

# WEEK 7

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## MEAL PLAN



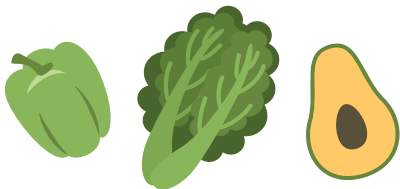
# Tailoring the meal plans to individual needs

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.

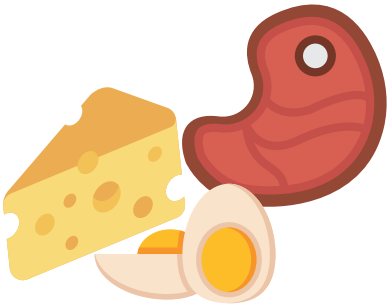
## FAT



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



3g

**07** CLOUD BREAD BACON & EGG SARNIE



27g

**08** LEFTOVER SUNDAY ROAST CHICKEN WITH ROASTED VEGETABLES



11g

**09** LOW CARB CHICKEN & VEG PIE

DAY 2



19g

**10** GREEK YOGHURT & BLUEBERRY CHIA JAM (V)



11g

**11** LEFTOVER LOW CARB CHICKEN & VEG PIE



16g

**12** LOW CARB COURGETTE LASAGNE

DAY 3



3g

**13** CHEESY SCRAMBLED EGGS & SUNDRIED TOMATOES



16g

**14** LEFTOVER LOW CARB COURGETTE LASAGNE



11g

**15** LEFTOVER LOW CARB CHICKEN & VEG PIE

BREAKFAST

LUNCH

DINNER

DAY 4



19g

16 GREEK YOGHURT & BLUEBERRY CHIA JAM (V)



14g

17 FROM THE FREEZER BEEF STIR-FRY



9g

18 SEABASS & CREAMY SPRING ONION MASH

DAY 5



19g

19 GREEK YOGHURT & BLUEBERRY CHIA JAM (V)



9g

20 LEFTOVER SEABASS & CREAMY SPRING ONION MASH



33g

21 SHAKSHUKA (V)

DAY 6



17g

22 LOW CARB PANCAKES & BLUEBERRY CHIA JAM (V)



14g

23 LEFTOVER BROCCOLI & STILTON SOUP (V)



10g

24 FROM THE FREEZER YUK SUNG

DAY 7



13g

25 FULL ENGLISH BREKKY LOW CARB STYLE



12g

26 JALAPEÑO & SOUR CREAM CHEESY CHIPS (V)



14g

27 LOW CARB COTTAGE PIE & GRILLED ASPARAGUS

## WEEK 7 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

12 Eggs  
7 tbsp. Butter  
215ml Double Cream  
280g Sour Cream  
650g Greek Yoghurt  
210g Soft Cheese  
150g Mozzarella Cheese  
320g Cheddar Cheese  
100g Ricotta Cheese  
80g Goats Cheese



### MEAT

2 Bacon Rashers  
2 Streaky Bacon Rashers  
1 97% Pork Sausage  
1.5kg Beef Mince  
1 Slice (60g) of Black  
Pudding



### FISH

2 Sea Bass Fillets



### FRUIT

1 Medium Tomato  
½ Medium Avocado  
1 tbsp. Lemon Juice



### FROM THE FREEZER

400g Frozen Blueberries  
400g Frozen Peppers  
100g Frozen Peas



### VEGETABLES

6 Cloves of Garlic  
1 tbsp. Coriander  
2 tbsp. Parsley  
4 Lettuce Leaves  
200g Spinach  
100g Kale  
4½ Medium Onions  
11 Spring Onions  
4 Sticks of Celery  
½ Medium Red Pepper  
3 Medium Courgettes  
1 Large Cauliflower  
2 Medium Celeriac  
600g Asparagus  
150g Mushrooms  
2 Medium Carrots





### CUPBOARD ITEMS


7 tbsp. Olive Oil  
1 tbsp. Coconut Oil  
1 tbsp. Dijon Mustard  
3 tbsp. Marmite  
3 tsp. Milled Flaxseed  
3 tbsp. Chia Seeds  
80g Ground Almonds  
6 tbsp. Almond Butter  
3 tsp. Coconut Flour  
1 tsp. Baking Powder  
1 tsp. Chilli Flakes  
½ tsp. Chilli Powder  
½ tsp. Paprika  
5 tsp. Mustard Powder  
1 Bay Leaf  
1 Bouquet Garni  
3 Beef Stock Cubes  
1 Chicken Stock Cube  
3 tsp. Stevia  
1 tsp. Vanilla Extract  
3 Tins (400g) Chopped  
Tomatoes  
1 tbsp. Tomato Puree  
6 Sundried Tomatoes  
30g Jalapeños

## DAY 1 - BREAKFAST:

# CLOUD BREAD BACON & EGG SARNIE

 Serves 1

 5 minutes

 5-10 minutes

### Ingredients

1 tbsp. Olive Oil

2 Bacon Rashers

1 Egg, fried

2 Slices of Leftover Cloud Bread from week 6 day 6

½ Medium Avocado, mashed

1 tsp. Chilli Flakes

### Method

1. Heat the oil in a non-stick frying pan and fry the bacon and egg.
2. Top 1 slice of cloud bread with the mashed avocado, followed by the bacon and egg.
3. Sprinkle chilli flakes over the egg and top with the second slice of cloud bread. Enjoy!

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### NUTRITIONAL VALUES (per serving)

● **Calories:** 651 kcal

● **Carbs:** 3g

● **Total Fat:** 57g

● **Protein:** 30g



DAY 1 - LUNCH:

# LEFTOVER SUNDAY ROAST CHICKEN WITH ROASTED VEGETABLES



Serves 1



5-10 minutes

## Ingredients

Leftover Sunday Roast Chicken with Roasted Vegetables from week 6 day 7

## Method

1. Simply take leftovers from the fridge.
2. Reheat either in the oven or microwave and serve.

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## NUTRITIONAL VALUES (per serving)

- **Calories:** 460 kcal
- **Carbs:** 27g
- **Total Fat:** 26g
- **Protein:** 30g





DAY 1 - DINNER:

## LOW CARB CHICKEN & VEG PIE



Serves 4



15 minutes



45 minutes

### Ingredients

#### For the filling:

- 1 tbsp. Butter
- 1 Medium Onion, diced
- 3 Garlic Cloves, crushed
- 2 Sticks of Celery, sliced
- 1 Medium Carrot, sliced
- Leftover Roast Chicken from week 6
- 200g Asparagus, chopped
- 100g Kale
- 100ml Single Cream
- 150ml Boiling Water
- 1 Chicken Stock Cube
- 60g Cheddar Cheese, grated
- 1 tbsp. Dijon Mustard

#### For the pie crust:

- 150g Mozzarella Cheese, grated
- 3 tbsp. Soft Cheese
- 80g Ground Almonds
- 1 Egg
- 1 tsp. Salt
- ½ tsp. Pepper

### Method

1. Preheat oven to 180°C/160°C fan (350°F/330°F fan). For the pie filling, heat the butter in a pan over a medium heat.
2. Add the onion, garlic, celery and carrots. Cook until tender, then add the leftover chicken, asparagus and kale.
3. Pour in the cream and stock. Bring to the boil, then reduce the heat to low and allow it to simmer for 10 minutes before adding the cheese and Dijon mustard.
4. For the pie crust combine the cheese and microwave for a few minutes, stirring half way through. Add in the ground almonds, egg and season with salt and pepper and mix thoroughly.
5. Pop back in the microwave for a little longer if necessary. Roll and spread the dough onto greaseproof paper.
6. Pour the pie filling into a pie dish and top with the dough. Bake for 20-25 minutes.

**TOP TIP:** To save time, this can be prepared on week 6, day 7.

Save a portion for day 2 lunch and day 3 dinner. Freeze 1 portion for week 10, day 1 lunch.


### NUTRITIONAL VALUES (per serving)

- **Calories:** 812 kcal
- **Carbs:** 11g
- **Total Fat:** 59g
- **Protein:** 55g



## DAY 2 - BREAKFAST:

# GREEK YOGHURT & BLUEBERRY CHIA JAM (V)

 5 minutes

 10 minutes

**Chia jam:** serves 4

**Yoghurt bowl:** serves 3

### Ingredients

*For the chia jam:*

400g Frozen Blueberries

1 tbsp. Fresh Lemon Juice

2 tsp. Stevia

3 tbsp. Chia Seeds

*For the yoghurt bowl:*

600g Greek Yoghurt

6 tbsp. Almond Butter

### Method

1. For the jam heat the blueberries, lemon juice and stevia in a pan, until stewed.
2. Mash with a potato masher and stir in the chia seeds.
3. Leave to stand until the jam thickens. Store in the fridge, in an air tight container.
4. Add yoghurt to each bowl and drizzle the almond butter and chia jam over the top.

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**TOP TIP:** Save 2 portions of the yoghurt bowl & jam for day 4 & 5 breakfast. Save 1 portion of chia jam for day 6 breakfast

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### NUTRITIONAL VALUES (per serving)

● **Calories:** 521 kcal

● **Carbs:** 19g

● **Total Fat:** 34g

● **Protein:** 30g



DAY 2 - LUNCH:

## LEFTOVER LOW CARB CHICKEN & VEG PIE



Serves 1



5-10 minutes

### Ingredients

Leftover Low Carb Chicken & Veg Pie  
from day 1

### Method

1. Simply take the leftovers from the fridge. This can be enjoyed hot or cold!

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### NUTRITIONAL VALUES (per serving)

- **Calories:** 812 kcal
- **Carbs:** 11g
- **Total Fat:** 59g
- **Protein:** 55g



DAY 2 - DINNER:

## LOW CARB COURGETTE LASAGNE



Serves 4



15 minutes



1 hour 15 minutes

### Ingredients

- 1 tbsp. Olive Oil
- 1 Medium Onion, diced
- 1 Clove of Garlic, crushed
- 500g Beef Mince
- 1 Tin (400g) Chopped Tomatoes
- 200g Frozen Peppers, sliced
- 2 tsp. Mustard Powder
- 1 Bay Leaf
- 1 Bouquet Garni
- 1 Beef Stock Cube
- 2 tbsp. Marmite
- 100g Ricotta Cheese
- 180g Sour Cream
- 1 Egg
- Salt & Pepper, to taste
- 3 Medium Courgettes, thinly sliced
- 80g Cheddar Cheese, grated
- 1 tbsp. Coriander

### Method

1. Preheat oven to 200°C/180°C fan (390°F/350°F fan). Heat oil in a non-stick pan over a medium heat. Add the onions and garlic and cook until tender, then add the beef mince and cook until brown.
2. Add the chopped tomatoes, peppers, mustard powder, herbs, stock cube and marmite. Season with pepper, then bring to the boil. Reduce to a low heat and leave to simmer for 25 minutes.
3. In a bowl combine the ricotta, sour cream and egg and season with salt and pepper.
4. In a large casserole dish spread a thin layer of the bolognaise sauce. Top with a layer of the courgette slices, white sauce mixture and a sprinkle of cheddar.
5. Repeat this process until all ingredients are used. Bake in the oven for 25-30 minutes, or until the courgette is tender.
6. Remove from the oven and garnish with coriander.

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**TOP TIP:** Save 1 portion for day 3 lunch. Freeze 2 portions for week 10, day 3 and 7 lunch.

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### NUTRITIONAL VALUES (per serving)


- **Calories:** 661 kcal
- **Carbs:** 16g
- **Total Fat:** 45g
- **Protein:** 50g




DAY 3 - 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.
3. Serve and enjoy!

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### NUTRITIONAL VALUES (per serving)

- **Calories:** 614 kcal
- **Carbs:** 3g
- **Total Fat:** 53g
- **Protein:** 31g



DAY 3 - LUNCH:

## LEFTOVER LOW CARB COURGETTE LASAGNE



Serves 1



5-10 minutes

### Ingredients

Leftover Low Carb Courgette Lasagne from day 2

### Method

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

---

### NUTRITIONAL VALUES (per serving)

- **Calories:** 661 kcal
- **Carbs:** 16g
- **Total Fat:** 45g
- **Protein:** 50g



DAY 3 - DINNER:

## LEFTOVER LOW CARB CHICKEN & VEG PIE

 Serves 1  5-10 minutes

### Ingredients

Leftover Low Carb Chicken & Veg Pie from day 1

### Method

1. Simply take leftovers from the fridge. This can be enjoyed hot or cold!
2. Don't forget to take 1 portion of the Beef Stir-fry out of the freezer for lunch tomorrow.

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### NUTRITIONAL VALUES (per serving)

- **Calories:** 812 kcal
- **Carbs:** 11g
- **Total Fat:** 59g
- **Protein:** 55g



DAY 4 - BREAKFAST:

## GREEK YOGHURT & BLUEBERRY CHIA JAM (V)



Serves 1

### Ingredients

Leftover Greek Yoghurt & Blueberry  
Chia Jam from day 2

### Method

1. Simply take the yoghurt bowl prepared on day 2 from the fridge and enjoy.

---

### NUTRITIONAL VALUES (per serving)

- Calories: 521 kcal
- Carbs: 19g
- Total Fat: 34g
- Protein: 30g





DAY 4 - LUNCH:

## FROM THE FREEZER BEEF STIR-FRY



Serves 1



5-10 minutes

### Ingredients

Leftover Beef Stir-fry from week 4 day 1

### Method

1. Simply take leftovers from the freezer. You can do this the night before.
2. Reheat in the microwave or on the hob and enjoy!

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### NUTRITIONAL VALUES (per serving)

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



DAY 4 - DINNER:

## SEA BASS & CREAMY SPRING ONION MASH



Serves 2



5 minutes



15 minutes

### Ingredients

- 1 Medium Celeriac, chopped
- 3 tbsp. Butter
- 5 Spring Onions, diced
- 2 Sea Bass Fillets
- 50ml Double Cream
- 50g Cheddar Cheese, grated
- Salt & Pepper, to taste
- 1 tsp. Parsley, chopped
- 200g Spinach

### Method

1. Boil the celeriac until soft. Whilst it is boiling melt 2 tbsp. of butter in a non-stick frying pan and add ½ the spring onions.
2. Cook for 1 minute before adding in the fillets of fish. Cook for 5-7 minutes then flip the fillet over and cook for a further 5-7 minutes.
3. Whilst the fish is cooking drain and mash the celeriac. Add the remaining spring onions, along with the cream and cheddar cheese. Season with salt and pepper and add the parsley.
4. When the fish is nearly cooked add the remaining butter and the spinach to the pan. Cook for a couple of minutes.
5. Serve the fish with the celeriac mash and spinach.

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

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### NUTRITIONAL VALUES (per serving)

- **Calories:** 454 kcal
- **Carbs:** 9g
- **Total Fat:** 28g
- **Protein:** 42g



DAY 5 - BREAKFAST:

## GREEK YOGHURT & BLUEBERRY CHIA JAM (V)

 Serves 1

### Ingredients

Leftover Greek Yoghurt & Blueberry  
Chia Jam from day 2

### Method

1. Simply take the yoghurt bowl prepared on day 2 from the fridge and enjoy.

---

### NUTRITIONAL VALUES (per serving)

- **Calories:** 521 kcal
- **Carbs:** 19g
- **Total Fat:** 34g
- **Protein:** 30g



DAY 5 - LUNCH:

## LEFTOVER SEA BASS & CREAMY SPRING ONION MASH



Serves 1



5-10 minutes

### Ingredients

Leftover Sea Bass & Creamy Spring Onion Mash from day 4

### Method

1. Simply take leftovers from the fridge.
2. Reheat in the microwave or oven and enjoy!

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### NUTRITIONAL VALUES (per serving)

- Calories: 454 kcal
- Carbs: 9g
- Total Fat: 28g
- Protein: 42g



## DAY 5 - DINNER:

# SHAKSHUKA (V)



Serves 1



5 minutes



25 minutes

### Ingredients

1 tbsp. Olive Oil  
½ Medium Onion, diced  
1 Clove of Garlic, minced  
½ Medium Pepper, diced  
1 Tin (400g) Chopped Tomatoes  
1 tbsp. Tomato Puree  
½ tsp. Chilli Powder  
½ tsp. Paprika  
Salt & Pepper, to taste  
2 Eggs  
80g Goats Cheese  
1 tbsp. Fresh Parsley

### Method

1. Heat oil in a non-stick pan over a medium heat. Add the onions and garlic and cook until tender. Add the diced pepper and continue to cook until soft.
2. Pour the tomatoes and tomato puree into the pan and stir well. Add the spices and season with salt and pepper.
3. Place the lid on the pan and leave to reduce for 10 minutes.
4. Crack the eggs into the pan and cook until desired runniness. About 5 minutes before serving crumble over the goats cheese.
5. Garnish with parsley and serve.
6. Don't forget to take 1 portion of Broccoli & Stilton Soup and 1 portion of Yuk Sung out of the freezer for tomorrow.


### NUTRITIONAL VALUES (per serving)


- **Calories:** 646 kcal
- **Carbs:** 33g
- **Total Fat:** 39g
- **Protein:** 40g



DAY 6 - BREAKFAST:

## LOW CARB PANCAKES & BLUEBERRY CHIA JAM (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. Natural Vanilla Extract  
1 tsp. Stevia  
1 tbsp. Coconut Oil

#### *For the toppings:*

1 tbsp. Greek Yoghurt  
1 Serving of Blueberry Chia Jam, from day 2 (can be heated)

### 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. Heat oil in a non-stick frying pan over a medium heat. Add batter to frying pan in small circles. Cook 2-3 pancakes at one time depending on the size of your frying pan.
3. 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.
4. Serve pancakes with Greek yoghurt and chia jam.

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### NUTRITIONAL VALUES (per serving)

- **Calories:** 652 kcal
- **Carbs:** 17g
- **Total Fat:** 49g
- **Protein:** 30g



DAY 6 - LUNCH:

## LEFTOVER LOW CARB BROCCOLI & STILTON SOUP (V)

 Serves 1  5-10 minutes

### Ingredients

Leftover Low Carb 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.

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### NUTRITIONAL VALUES (per serving)

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



DAY 6 - DINNER:

## FROM THE FREEZER YUK SUNG

 Serves 1  5-10 minutes

### Ingredients

1 Serving of Leftover Yuk Sung, from week 1 day 6

¼ Iceberg Lettuce

### Method

1. Remove 1 portion of the frozen Yuk Sung from week 1, day 6 from the freezer - you can do this 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 7 - BREAKFAST:

# FULL ENGLISH BREKKY LOW CARB STYLE



Serves 1



5 minutes



20 minutes

### Ingredients

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

### Method

1. Heat 1 tbsp. butter in a non-stick frying pan and cook the sausage and black pudding for 10 minutes.
2. Add the bacon, mushrooms and tomato 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:** Remember to defrost the sausage and bacon portioned out from week 3.

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### NUTRITIONAL VALUES (per serving)

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



DAY 7 - LUNCH:

## JALAPEÑO & SOUR CREAM CHEESY CHIPS (V)



Serves 1



5 minutes



30 minutes

### Ingredients

- 1 Medium Celeriac
- 1 tbsp. Olive Oil
- Salt & Pepper, to taste
- 50g Cheddar Cheese, grated
- 100g Sour Cream
- 30g Sliced Jalapeños
- 3 Spring Onions, diced

### Method

1. Preheat oven to 200°C/180°C fan (390°F/350°F fan). Peel and cut celeriac into chip shapes.
2. Boil celeriac for 2 minutes then drain. Add celeriac and oil to a baking tray and season with salt and pepper.
3. Cook for 20-25 minutes or until desired crispiness.
4. Add the chips to a bowl and sprinkle over the cheese. Top with the sour cream, jalapeños and spring onions.



### NUTRITIONAL VALUES (per serving)

- **Calories:** 623 kcal
- **Carbs:** 12g
- **Total Fat:** 56g
- **Protein:** 19g

DAY 7 - DINNER:

## LOW CARB COTTAGE PIE & GRILLED ASPARAGUS



Serves 4



20 minutes



1 hour 10 minutes

### Ingredients

2 tbsp. Olive Oil  
1 Medium Onion, diced  
2 Sticks of Celery, diced  
500g Beef Mince  
250ml Water  
1 Medium Carrot, grated  
100g Frozen Peas  
2 Beef Stock Cube  
1 tbsp. Marmite  
1 tsp. English Mustard Powder  
Salt & Pepper, to taste  
1 Large Cauliflower  
50ml Double Cream  
50g Cheddar Cheese, grated  
400g Asparagus, grilled

### Method

1. Preheat oven to 200°C/180°C fan (390°F/350°F fan). Heat oil in a large non-stick pan and add the onions and celery. Cook until tender.
2. Add the beef and cook until brown. Then add the water, carrots, peas, stock cube, marmite and mustard powder. Season with pepper and stir well.
3. Bring the mixture to the boil, then reduce to a simmer. Cover with a lid and leave to cook for 20 minutes.
4. Whilst the beef mince is cooking prepare the cauliflower. Boil until soft, then pour in the cream and mash with a potato masher or an electric blender and season with salt and pepper.
5. Add the mince to a large casserole dish and top with the cauliflower mash. Sprinkle with cheese and place in the oven for 25-30 minutes, or until golden on top.
6. Serve with the grilled asparagus.

**TOP TIP:** Save 1 portion for week 8 day 1 & 2 lunch. Freeze 1 portion for week 10.

### NUTRITIONAL VALUES (per serving)

- **Calories:** 522 kcal
- **Carbs:** 14g
- **Total Fat:** 35g
- **Protein:** 39g



## 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.