

WEEK 1

MEAL PLAN



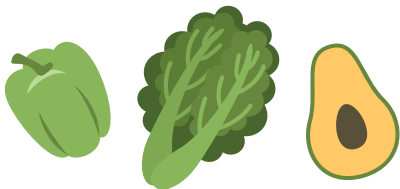
Tailoring the meal plans to individual needs

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.

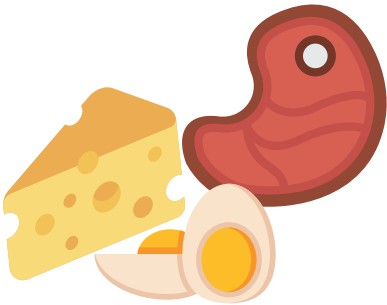
FAT



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



22g

07 ALMOND & RICOTTA POT (V)



48g

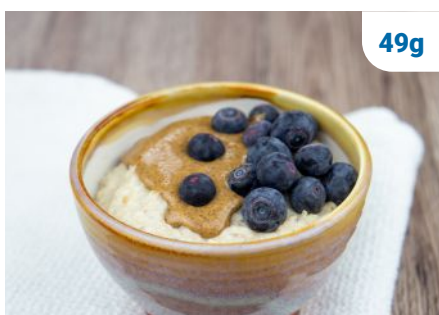
08 CHICKEN, MANGO & LENTIL SALAD



49g

09 HALLOUMI FRIES WITH PESTO VEGETABLES (V)

DAY 2



49g

10 BLUEBERRY & NUT BUTTER PORRIDGE (V)



50g

11 CURRIED BUTTERNUT SQUASH, COCONUT & LENTIL SOUP (V)



26g

12 CHICKEN, SWEET POTATO & CARROT MASH & GREENS

DAY 3



41g

13 SHAKSHUKA (V)



45g

14 CHICKPEA & GRIDDLED VEG COUS COUS (V)



39g

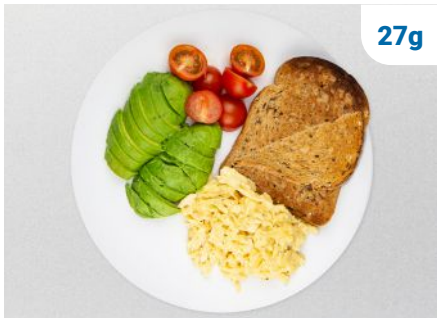
15 THAI RED BEEF & BUTTERNUT SQUASH CURRY

BREAKFAST

LUNCH

DINNER

DAY 4



27g

16 SCRAMBLED EGGS ON TOAST WITH AVOCADO & TOMATOES (V)



48g

17 ROASTED SALMON TABBOULEH



51g

18 CREAMY CHICKEN & LEEK STROGANOFF

DAY 5



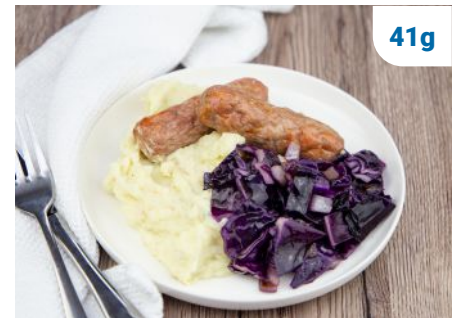
37g

19 BANANA & KIWI YOGHURT BOWL (V)



48g

20 CHICKPEA & FETA QUINOA SALAD (V)



41g

21 SAUSAGES WITH SAUTÉED RED CABBAGE & MASH

DAY 6



49g

22 SPICED APPLE PORRIDGE (V)



49g

23 TOMATO & GOATS CHEESE FRITTATA (V)



32g

24 AUBERGINE, TOMATO & POTATO CHEESY BAKE (V)

DAY 7



45g

25 BANANA & BLUEBERRY PANCAKES (V)



24g

26 PRAWN & QUINOA ASIAN SALAD



53g

27 PESTO CHICKEN WITH SWEET POTATO WEDGES & GREENS

WEEK 1 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

160g Ricotta
62g Halloumi Cheese
425ml Whole Milk
7 Eggs
6 tbsp. Butter
30g Goats Cheese
50g Crème Fraiche
325g Greek Yoghurt
50g Parmesan Cheese
100g Feta Cheese

Meat

4 Medium Chicken Breasts
140g Rump Steak
2 x 97% Pork Sausages

Fish

1 Salmon Fillet

Fruit

100g Strawberries
½ Large Banana
2 Small Bananas
½ Medium Mango
1½ Lime
80g Blueberries
1 Lemon
410g Cherry Tomatoes
2 Medium Avocados
½ Medium Apple
1 Medium Kiwi

From the Freezer

100g King Prawns
50g Edamame Beans

Vegetables

3 Handfuls of Coriander
2½ Handfuls of Parsley
1 Handful of Mint
30g Mixed Salad Leaves
50g Rocket
1¼ Medium Courgette
1¾ Medium Sweet Potatoes
350g Butternut Squash
160g Broccoli
2 Medium Carrots
6 Garlic Cloves
2 Medium Red Peppers
½ Medium Green Pepper
300g Cauliflower

Cupboard Items

9 tbsp. Olive Oil
30g Flaked Almonds
2½ tsp. Cinnamon
110g Red Lentils
20g Chopped Walnuts
1 tbsp. Smooth Peanut Butter
10g Ground Almonds
140g Rolled Oats
60g Couscous
1 tsp. Curry Powder
1 ¾ tsp. Ground Cumin
¼ tsp. Cayenne Pepper
¼ tbsp. Tomato Puree
¾ x 400g Tin Chopped Tomatoes
1 tsp. Ras el Hanout
2 Vegetable Stock Cubes
1 x 400ml Tin Coconut Milk
Salt & Pepper

1½ Medium Red Onions
1 Medium Onion
1 Spring Onion
1 Medium Leek
2cm Fresh Ginger
100g Mange Tout
180g Green Beans
150g Medium Cucumber
50g Mushrooms
100g Red Cabbage
1 Medium Aubergine
1 Small Potato
2 Medium Potatoes
1 Small Red Chilli

1 Thick Slice of Wholemeal Bread
1½ Medium Slice of Wholemeal Bread
½ tsp. Ground Coriander
½ x 210g Tin of Chickpeas (drained weight 65g)
½ x 400g Tin of Chickpeas (drained weight 115g)
15g Coconut Flakes
20g Almonds
60g Quinoa
45g Thai Red Curry Paste
½ Chicken Stock Cube
60g Brown Rice
½ tsp. Ginger
1 tsp. Vanilla Extract
½ tsp. Baking Powder
1 tbsp. Soy Sauce
1½ tbsp. Pesto

DAY 1 - BREAKFAST:

ALMOND & RICOTTA POT (V)

 Serves 1

 5 minutes

 2 minutes

Ingredients

10g Flaked Almonds

½ tsp. Cinnamon

100g Ricotta Cheese

100g Strawberries

½ Large Banana

Method

1. Place the almonds in a frying pan over a medium heat and lightly toast for a couple of minutes until they begin to change colour then set aside.
2. Add the cinnamon to the ricotta, mix well and put into a bowl.
3. Halve the strawberries and slice the banana, then place the fruit on top of the ricotta along with the toasted almonds.

NUTRITIONAL VALUES (per serving)

● **Calories:** 529 kcal

● **Carbs:** 22g

● **Total Fat:** 33g

● **Protein:** 35g



DAY 1 - LUNCH:

CHICKEN, MANGO & LENTIL SALAD



Serves 1



10 minutes



20 minutes

Ingredients

60g Red Lentils

1 Medium Chicken Breast

$\frac{3}{4}$ tbsp. Olive Oil

$\frac{1}{2}$ Medium Mango

Juice of $\frac{1}{2}$ Lime

$\frac{1}{2}$ Handful Coriander

30g Mixed Salad Leaves

20g Chopped Walnuts

Method

1. Start by cooking the lentils in a saucepan over a medium heat for 15-20 minutes with enough water to cover them. Cook until tender, add more water if needed.
2. Dice the chicken and add it to a frying pan over a medium heat with $\frac{1}{2}$ tbsp. olive oil and fry until cooked through.
3. Cut the mango flesh away from the stone, discard the skin then chop into bitesize pieces. Juice the lime then roughly chop the coriander.
4. Place the mango, mixed salad leaves and walnuts into a bowl along with $\frac{1}{4}$ tbsp. olive oil and lime juice and toss everything together.
5. Once the lentils are cooked, drain and rinse them, then add to the salad, along with the chicken. Top with the coriander then serve.

NUTRITIONAL VALUES (per serving)

- Calories: 590 kcal
- Carbs: 48g
- Total Fat: 20g
- Protein: 55g



DAY 1 - DINNER:

HALLOUMI FRIES WITH PESTO VEGETABLES (V)



Serves 1



15 minutes



25 minutes

Ingredients

For the vegetables:

- ¼ Medium Courgette
- 50g Green Beans
- 60g Cherry Tomatoes
- ½ Medium Potato
- ½ Medium Sweet Potato
- ½ Garlic Clove
- Salt & Pepper, to taste
- ½ tbsp. Pesto
- ½ Handful of Parsley

For the halloumi fries:

- 62g Halloumi Cheese
- 10g Ground Almonds
- ½ tbsp. Olive Oil

Method

1. Preheat the oven 200°C/180°C fan (390°F/350°F fan).
2. Finely slice the courgette into rounds, trim the ends off the green beans, halve the cherry tomatoes and peel then chop the potato and sweet potato into chip shapes, then finely slice the garlic clove.
3. Add the vegetables to an oven proof dish and season well with salt and pepper. Cover with the pesto and bake for 25 minutes or until soft.
4. Slice the halloumi into 'fry' shapes then roll them in the ground almonds.
5. Heat ½ tbsp. of olive oil in a pan over a medium heat until sizzling and fry the halloumi for 2 minutes on each side or until golden.
6. Roughly chop the parsley then serve the vegetables with halloumi fries and top with the parsley.



NUTRITIONAL VALUES (per serving)

- **Calories:** 614 kcal
- **Carbs:** 49g
- **Total Fat:** 36g
- **Protein:** 24g

DAY 2 - BREAKFAST:

BLUEBERRY & NUT BUTTER PORRIDGE (V)



Serves 1



2 minutes



5 minutes

Ingredients

50g Rolled Oats

50ml Water

250ml Whole Milk

1 tbsp. Smooth Peanut Butter

50g Blueberries

Method

1. Start by adding the oats, water and milk to a saucepan and mix together then cook over a medium heat slowly until the porridge starts to thicken and oats are cooked to desired consistency.
2. Add the porridge to a bowl and top with the peanut butter and blueberries.

NUTRITIONAL VALUES (per serving)

● **Calories:** 456 kcal

● **Carbs:** 49g

● **Total Fat:** 20g

● **Protein:** 19g



DAY 2 - LUNCH:

CURRIED BUTTERNUT SQUASH, COCONUT & LENTIL SOUP (V)



Serves 1



10 minutes



20 minutes

Ingredients

200g Butternut Squash
1 tbsp. Olive Oil
1 tsp. Curry Powder
1 tsp. Cumin
Salt & Pepper
50g Red Lentils
½ Vegetable Stock Cube
½ x 400ml Tin Coconut Milk
100ml Boiling Water

Method

1. Start by preparing the butternut squash, peel and cut it into cubes.
2. Heat the olive oil in a saucepan over a medium heat and add the curry powder and cumin, add the butternut squash and season with salt and pepper, then fry for a few minutes.
3. Add the red lentils to the saucepan and cook for a further few minutes before adding the vegetable stock cube, coconut milk and boiling water.
4. Put a lid on the saucepan and cook for 15 minutes until the butternut squash is cooked through.
5. Blitz the soup with a blender until smooth and serve.

NUTRITIONAL VALUES (per serving)

- **Calories:** 631 kcal
- **Carbs:** 50g
- **Total Fat:** 40g
- **Protein:** 18g



DAY 2 - DINNER:

CHICKEN, SWEET POTATO & CARROT MASH & GREENS



Serves 1



10 minutes



25 minutes

Ingredients

1 Medium Chicken Breast
1 tsp. Ras el Hanout
1 tsp. Olive Oil
¼ Lemon
¼ Medium Sweet Potato
2 Medium Carrots
80g Broccoli Florets
1 tbsp. Butter
1 tbsp. Whole Milk
Salt & Pepper

Method

1. Preheat the oven 200°C/180°C fan (390°F/350°F fan).
2. Start by preparing the chicken, rub the ras el hanout into the chicken breast and drizzle over the olive oil and squeeze over the lemon, wrap the chicken in foil and set aside.
3. Peel the sweet potato and carrots and then cut into chunks, add to a saucepan and boil for 15 minutes.
4. Bake the chicken in the preheated oven and cook for 15 minutes.
5. Cut the broccoli into florets and then boil or steam for 8 minutes or until tender.
6. Once the carrots and sweet potato are cooked, drain and mash before adding the butter, milk and seasoning.
7. Serve the mash with the chicken breast and broccoli.



NUTRITIONAL VALUES (per serving)

- **Calories:** 429 kcal
- **Carbs:** 26g
- **Total Fat:** 15g
- **Protein:** 48g

DAY 3 - BREAKFAST:

SHAKSHUKA (V)



Serves 1



10 minutes



25 minutes

Ingredients

½ Medium Onion
1 Garlic Clove
½ Medium Red Pepper
½ Medium Green Pepper
½ Handful of Fresh Coriander
½ Handful of Fresh Parsley
½ tbsp. Olive Oil
¼ tsp. Cumin
¼ tsp. Cayenne Pepper
Salt & Pepper, to taste
¼ tbsp. Tomato Puree
½ x 400g Tin Chopped Tomatoes
2 Eggs
1 Slice of Thick Cut Wholemeal Bread
40g Greek Yoghurt

Method

1. Start by dicing the onions and garlic, slicing the peppers and roughly chopping the coriander and parsley.
2. Heat the olive oil in a frying pan over a medium heat and add the onion, cook for 5 minutes before adding the peppers, garlic, cumin and cayenne pepper. Season well with salt and pepper and allow to cook until softened.
3. Add the tomato puree and stir. Cook for a further 3 minutes then add the tinned tomatoes.
4. Simmer for around 5 minutes. Add water if necessary but it shouldn't be too runny.
5. Stir in half the coriander and parsley then make 2 wells in the sauce on each half of the frying pan and break an egg into each.
6. Cook until the eggs are done then serve, alongside a piece of bread and scattered with the remaining coriander and parsley and the yoghurt.



NUTRITIONAL VALUES (per serving)

- **Calories:** 523 kcal
- **Carbs:** 41g
- **Total Fat:** 28g
- **Protein:** 28g

DAY 3 - LUNCH:

CHICKPEA & GRIDDLED VEG COUS COUS (V)



Serves 1



10 minutes



15 minutes

Ingredients

- 1 Medium Courgette
- ½ Medium Red Pepper
- 1 Garlic Clove
- 100g Cauliflower
- 1 tbsp. Olive Oil
- 30g Cous Cous
- 100ml Boiling Water
- ½ Vegetable Stock Cube
- ½ tsp. Ground Cumin
- ½ tsp. Ground Coriander
- Salt & Pepper, to taste
- ½ x 210g Tin of Chickpeas (drained weight 65g)
- 50g Feta Cheese
- 1 Handful of Fresh Coriander

Method

1. Start by cutting the courgette into rounds, cut the pepper into chunks and slice the garlic, then grate the cauliflower and set aside.
2. Heat half of the olive oil in a griddle pan and griddle the courgette, red pepper and garlic clove, turn over once cooked.
3. Meanwhile in a bowl add the cous cous, boiling water and stock cube, mix and then add the cumin, ground coriander, salt and pepper and leave a plate or cover with cling film until the water is absorbed.
4. Heat the remaining olive oil in a frying pan and cook the grated cauliflower for 3-5 minutes until cooked through. Meanwhile roughly chop the fresh coriander.
5. In a large bowl mix together the cauliflower and the cous cous, add the drained chickpeas, crumble over the feta and mix in the fresh coriander.
6. Serve and enjoy!

NUTRITIONAL VALUES (per serving)

- **Calories:** 445 kcal
- **Carbs:** 45g
- **Total Fat:** 19g
- **Protein:** 24g



DAY 3 - DINNER:

THAI RED BEEF & BUTTERNUT SQUASH CURRY



Serves 1



10 minutes



20 minutes

Ingredients

140g Rump Steak
½ Medium Red Onion
2cm Fresh Ginger
50g Green Beans
½ Medium Red Pepper
150g Butternut Squash
1 tsp. Olive Oil
45g Thai Red Curry Paste
½ x 400ml Tin Coconut Milk
100g Mange Tout

Method

1. Start by slicing the steak into strips and set aside.
2. Slice the red onion, finely chop the ginger, trim the ends off the green beans, cut the red pepper into chunks and peel the butternut squash before cutting into cubes.
3. Heat the olive oil in a saucepan over a medium heat, add the curry paste and cook for a few minutes, before adding the onion and ginger cook for a few minutes.
4. Add the butternut squash and red pepper to the pan and cook for a few minutes before adding the coconut milk, bring to the boil and then add the mange tout and green beans, leave to cook for 15 minutes or until the butternut squash is softened.
5. A few minutes before serving in a frying pan over a high heat flash fry the beef strips for a few minutes before adding to the curry and mixing.
6. Serve in a bowl and enjoy.

NUTRITIONAL VALUES (per serving)

- **Calories:** 799 kcal
- **Carbs:** 39g
- **Total Fat:** 53g
- **Protein:** 41g



DAY 4 - BREAKFAST:

SCRAMBLED EGGS ON TOAST WITH AVOCADO & TOMATOES (V)



Serves 1



5 minutes



5 minutes

Ingredients

50g Cherry Tomatoes

1 Medium Avocado

2 Eggs

1 tbsp. Whole Milk

Salt & Pepper

1½ Medium Slice of Brown Bread

1 tbsp. Butter

Method

1. Start by slicing the cherry tomatoes and removing the stone and slicing the avocado.
2. Then whisk together the eggs and milk and season with salt and pepper.
3. Toast the bread and heat the butter in a frying pan over a medium heat, add the eggs and cook until the desired runniness.
4. Serve the toast with scrambled eggs on top and avocado and tomato on the side.

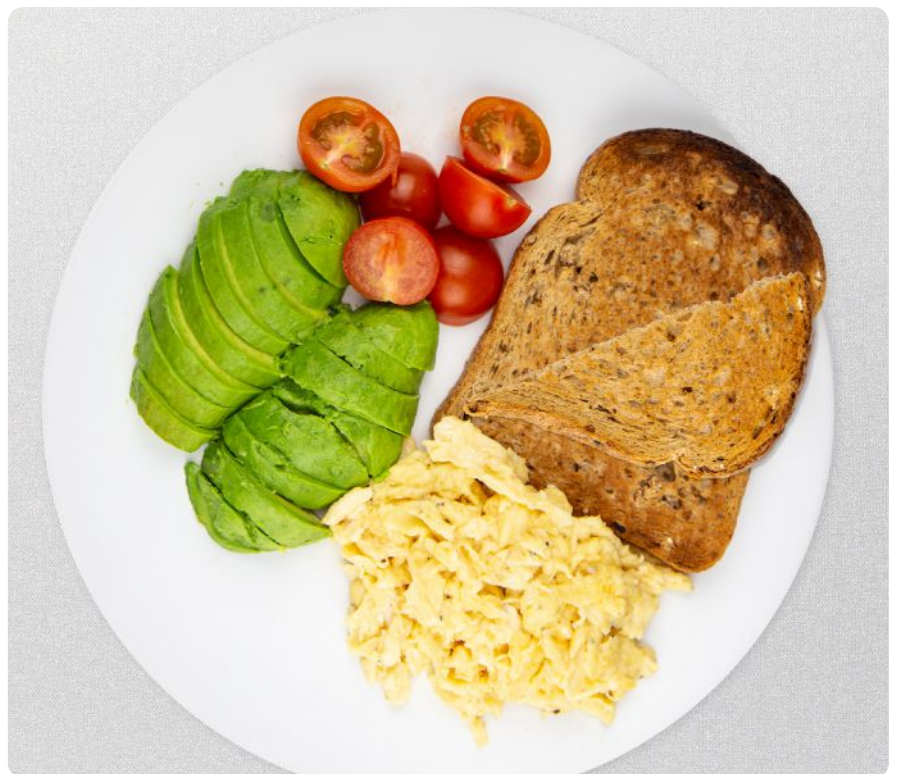
NUTRITIONAL VALUES (per serving)

● **Calories:** 553 kcal

● **Carbs:** 27g

● **Total Fat:** 40g

● **Protein:** 23g



DAY 4 - LUNCH:

ROASTED SALMON TABBOULEH



Serves 1



10 minutes



15 minutes

Ingredients

½ Garlic Clove
½ Handful Fresh Parsley
1 tbsp. Olive Oil
Juice & Zest of ½ Lemon
Salt & Pepper, to taste
1 Salmon Fillet
½ Vegetable Stock Cube
75ml Boiling Water
60g Couscous
50g Cherry Tomatoes
¼ Medium Cucumber
1 Spring Onion

Method

1. Preheat oven to 180°C/160°C fan (320°F/350°F fan).
2. Start by finely chopping the garlic and parsley then add it to a small bowl along with the olive oil. Zest and juice the lemon, then add to the bowl and whisk everything together. Season well with salt and pepper.
3. Place the salmon fillet on a baking tray lined with baking paper (skin down) and use half of the dressing to drizzle over the salmon. Set aside the remaining dressing and place the salmon in the oven. Bake for 10-15 minutes or until the salmon is cooked through.
4. Meanwhile, prepare the stock by dissolving the stock cube with 75ml of boiling water. Place the couscous in a large bowl, add the stock and stir. Cover with a plate or cling film and leave to stand until all the liquid has been absorbed, then fluff up with a fork.
5. Halve the cherry tomatoes, chop the cucumber into chunks and finely dice the spring onion. Add to the couscous along with the lemon zest and the other half of the dressing, serve with the salmon on top.

NUTRITIONAL VALUES (per serving)

- **Calories:** 651 kcal
- **Carbs:** 48g
- **Total Fat:** 33g
- **Protein:** 41g



DAY 4 - DINNER:

CREAMY CHICKEN & LEEK STROGANOFF



Serves 1



10 minutes



25 minutes

Ingredients

1 Garlic Clove
1 Medium Leek
50g Mushrooms
1 Medium Chicken Breast
1 tbsp. Olive Oil
½ Chicken Stock Cube
50ml Boiling Water
60g Brown Rice
100g Cauliflower
50g Crème Fraiche
Salt & Pepper, to taste
1 Handful of Parsley

Method

1. Start by preparing the vegetables, slice the garlic, leek and mushrooms, then cut the chicken breast into chunks.
2. Heat half of the olive oil in a frying pan over a medium heat and cook off the chicken before adding the garlic and leek.
3. Add the mushrooms, then stir together the chicken stock cube and boiling water before adding to the pan, cook for a further 5 minutes.
4. Meanwhile cook the rice for 20 minutes or until tender.
5. Grate the cauliflower for the cauliflower rice and cook in the remaining olive oil in a frying pan over a medium heat. Add the creme fraiche to the chicken and slowly warm through, season with salt and pepper.
6. Drain the rice once cooked and serve with the cauliflower rice mixed together, top with the creamy chicken and garnish with parsley.



NUTRITIONAL VALUES (per serving)

- **Calories:** 649 kcal
- **Carbs:** 51g
- **Total Fat:** 28g
- **Protein:** 49g

DAY 5 - BREAKFAST:

BANANA & KIWI YOGHURT BOWL (V)

 Serves 1  5 minutes

Ingredients

1 Small Banana
1 Medium Kiwi
150g Greek Yoghurt
15g Coconut Flakes
1 tbsp. Rolled Oats
20g Almonds

Method

1. Start by slicing the banana, then peel and slice the kiwi.
2. Add the yoghurt to a bowl and top with the banana and kiwi, then add the coconut flakes, oats and almonds.

NUTRITIONAL VALUES (per serving)

- **Calories:** 520 kcal
- **Carbs:** 37g
- **Total Fat:** 31g
- **Protein:** 22g



DAY 5 - LUNCH:

CHICKPEA & FETA QUINOA SALAD (V)



Serves 1



10 minutes



20 minutes

Ingredients

30g Quinoa
½ Vegetable Stock Cube
500ml Water
½ Medium Red Onion
100g Cherry Tomatoes
½ Medium Red Pepper
50g Cucumber
1 Handful of Fresh Mint
30g Rocket
½ x 400g Tin Chickpeas
(drained weight 120g)
50g Feta Cheese
1 tbsp. Lemon Juice
1 tsp. Olive Oil
Salt & Pepper, to taste

Method

1. Start by adding the quinoa to a saucepan, crumble the vegetable stock cube into the saucepan and top with water, bring the quinoa to the boil and cook for 20 minutes.
2. Meanwhile, dice the red onion, halve the cherry tomatoes, dice the red pepper and cucumber and roughly chop the mint.
3. Once the quinoa is cooked, drain and add to a bowl, mix together with the red onion, tomatoes, red pepper, cucumber, mint and rocket, then add the drained chickpeas and crumble in the feta.
4. Add the lemon juice and olive oil before seasoning with salt and pepper, then serve.

NUTRITIONAL VALUES (per serving)

- **Calories:** 487 kcal
- **Carbs:** 48g
- **Total Fat:** 21g
- **Protein:** 26g



DAY 5 - DINNER:

SAUSAGES WITH SAUTÉED RED CABBAGE & MASH



Serves 1



10 minutes



30 minutes

Ingredients

100g Red Cabbage
½ Medium Red Onion
100g Cauliflower
1 Small Potato
2 x 97% Pork Sausages
2 tbsp. Butter
1 tbsp. Whole Milk
Salt & Pepper, to taste

Method

1. Preheat the oven 200°C/180°C fan (390°F/350°F fan).
2. Start by preparing the vegetables, shred the cabbage, finely slice the red onion, cut the cauliflower into florets and peel the potato then cut into chunks.
3. Cook the sausages on a lined baking tray for 25-30 minutes or until nicely browned all over.
4. Meanwhile, heat 1 tbsp. of butter and fry off the onion then add the cabbage and slowly cook, cook with a lid on top and add a splash of water if it starts to stick.
5. Boil the potato for 15 minutes or until soft and then boil then cauliflower for 10 minutes or until soft, then drain. Combine the boiled potatoes and cauliflower then mash, add the remaining 1 tbsp. of butter and whole milk then season.
6. Serve the mash with the sautéed red cabbage and sausages.



NUTRITIONAL VALUES (per serving)

- Calories: 626 kcal
- Carbs: 41g
- Total Fat: 40g
- Protein: 27g

DAY 6 - BREAKFAST:

SPICED APPLE PORRIDGE (V)



Serves 1



5 minutes



5 minutes

Ingredients

½ Medium Apple

50g Oats

100ml Whole Milk

100ml Water

1 tsp. Cinnamon

½ tsp. Ginger

1 tbsp. Greek Yoghurt

Method

1. Start by grating ¼ of the apple and then chop the other ¼ into chunks.
2. Add the grated apple, oats, milk, water, ½ of the cinnamon and ginger into a small saucepan over a medium heat, stirring now and again, cook for 5 minutes or until the porridge is cooked through.
3. Serve the porridge with the Greek yoghurt, remaining chunks of apple and remaining cinnamon and ginger and enjoy!

NUTRITIONAL VALUES (per serving)

- **Calories:** 354 kcal
- **Carbs:** 49g
- **Total Fat:** 11g
- **Protein:** 14g



DAY 6 - LUNCH:

TOMATO & GOATS CHEESE FRITTATA (V)



Serves 1



10 minutes



25 minutes

Ingredients

1 Medium Potato
1 Garlic Clove
½ Medium Onion
100g Cherry Tomatoes
3 Eggs
Salt & Pepper, to taste
1 tbsp. Butter
30g Goats Cheese
20g Rocket

Method

1. Start by peeling the potato and cutting it into chunks then boil in salted water for 5 minutes until tender, the drain.
2. Preheat the oven 200°C/180°C fan (390°F/350°F fan).
3. Crush the garlic and finely slice the onion, then halve the tomatoes.
4. In a bowl mix together the eggs and season with salt and pepper.
5. Then heat the butter in the frying pan over a low to medium heat, before adding the garlic and onion, cook for a few minutes before adding the egg mixture, drained potato chunks and cherry tomatoes.
6. Cook for roughly 5 minutes until the frittata starts to set then, add the goats cheese roughly over the top and cook in the oven for a further 10-15 minutes until cooked through.
7. Serve topped with rocket and enjoy!

NUTRITIONAL VALUES (per serving)

- **Calories:** 653 kcal
- **Carbs:** 49g
- **Total Fat:** 35g
- **Protein:** 35g



DAY 6 - DINNER:

AUBERGINE, TOMATO & POTATO CHEESY BAKE (V)



Serves 1



5 minutes



40 minutes

Ingredients

- 1 Medium Aubergine
- 1 Garlic Clove
- ½ Medium Potato
- 1 tbsp. Olive Oil
- ¼ x 400g Tin Chopped Tomatoes
- Salt & Pepper, to taste
- 50g Parmesan Cheese
- 2 tbsp. Ricotta
- 20g Mixed Leaves

Method

1. Preheat the oven 200°C/180°C fan (390°F/350°F fan), then start by slicing the aubergine, garlic and potato.
2. Add the aubergine, garlic and potato slices to an ovenproof dish and layer, drizzle over the olive oil, then pour over the chopped tomatoes and season with salt and pepper.
3. Grate over the parmesan then add the ricotta to the top before baking for 25-30 minutes, or until golden on top.
4. Remove from the oven and serve with the mixed leaves.



NUTRITIONAL VALUES (per serving)

- **Calories:** 654 kcal
- **Carbs:** 32g
- **Total Fat:** 39g
- **Protein:** 43g

DAY 7 - BREAKFAST:

BANANA & BLUEBERRY PANCAKES (V)



Serves 1



10 minutes



5 minutes

Ingredients

1 Small Banana
30ml Whole Milk
2 tbsp. Greek Yoghurt
30g Oats
1 Egg
1 tsp. Vanilla Extract
½ tsp. Baking Powder
1 tsp. Cinnamon
1 tbsp. Butter
30g Blueberries
20g Flaked Almonds

Method

1. In a blender combine the banana, milk, 1 tbsp. Greek yoghurt, oats, egg, vanilla extract, baking powder and half the cinnamon.
2. Depending on the thickness of the batter you can add a splash of water if you prefer the pancakes slightly thinner.
3. Heat the butter in a frying pan over a medium heat and wait a few minutes until the butter has melted and starts to bubble.
4. Add 1 tbsp. of the mixture at a time and wait for the pancake to bubble before flipping.
5. Repeat this process until the mixture is used up.
6. Serve the stack of pancakes with 1 tbsp. of Greek yoghurt, blueberries, flaked almonds and the remaining cinnamon.

NUTRITIONAL VALUES (per serving)

- **Calories:** 579 kcal
- **Carbs:** 45g
- **Total Fat:** 33g
- **Protein:** 26g



DAY 7 - LUNCH:

PRAWN & QUINOA ASIAN SALAD



Serves 1



10 minutes



20 minutes

Ingredients

30g Quinoa

100g King Prawns

50g Edamame Beans

1 Medium Avocado

50g Cherry Tomatoes

50g Cucumber

For the dressing:

1 Lime

1 Small Red Chilli

1 Handful of Coriander

1 tbsp. Soy Sauce

1 tsp. Olive Oil

Method

1. Start by boiling the quinoa and water in a saucepan for 15-20 minutes, until tender. Then drain and set aside.
2. Defrost the prawns and edamame beans.
3. Slice the avocado and remove the stone, then halve the tomatoes and cut the cucumber into chunks.
4. For the dressing, zest then juice the lime, finely chop the red chilli and roughly chop the coriander.
5. In a small bowl mix together the lime zest and juice, red chilli, coriander, soy sauce and olive oil.
6. In a large bowl mix together the quinoa, king prawns, edamame beans, avocado, tomatoes and cucumber then drizzle over the dressing.
7. Serve the quinoa salad and enjoy!

NUTRITIONAL VALUES (per serving)

● **Calories:** 551 kcal

● **Carbs:** 24g

● **Total Fat:** 36g

● **Protein:** 32g



DAY 7 - DINNER:

PESTO CHICKEN WITH SWEET POTATO WEDGES & GREENS



Serves 1



10 minutes



25 minutes

Ingredients

- 1 Medium Chicken Breast
- 1 tbsp. Pesto
- 1 Medium Sweet Potato
- 1 tbsp. Olive Oil
- Salt & Pepper, to taste
- 80g Broccoli
- 80g Green Beans

Method

1. Preheat the oven 200°C/180°C fan (390°F/350°F fan).
2. Start by preparing the chicken breast by coating in the tablespoon of pesto.
3. Cut the sweet potato into wedges before adding to a baking tray, drizzle with olive oil and season with salt and pepper.
4. Cook for 10 minutes and then add the chicken to the oven and cook for a further 20 minutes.
5. Meanwhile cut the broccoli into florets and trim the ends off the green beans, then steam or boil the veg for 8 minutes or until tender.
6. Serve the chicken breast with the sweet potato wedges and greens.

NUTRITIONAL VALUES (per serving)

- **Calories:** 531 kcal
- **Carbs:** 53g
- **Total Fat:** 15g
- **Protein:** 45g



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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 should 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.