

# WEEK 8

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## MEAL PLAN



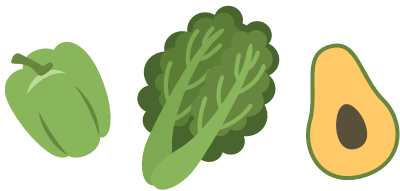
# Tailoring the meal plans to individual needs

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.

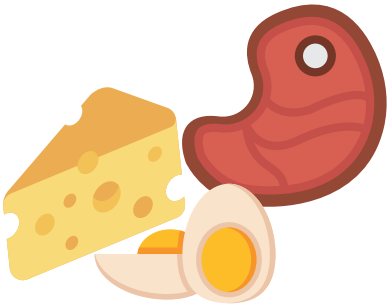
## FAT



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



**07** PB & STRAWBERRY CHIA JAM YOGHURT BOWL (V)

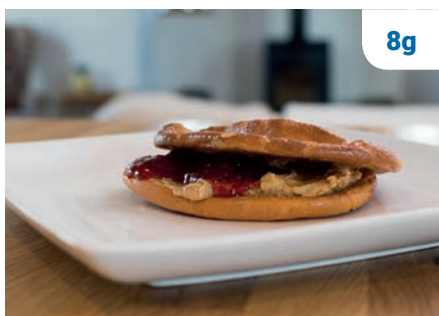


**08** LEFTOVER LOW CARB COTTAGE PIE & GRILLED ASPARAGUS



**09** HAM, EGG & CELERIAC CHIPS

DAY 2



**10** PB & J CLOUD BREAD (V)



**11** LEFTOVER LOW CARB COTTAGE PIE & GRILLED ASPARAGUS



**12** LOW CARB SAVOURY PANCAKES (V)

DAY 3



**13** SMOKED SALMON & SOFT CHEESE OMELETTE



**14** LEFTOVER LOW CARB CHEESE BOMB BEEF BURGERS



**15** LOW CARB SAVOURY PANCAKES (V)

BREAKFAST

LUNCH

DINNER

DAY 4



17g

16 PB & STRAWBERRY CHIA JAM YOGHURT BOWL (V)



11g

17 LEFTOVER CREAMY CHICKEN & KALE SUPERFOOD STEW



13g

18 FROM THE FREEZER CARB FRIENDLY CREAMY FISH PIE

DAY 5



3g

19 SMOKED SALMON & SOFT CHEESE OMELETTE



15g

20 FROM THE FREEZER TURKEY MEATBALLS & CELERAIC SPAGHETTI



8g

21 CHICKEN NUGGETS & COURGETTE CHIPS

DAY 6



13g

22 FULL ENGLISH BREKKY LOW CARB STYLE



21g

23 FRENCH ONION SOUP (V)



8g

24 CREAMY PESTO CHICKEN

DAY 7



6g

25 BOILED EGGS & COURGETTE CHIPS (V)



21g

25 LEFTOVER FRENCH ONION SOUP (V)



13g

26 TOAD IN THE HOLE

## WEEK 8 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

20 Eggs	6 tbsp. Garlic & Herb Soft Cheese
7 tbsp. Butter	200g Gruyère Cheese
125g Salted Butter	1 tbsp. Parmesan Cheese
3 tbsp. Lard	
100ml Whole Milk	
400g Greek Yoghurt	
460g Soft Cheese	



### MEAT

1 Smoked Gammon Steak (250g)	1 Slice of Black Pudding (60g)
2 Smoked Streaky Bacon Rashers	1 Small Chicken Breast
5 97% Pork Sausages	2 Medium Chicken Breasts



### FISH

150g Smoked Salmon



### FRUIT

1¼ Medium Tomatoes  
1 Medium Avocado  
1 tbsp. Lemon Juice  
1 Lemon



### FROM THE FREEZER

200g Frozen Strawberries  
200g Frozen Mushrooms



### VEGETABLES

4 tbsp. Chives  
2 Lettuce Leaves  
4 Large Onions  
¾ Medium Red Onion  
2 Medium Courgettes  
½ Medium Celeriac  
500g Asparagus  
150g Mushrooms




### CUPBOARD ITEMS

1½ tbsp. Olive Oil	3 tsp. Coconut Flour
1 tbsp. Coconut Oil	40g Soya Flour
¼ tbsp. Mayonnaise	3 tsp. Baking Powder
½ tbsp. French Mustard	½ tsp. Ground Thyme
3 tbsp. Roasted Red Pepper Pesto	1 Beef Stock Cube
3 tsp. Milled Flaxseed	4 Vegetable Stock Cubes
2 tbsp. Chia Seeds	2 tsp. Stevia
2 tsp. Sunflower Seeds	
50g Ground Almonds	
6 tbsp. Crunchy Peanut Butter	

DAY 1 - BREAKFAST:

## PB & STRAWBERRY CHIA JAM YOGHURT BOWL (V)

 5 minutes

 10 minutes

**Strawberry chia jam:** serves 4

**Yoghurt bowl:** serves 2

### Ingredients

*For the chia jam:*

200g Frozen Strawberries

1 tbsp. Lemon Juice

2 tsp. Stevia

2 tbsp. Chia Seeds

*For the yoghurt bowl:*

400g Greek Yoghurt

4 tbsp. Crunchy Peanut Butter

2 tsp. Sunflower Seeds

### Method

1. For the jam heat the strawberries, lemon juice and stevia in a pan, until 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. Add yoghurt to each bowl. Drizzle the peanut butter and chia jam over the top of the yoghurt.

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**TOP TIP:** Save 1 portion of the yoghurt bowl & jam for day 4 breakfast. Save 1 serving of leftover chia jam for day 2 and the remaining serving for week 9 day 6 breakfast.

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### NUTRITIONAL VALUES (per serving)

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



DAY 1 - LUNCH:

# LEFTOVER LOW CARB COTTAGE PIE & GRILLED ASPARAGUS



Serves 1



5-10 minutes

## Ingredients

Leftover Low Carb Cottage Pie &  
Grilled Asparagus from week 7

## Method

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

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## NUTRITIONAL VALUES (per serving)


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






DAY 1 - DINNER:

## HAM, EGG & CELERIAC CHIPS

 Serves 1

 5 minutes

 30 minutes

### Ingredients

½ Medium Celeriac

1 tbsp. Olive Oil

Salt & Pepper, to taste

1 Smoked Gammon Steak (250g)

1 Egg, fried

### 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. Drizzle in ½ the oil and season with salt and pepper. Cook for 20-25 minutes or until desired crispiness.
3. When the chips are nearly ready heat the remaining oil in a non-stick frying pan and cook the ham, flipping it over after 2-3 minutes to cook on the other side. When you have flipped the ham fry your egg.
4. Place the ham slice on a plate and top with the fried egg. Serve with the celeriac chips.

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### NUTRITIONAL VALUES (per serving)

● **Calories:** 532 kcal

● **Carbs:** 3g


● **Total Fat:** 35g


● **Protein:** 52g



## DAY 2 - BREAKFAST:

# PB & J CLOUD BREAD (V)

 5 minutes

 15 minutes

**Cloud bread:** serves 2

**Toppings:** serves 1

### Ingredients

*For the cloud bread:*

1 tsp. Olive Oil

2 Eggs

2 tbsp. Soft Cheese

1 tsp. Baking Powder

*For the toppings:*

2 tbsp. Crunchy Peanut Butter

1 portion of Strawberry Chia Jam  
from day 1

### 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. In 2 bowls separate egg whites from the yolks.
2. 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.
5. Evenly share out 4 spoonfuls of the mixture onto the baking paper and bake for 20-25 minutes or until golden on top. Remove cloud bread from the oven and leave to cool.
6. Spread the peanut butter on 2 slices of cloud bread and top with chia jam.

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**TOP TIP:** The cloud bread can be made the night before to save time. 1 serving of cloud bread should be saved for day 3 lunch Leftover Low Carb Cheese Bomb Beef Burgers.

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### NUTRITIONAL VALUES (per serving)

● **Calories:** 429 kcal

● **Carbs:** 8g

● **Total Fat:** 34g

● **Protein:** 20g



DAY 2 - LUNCH:

## LEFTOVER LOW CARB COTTAGE PIE & GRILLED ASPARAGUS



Serves 1



5-10 minutes

### Ingredients

Leftover Low Carb Cottage Pie &  
Grilled Asparagus from week 7

### Method

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

---


### NUTRITIONAL VALUES (per serving)


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



DAY 2 - DINNER:

## LOW CARB SAVOURY PANCAKES (V)

 5 minutes

 10 minutes

**Pancakes:** serves 2

**Filling:** serves 1

### Ingredients

#### *For the batter:*

2 Eggs

60g Soft Cheese

3 tsp. Coconut Flour

3 tsp. Milled Flaxseed

1 tsp. Baking Powder

1 tbsp. Coconut Oil

#### *For the filling:*

100g Frozen Mushrooms

3 tbsp. Garlic & Herb Soft Cheese

1 tbsp. Chives

### 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  $\frac{1}{2}$  the batter to the frying pan ensuring it is evenly spread over the entire base of the frying pan.
3. When one side is cooked, flip pancake and continue cooking for a further 2 minutes or until cooked through.
4. Add frozen mushrooms to a saucepan and simmer over a low heat whilst cooking the pancakes. When cooked add the soft cheese and stir.
5. Place pancakes onto a plate and spoon the mushroom and soft cheese mixture onto the edge of the pancake, then fold the pancake in half, then in half again. Garnish with chives and serve.
6. Don't forget to take 1 portion of Leftover Low Carb Cheese Bomb Beef Burgers out of the freezer for lunch tomorrow.

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**TOP TIP:** Save  $\frac{1}{2}$  the batter for day 3 dinner.

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### NUTRITIONAL VALUES (per serving)

● **Calories:** 652 kcal

● **Carbs:** 8g

● **Total Fat:** 60g


● **Protein:** 20g



## DAY 3 - BREAKFAST:

# 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.

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### NUTRITIONAL VALUES (per serving)

● **Calories:** 668 kcal

● **Carbs:** 3g


● **Total Fat:** 53g


● **Protein:** 44g



DAY 3 - LUNCH:

## LEFTOVER LOW CARB CHEESE BOMB BEEF BURGERS

 Serves 1

 5 minutes

 15 minutes

### Ingredients

Leftover Burger from week 6

2 Slices of Leftover Cloud Bread  
from day 2

¼ tbsp. Mayonnaise

½ tbsp. French Mustard

2 Lettuce Leaves

¼ Medium Red Onion, sliced

¼ Medium Tomato, sliced

### Method

1. Defrost the burger the night before.
2. Reheat burger in the microwave or oven.
3. Top 1 slice of the cloud bread with the mayonnaise, mustard, lettuce, burger, onion, tomato and remaining slice of cloud bread. Enjoy!

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### NUTRITIONAL VALUES (per serving)

● **Calories:** 717 kcal

● **Carbs:** 8g

● **Total Fat:** 47g


● **Protein:** 44g



DAY 3 - DINNER:

## LOW CARB SAVOURY PANCAKES (V)

 Serves 1

 5 minutes

 10 minutes

### Ingredients

½ tbsp. Coconut Oil from day 2 dinner

Leftover Pancake Batter from day 2 dinner

100g Frozen Mushrooms

3 tbsp. Garlic & Herb Soft Cheese

1 tbsp. Chives

### Method

1. Heat oil in a non-stick frying pan over a medium heat. Add remaining batter to the frying pan ensuring it is evenly spread over the entire base of the frying pan.
2. When one side is cooked, flip pancake and continue cooking for a further 2 minutes or until cooked through.
3. Add frozen mushrooms to a saucepan and simmer over a low heat whilst cooking the pancakes. When cooked add the soft cheese and stir.
4. Place pancakes onto a plate and spoon the mushroom and soft cheese mixture onto the edge of the pancake, then fold the pancake in half, then in half again. Garnish with chives and serve.
5. Don't forget to take 1 portion of Chicken & Kale Superfood Stew out of the freezer for lunch tomorrow.

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### NUTRITIONAL VALUES (per serving)

● **Calories:** 652 kcal

● **Carbs:** 8g

● **Total Fat:** 60g

● **Protein:** 20g



DAY 4 - BREAKFAST:

## PB & STRAWBERRY CHIA JAM YOGHURT BOWL (V)



Serves 1



5 minutes

### Ingredients

Leftover PB & Strawberry Chia Jam  
Yoghurt Bowl from day 1

### Method

1. Pour yoghurt into a bowl.
2. Top with the chia jam, peanut butter and seeds. Enjoy!
3. Don't forget to take 1 portion of Creamy Fish Pie out of the freezer for dinner.

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### NUTRITIONAL VALUES (per serving)

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





DAY 4 - LUNCH:

## FROM THE FREEZER CREAMY CHICKEN & KALE STEW



Serves 1



5-10 minutes

### Ingredients

Leftover Creamy Chicken & Kale Superfood Stew from week 2

### Method

1. Simply take 1 leftover portion out of the freezer. You can do this the night before.
2. Reheat in the microwave or on the hob and serve.

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### NUTRITIONAL VALUES (per serving)

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



DAY 4 - DINNER:

## FROM THE FREEZER CARB FRIENDLY CREAMY FISH PIE

 Serves 1  5-10 minutes

### Ingredients

Leftover Carb Friendly Creamy Fish Pie from week 6

### Method

1. Simply take leftovers from the freezer in the morning.
2. Reheat in the microwave or oven and enjoy!
3. Don't forget to take 1 portion of Turkey Meatballs out of the freezer for lunch tomorrow.

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### NUTRITIONAL VALUES (per serving)


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



## DAY 5 - BREAKFAST:

# 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.

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### NUTRITIONAL VALUES (per serving)

● **Calories:** 668 kcal

● **Carbs:** 3g

● **Total Fat:** 53g

● **Protein:** 44g



DAY 5 - LUNCH:

## FROM THE FREEZER TURKEY MEATBALLS & CELERIAC SPAGHETTI



Serves 1



5-10 minutes

### Ingredients

Leftover Turkey Meatballs & Celeriac Spaghetti from week 3 day 1

1 tbsp. Parmesan Cheese

### Method

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

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### NUTRITIONAL VALUES (per serving)

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



DAY 5 - DINNER:

## CHICKEN NUGGETS & COURGETTE CHIPS



15 minutes



30 minutes

**Chips:** serves 2

**Nuggets:** serves 1

### Ingredients

2 tbsp. Butter

2 Medium Courgettes

50g Ground Almonds

1 tsp. Baking Powder

½ tsp. Salt

1 tsp. Black Pepper

1 Small Chicken Breast, diced

1 Egg, beaten

### 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. Cut the courgettes into chip shapes then combine the ground almonds, baking powder, salt and black pepper together in a shallow bowl and mix well with a spoon.
3. Dip the diced chicken pieces into the egg, followed by the ground almond mixture.
4. 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.
5. Remove from the oven and serve. Remember to defrost the sausage, bacon and black pudding portioned out from week 3 for breakfast tomorrow.

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**TOP TIP:** Save 1 portion of courgette chips for day 7 breakfast.

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### NUTRITIONAL VALUES (per serving)

● **Calories:** 713 kcal

● **Carbs:** 8g


● **Total Fat:** 53g


● **Protein:** 53g



## DAY 6 - 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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### NUTRITIONAL VALUES (per serving)

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



DAY 6 - LUNCH:

## FRENCH ONION SOUP (V)



Serves 4



5 minutes



35 minutes

### Ingredients

125g Salted Butter

4 Large Onions, thinly sliced

½ tsp. Ground Thyme

2L of Water

4 Vegetable Stock Cubes

200g Gruyère Cheese

Pepper, to taste

### Method

1. Melt the butter in a large pan over a medium heat. Add the onion and ground thyme and cook until tender and brown. Stir regularly to prevent onions burning.
2. Add the water and stock cubes and season with pepper. Bring to the boil, then reduce the heat, cover with a lid and leave to simmer for 15 minutes.
3. If you are consuming the soup straight away, whilst the soup simmers pre-heat the grill.
4. Add 1 serving of soup to a bowl and top with 50g of cheese. Place under the grill until the cheese has melted and is slightly golden. Season with pepper and serve.

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**TOP TIP:** Save the remaining 3 portions of soup and cheese for day 7 lunch, 1 for week 9, day 2 lunch. Freeze 1 portion for week 10. Add the cheese and place under the grill only before serving.

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### NUTRITIONAL VALUES (per serving)

● **Calories:** 537 kcal

● **Carbs:** 21g


● **Total Fat:** 43g

● **Protein:** 17g



DAY 6 - DINNER:

## CREAMY RED PESTO CHICKEN

 5 minutes

 30 minutes

**Chicken:** serves 2

**Vegetables:** serves 1

### Ingredients

2 Medium Chicken Breasts

100g Soft Cheese

3 tbsp. Roasted Red Pepper Pesto

Juice of 1 Lemon

200g Asparagus

2 tbsp. Butter

### Method

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

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**TOP TIP:** Save 1 portion of chicken for week 9, day 1 lunch.

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### NUTRITIONAL VALUES (per serving)

 **Calories:** 635 kcal

 **Carbs:** 8g

 **Total Fat:** 49g

 **Protein:** 42g





DAY 7 - BREAKFAST:

## BOILED EGGS & COURGETTE CHIPS (V)



Serves 1



5 minutes



10-15 minutes

### Ingredients

3 Eggs

Leftover Courgette Chips from day 5

1 Medium Avocado, sliced

### Method

1. Boil your eggs in water for 5 minutes and reheat the courgette chips from day 5 dinner.
2. Use the chips as soldiers to dip into your eggs and serve with the avocado.

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### NUTRITIONAL VALUES (per serving)

- **Calories:** 580 kcal
- **Carbs:** 6g
- **Total Fat:** 49g
- **Protein:** 28g



DAY 7 - LUNCH:

## LEFTOVER FRENCH ONION SOUP (V)



Serves 1



10-15 minutes

### Ingredients

Leftover French Onion Soup from day 6

50g Gruyère Cheese from day 6

### Method

1. Simply take the leftovers from day 6, from the fridge and reheat on the hob or in the microwave.
2. Whilst the soup reheats preheat the grill.
3. Sprinkle cheese over the soup and grill until the cheese has melted and is slightly golden. Serve and enjoy.

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### NUTRITIONAL VALUES (per serving)

- **Calories:** 537 kcal
- **Carbs:** 21g
- **Total Fat:** 43g
- **Protein:** 17g



DAY 7 - DINNER:

## TOAD IN THE HOLE



Serves 2



10 minutes



50 minutes

### Ingredients

½ Medium Red Onion

3 tbsp. Lard

4 97% Pork Sausages

3 Eggs

40g Soya Flour

100ml Whole Milk

300g Asparagus

1 Beef Stock Cube

50-100ml Boiling Water

### Method

1. Preheat oven to 200°C/180°C fan (390°F/350°F fan). Peel and chop onions into large wedges or quarters.
2. Place the lard, sausages and onions in a baking tray and cook for 15-20 minutes or until sausages are brown.
3. In the meantime, prepare the batter by whisking the eggs, soya flour and milk in a bowl. Leave to stand whilst the sausages are cooking.
4. Carefully remove the sausages from the oven. The lard should be spitting slightly. If it isn't, then place it on top of the hob over a high heat until sizzling.
5. Give the batter a quick whisk before pouring it into the tray with the sausages and onions.
6. Place the tray back in the oven and cook for 25-30 minutes. To ensure they rise do not open the door of the oven until they have cooked for at least 25 minutes.
7. 10 minutes before the toad in the hole is finished grill the asparagus and prepare the gravy. Place the stock cube in a heatproof jug and add 50-100ml of boiling water. Stir until melted.
8. Remove the toad in the hole and serve 1 portion with ½ the asparagus and gravy.

**TOP TIP:** Save 1 portion for week 9 day 2 dinner.

### NUTRITIONAL VALUES (per serving)

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



## 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.

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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.