.
2. Divide the mozzarella into 4 and shape the meat in balls around each piece of mozzarella.
3. Place on a greased baking tray and cook in the oven for 20-25 minutes.
4. Take the leftover cloud bread and cover one slice with mayonnaise and the other with the mustard. Top with some lettuce and 1 burger.
5. Add the tomato and onion to the top of the burger and place the remaining slice of cloud bread on top.
6. Don't forget to take 1 portion of Broccoli & Stilton Soup out of the freezer for lunch tomorrow.

TOP TIP: Save 1 portion of the burgers for day 2 dinner. Freeze 2 burgers for week 8, day 3 lunch & week 9, day 1 dinner.

NUTRITIONAL VALUES (per serving)

● **Calories:** 717 kcal

● **Carbs:** 8g

● **Total Fat:** 47g

● **Protein:** 44g



DAY 2 - BREAKFAST:

EGGY AVOCADO BOATS (V)



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.

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

NUTRITIONAL VALUES (per serving)

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



DAY 2 - LUNCH:

LEFTOVER LOW CARB BROCCOLI & STILTON SOUP (V)



Serves 1



5 minutes

Ingredients

Leftover Broccoli & Stilton Soup from week 5 day 3

Method

1. Defrost the soup the night before or in the morning.
2. Reheat in the microwave or on the hob, then serve and enjoy.

NUTRITIONAL VALUES (per serving)

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



DAY 2 - DINNER:

LEFTOVER BURGERS & COURGETTE FRIES



15 minutes



30 minutes

Cheese bomb beef burgers: serves 1

Courgette fries: serves 2

Ingredients

1 tbsp. Butter

50g Ground Almonds

½ tsp. Baking Powder

½ tsp. Salt

½ tsp. Black Pepper

2 Medium Courgettes

1 Egg

1 portion of Leftover Burger & Fillings
from day 1

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 until spitting.
2. Combine the ground almonds, baking powder, salt and black pepper together in a shallow bowl and mix well with a spoon.
3. Cut the courgette into chip shapes and dip into the egg, followed by the batter mixture.
4. Remove the baking tray from the oven. The butter should be sizzling. Place the courgette into the baking tray and cook for 30 minutes.
5. Reheat leftover burger from day 1 and serve with leftover burger fillings and 1 portion of fries.

TOP TIP: Save 1 portion of fries for day 3 dinner.

NUTRITIONAL VALUES (per serving)

● **Calories:** 773 kcal

● **Carbs:** 12g


● **Total Fat:** 60g


● **Protein:** 47g




DAY 3 - BREAKFAST:

CHERRIES & CINNAMON SEEDED YOGHURT BOWL (V)

 Serves 1

 5 minutes

 5 minutes

Ingredients

80g Frozen Cherries

200g Greek Yoghurt

1 tbsp. Pumpkin Seeds

1 tbsp. Sunflower Seeds

1 tsp. Milled Flaxseed

½ tsp. Cinnamon

Method

1. Measure out frozen berries and heat over a stove or in a microwave.
2. Spoon Greek yoghurt into a bowl and top with warm berries.
3. Sprinkle with seeds, flaxseed and cinnamon and serve.

NUTRITIONAL VALUES (per serving)

● **Calories:** 417 kcal

● **Carbs:** 20g

● **Total Fat:** 26g

● **Protein:** 26g



DAY 3 - LUNCH:

LEFTOVER CAULIFLOWER, LEEK & BACON BAKE



Serves 1



5-10 minutes

Ingredients

Leftover Cauliflower, Leek & Bacon
Bake from week 5 day 7

Method

1. Simply take leftovers from the fridge.
2. Reheat in the microwave or on the hob and enjoy.

NUTRITIONAL VALUES (per serving)


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




DAY 3 - DINNER:

DIPPY EGGS & COURGETTE FRIES (V)

 Serves 1

 5 minutes

 5 minutes

Ingredients

2 Eggs

Leftover Courgette Fries from day 2

Method

1. Boil eggs in boiling water for 5 minutes and reheat the courgette fries from day 2 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.
4. Don't forget to take 1 portion of Yuk Sung out of the freezer for lunch tomorrow.


NUTRITIONAL VALUES (per serving)


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



DAY 4 - BREAKFAST:

CHERRIES & CINNAMON SEEDED YOGHURT BOWL (V)

 Serves 1

 5 minutes

 5 minutes

Ingredients

80g Frozen Cherries

200g Greek Yoghurt

1 tbsp. Pumpkin Seeds

1 tbsp. Sunflower Seeds

1 tsp. Milled Flaxseed

½ tsp. Cinnamon

Method

1. Measure out frozen berries and heat over a stove or in a microwave.
2. Spoon Greek yoghurt into a bowl and top with warm berries.
3. Sprinkle with seeds, flaxseed and cinnamon and serve.

NUTRITIONAL VALUES (per serving)

● **Calories:** 417 kcal

● **Carbs:** 20g

● **Total Fat:** 26g

● **Protein:** 26g



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 Whole Lettuce Leaves

Method

1. Remove 1 portion of Yuk Sung from week 1, day 6 from the freezer. You can do this the night before.
2. Simply reheat the pork and serve in lettuce leaves like a wrap.

NUTRITIONAL VALUES (per serving)

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



DAY 4 - DINNER:

CARB FRIENDLY CREAMY FISH PIE



Serves 4



10 minutes



40-45 minutes

Ingredients

- 1 Large Cauliflower
- 50g Butter
- 3 Eggs, hard-boiled
- 1 tbsp. Olive Oil
- 1 Medium Cod Fillet
- 1 Medium Salmon Fillet
- 1 Medium Mackerel Fillet
- 1 Medium Red Onion, diced
- 200ml Double Cream
- 100ml Water
- 1 Bay Leaf
- Salt & Pepper, to taste
- 1 tsp. Dijon Mustard
- 150g Cheddar Cheese, grated
- 400g Asparagus, grilled
- 3 tbsp. Chives, diced

Method

1. Preheat oven to 200°C/180°C fan (390°F/350°F fan). Cut the cauliflower into florets and boil until tender. Drain cauliflower and combine with the butter. Blend until smooth (this is a good time to boil your eggs).
2. Heat the oil in a non-stick frying pan over a low heat. Cut fish into large chunks and place in the pan for a few minutes to seal it. Remove the fish from the pan and set aside in a casserole dish or pie dish.
3. Add the onion to the same pan and cook until tender. When the onion is tender, pour in the cream and water. Add the bay leaf to the pan and season with salt and pepper. Simmer for 8-10 minutes over a low heat.
4. Remove the bay leaf from the pan and add the mustard and cheddar cheese, stirring until melted. Save a little cheese to sprinkle over the top of the pie.
5. Slice the eggs and layer them over the top of the cooked fish. Pour over the sauce and top with the cauliflower mash.
6. Sprinkle with the remaining cheese and place in the oven for 20-25 minutes or until golden on top. Grill the asparagus 5 minutes before serving.
7. Sprinkle with chives and serve with the grilled asparagus.
8. Don't forget to take 1 portion of Turkey Meatballs from the freezer for lunch tomorrow.


TOP TIP: Save 1 portion for day 6 lunch. Freeze 2 portions for week 8 and 10, day 4.


NUTRITIONAL VALUES (per serving)


- **Calories:** 804 kcal
- **Carbs:** 13g
- **Total Fat:** 66g
- **Protein:** 40g

DAY 5 - BREAKFAST:

CHEESY SCRAMBLED EGGS & SUNDRIED TOMATOES (V)

 Serves 1

 5 minutes

 5-10 minutes

Ingredients

1 tbsp. Butter

3 Eggs

1 tbsp. Double Cream

6 Sundried Tomatoes

30g Cheddar Cheese, grated

3 Spring Onions, diced

Method

1. Melt butter in a saucepan over a low heat. Whisk the eggs and add to the pan with the cream.
2. Sprinkle over the tomatoes, cheese and spring onions and stir continuously until the eggs begin to thicken. Serve and enjoy!

NUTRITIONAL VALUES (per serving)

● **Calories:** 614 kcal

● **Carbs:** 3g

● **Total Fat:** 53g

● **Protein:** 31g



DAY 5 - LUNCH:

FROM THE FREEZER TURKEY MEATBALLS



Serves 1



5-10 minutes

Ingredients

Leftover Turkey Meatballs from week 3 day 1

1 tbsp. Parmesan Cheese, grated

Method

1. Simply take leftovers from the freezer. You can do this the night before.
2. Reheat in the microwave or oven and serve sprinkled with the grated parmesan.

NUTRITIONAL VALUES (per serving)

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



DAY 5 - DINNER:

CANADIAN STYLE LOW CARB POUTINE



Serves 1



5 minutes



30 minutes

Ingredients

- ½ Large Celeriac
- 1 tbsp. Coconut Oil, melted
- Salt & Pepper, to taste
- 2 Bacon Rashers, diced
- 1 Beef Stock Cube
- 200ml Boiling Water
- 60g Mozzarella, shredded
- 3 Spring Onions, diced

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. Boil for 2 minutes, then drain and transfer onto a baking tray. Spread the celeriac out evenly and season with coconut oil, salt and pepper. Place in the oven for 20-25 minutes.
3. When the celeriac is nearly cooked, fry the bacon rashers and prepare the gravy by placing the stock cube and water in a heatproof jug and stirring until melted.
4. Remove the chips from the oven and place in a deep bowl. Cover in the mozzarella and bacon bits and top with the gravy. Garnish with spring onions and serve.

NUTRITIONAL VALUES (per serving)

- **Calories:** 609 kcal
- **Carbs:** 9g
- **Total Fat:** 51g
- **Protein:** 29g



DAY 6 - BREAKFAST:

LOW CARB CLOUD BREAD POACHED EGGS (V)



10 minutes



35 minutes

Poached eggs: serves 1

Cloud bread: serves 2

Ingredients

1 tbsp. Olive Oil

4 Eggs

2 tbsp. Soft Cheese

1 tsp. Baking Powder

Method

1. Preheat oven to 200°C/180°C fan (390°F/350°F fan). Line a baking tray with baking paper and lightly cover with oil. In 2 bowls separate 2 of the egg whites from the yolks.
2. Add the soft cheese to the yolks and mix thoroughly, ensuring there are no lumps.
3. Add the baking powder to the egg whites and whisk until they form stiff peaks. An electric whisk works best, but if you don't have one, doing it by hand is fine.
4. Add ½ the yolk and cheese mixture to the egg whites and fold through slowly. Add the remaining mixture and fold through slowly.
5. Evenly share out 4 spoonfuls of the mixture onto the baking paper and bake for 20-25 minutes or until golden on top.
6. Remove cloud bread from the oven and leave to cool whilst you poach the remaining 2 eggs.
7. Poach the eggs in simmering water until no longer translucent.
8. Top 2 slices of cloud bread with a poached egg.

TOP TIP: Save 2 slices of cloud bread for week 7, day 1 breakfast.

NUTRITIONAL VALUES (per serving)

● **Calories:** 411 kcal

● **Carbs:** 2g

● **Total Fat:** 34g

● **Protein:** 24g



DAY 6 - LUNCH:

LEFTOVER CARB FRIENDLY CREAMY FISH PIE



Serves 1



5-10 minutes

Ingredients

Leftover Carb Friendly Creamy Fish Pie from day 4

Method

1. Simply take the leftovers from the fridge and reheat.

NUTRITIONAL VALUES (per serving)

- Calories: 804 kcal
- Carbs: 13g
- Total Fat: 66g
- Protein: 40g



DAY 6 - DINNER:

EASY CHEESY BELL PEPPER NACHOS (V)



Serves 2



10 minutes



15 minutes

Ingredients

2 tbsp. Olive Oil
4 Medium Bell Peppers
¼ tsp. Ground Cumin
¼ tsp. Chilli Powder
½ tsp. Garlic Powder
Salt & Pepper, to taste
100g Cheddar Cheese, grated
40g Jalapeños (optional)
1 Medium Tomato, diced
1 Medium Avocado, mashed
2 Cloves of Garlic, crushed
Juice of ½ lime
100g Sour Cream

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. Cut peppers into wedges and place in a bowl with the cumin, oil, chilli powder and garlic powder. Season with salt and pepper.
3. Lay wedges onto the baking tray, cut side facing up and bake for 10 minutes, or until the peppers are tender.
4. Remove from the oven and sprinkle over ½ the cheese and all of the jalapeños. Bake for a further 5 minutes.
5. Whilst the peppers are in the oven combine the tomatoes, avocado, garlic and lime juice and season with salt and pepper.
6. Remove peppers from the oven and fill with the avocado and tomato filling. Top with ½ the sour cream and ½ the remaining cheese. Serve and enjoy!

TOP TIP: Save 1 portion for day 7 dinner – don't add the sour cream & cheese until serving.

NUTRITIONAL VALUES (per serving)

- **Calories:** 661 kcal
- **Carbs:** 23g
- **Total Fat:** 55g
- **Protein:** 19g



DAY 7 - BREAKFAST:

CHERRY, COCONUT & SOFT CHEESE PANCAKES (V)



Serves 1



5 minutes



10 minutes

Ingredients

For the batter:

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

For the toppings:

- 50g Frozen Cherries
- 1 tbsp. Greek Yoghurt

Method

1. Combine all batter ingredients except for the coconut oil in a large bowl. You can use a hand held whisk, electric whisk or blender. Leave batter to settle for a few minutes.
2. Add frozen cherries to a saucepan and simmer over a low heat whilst cooking the pancakes. Alternatively heat cherries in the microwave.
3. Heat oil in a non-stick frying pan over a medium heat. Add batter to frying pan in small circles.
4. Cook 2-3 pancakes at one time depending on the size of your frying pan.
5. When one side is cooked, flip pancake and continue cooking for a further 2 minutes or until cooked through. Set pancakes aside on a warm plate whilst cooking the rest of the batter.
6. Serve pancakes with Greek yoghurt and warm berries.

NUTRITIONAL VALUES (per serving)

- **Calories:** 586 kcal
- **Carbs:** 14g
- **Total Fat:** 44g
- **Protein:** 25g



DAY 7 - LUNCH:

SUNDAY ROAST CHICKEN & ROASTED VEG



30 minutes



1 hour 30 minutes

Roast chicken: serves 8

Vegetables: serves 2

Ingredients

For the chicken & gravy:

1 Large Chicken (1.9kg)

2 tbsp. Olive Oil

Salt & Pepper, to taste

1 Whole Lemon

6 Sprigs of Thyme

½ Pint of Boiling Water

1 Chicken Stock Cube

For the vegetables:

½ Medium Onion, cut into quarters

½ Medium Carrot, sliced into batons

½ Medium Cauliflower Head,
cut into florets

½ Medium Broccoli Head,
cut into florets

¼ Medium Celeriac, peeled and
chopped into large chunks

1 Garlic Head, cloves separated
and unpeeled

2 tbsp. Olive Oil

Salt & Pepper, to taste

Method

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

NUTRITIONAL VALUES (per serving)

● **Calories:** 460 kcal

● **Carbs:** 27g

● **Total Fat:** 26g

● **Protein:** 30g

DAY 7 - DINNER:

LEFTOVER EASY CHEESY BELL PEPPER NACHOS (V)

 Serves 1  5 minutes

Ingredients

Leftover Easy Cheesy Bell Pepper Nachos, from day 6

Method

1. Simply take leftovers from the fridge and reheat.
2. Add the remaining sour cream, avocado and cheese and enjoy!

NUTRITIONAL VALUES (per serving)

- **Calories:** 661 kcal
- **Carbs:** 23g
- **Total Fat:** 55g
- **Protein:** 19g



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.