

WEEK 2

MEAL PLAN



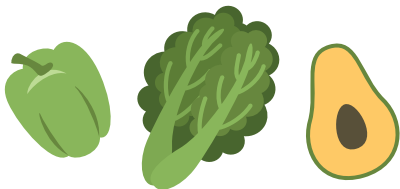
Tailoring the meal plans to individual needs

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.

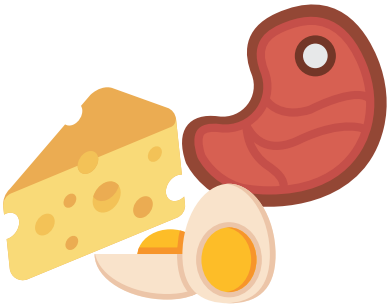
FAT



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  Chill Time

BREAKFAST

LUNCH

DINNER

DAY 1



33g

08 STRAWBERRY & PEACH SMOOTHIE (V)



56g

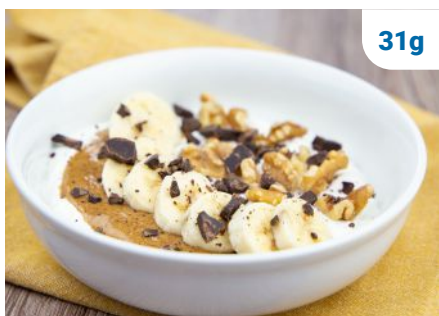
09 CRUNCHY LENTIL SALAD (V)



34g

10 GINGER & CHILLI COD WITH SWEET POTATO FRIES & AVOCADO SALAD

DAY 2



31g

11 BANANA & PEANUT BUTTER YOGHURT BOWL (V)



46g

12 MEXICAN-STYLE QUINOA (V)



46g

13 BEEF BALTI

DAY 3



36g

14 SPINACH BREAKFAST SMOOTHIE (V)



42g

15 FETA & WATERMELON SALAD (V)



49g

16 COCONUT DAL (V)

BREAKFAST

LUNCH

DINNER

DAY 4



52g

17 MIXED BERRY OVERNIGHT OATS (V)



36g

18 FETA & PEACH COUSCOUS (V)



41g

19 SPICY PRAWN & CHICKPEA CURRY

DAY 5



37g

20 TOMATO & RICOTTA ON TOAST (V)



36g

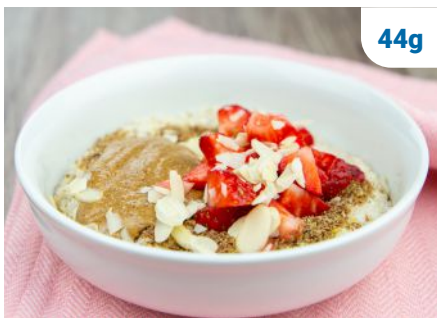
21 ROASTED BEETROOT SALAD (V)



48g

22 GREEK CHICKEN PITA POCKETS

DAY 6



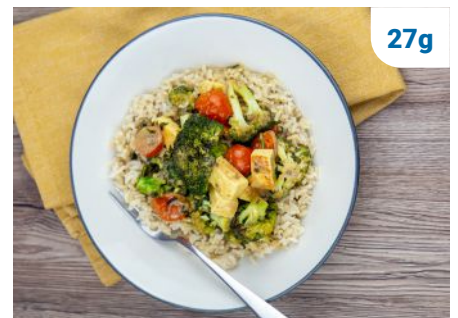
44g

23 STRAWBERRY & PEANUT BUTTER PORRIDGE (V)



56g

24 TOFU FATTOUSH SALAD (V)



27g

25 BROCCOLI & PANEER CURRY (V)

DAY 7



28g

26 ALMOND & BERRY YOGHURT BOWL (V)



50g

27 LEEK, POTATO & ONION SOUP (V)



43g

28 CHICKEN BURRITO BOWL

WEEK 2 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

720g Greek Yoghurt
25g Parmesan Cheese
560ml Whole Milk
140g Feta Cheese
60g Ricotta Cheese
70g Goats Cheese
50g Paneer
60g Cheddar Cheese
1 tbsp. Crème Fraiche
½ tbsp. Butter
3 tbsp. Sour Cream

Meat

100g Diced Beef
2 Medium Chicken Breasts

Meat Alternatives

150g Tofu

Fish

1 Medium Cod Fillet
100g Cooked King Prawns

Vegetables

3½ Handfuls of Fresh Coriander
½ Handful of Fresh Basil
1 Handful of Fresh Mint
1 Handful of Fresh Parsley
70g Spinach
70g Mixed Salad Leaves
½ Iceberg Medium Lettuce
50g Rocket
2 Radishes
1½ Medium Cucumber
5½ Garlic Cloves
2 Medium Red Peppers
2 Medium Yellow Peppers
50g Edamame Beans
1½ Medium Onion
1 Medium Red Onion
150g Beetroot
100g Green Beans
2 Medium Spring Onions
¾ Medium Broccoli
½ Medium Leek
1 Medium Potato
¼ Small Red Chilli
2cm Fresh Ginger
½ Medium Sweet Potato
½ Medium Carrot

Fruit

1½ Medium Peaches
30g Raspberries
1 Medium Green Apple
1½ Medium Bananas
2½ Medium Avocados
Juice of 1½ Limes
125g Watermelon
250g Cherry Tomatoes
Juice from 1½ Lemons
4 tbsp. Lemon Juice
100g Blueberries
4 Medium Tomatoes
250g Strawberries
15g Pomegranate Seeds

From the Freezer

30g Frozen Mixed Berries
1 Handful of Ice
40g Frozen Raspberries

Cupboard Items

15g Macadamia Nuts	1 tsp. Curry Powder
140g Rolled Oats	1 tsp. Chilli Flakes
6 tbsp. Smooth Peanut Butter	55g Red Lentils
12 tbsp. Olive Oil	$\frac{3}{4}$ x 400ml Tin Coconut Milk
1 tbsp. Honey	1½ x 400g Tins Chopped Tomatoes
35g Walnuts	1½ tsp. Ground Cinnamon
75g Brown Lentils	30g Couscous
10g 85% Dark Chocolate	2¾ tbsp. Balsamic Vinegar
1½ tsp. Paprika	5g Pine Nuts
½ tsp. Oregano	40g Flaked Almonds
½ tsp. Cayenne Pepper	10g Almonds
½ x 400g Tin Black Beans	1 tsp. Sumac
60g Quinoa	90g Brown Rice
2 Vegetable Stock Cubes	1½ tsp. Garam Masala
1 tbsp. Chia Seeds	½ tsp. Turmeric
1 tbsp. Pumpkin Seeds	1 tbsp. Tomato Puree
2 tbsp. Ground Flaxseed	½ x 400g Tin Chickpeas
1½ Slices of Thick Wholemeal Bread	1 tsp. Harissa
2 Medium Slices Wholemeal Bread	½ tsp. Dijon Mustard
2 Medium Wholemeal Pita Breads	Salt
½ tsp. White Wine Vinegar	Pepper
½ tsp. Cumin	

DAY 1 - BREAKFAST:

STRAWBERRY & PEACH SMOOTHIE (V)



Serves 1



5 minutes

Ingredients

1 Medium Peach

15g Macadamia Nuts

50g Strawberries

150g Greek Yoghurt

20g Rolled Oats

1 tbsp. Smooth Peanut Butter

50ml Water

Method

1. Start by removing the stone from the peach and roughly chopping the macadamia nuts.
2. Then place all the ingredients into a blender and pulse until smooth, serve in a glass or pour into a flask to take on the go with you.

NUTRITIONAL VALUES (per serving)

- **Calories:** 526 kcal
- **Carbs:** 33g
- **Total Fat:** 33g
- **Protein:** 24g



DAY 1 - LUNCH:

CRUNCHY LENTIL SALAD (V)



Serves 1



10 minutes



20 minutes

Ingredients

75g Brown Lentils

1 Medium Green Apple

2 Radishes

25g Parmesan Cheese

½ tbsp. Olive Oil

1 tbsp. Lemon Juice

½ tsp. Dijon Mustard

Salt & Pepper, to taste

30g Rocket

15g 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. Meanwhile, chop the apple and radishes into thin slices and grate the parmesan.
3. Combine the olive oil, lemon juice and Dijon mustard to make the dressing then combine this in a large bowl with the rocket, apple, walnuts, and radishes.
4. Once the lentils are cooked, drain and rinse them then add to the bowl then serve with the grated parmesan on top.

NUTRITIONAL VALUES (per serving)

● **Calories:** 592 kcal

● **Carbs:** 56g

● **Total Fat:** 27g

● **Protein:** 32g



DAY 1 - DINNER:

GINGER & CHILLI COD WITH SWEET POTATO FRIES & AVOCADO SALAD



Serves 1



10 minutes



25 minutes

Ingredients

½ Medium Sweet Potato
1 tbsp. Olive Oil
Salt & Pepper, to taste
1 Medium Spring Onion
¼ Small Red Chilli
2cm Fresh Ginger
1 Garlic Clove
½ Handful Fresh Coriander
Juice from ½ Lime
1 Medium Cod Fillet
1 Medium Avocado
1 Medium Tomato
¼ Medium Cucumber
20g Mixed Salad Leaves

Method

1. Preheat the oven 200°C/180°C fan (390°F/350°F fan).
2. Start by chopping the potato into chip shapes and placing them on a baking tray, drizzle with the olive oil and season with salt and pepper. Bake in the oven for 25 minutes or until cooked through.
3. Meanwhile, finely slice the spring onion, chilli, ginger and garlic and roughly chop the coriander. Add everything to a small bowl along with half the lime juice and mix well.
4. Place the cod on a separate baking tray and cover with the chilli and ginger mixture. Bake in the oven for 10-15 minutes or until the cod is cooked through.
5. Meanwhile, prepare the avocado salad. Begin by removing the stone from the avocado and cutting the flesh into slices. Slice the tomato and dice the cucumber. Add to a bowl with the salad leaves and squeeze over the remaining lime juice, season with salt and pepper then toss together.
6. Once the chips and cod are cooked, serve alongside the salad and enjoy.

NUTRITIONAL VALUES (per serving)

- **Calories:** 527 kcal
- **Carbs:** 34g
- **Total Fat:** 31g
- **Protein:** 28g



DAY 2 - BREAKFAST:

BANANA & PEANUT BUTTER YOGHURT BOWL (V)

 Serves 1  5 minutes

Ingredients

10g Walnuts

1 Medium Banana

150g Greek Yoghurt

1 tbsp. Smooth Peanut Butter

10g 85% Dark Chocolate

Method

1. Start by roughly chopping the walnuts and slicing the banana.
2. Add them to a bowl along with the Greek yoghurt and peanut butter then crumble over the dark chocolate and enjoy!

NUTRITIONAL VALUES (per serving)

- **Calories:** 501 kcal
- **Carbs:** 31g
- **Total Fat:** 32g
- **Protein:** 22g



DAY 2 - LUNCH:

MEXICAN-STYLE QUINOA (V)



Serves 1



10 minutes



25 minutes

Ingredients

½ Garlic Clove

½ Medium Red Pepper

½ Medium Yellow Pepper

1 tbsp. Olive Oil

½ tsp. Paprika

½ tsp. Oregano

½ tsp. Cayenne Pepper

Salt & Pepper, to taste

½ x 400g Tin Black Beans

¼ x 400g Tin Chopped Tomatoes

30g Quinoa

90ml Boiling Water

½ Vegetable Stock Cube

½ Medium Avocado

½ Handful of Fresh Coriander

50g Edamame Beans

Juice of ½ a Lime

Method

1. Start by dicing the garlic and slicing the peppers. Add them to a saucepan over a medium heat with the olive oil, paprika, oregano and cayenne pepper. Season well with salt and pepper and fry for 5 minutes or until the vegetables begin to soften.
2. Drain and rinse the beans and add them to the pan along with the tomatoes, quinoa, boiling water and stock cube. Bring to the boil then leave to simmer for 20-25 minutes, or until the liquid has been absorbed.
3. Meanwhile, remove the stone from the avocado and cut the flesh into slices. Roughly chop the coriander.
4. Once the quinoa is tender, fluff up with a fork and stir through the fresh coriander and edamame beans.
5. Serve with the avocado on the side and squeeze the lime juice over the top.

NUTRITIONAL VALUES (per serving)

● **Calories:** 545 kcal

● **Carbs:** 46g

● **Total Fat:** 29g

● **Protein:** 24g



DAY 2 - DINNER:

BEEF BALTI



Serves 1



10 minutes



30 minutes

Ingredients

- ½ Medium Onion
- ½ Garlic Clove
- ½ Medium Carrot
- 1 tbsp. Olive Oil
- ½ tsp. Turmeric
- ½ tsp. Garam Masala
- ½ tsp. Curry Powder
- ½ tsp. Chilli Flakes
- 1 tbsp. Tomato Puree
- 100g Diced Beef
- ¼ x Tin Chopped Tomatoes
- 30g Brown Rice
- ¼ Medium Broccoli
- ½ Handful of Fresh Coriander
- 15g Flaked Almonds
- 1 tbsp. Sour Cream

Method

1. Start by finely dicing the onion, garlic and carrot. Add the onion and garlic to a saucepan over a medium heat along with half the olive oil. Fry for a few minutes before adding the turmeric, garam masala, curry powder and chilli flakes, tomato puree and carrot.
2. Once the vegetables have started to soften, add the beef to the pan and leave to brown.
3. Add the chopped tomatoes to the beef and leave to simmer for 20 minutes.
4. Cook the rice according to packet instructions.
5. Grate the broccoli and add to a separate frying pan along with the remaining olive oil and fry for a few minutes, then set aside. Roughly chop the coriander.
6. Once the rice is cooked, add to the broccoli rice and combine, then serve with the beef.
7. Serve garnished with the chopped coriander, flaked almonds and sour cream.

NUTRITIONAL VALUES (per serving)

- **Calories:** 591 kcal
- **Carbs:** 46g
- **Total Fat:** 29g
- **Protein:** 37g



DAY 3 - BREAKFAST:

SPINACH BREAKFAST SMOOTHIE (V)



Serves 1



5 minutes

Ingredients

- ½ Medium Banana
- 30g Frozen Mixed Berries
- 20g Spinach
- 2 tbsp. Greek Yoghurt
- 15g Rolled Oats
- 200ml Whole Milk
- 1 tbsp. Chia Seeds
- 1 tbsp. Pumpkin Seeds
- 1 tbsp. Ground Flaxseed
- 1 Handful of Ice

Method

1. Add the banana, frozen berries, spinach, yoghurt, oats, milk, pumpkin seeds and flaxseed to a blender, blitz for a few minutes until the smoothie is blended.
2. Serve the smoothie in a tall glass with ice or in a flask if having it on the go.

NUTRITIONAL VALUES (per serving)

- **Calories:** 496 kcal
- **Carbs:** 36g
- **Total Fat:** 28g
- **Protein:** 25g



DAY 3 - LUNCH:

FETA & WATERMELON SALAD (V)



Serves 1



10 minutes

Ingredients

For the salad:

125g Watermelon

¼ Medium Cucumber

100g Cherry Tomatoes

1½ Slices of Thick Wholemeal Bread

10g Walnuts

½ Handful of Fresh Basil

½ Handful of Fresh Mint

50g Feta Cheese

For the dressing:

½ tbsp. Olive Oil

½ tsp. White Wine Vinegar

Juice of ¼ Lemon

Salt & Pepper, to taste

Method

1. Start by peeling and chopping the melon and cucumber into chunks and halve the cherry tomatoes. Tear the bread into small chunks. Add to a large serving dish along with the walnuts.
2. Finely chop the basil and mint leaves and sprinkle over, then crumble over the feta cheese.
3. Add the olive oil, white wine vinegar, lemon juice and salt and pepper together and mix well. Drizzle over the salad to serve.



NUTRITIONAL VALUES (per serving)

● **Calories:** 486 kcal

● **Carbs:** 42g

● **Total Fat:** 27g

● **Protein:** 19g

DAY 3 - DINNER:

COCONUT DAL (V)



Serves 1



5 minutes



30 minutes

Ingredients

½ Medium Onion

1 Garlic Clove

1 tbsp. Olive Oil

½ tsp. Cumin

½ tsp. Curry Powder

½ tsp. Paprika

½ tsp. Chilli Flakes

½ Handful of Fresh Coriander

55g Red Lentils

½ x 400ml Tin Coconut Milk

¼ x 400g Tin Tinned Tomatoes

Salt & Pepper, to taste

50g Spinach

Method

1. Start by dicing the onion and garlic and adding them to a saucepan over a medium heat along with the olive oil.
2. Fry for a couple of minutes then add the cumin, curry powder, paprika and chilli flakes and continue to cook until the onion has softened. Meanwhile roughly chop the coriander.
3. Add the lentils, coconut milk, and chopped tomatoes to the pan and bring to the boil. Season with salt and pepper and leave to simmer for 25 minutes, or until the lentils are tender.
4. Once cooked, stir through the spinach and serve topped with the chopped coriander and enjoy.

NUTRITIONAL VALUES (per serving)

● **Calories:** 702 kcal

● **Carbs:** 49g

● **Total Fat:** 46g

● **Protein:** 24g



DAY 4 - BREAKFAST:

MIXED BERRY OVERNIGHT OATS (V)



Serves 1



5 minutes



overnight

Ingredients

½ tsp. Ground Cinnamon
60g Blueberries
30g Raspberries
2 tbsp. Greek Yoghurt
30ml Whole Milk
60g Rolled Oats
1 tbsp. Smooth Peanut Butter

Method

1. Stir the cinnamon, blueberries, raspberries, yoghurt and milk into the oats and store in a container with a lid in the fridge overnight.
2. The next morning stir the oats, add some milk if necessary and top with the peanut butter.

NUTRITIONAL VALUES (per serving)

- **Calories:** 473 kcal
- **Carbs:** 52g
- **Total Fat:** 19g
- **Protein:** 22g



DAY 4 - LUNCH:

FETA & PEACH COUSCOUS (V)



Serves 1



15 minutes

Ingredients

For the couscous:

30g Couscous

¼ Medium Cucumber

1 Medium Tomato

½ Medium Avocado

½ Medium Peach

20g Rocket

60g Feta Cheese

For the dressing:

½ Garlic Clove

½ tbsp. Olive Oil

1 tbsp. Greek Yoghurt

Juice from ½ a Lemon

Salt & Pepper, to taste

Method

1. Prepare the couscous according to packet instructions.
2. Prepare the salad by dicing the cucumber and tomato and removing the stone from the avocado and cutting into slices. Remove the stone from the peach and chop into chunks.
3. To make the dressing, finely dice the garlic and then add into a bowl with the olive oil, Greek yoghurt, lemon juice and salt and pepper. Whisk well, add a little water if a runnier dressing is preferred.
4. Add the salad ingredients, and the rocket to the couscous and mix together before drizzling over the dressing and crumbling the feta over the top.



NUTRITIONAL VALUES (per serving)

● **Calories:** 566 kcal

● **Carbs:** 36g

● **Total Fat:** 37g

● **Protein:** 22g

DAY 4 - DINNER:

SPICY PRAWN & CHICKPEA CURRY



Serves 1



10 minutes



25 minutes

Ingredients

½ Garlic Clove

½ Medium Red Onion

½ Medium Red Pepper

½ Medium Yellow Pepper

1 tbsp. Olive Oil

½ x 400g Tin Chickpeas

1 tsp. Harissa

½ x 400g Tin Chopped Tomatoes

½ Handful of Fresh Coriander

100g Cooked King Prawns

Juice from ½ a Lime

15g Flaked Almonds

1 tbsp. Sour Cream

Method

1. Start by dicing the garlic and onion and slicing the peppers.
2. Add the garlic and onion to a saucepan over a medium heat with the olive oil and fry for a few minutes before adding the peppers, chickpeas and harissa.
3. Cook for 5 minutes, then add the tomatoes and leave to simmer for 15 minutes. Meanwhile, roughly chop the coriander.
4. Stir the prawns through the curry and leave on the heat for a moment until the prawns are warmed through.
5. Serve the curry topped with the coriander, lime juice, flaked almonds and a dollop of sour cream.

NUTRITIONAL VALUES (per serving)

- **Calories:** 592 kcal
- **Carbs:** 41g
- **Total Fat:** 33g
- **Protein:** 33g



DAY 5 - BREAKFAST:

TOMATO & RICOTTA ON TOAST (V)



Serves 1



1 minutes



2 minutes

Ingredients

2 Medium Slices Wholemeal Bread

1 Medium Tomato

½ Medium Avocado

60g Ricotta Cheese

2 tsp. Balsamic Vinegar

Salt & Pepper, to taste

Method

1. Start by toasting the bread, slicing the tomato and removing the avocado stone and cutting into slices.
2. Spread the ricotta over the toast then top with the tomato and avocado slices, drizzle over the balsamic and season with salt and pepper.



NUTRITIONAL VALUES (per serving)

● **Calories:** 547 kcal

● **Carbs:** 37g

● **Total Fat:** 32g

● **Protein:** 28g

DAY 5 - LUNCH:

ROASTED BEETROOT SALAD (V)



Serves 1



5 minutes



20 minutes

Ingredients

150g Beetroot
100g Green Beans
1½ tbsp. Olive Oil
2 tbsp. Balsamic Vinegar
Salt & Pepper, to taste
30g Quinoa
¼ Medium Cucumber
50g Mixed Salad Leaves
70g Goats Cheese
5g Pine Nuts

Method

1. Preheat the oven to 200°C/180°C fan (390°F/350°F fan).
2. Cut the beetroot into slices and trim the ends off the green beans. Add them to baking tray with 1 tbsp. of olive oil and 1 tbsp. balsamic vinegar and roast for 15 minutes.
3. Combine the remaining olive oil and balsamic vinegar in a bowl. Season well.
4. Meanwhile, boil the quinoa in a small saucepan for 15 minutes.
5. Dice the cucumber and add it to a bowl along with the mixed leaves and toss together with half the dressing.
6. Crumble the goats cheese over the beetroot and green beans and put back in the oven for a few minutes.
7. Add the quinoa to a bowl, top the leaves with the goats cheese, beetroot, green beans and pine nuts then drizzle over the remaining dressing.

NUTRITIONAL VALUES (per serving)

- Calories: 573 kcal
- Carbs: 36g
- Total Fat: 36g
- Protein: 26g



DAY 5 - DINNER:

GREEK CHICKEN PITA POCKETS



Serves 1



15 minutes



25 minutes

Ingredients

½ Garlic Clove

1 Medium Chicken Breast

1 tbsp. Olive Oil

½ Medium Red Onion

50g Cherry Tomatoes

¼ Medium Cucumber

1 Medium Wholemeal Pita Bread

1 tbsp. Greek Yoghurt

Juice from ½ Lemon

Salt & Pepper, to taste

30g Feta Cheese

Method

1. Start by dicing the garlic and cutting the chicken into chunks then adding it to a saucepan over a medium heat with the olive oil. Fry until the chicken is cooked through.
2. Meanwhile finely slice the red onion, halve the cherry tomatoes and dice the cucumber. Cut the pita bread in half to make 2 pockets.
3. In a small bowl, mix together the Greek yoghurt and lemon juice and season well.
4. Once cooked, divide the chicken between the 2 pita halves and add the salad. Crumble over the feta and drizzle over the Greek yoghurt dressing.

NUTRITIONAL VALUES (per serving)

- **Calories:** 554 kcal
- **Carbs:** 48g
- **Total Fat:** 14g
- **Protein:** 60g



DAY 6 - BREAKFAST:

STRAWBERRY & PEANUT BUTTER PORRIDGE (V)



Serves 1



5 minutes



5 minutes

Ingredients

35g Rolled Oats

280ml Whole Milk

1 tsp. Cinnamon

100g Strawberries

1 tbsp. Smooth Peanut Butter

10g Flaked Almonds

1 tbsp. Ground Flaxseed

Method

1. Put the rolled oats, milk and ½ tsp. cinnamon in a saucepan, bring to the boil and simmer for approximately 5 minutes. Stir from time to time ensuring it doesn't stick at the bottom of the saucepan. Meanwhile, dice the strawberries.
2. Pour the porridge into a bowl and serve with the peanut butter, diced strawberries, flaked almonds, flaxseed and remaining cinnamon.

NUTRITIONAL VALUES (per serving)

● **Calories:** 559 kcal

● **Carbs:** 44g

● **Total Fat:** 33g

● **Protein:** 22g



DAY 6 - LUNCH:

TOFU FATTOUSH SALAD (V)



Serves 1



10 minutes



2 minutes

Ingredients

1 Medium Wholemeal Pita Bread
½ Medium Red Pepper
½ Medium Yellow Pepper
150g Tofu
1 Medium Spring Onion
¼ Medium Cucumber
1 Medium Tomato
¼ Iceberg Medium Lettuce
15g Pomegranate Seeds
1 tsp. Sumac
½ Handful of Fresh Parsley
½ Handful of Fresh Mint
1 tbsp. Olive Oil
Juice from ½ Lemon

Method

1. Lightly toast the pita bread then roughly tear apart and set aside.
2. Deseed and slice the peppers, tofu and spring onion then dice the cucumber and tomato. Shred the lettuce then add to a bowl along with the other vegetables.
3. Add the pomegranate seeds and toasted pita bread to the bowl and sprinkle over the sumac.
4. Roughly chop the parsley and mint then drizzle over the olive oil and lemon juice before tossing everything together.



NUTRITIONAL VALUES (per serving)

- **Calories:** 515 kcal
- **Carbs:** 56g
- **Total Fat:** 22g
- **Protein:** 23g

DAY 6 - DINNER:

BROCCOLI & PANEER CURRY (V)



Serves 1



10 minutes



25 minutes

Ingredients

½ Garlic Clove

½ Medium Broccoli

1 Handful of Fresh Coriander

100g Cherry Tomatoes

1 tsp. Garam Masala

1 tbsp. Olive Oil

20g Brown Rice

50g Paneer

¼ x 400ml Tin Coconut Milk

½ Vegetable Stock Cube

Method

1. Start by preparing the vegetables – dice the garlic, cut the broccoli into small florets, finely chop the coriander and halve the cherry tomatoes.
2. Add the garlic, garam masala, coriander and olive oil to a saucepan over a medium heat and fry for a couple of minutes before adding the broccoli and cherry tomatoes. Cook until the broccoli begins to soften.
3. Meanwhile, cook the rice according to packet instructions and cut the paneer into chunks.
4. Once the broccoli has begun to soften, add the coconut milk to the pan along with the stock cube and bring to the boil. Leave to simmer for 15 minutes.
5. In a separate pan, fry the paneer until it begins to brown and then stir through the curry.
6. Serve the curry with the rice and enjoy.

NUTRITIONAL VALUES (per serving)

● **Calories:** 527 kcal

● **Carbs:** 27g

● **Total Fat:** 36g

● **Protein:** 25g



DAY 7 - BREAKFAST:

ALMOND & BERRY YOGHURT BOWL (V)

 Serves 1  5 minutes

Ingredients

150g Greek Yoghurt
100g Strawberries
40g Frozen Raspberries
40g Blueberries
1 tbsp. Rolled Oats
2 tbsp. Smooth Peanut Butter
10g Almonds

Method

1. Place the yoghurt in a bowl along with the strawberries, raspberries and blueberries.
2. Top with the oats, peanut butter and almonds, then serve.

NUTRITIONAL VALUES (per serving)

- **Calories:** 491 kcal
- **Carbs:** 28g
- **Total Fat:** 31g
- **Protein:** 25g



DAY 7 - LUNCH:

LEEK, POTATO & ONION SOUP (V)



Serves 1



5 minutes



35 minutes

Ingredients

- ½ Medium Leek
- ½ Medium Onion
- 1 Medium Potato
- ½ tbsp. Butter
- Salt & Pepper, to taste
- ½ Vegetable Stock Cube
- 200ml Boiling Water
- 50ml Whole Milk
- ½ Handful of Fresh Parsley
- 30g Cheddar Cheese
- 1 tbsp. Crème Fraiche

Method

1. Start by finely slicing the leek and onion and chopping the potato into chunks.
2. Melt the butter in a saucepan over a medium heat and add the leek, onion and potato, then stir to ensure they are evenly coated in butter.
3. Season well with salt and pepper then allow to cook gently for 15 minutes or until soft.
4. Add the stock cube to 200ml boiling water and add to the pan along with the milk. Bring to the boil then leave to gently simmer for 20 minutes. Meanwhile roughly chop the parsley and grate the cheddar cheese.
5. Blend until smooth and serve topped with the chopped parsley, cheddar cheese and crème fraiche.

NUTRITIONAL VALUES (per serving)

- **Calories:** 604 kcal
- **Carbs:** 50g
- **Total Fat:** 37g
- **Protein:** 18g



DAY 7 - DINNER:

CHICKEN BURRITO BOWL



Serves 1



10 minutes



20 minutes

Ingredients

½ Garlic Clove

½ Medium Red Pepper

½ Medium Yellow Pepper

1 Medium Chicken Breast

1 tbsp. Olive Oil

½ tsp. Paprika

¼ x 400g Tin Chopped Tomatoes

Salt & Pepper, to taste

40g Brown Rice

¼ Medium Iceberg Lettuce

30g Cheddar Cheese

1 tbsp. Sour Cream

Method

1. Start by dicing the garlic, slicing the peppers and cutting the chicken into chunks.
2. Heat the olive oil in a large frying pan then add the garlic, chicken and paprika and fry for 5 minutes before adding the peppers and chopped tomatoes. Season with salt and pepper and leave to simmer for 15 minutes.
3. Meanwhile, cook the rice according to packet instructions.
4. Shred the lettuce leaves and add them to a bowl.
5. Once the rice is cooked, add it to the chicken mixture and stir to combine before adding to a bowl with the lettuce.
6. Grate the cheddar cheese over the top and serve with a dollop of sour cream.

NUTRITIONAL VALUES (per serving)

- **Calories:** 650 kcal
- **Carbs:** 43g
- **Total Fat:** 28g
- **Protein:** 58g



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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.