

90 DAYSSS

THE BODYCOACH

—
**90 DAY SHIFT,
SHAPE & SUSTAIN**

 Rebecca Urie

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INTRODUCTION

Dear Rebecca,

Congratulations and thank you for signing up to the **90 DAY SHIFT, SHAPE AND SUSTAIN PLAN**. You are about to start your journey to a fitter, stronger, healthier and leaner body.

The recipes and portion sizes in this plan have been tailored to your own energy demands based on the information gathered in your questionnaire.

There's lots of information to take in here so take your time and have a good read through **CYCLE ONE**. It will explain how you'll be eating and training for the next 30 days.

Some people feel overwhelmed to start with but once you digest the information and get started, it will soon become second nature as you start to form new habits and see and feel positive changes in your body.

Most importantly, if you have any questions or concerns at any time, don't hesitate to get in touch with my support team – available through the Live Chat section of your login area. We run a reactive support service, which means we won't be hassling you but are here for you whenever you need us. Support coaches work Monday to Friday 8-4pm.

If you would prefer an instant response to some frequently asked questions you can use our FAQ section found both in your client login area or here, on our website <http://www.thebodycoach.com/clientfaqs/>.

The FAQ section is updated regularly with useful information providing you with the quickest way of answering your queries.

Please note there are no calories detailed in the plan as I don't want you to be blinded by numbers: The focus is on eating good-quality foods – which together in the correct quantities alongside your training plan will transform your physique.

Good luck on your journey to a leaner body. I can't wait to see your progress over the next 30 days.

Kind regards,

Joe Wicks – THE BODYCOACH

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Training



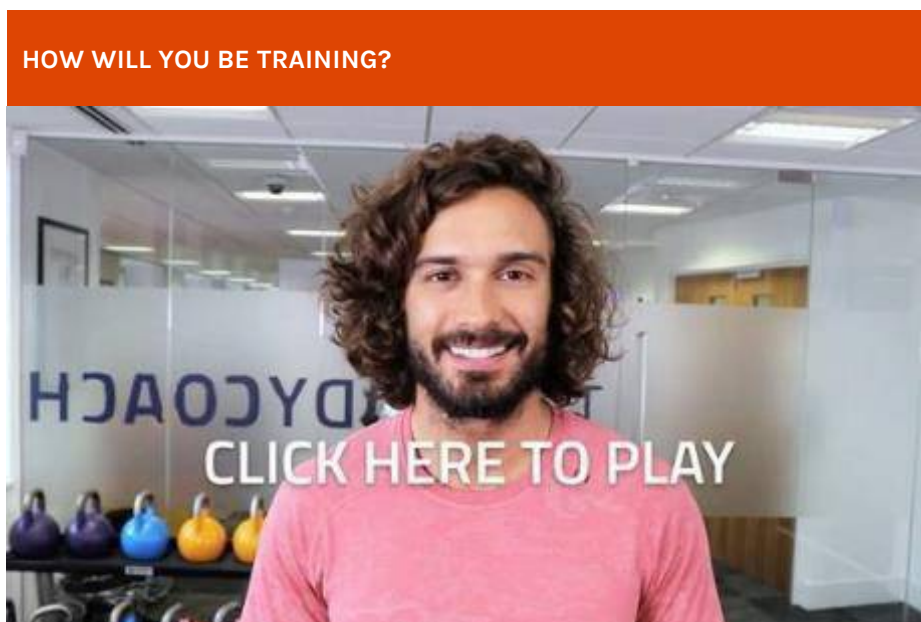
HIIT

First things first, let's look at how we will get that body fat burning!!

High Intensity Interval Training (HIIT) is the only cardio you must do on the plan (unless pre-discussed or you have chosen to continue with your own training). We are looking for short intervals of maximum intensity exercise separated by longer intervals of low to moderate intensity exercise. Because it involves briefly pushing yourself beyond the upper end of your aerobic exercise zone, it offers you several advantages that low intensity cardio doesn't, and takes a fraction of the time.

We are looking to improve fitness, burn away fat and increase the amount of calories you burn post workout – this is known as the after burn, ramping up your metabolic rate (the rate at which your body uses up those calories) for sometimes up to 18 hours!

Take a look at the video below to see how we recommend you carry out the training to give your body the best chance of ditching that unwanted body fat.



We recommend doing your training in the morning, fasted, to maximise fat loss results but, if you can't, then don't worry, do it anytime – HIIT is effective any time of day.

If you do decide to go on a sneaky long run or epic bike ride please be sure to do this instead of your HIIT session. Less is definitely more in this case and adding in extra cardio will massively compromise results. As always, if you want to discuss any aspect of this then just get in touch with the Live Chat support team who are happy to help.

This cycle doesn't contain a resistance training programme. In cycles two and three we will start to incorporate weight training with HIIT cardio but, for now, we keep the focus on fat loss and fitness as well as increasing that metabolic rate. Trust us, this is more than enough to create a calorie deficit and get your body burning fat!

How to structure your HIIT session

Your HIIT sessions will be performed **4-5 times per week** and should last anything from **20-25 mins** with an additional **5 min warm up** and **5 min cool down**. So from start of your warm up to the end of your cool down, you are looking at **30-35 mins** in total. This may not seem like much to you but, trust us, if you train hard enough then it really is enough to burn your body fat.

HIIT consists of working and resting sets. **Working sets** include short bursts of exercise at maximum effort whilst a **resting set** involves coming to a complete stop or reducing exercise to a very low intensity e.g. a slow walk.

| HIIT WORKOUT INFO | GUIDELINES |
|---|--|
| <p>WARM UP: 5 minutes</p> <p>HIIT DURATION: 20-25 minutes (one working set followed by one resting set and repeat)</p> <p>COOL DOWN: 5 minutes</p> <p>TOTAL: 30-35 MINS</p> | <p>WORKING SET DURATION: 30 – 45 SECS</p> <p>For your first workout, we recommend a 30 second duration. As you get fitter increase the working set duration to as high as 45 seconds.</p> <p>RESTING SET DURATION: 15 – 60 SECS</p> <p>For your first workout, we recommend a 60 second resting set duration. As you get fitter, reduce the resting set to as low as 15 seconds.</p> |

Just remember, the key here is to elevate your heart rate as much possible during your working sets and then to structure your resting sets to your level of fitness. Don't be afraid to come to a complete rest, you will soon find that balance that works perfectly for your level of fitness.

What exercises can you use?

The great thing about this cycle is that you get to choose the method of HIIT you enjoy the most. It can be applied to any piece of cardio equipment at the gym such as - Bike, Treadmill, Boxing Bag, Cross Trainer, Rower etc.

If you do not belong to a gym then you can make up a session using a combination of body weight exercises such as mountain climbers, burpees, star jumps and sprinting on the spot. Don't stick to just one of them, that would be tough on your body and nowhere near as much fun!

Use my YouTube channel [here](#) for inspiration but please note that these videos are just examples. For the best results you need to tailor HIIT around your fitness levels using the HIIT format above.

Alternatively, if you do enjoy classes such as cross fit, body pump, spin or circuits these will also count as a HIIT session so feel free to add them in to your training. Remember it's one or the other: **DO NOT** do two sessions per day.

How to progress through the month

Progression is extremely important when it comes to achieving the very best results. Once your body adjusts to the working/resting set duration look to increase the intensity by altering these times. Without progression, your results may plateau.

The first step is to reduce the resting set duration. Try dropping that to 30 seconds and then you could increase your working set to 45 seconds. Then, when you are a HIIT superstar, you could even be doing your session with only 15 seconds resting sets!

Just remember, HIIT is all about pushing yourself through the upper end of your aerobic zone, so if you don't feel that you are working near to your maximum, push yourself that little bit harder.

No matter how long your working and resting sets are though, be sure to stick to the total HIIT duration of 20-25 minutes.

How to warm up and cool down

Warm Up – Dynamic Stretching

Make sure your warm up is specific to the exercise you are about to carry out. For example, if you are about to do treadmill sprints be sure to walk or slow jog (depending on fitness) before carrying out your sprint. Put simply, dynamic stretching means you are priming your muscles and joints before fully exerting yourself. [Click HERE to watch my how to video.](#)

Cool Down – Static Stretching

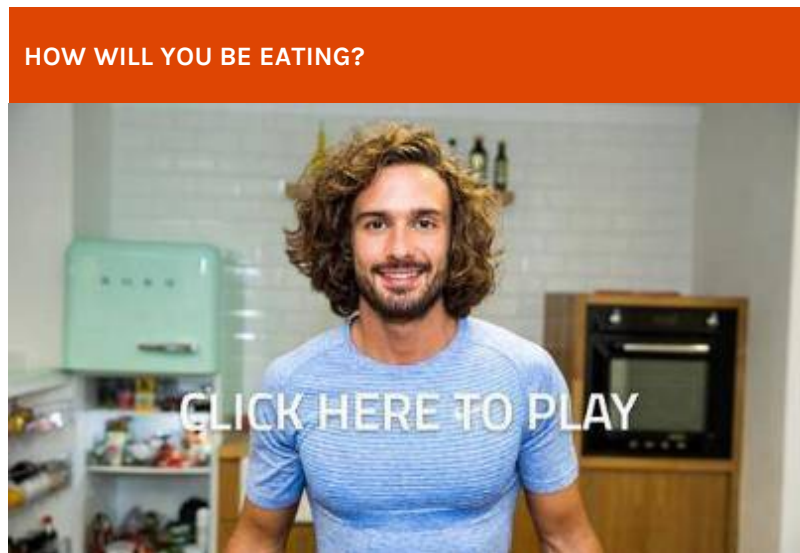
It's really important to cool down after a HIIT session to avoid the risk of injury and allow your body to recover quickly. [Click HERE to watch my how to video.](#)

Food & Nutrition



HOW WILL YOU BE EATING?

CYCLE ONE is all about igniting a serious fat burn with the use of intense cardio, and how you eat is key to achieving this. To make it sustainable though, it needs to stay fresh and exciting and, with this plan, you get to choose the meals you like, so you never have to eat the same thing every day. Plus, lots of variety ensures you get all the nutrient-dense foods you need for optimum health.



You will be eating **THREE** main meals per day and **TWO** snacks.

On days where you are training you will have **TWO** main meals from the reduced carbohydrate menu and **ONE** main meal from the carbohydrate refuel - post workout menu as well as **TWO** snacks.

On rest days you will have **THREE** main meals from the reduced carbohydrate menu as well as the **TWO** snacks.

You are doing what is known as macronutrient timing, using up your stored energy through training and then ensuring you top it back up with a meal rich in carbohydrates and protein, whilst keeping the fat intake low (you want your body to be the source for this!). So I have created a range of meals perfect for this, all found in the **CARBOHYDRATE REFUEL - POST WORKOUT MENU**. These meals are only to be eaten after you have trained, **ideally around 60-90 minutes after** you finish your session. Then throughout the rest of the day your meals are rich in healthy fats and reduced carbohydrates with the same level of protein - the options you can choose from here are all found in the **REDUCED CARBOHYDRATE MENU**.

On rest days **ALL** of your meals will be coming from the **REDUCED CARBOHYDRATE MENU**, giving your body those healthy fats it needs to power you through lower intensity activities and keeping the carbohydrate intake lower as they are not required.

Eating this way ensures your body is utilising the correct energy source in line with your energy demands, i.e. carbs for exercise and fats as a steady fuel for the remainder of your day and night and when not training.

UNDERSTANDING MACRONUTRIENTS

I talk a lot about carbohydrates, fats and proteins in the **90 DAY SHIFT, SHAPE AND SUSTAIN PLAN** so it is important that you understand what they are and why it is important to know when you should be eating them.

This section will help you to feel confident with this and also will assist you going forwards when you continue to follow these principles after you have completed the plan.

Carbohydrates

On the days that you train, your body's stored carbohydrates are drained down from the intense training and need to be topped up ready for the next session. Of course you need protein to rebuild muscle tissue damaged through training, but you also have to eat carbs, because to perform at your best requires you to fill your muscles with glycogen (the collection of carbohydrates stored in muscles that powers your training).

Consuming large amounts of carbs (particularly the sugary and starchy kind) raises your blood sugar. This triggers the release of the hormone insulin to bring your blood sugar level back down. If you've just finished training, that's good, because insulin will take the calories you're consuming straight to the muscle cells for rebuilding and recovery. However, at any other time of day insulin can often store those calories as fat. So if you have topped up your glycogen levels and are still taking in more, your body's fat-burning process will come to a standstill trying to cope with the excess energy.

So the trick with carbohydrates is to ensure that you only create a very small surplus so that the slight positive intake you consume over and above your glycogen stores promotes an effect that enhances muscle growth BUT NOT fat gain (called an anabolic effect). This can be achieved by ensuring your body is sensitive to insulin, which in turn means you only require a very small intake of sugar to promote a decent insulin response and put you in an anabolic state.

Carbohydrates actually have a very limited role around the body: it's only the brain that needs carbohydrates as a fuel source, most cellular processes are happy using fat. That's one of the reasons why our bodies are designed to carry so much of it around with us in storage.

Fats

Do not fear fats! They are essential to the body and without them fat-soluble vitamins such as A, D, E and K would not get properly absorbed. Fat also provides the highest concentration of energy of all the macronutrients and helps with regulating hormones. Fat is often the preferred fuel for the body during lower intensity exercises such as walking, sitting at your desk and even when sleeping.

Fat provides the main fuel source for long duration, low to moderate intensity exercise but a small amount is used during high intensity exercise in addition to carbohydrates as it's needed to help access the stored carbohydrate (glycogen).

Fat is slow to digest and be converted into a usable form of energy; it can take up to 6 hours and uses a great deal of oxygen, so exercise intensity must decrease for this process to occur.

For these reasons fat is the dominant fuel source on rest days. It's not a great idea to eat fat immediately before or during intense exercise due to it taking a long time to digest and not contributing towards muscle glycogen.

By reducing the carbohydrates and eating a higher dose of fat and protein, you will turn on protein synthesis (the repair and growth of muscle), mobilise fat, and promote ketogenesis (ensuring that your body is in a much better position to switch over to burning fat as fuel). You can go to bed knowing your body is using up stored fat. It's a great feeling to know you will be losing fat in your sleep.

Proteins

Protein has a number of important roles in the body, including the production of hormones as well as being the main structural component of every muscle fibre. The amino acids that make up various proteins are therefore critical for the structure and regulation of cells, and without adequate protein from our diet the body simply will not function.

The effects it has on the immune system are often overlooked but proteins contribute towards the growth and repair of many areas of the body, not just muscles.

The processes of muscle protein growth (or synthesis) and muscle protein breakdown occur concurrently, with both exercise and dietary protein consumption (rich in amino acids) having a direct effect on the rate of these. This balance between the process of muscle protein synthesis and muscle protein breakdown will determine whether there is an increase in your overall skeletal muscle, which is why diet is so important to gain lean mass.

Protein intake remains consistent on both training days and rest days as your body is in a state of recovery and repair throughout the week and therefore requires it.

When you finish your workout your body has a window of opportunity to get in the correct nutrients in order to maximise this process. Contrary to common belief you don't need to go sprinting to the changing rooms to neck a protein drink within 5 minutes of finishing your session.

Leaving it 30 minutes or so afterwards is no big deal, since proteins entering the mouth are not instantly used and metabolised anyway, so having them straight away doesn't mean they get put to use straight away – so no need to panic, our bodies do not eat away at muscle mass easily and you certainly won't be starving yourself. The meals you consumed before your workout will get used in that window as they will be starting to be digested and therefore put to work.

Carbohydrate refuel – post workout meal options

So now we know that one of the biggest reasons for a meal plan not to successfully torch body fat is that you are not hitting macronutrients in the correct ratios and/or WHEN required – timing is crucial.

So you choose **ONE** of the meals from the **CARBOHYDRATE REFUEL - POST WORKOUT MEALS** section to be consumed **AFTER (POST)** exercise and not at any other time. The rest of your **TWO** remaining meals will be chosen from the reduced-carb options further detailed in the plan.

You will have smashed that HIIT session and depleted most, if not all, of your stored muscle carbohydrates (glycogen) and your body should have converted over to fats as fuel.

We are now going to steadily nourish your body back into a state of carbohydrate uptake by adding in a substantial meal full of carbs – much lower in fat too so that it is easily digestible, and also rich in complete protein sources.

Reduced carbohydrate meal options

Then, once you have given your body the carbohydrates it needed in order to top up those muscles, it's time to repair and nourish your body with good fats and lean protein sources.

Your body can use the protein for repair, immune strengthening and muscle retention/growth and utilise fats as its main fuel source throughout the day, ensuring all those fat-soluble micronutrients get absorbed quickly. Yes, fat is important to **LOSE** fat . . .

All the meals in the **REDUCED CARBOHYDRATE MEALS** section are interchangeable. You can have them at any time of the day for either breakfast, lunch or dinner – just **NOT** post workout.

This is massively important from a sustainability perspective, as my aim is to make this plan flexible and easy to stick to.

So, when you are NOT training you consume **THREE** of these meals to complete your day. However, on days when you do train you pick **TWO** of them to eat in addition to your post workout refuel meal. Remember, there are no fixed eating times, just consume your meals when it suits you.

Snack options

The snacks are put in place to sustain energy and make up your daily requirements. They are purposely made simple to grab and go – you always eat two per day from the **SNACKS** section.

Please do not miss them out – they are very important.

Meal Frequency

Trust me, meal frequency really has no effect on your metabolic rate or fat loss. All you need to ensure is that you consume all of the meals at some point during the day. This even allows for combining snacks or meals together if it makes it easier.

Just remember, skipping meals and snacks will actually slow down your progress. Your calories have been tailored to give you the best chance to burn that body fat, so missing out some of them is only going to cause your results to suffer.

So find a pattern that works for you and your lifestyle - this is the key to making this a sustainable change - but do try and eat that post-workout meal 60-90 minutes after you have trained.

Food Preparation

I have always said that good organisation and preparation is the key to getting the body you want. That's why my recipes don't mean hours in the kitchen, but occasionally there will be a meal that may take a bit longer. I only include them if the end results are too good to miss out though!

You will also notice on the recipes that a number of them can be frozen. My freezer is full of pre-prepared meals, I love a Sunday cook up where I batch prepare a load of meals and this helps me to stay on track through the week.

The night before you want to eat it, you can place the frozen meal(s) in the fridge, allow to defrost and often cook up in 5-10 minutes the next day. Most cooked meals will keep well in the fridge for 2-3 days and by doing all of the above, it will make eating correctly much easier and you will find you are less likely to stray away from your plan. Just ensure you have enough space to keep all that Tupperware!

Weight

When it comes to the measured weight of food, please note that unless specified otherwise the weight detailed on your plan refers to **UNCOOKED/RAW** weight.

When it comes to things like RICE and QUINOA the ratio for uncooked to cooked is 1:3, but this will be specified where applicable, so e.g. 50g uncooked rice makes 150g when cooked. Vegetables are always uncooked unless specified otherwise, as are meat, poultry, fish and vegetarian protein sources.

Ingredient Swaps

I believe flexibility with food means sustainability, and that's what the **90 DAY SHIFT, SHAPE AND SUSTAIN PLAN** is all about. With this in mind you have been provided with a food swap feature below:

CLICK HERE <http://www.thebodycoach.com/swaps.asp>

This allows you to enter in an ingredient with the weight/amount from your tailored plan and choose from a list of alternative options.

I have tried to accommodate as many allergies as possible but, should you still find ingredients within your meals that you are unable to eat, or just plain don't like, then this will help you to make those changes so that none of the options are off limits.

Please note though, the recipes contained in your plan have been set up to give your body not only the perfect balance of macronutrients but also a meal that is well balanced for both flavour and appetite. Some swaps will impact on both of these but this is unavoidable when trying to recreate the macronutrient benefit. Therefore, it will always be more beneficial for you to stick with the original ingredient in order to get the best results. So push yourself out of your comfort zone, you may well find ingredients that you didn't think you liked but when combined with others make that meal a winner!

Weekly guidelines

One thing you will notice about the **90 DAY SHIFT, SHAPE AND SUSTAIN PLAN** is the variety of recipes provided. This is to encourage you to have a varied diet, as this will help you get all the vitamins and minerals you need as well as keeping it exciting and fresh.

To look after your health it is also worth remembering some guidelines such as:

- Try to avoid eating red meat more than a few times per week. Choose alternatives.
- Avoid processed meat.
- Try and ensure you eat 2 portions of fish per week including one portion of oily fish per week. Limit oily fish to a maximum of four portions per week or two if you are planning on becoming pregnant or breast feeding.
- Avoid adding salt to your food.

Please take into consideration any medical advice and/or treatment, allergies and personal preferences and of course your dietary preferences, i.e. vegetarians and pescatarians. Of course, if you have any questions about any of these please get in touch with the Live Chat support team or have a chat with your GP.

HYDRATION

Anyone who has seen or heard anything from me before will know how seriously I take hydration. It is massively important when it comes to achieving results. A hydrated body burns fat at a higher rate when compared to a dehydrated body – by miles!

This is why it is so important that during your workouts and first thing upon rising you hydrate and then continue to stay topped up throughout the day, the course of the plan and moving forward.

Aim to consume 3.75 litres of water daily in order to ensure the body remains hydrated pre, during and post high intensity exercise. Please note this is in ADDITION to things like green tea, protein drinks etc.

Sometimes you can feel a little bloated at first getting used to this new amount, it won't last though and, believe me, your body needs it.

Feel free to drink green tea throughout the day. You can also drink fruit and herbal teas providing they do not contain more than 1g sugar per serving.

If you want to have coffee or tea, please limit this to 1-2 cup(s) per day and ensure that no sugar is added. If you drink it too much your body can become reliant on the caffeine. If you take milk with your hot drinks, please try to use whole milk.

I'm personally not a fan of fizzy drinks, but if you are, please aim to drink no more than 1-2 diet soft drinks (i.e. Diet Coke, Coke Zero etc.) per day – drinking more than this will not affect fat loss but it's not great for the gut. If you have been used to drinking lots of non-diet fizzy drinks before, it is totally normal to experience some side effects such as headaches for the first few days, but they will pass.

SPECIAL NOTE:

You won't like to hear it, but alcohol could be the one thing holding you back from getting the body you want.

Unlike macronutrients such as carbohydrates, proteins and fats, alcohol supplies what I often refer to as empty calories: calories without nutrition. To make matters worse, it is the first fuel to be used when combined with carbohydrates, fats and proteins, postponing the fat-burning process and contributing to greater fat storage. Try your best to cut out alcohol as much as possible while on the plan. However, life is for living and it's important to enjoy nights out, so if you do decide to have a drink do not panic. Get back on it the next day and win!

Recipes

Carbohydrate Refuel Meals

Post Workout Meals





CARBOHYDRATE REFUEL MEAL
POST WORKOUT

Fragrant rice with aromatic turkey

INGREDIENTS (1 serving)

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FREEZABLE

- 10g coconut oil
- 145g turkey breast, diced
- pinch of Chinese five-spice powder - optional
- 10ml low sodium soy sauce
- 165g pre-cooked brown rice or 55g uncooked brown rice
- 2 spring onions, roughly chopped
- small handful of fresh coriander, roughly chopped
- 115g green vegetables (spinach, kale, broccoli, mange tout or green beans)
- 10g sesame seeds, toasted

This is a sure fire winner, one to double up and make a big batch ready for the next few days. Enjoy as a hot or cold rice salad – great one for the lunch box.

METHOD

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Heat the coconut oil in a wok or large frying pan over a high heat. Add the turkey breast and fry for about 3-4 minutes or until the turkey is cooked through. Now add the Chinese five-spice and soy sauce, toss around the pan to make sure all the turkey pieces are coated.

Ping your rice in the microwave for 1-2 minutes or until piping hot, then stir through your spring onions and coriander.

Steam, blanch or boil a portion of your favorite greens. Pile on the plate with your rice and turkey mix then top everything with a sprinkle of sesame seeds.



CARBOHYDRATE REFUEL MEAL POST WORKOUT

Lean turkey burger with smoky wedges

INGREDIENTS (1 serving)

—

FREEZABLE

- 135g sweet potato, cut into wedges
- 15g coconut oil
- 135g turkey breast mince - under 5% fat
- 1 small red onion, diced
- 1 garlic clove, grated
- 1 egg, beaten
- 55g apple, grated
- 2 tsp dried oregano
- 1 tsp paprika
- 115g green vegetables (spinach, kale, broccoli, mange tout or green beans)

Everyone loves a burger and this one won't disappoint. An extra lean fat fighting machine of a burger topped off with some banging wedges.

METHOD

—

Preheat oven to 180°C (fan 160°C, gas mark 4).

Zap the sweet potato wedges in the microwave for 6-8 minutes on full power or until just turning soft, then leave to rest for 30 seconds.

While the sweet potato is spinning in the microwave, mix the mince in a bowl with the onion, garlic, egg and apple. Get your hands stuck in and work the ingredients together with the oregano and the paprika. Shape the mixture into burgers about 3cm thick. Place on a baking tray and cook in the oven for 6-8 minutes or until cooked through.

Heat the coconut oil in a large frying pan over a high heat. Add the sweet potato wedges and fry for about 3 minutes on each side until they are nicely browned all over, drain on paper towels.

Serve the burger with the sweet potato wedges and a portion of green veg either steamed, blanched or boiled. Don't forget to shout out 'Hashtag BurgerMe' just before you eat it.



CARBOHYDRATE REFUEL MEAL POST WORKOUT

Cajun spiced chicken with quinoa

INGREDIENTS (1 serving)

—

FREEZABLE

- 10g coconut oil
- 55g red/green pepper, de-seeded and cut into thin strips
- 1 tsp Cajun seasoning
- 190g skinless chicken breast, sliced into 1cm strips
- 235g pre-cooked quinoa or 80g uncooked quinoa
- zest and juice of a lemon
- pinch of nutmeg - optional
- 1 spring onion, finely chopped
- small bunch of fresh coriander, roughly chopped

Quinoa used to be an obscure healthy food, but these days it's everywhere – and luckily now you can get it pre-cooked in packets, so you don't have to wait 20 minutes for it to cook. The high protein content of quinoa makes this a great meal for building lean muscle.

METHOD

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Melt the coconut oil in a wok or large frying pan over a medium to high heat. Add the peppers and stir-fry for 2-3 minutes or until just starting to soften.

Increase the heat to a high heat add the chicken, along with the Cajun seasoning. Fry for a further 3-4 minutes or until the chicken is cooked. Check by slicing into one of the larger pieces to make sure the meat is white all the way through, with no raw pink bits left.

Ping your quinoa in the microwave for 1-2 minutes or until piping hot. Stir through the remaining ingredients, pile onto a plate then top with the chicken and pepper mix.



CARBOHYDRATE REFUEL MEAL POST WORKOUT

Creamy Thai chicken with brown rice

INGREDIENTS (1 serving)

—

FREEZABLE

- 5g coconut oil
- 30g red pepper, thinly sliced
- 30g red onion, thinly sliced
- 30g mushrooms, chopped
- 25g Thai green curry paste
- 80ml coconut milk
- 1 stock cube
- 150g chicken breast fillets, cut into thin strips
- 125g spinach
- 55g 0% fat Greek yoghurt
- 110g pre-cooked brown rice or 35g uncooked brown rice
- small bunch of fresh coriander, roughly chopped

This is a great meal to batch cook and freeze when prepping like a boss. If you're going to freeze this dish keep the yoghurt separate and stir through after reheating. Don't feel afraid to swap the spinach out for your favourite green vegetables.

METHOD

—

Melt the oil in a wok or a large frying pan over a medium to high heat. Throw in your peppers, onions and mushrooms, fry for 3 minutes stirring regularly until turning soft. Pour in your curry paste, coconut milk and bring to the boil.

Crumble in your stock cube and a good splash of boiling water to create a sauce.

Add your chicken to the sauce, bring to a simmer. Cook your chicken for 5 minutes, or until the chicken is cooked through. Check by slicing into one of the larger pieces to make sure the meat is white all the way through, with no raw pink bits left.

Finally, wilt the spinach in the sauce and stir through the yoghurt being careful not to boil.

Ping your rice in the microwave for 1-2 minutes or until piping hot. Pile the rice onto a plate and top with the curry and a sprinkle of fresh coriander.



CARBOHYDRATE REFUEL MEAL POST WORKOUT

Spicy Thai prawns with infused basmati rice

INGREDIENTS (1 serving)

- 155g raw king prawns, peeled
- 45g Thai green curry paste mixed with a splash of coconut milk
- 10g coconut oil
- 2 spring onions, finely chopped
- 60g red pepper, sliced
- 85g pak choy, shredded - if you prefer use your favorite green vegetables
- 135g pre-cooked basmati rice or 45g uncooked basmati rice
- 1 stick lemon grass - optional

This is a super quick dish that can be a crowd pleaser on a barbeque. Think ahead and marinade a big batch of prawns in the curry paste and coconut milk then skewer them up ready to be flashed on the barbeque. Infuse the rice while cooking with cardamom pods, lemon zest and thyme.

METHOD

Mix the Thai paste and coconut milk in a bowl to create a marinade. Mix through the prawns so they are coated.

Heat the coconut oil in a wok or large frying pan over a high heat. Add the spring onions and peppers and stir-fry for 2 minutes. Add the prawns and continue to cook for 2-3 minutes or until pink. Add a splash of water to stop the sauce from burning.

Bring a large saucepan of water to the boil. Drop the pak choy into the water and let it cook for 2-3 minutes.

Ping your rice in the microwave for 1-2 minutes or until piping hot. Snap a stick of lemon grass in with the rice when heating for an added twist. Pile the rice on a plate with the pak choy then top with the prawns.



CARBOHYDRATE REFUEL MEAL POST WORKOUT

The ultimate build up bagel

INGREDIENTS (1 serving)

-
- 1 egg
- 1 plain bagel
- 110g deli-style cooked turkey or chicken breast
- 80g deli-style sliced roast beef
- 1 tomato, sliced
- small handful of rocket
- 10g 0% fat Greek yoghurt
- 1 tsp chipotle paste or barbeque sauce

Long live the build-up bagel. You have just smashed a training session and earned those carbs. Go for good quality meat, not the nasty cheap processed stuff. Try the egg poached or fried instead of being soft boiled.

METHOD

—

Bring a saucepan of water to the boil. Carefully lower your egg into the water. Cook for 5-6 minutes for a runny yolk, then carefully lift it out with a slotted spoon and run it under cold water for 1 minute to help release the shell. Peel the egg and place to one side.

Slice the bagel in half and toast for a couple of minutes.

Spread the toasted bagel with your choice of sauce and yoghurt, then begin building your bagel: start with the rocket and tomato, followed by the turkey or chicken and beef, then the egg. Finally, stick the top on the bagel and get munching!



CARBOHYDRATE REFUEL MEAL
POST WORKOUT

Overnight protein oats

INGREDIENTS (1 serving)

—

FREEZABLE

- 30g protein powder
- 85g 0% fat Greek yoghurt
- 55g berries, such as raspberries, blueberries or blackberries
- 85ml unsweetened almond milk
- 1 tsp cinnamon
- 45g rolled oats
- 15g Manuka honey
- 15g flaked almonds

This is a quick and easy dish to have after your workout. If you fancy having it hot as a winter warmer, follow the recipe below leaving out the yoghurt. Whack it in the microwave for 2-3 minutes until hot then stir through the yoghurt.

METHOD

—

Place the protein powder, yoghurt, berries, almond milk and cinnamon into a blender and blend until smooth. Pour the mixture into a bowl and stir in the oats, then cover and refrigerate for at least 4 hours, preferably overnight. If oats are too thick add a splash more milk to loosen it up.

When ready to eat drizzle with honey and top with the almonds.



CARBOHYDRATE REFUEL MEAL POST WORKOUT

Devilled steak with potato rosti

INGREDIENTS (1 serving)

-
- 180g sweet potato, peeled
- 55g white onion
- 1 egg
- sprinkle of flour
- 5g coconut oil
- 155g sirloin steak, trimmed of any visible fat
- 5ml olive oil
- 1 tsp cayenne - optional
- 1 tsp allspice - optional
- 1 tsp ground coriander - optional
- 125g green vegetables (spinach, kale, broccoli, mange tout or green beans)

Sweet potato is delicious and this recipe is a great way to mix things up. You can make a big batch of the rostis in advance and freeze them. Grab them out the freezer as and when you need them, ping them in the microwave for a few minutes then crisp them up in a hot pan.

METHOD

Start by making your sweet potato rosti. Grate the sweet potato and onion into a bowl and mix in the egg and flour. Melt the coconut oil in a small non-stick frying pan over a medium to high heat and drop in the grated potato mix. Use the back of a spatula to flatten it out across the base of the pan. Fry the potato for about 5 minutes each side, reducing the heat a little if you think the potato is burning.

Meanwhile, heat the olive oil in another frying pan over a high heat. When it's really, really hot season your steak with the spices. Now carefully lay it in the pan. Fry for 3-4 minutes on each side for medium rare, then leave it to rest until you are ready to eat.

Slide the rosti onto a piece of kitchen roll and dab it to remove any excess oil, then plate it up. Top with the steak and a portion of your favourite green vegetables steamed, blanched or boiled.



CARBOHYDRATE REFUEL MEAL POST WORKOUT

Protein refuel pancakes

INGREDIENTS (1 serving)

—

- 120g banana
- 20g protein powder
- 1 egg
- 2 egg whites
- 45g rolled oats
- 1 tsp cinnamon
- 10g coconut oil
- 65g 0% fat Greek yoghurt
- 45g berries, such as raspberries, blueberries or blackberries

Everyone loves a pancake! Here is a banging pancake recipe to smash after a HIIT workout. Serve it up with a dollop of yoghurt and berries!

METHOD

—

Whizz up the banana, protein powder, egg, egg whites, oats and cinnamon in a blender to make a batter.

Heat up half the coconut oil in a non-stick frying pan over a medium heat. Pour little puddles of the batter into the pan. Cook for about 1 minute on each side. Remove and repeat the process with the rest of the oil and batter.

Serve with a dollop of yoghurt and a few berries.



CARBOHYDRATE REFUEL MEAL POST WORKOUT

Quinoa porridge

INGREDIENTS (1 serving)

—

FREEZABLE

- 35g protein powder
- 160ml unsweetened almond milk
- 155g cooked quinoa or 50g uncooked quinoa
- 20g chia seeds
- 55g strawberries
- 90g banana
- 10g Manuka honey
- 110g 0% fat Greek yoghurt

This one's going to keep you full up until lunch, that's for sure. The quinoa gives this a real nutty flavour. Why not try turning this into an overnight version by mixing all the ingredients in a bowl and leave in the fridge overnight ready for the morning.

The method is using cooked quinoa – if using un-cooked quinoa, boil in water for 15-20 minutes until soft, drain then follow the method.

METHOD

—

Mix the protein powder with the almond milk then stir through the quinoa and chia seeds. Tip into a saucepan and simmer over a medium heat. Make sure you stir regularly to stop the quinoa from sticking.

Blitz together the fruit and honey to make a puree. Stir the yoghurt through the quinoa and serve with your puree.



CARBOHYDRATE REFUEL MEAL POST WORKOUT

Spanish omelette

INGREDIENTS (1 serving)

- 135g sweet potato, peeled and cut into 2cm chunks
- 5ml olive oil
- 60g white onion, sliced
- 105g red pepper, diced
- 1 garlic clove, grated
- 3 slices turkey bacon, sliced
- 1 sprig of rosemary - optional
- 1 egg
- 2 egg whites
- 120g 0% fat Greek yoghurt
- 2 handfuls of salad greens

This mega Spanish omelette needs about 20 minutes of your time but it tastes great hot or cold. It is perfect for carrying in a lunch box to work with some fresh salad. If you don't want the fuss of making the omelette why not try turning it into a tasty scrambled egg dish and serve with the potato and vegetables.

METHOD

Preheat oven to 180°C (fan 160°C, gas mark 4).

Whack your potato in the microwave for 3 minutes. Leave to rest for 2 minutes, then blast again for a further 2 minutes, by which time they should be cooked through and soft.

While the potato is cooking heat the olive oil in a decent ovenproof non-stick frying pan over a medium to high heat. Add the onions, pepper, bacon, garlic and rosemary and cook for 2-3 minutes. When the potatoes are ready throw them in the pan as well.

Beat the egg and egg whites, then pour into the frying pan. Use a wooden spoon or spatula to move the egg around, scraping it up from the base, for 1-2 minutes or until there is a good proportion of cooked egg in the pan and the ingredients are all mixed through. Slide the pan into the oven and cook until the egg is cooked through.

Slide the omelette from the pan, then enjoy with a side salad and a good dollop of yoghurt.



CARBOHYDRATE REFUEL MEAL POST WORKOUT

Cod in Mediterranean sauce served with pasta

INGREDIENTS (1 serving)

—

FREEZABLE

- 45g pasta such as rigatoni, tagliatelle, penne
- 10ml olive oil
- 40g onion, diced
- 1 garlic clove, grated
- few sprigs of thyme, leaves stripped
- 1 tsp turmeric
- 1 tsp ground coriander
- 1 stock cube
- 175g tinned chopped tomatoes
- pinch of soft brown sugar - optional
- 155g cod fillet, skinned and cut into 2cm chunks
- a few fresh basil leaves - optional
- 140g green vegetables (spinach, kale, broccoli, mange tout or green beans)

This is one of those totally comforting meals – super quick and simple to chuck together. A great one to prep big batches of like a boss, freeze the sauce in portions.

METHOD

—

Bring a large saucepan of water to the boil. Drop in the pasta and cook according to the packet instructions.

Heat the oil in a large frying pan over a medium to high heat. Add the onion, garlic and thyme leaves then fry, stirring regularly, for 1-2 minutes before adding your spices, stock cube, chopped tomatoes, sugar and a good splash of water to help make a sauce. Bring to the boil and simmer for 3-4 minutes before adding your fish pieces. Cook your fish for 3 minutes, or until it's just cooked through. Finish by stirring through fresh basil.

When the pasta is cooked, drain and pile onto a plate, top with your sauce and serve with your favourite greens steamed, blanched or boiled.



CARBOHYDRATE REFUEL MEAL
POST WORKOUT

Honey spiced chicken with paprika potatoes

INGREDIENTS (1 serving)

—

FREEZABLE

- 165g new potatoes
- 10ml olive oil
- 185g chicken breast fillets, cut into 2cm chunks
- 1 garlic clove, grated
- ½ tsp cumin
- 1 tsp paprika
- 15g Manuka honey
- splash of white wine vinegar
- small bunch of fresh parsley, roughly chopped
- 170g green vegetables (spinach, kale, broccoli, mange tout or green beans)

This is a really simple but delicious dish – it's really quick to throw together and easy to double up and cook for a mate.

METHOD

—

Prick the potatoes with a fork and microwave for 3 minutes. Leave them to rest for 2 minutes, then blast them for a further 2 minutes by which time they should be cooked through. Leave them to cool then roughly chop.

Whilst the potatoes are cooking heat the olive oil in a non-stick frying pan over a medium to high heat. Add the chicken pieces and fry for 3-4 minutes until the chicken is lightly browned and almost cooked through.

Toss in your potatoes, garlic and spices, continue frying for a further 3-4 minutes making sure all the ingredients are coated and the chicken is cooked through. Check by slicing into one of the larger pieces to make sure the meat is white all the way through, with no raw pink bits left.

Finally drizzle over the honey, a splash of vinegar and toss through the parsley. Pile onto a plate and serve with a portion of your favourite green veg either steamed, blanched or boiled.



CARBOHYDRATE REFUEL MEAL POST WORKOUT

Sweet potato mash with cod

INGREDIENTS (1 serving)

- 155g sweet potato, peeled, cut into 2cm cubes
- 10g butter
- 10g coconut oil
- 145g cod fillet, skinned
- 55g 0% fat Greek yoghurt
- 1 tsp chipotle paste - optional
- small bunch of chives - optional
- 125g green vegetables (spinach, kale, broccoli, mange tout or green beans)

Chipotle paste is delicious and ‘tastes too good to be true’ – a little goes a long way and it’s a great way to get flavour into yoghurts and butters. A teaspoon isn’t going to throw your macros out so give it a try.

METHOD

Preheat oven to 180°C (fan 160°C, gas mark 4)

Zap the sweet potato in the microwave for 5 minutes, leave to rest for 2 minutes then zap again for 3 minutes or until the potato is soft enough to mash. Mash and mix through the butter.

Meanwhile melt the coconut oil in an oven proof frying pan over a medium to high heat. Carefully lay your fish into the pan frying for 2-3 minutes then transfer the pan to the oven for 4-5 minutes or until the fish is cooked through.

Load the mash on the plate, top with the cod. Finally mix the yoghurt with the chipotle paste and chives. Dollop the yoghurt on the side and serve with a portion of your favourite green vegetables steamed, blanched or boiled.



CARBOHYDRATE REFUEL MEAL POST WORKOUT

Rice and coconut pancakes

INGREDIENTS (1 serving)

-
- 135g pre-cooked basmati rice or 45g uncooked basmati rice
- 30g desiccated coconut
- 1 tsp cinnamon - optional
- 2 egg whites
- 30g protein powder
- splash of unsweetened almond milk
- 10g coconut oil
- 110g 0% fat Greek yoghurt
- 55g raspberries - or your favourite berries
- small handful of fresh mint - optional

Feel free to mess about with the protein powder flavours and make this dish your own. Even try holding some of the rice back then mixing it through the batter for some texture.

If you are using uncooked rice, cook it as per the packet instructions and then follow the method below.

METHOD

-

Place all the ingredients apart from the coconut oil, yoghurt, raspberries and mint in a blender and blitz until you have a smooth batter.

Melt a small amount of the coconut oil in a non-stick frying pan over a medium to high heat. Pour in small pools of batter. You can normally fit three in the pan at a time.

Fry the pancakes for about 90 seconds before flipping and cooking for a further 90 seconds - you will know when it's time to flip because little bubbles will appear, not only on the edges of the pancake but also in the middle.

When ready to serve, stack up the pancakes and top with the raspberries, yoghurt and mint. You could try mashing together the raspberries and yoghurt.

Recipes

Reduced Carb Meals





REDUCED CARBOHYDRATE MEAL

Lean muscle mince

INGREDIENTS (1 serving)

—

FREEZABLE

- 10g coconut oil
- 200g beef mince - under 5% fat
- 65g red onion, diced
- 40g mushrooms, sliced
- 1 garlic clove, grated
- 2 tsp mixed herbs
- 2 tsp smoked paprika
- 15g tomato puree
- 2 tbsp BBQ sauce
- 1 stock cube
- 170g green vegetables (spinach, kale, broccoli, mange tout or green beans)
- 40g avocado

This is the ultimate 'prep like a boss' dish – when you are stuck for a meal make sure you have big batches of this all portioned up individually ready to whack in the microwave.

METHOD

—

Use half the coconut oil for this section, heat the coconut oil in a large saucepan over a high heat. Add half the mince and fry for 2-3 minutes, stirring to break up the chunks, cook until nicely browned. Tip out onto a plate, then repeat with the rest of the mince.

When the meat has all been browned, wipe out your pan and heat the remaining oil over a medium to high heat. Add the onion, mushroom and garlic and cook, stirring regularly, for about 5 minutes – by which time the vegetables should have started to soften and colour a little. Throw the mince back into the pan and add the mixed herbs, paprika, tomato puree, BBQ sauce, stock cube and enough water to make a nice sauce. Bring to a simmer and cook for 5-6 minutes or until the sauce is nice and thick.

When the mince is ready serve with fresh avocado and a portion of your favourite green vegetables steamed, blanched or boiled.



REDUCED CARBOHYDRATE MEAL

Spicy lean turkey mince

INGREDIENTS (1 serving)

—

FREEZABLE

- 10g coconut oil
- 145g turkey breast mince – under 8% fat
- 40g white onion, diced
- 55g red pepper, chopped
- 1 garlic clove
- 30g Thai red curry paste
- 1 stock cube
- handful of fresh coriander - optional
- 50g avocado
- 55g sour cream
- 1 lime, juice
- 115g green vegetables (spinach, kale, broccoli, mange tout or green beans)

Another great batch cooking dish – this one has a little kick to it with the curry paste but don't panic the fire brigade are on call with the sour cream and avocado. When you are stuck for a meal make sure you have bags portioned and frozen ready to whack in the microwave.

METHOD

—

Use half the coconut oil for this section, heat the coconut oil in a large saucepan over a high heat. Add half the mince and fry for 2-3 minutes, stirring to break up the chunks, cook until nicely browned. Tip out onto a plate, then repeat with the rest of the mince.

When the mince has all been browned, wipe out your pan and heat the remaining oil over a medium to high heat. Add the onion, peppers and garlic and cook, stirring regularly, for about 5 minutes – by which time the vegetables should have started to soften and colour a little. Throw the mince back into the pan and add the curry paste, stock cube and enough water to make a nice sauce. Bring the mix to the boil then simmer for 5 minutes. Finally stir through your fresh coriander.

When the mince is ready serve with fresh avocado, a nice dollop of sour cream, a squeeze of lime and a portion of your favourite green vegetables steamed, blanched or boiled.



REDUCED CARBOHYDRATE MEAL

Joe's granola

INGREDIENTS (8 servings)

- 110ml pineapple juice
- 60ml apple juice
- 55g agave syrup
- 15g coconut oil or olive oil
- 335g oats
- 140g puffed rice
- 1 ½ tsp cinnamon - optional
- 20g sliced almonds, toasted
- 20g pumpkin seeds
- 20g flaxseeds
- 120g 0% fat Greek yoghurt - to be served with each 1 portion

Everyone loves a good granola and this doesn't disappoint. Please use sparingly and not nail every morning as you need to get a healthy mix of protein, fats and carbs.

METHOD

Preheat oven to 180°C (fan 160°C, gas mark 4).

In a medium-sized saucepan combine the pineapple juice, apple juice, agave and oil. Bring this mix to the boil and simmer so the liquid reduces slightly.

Meanwhile in a bowl mix together all the dry ingredients. Carefully mix through the liquid - adding a splash more juice if the mix is too dry.

Line a baking tray with non-stick paper and evenly spread the mix about 1cm thick. Slide the tray in the oven and cook for 35-40 minutes. Give the ingredients a good mix every 5-10 minutes, make sure you keep an eye on it as it may burn. Cook until the mix starts to dry out and colour slightly.

When cooked leave to cool, then break up into chunks. Will keep for a couple of weeks in an airtight container. Serve one portion with a good dollop of yoghurt.



REDUCED CARBOHYDRATE MEAL

Scrambled eggs with tomato and cheese

INGREDIENTS (1 serving)

-
- 10g butter
- 3 eggs
- 1 egg white
- 85g cherry tomatoes, chopped in half
- 1 spring onion, chopped
- small bunch chives, chopped
- 40g feta cheese
- 125g green vegetables (spinach, kale, broccoli, mange tout or green beans)

We all need to eat healthy fats and this meal with eggs is a cheap winner. It will give you all the energy you need to go out and win.

METHOD

-

Melt butter in a non-stick frying pan over a medium to high heat. Whisk together the eggs and egg whites, add the eggs into the pan and cook them as you would scrambled eggs - drawing the cooked egg from the edges into the middle, until the egg is all cooked.

Finally mix through the cherry tomatoes, spring onions and chives. Slide the bulked-up scrambled eggs onto a plate and scatter over the feta and serve with a portion of your favourite green vegetables steamed, blanched or boiled.



REDUCED CARBOHYDRATE MEAL

Reduced carb oatmeal

INGREDIENTS (1 serving)

-
- 15g chia seeds
- 15g golden flaxseed
- 35g finely shredded unsweetened coconut
- 1 tsp cinnamon
- 15g oats - not instant
- 325ml unsweetened almond milk
- 55g 0% fat Greek yoghurt

I always like to encourage people to think outside the cereal box with what foods to have at breakfast, lunch and dinner. Oats aren't just a breakfast staple, have them anytime during the day. The added chia and flaxseeds in this meal provide a dose of those all-important and essential omega-3 fatty acids.

METHOD

—

Place all the ingredients except the yoghurt in a small saucepan and cook gently over a low heat for 5-6 minutes stirring regularly until you are happy with the consistency – add a little more almond milk if the oats get too thick.

Transfer to a bowl, dollop the yoghurt on top and serve.



REDUCED CARBOHYDRATE MEAL

Go Go green smoothie

INGREDIENTS (1 serving)

-
- 30g almond butter
- 5g wheat grass - optional
- 1 handful of baby spinach leaves
- 35g protein powder
- 80g apple, cored and roughly chopped
- 20g flaxseeds
- handful of ice
- 270ml coconut water

Mums always tell us to eat our greens, so here you go. Instead of chomping through mounds of greens whack them into this little beauty. Wheatgrass is very good for you - but, just like marmite, it's a love or hate kind of thing. If you don't enjoy it, just leave it out and whack in some more greens.

METHOD

-

Could it be any easier, put all the ingredients in a blender and blend on high for 1 minute or until the smoothie has reached your desired texture.



REDUCED CARBOHYDRATE MEAL

Lime and avocado smoothie

INGREDIENTS (1 serving)

-
- 1 lime, juice
- 85g 0% fat Greek yoghurt
- 65g raspberries
- 75g avocado
- 10g coconut oil
- 35g protein powder
- Handful of ice
- 270ml unsweetened almond milk

This is a great way to get a load of vitamins into your diet, it's so easy to make and transport (you can have it on your morning commute). Just remember smoothies are fine to have now and then, but they aren't meant to replace actual food – so keep mixing it up.

METHOD

—

Could it be any easier, put all the ingredients in a blender and blend on high for 1 minute or until the smoothie has reached your desired texture.



REDUCED CARBOHYDRATE MEAL

Chicken cashew curry

INGREDIENTS (1 serving)

—

FREEZABLE

- 1 garlic clove
- 2cm ginger, roughly chopped
- 1 green chilli, roughly chopped – remove the seeds if you don't like it hot
- ½ bunch of coriander, stalks roughly chopped, leaves picked
- 10g coconut oil
- 40g onion, roughly chopped
- 1 tsp garam masala
- 1 tsp cumin
- 150g tinned chopped tomatoes
- 1 stock cube
- 135g skinless chicken breast, sliced into 1cm strips
- 35g cashews, toasted and finely blended
- 50g 0% fat Greek yoghurt
- 105g green vegetables (spinach, kale, broccoli, mange tout or green beans)

You don't need to go to India to enjoy a good ruby murray. This recipe is so simple and tastes great. This is a great meal to batch-cook and freeze when your prepping like a boss...

METHOD

—

Blitz the garlic, ginger, chilli and coriander stalks in a food processor until smooth, then leave to one side.

Melt the oil in a wok or large frying pan over a medium to high heat. Throw in the onion and fry for 2 minutes, stirring regularly. Sprinkle in the garam masala, cumin, the paste you made and fry for 3-4 minutes. Pour in the tinned tomatoes, stock cube and enough water to create a nice sauce, bring to the boil.

Add the chicken pieces to the curry and simmer for 4-5 minutes or until the chicken is cooked through. Check by slicing into one of the larger pieces to make sure the meat is white all the way through, with no raw pink bits left.

Finally stir through the cashews and yoghurt, sprinkle over freshly chopped coriander and serve with a steaming pile of your favourite greens blanched, boiled or steamed.



REDUCED CARBOHYDRATE MEAL

Chicken stir-fry

INGREDIENTS (1 serving)

- 225g skinless chicken breast, sliced into 1cm strips
- 2 tsp Cajun spice
- 10g coconut oil
- 55g onion, sliced
- 1 garlic clove, grated
- 105g red and green pepper, sliced
- 85g broccoli, cut into small florets
- 10ml low sodium soy sauce
- Cholula hot sauce - optional
- drizzle of honey
- 15g sesame seeds

We all love being able to make tasty nutritious meals as fast as possible – and this one is no joke. This will become a family favourite – get stuck in and enjoy!

METHOD

In a mixing bowl mix the chicken with the Cajun spice and place to one side.

Melt the coconut oil in a wok or large frying pan over a medium to high heat. Add the onion, garlic, peppers and broccoli and stir-fry for 2-3 minutes or until the vegetables are just turning soft.

Increase the heat to a high heat and add the chicken along with any remaining Cajun seasoning and fry for a further 3-4 minutes or until the chicken is cooked. Check by slicing into one of the larger pieces to make sure the meat is white all the way through, with no raw pink bits left.

Finally stir through the soy sauce, hot sauce and honey. Give everything a good mix in the pan then serve your stir-fry topped with sesame seeds.



REDUCED CARBOHYDRATE MEAL

Salmon fishcakes

INGREDIENTS (1 serving)

—

FREEZABLE

- 135g tinned salmon - drained
- 2 spring onions, chopped
- 1 garlic clove, grated
- zest of 1 lemon
- 1 egg
- 1 egg white
- 15g flax seeds, blitzed
- handful of fresh parsley, chopped
- 5ml olive oil
- 75g cottage cheese
- 65g avocado
- a good handful of salad

Such an easy and tasty meal – great for making and taking on the go. There’s always a spare tin of tuna kicking about in the cupboard so you can use that instead of the salmon if you prefer. You can batch cook these bad boys as well then freeze them – #WINNING!

METHOD

—

Flake the salmon out of the tin into a bowl, then add the spring onion, garlic, lemon zest, egg, egg white, flax seed and parsley. Mix together and allow to sit for a few minutes, to allow the flax seeds to soak up some of the liquid.

Heat the oil in a frying pan over a medium heat. Spoon in large mounds of the mix, leaving some space between each one, as the batter will spread and work itself into a little puddle. Cook the fritters for about 2-3 minutes on each or until the egg is cooked all the way through, then carefully lift them out on to paper towels.

Serve the fish cakes with a healthy dollop of cottage cheese, avocado and salad greens.



REDUCED CARBOHYDRATE MEAL

Orange and pepper salad with spiced chicken

INGREDIENTS (1 serving)

- 170g skinless chicken breast, sliced into 1cm strips
- sprinkle of Chinese five-spice powder - optional
- 10ml olive oil
- 15ml white wine vinegar
- 10g Dijon mustard - to taste
- 65g fresh orange, peeled and sliced - weight after skin removed
- 55g raw beetroot, cut into matchsticks
- 2 good handfuls of salad greens
- 85g red pepper, cut into thin strips
- 75g avocado, sliced

Everyone loves a good salad and this doesn't hold back, full of healthy fats. You may find the orange too exotic but give it a try and if you don't like it swap it out for some cherry tomatoes.

METHOD

Mix the chicken with the spice and a third of the oil in a bowl.

Heat a third of the oil in a wok or large frying pan over a medium to high heat. Then fry the chicken for 3-4 minutes or until the chicken is cooked. Check by slicing into one of the larger pieces to make sure the meat is white all the way through, with no raw pink bits left.

In a bowl make a dressing by mixing together the remaining oil, vinegar and mustard.

When you are ready to eat, add the orange, beetroot, pepper, avocado and salad leaves to the dressing along with the chicken.

Pile your salad on a plate and enjoy.



REDUCED CARBOHYDRATE MEAL

Spinach and cheese omelette

INGREDIENTS (1 serving)

-
- 3 eggs
- 1 egg white
- small handful of fresh herbs - optional
- 10ml olive oil
- 2 big handfuls of baby spinach
- 40g feta cheese

Eggs are one of the best sources of protein and fats all wrapped up in one – so what better way to enjoy them than having an omelette filled with spinach and delicious cheese. If you make a mess of the omelette, don't worry you're still a master chef as now you have scrambled eggs.

METHOD

—

Crack the eggs and egg white into a bowl along with your choice of fresh herbs.

Heat the oil in a non-stick frying pan over a high heat. When the oil is hot pour the beaten egg mixture into the pan and use a wooden or plastic spoon to move the egg around as it cooks, a little like making scrambled eggs. When there is more firm egg than loose, turn the heat down to medium.

Gently tip your omelette out onto a plate, top with the spinach and feta.



REDUCED CARBOHYDRATE MEAL

Teriyaki salmon

INGREDIENTS (1 serving)

- 15g whole wheat spaghetti
- 10g coconut oil
- 190g skinless salmon fillet
- 2 spring onions, sliced
- 2cm fresh ginger, grated
- 20ml low sodium soy sauce
- 10ml sesame oil
- 1 lime, zested and juiced
- 190g courgette, spiralized or sliced to make long noodles

If you don't have a spiralizer, make the courgette noodles by using a peeler to create long thin ribbons of courgette, which you can then stack up and slice with a knife into noodle-like strips. Most shops stock pre spiralized courgette – so keep your eyes peeled.

METHOD

Bring a saucepan of water to the boil.

Cook your spaghetti in the boiling water as per the packet instructions. Drain and set to one side.

Heat half the coconut oil in a frying pan over a medium to high heat. When the oil is melted and hot, slide in the salmon and fry for 2-3 minutes on each side or until lightly browned and almost cooked through.

Meanwhile mix together the spring onions, ginger, soy sauce, sesame oil, lime juice and zest. Pour this into the pan with the salmon and let it bubble up, then remove the pan from the heat.

In another frying pan, heat the remaining coconut oil over a high heat. Gently add the courgette noodles and spaghetti, lightly toss for 1-2 minutes, just to warm them through.

Plate up the noodles, top with the teriyaki salmon and enjoy.



REDUCED CARBOHYDRATE MEAL

Mushroom and cheese omelette

INGREDIENTS (1 serving)

- 1 egg white
- 3 eggs
- 5g coconut oil
- 85g mushrooms, thinly sliced
- 30g mozzarella cheese - grated
- 190g green vegetables (spinach, kale, broccoli, mange tout or green beans)

The omelette is back. Please feel free to experiment with fresh herbs and spices to liven it up. Think about how you can deconstruct some of the dishes. As long as you use the listed ingredients and smash your workouts you will be lean winner in no time.

METHOD

Turn on the grill to maximum.

Crack the eggs and egg white into a bowl.

Melt the coconut oil in a non-stick frying pan over a high heat. When the oil is hot tip in your mushrooms, fry for 1-2 minutes. Now pour the beaten egg mixture into the pan and use a wooden or plastic spoon to move the egg around as it cooks, a little like making scrambled eggs. When there is more firm egg than loose, turn the heat down to medium.

Sprinkle over the grated cheese and place under the grill.

Gently tip your omelette out onto a plate and serve with your favorite greens steamed, blanched or boiled.



REDUCED CARBOHYDRATE MEAL

Moroccan chicken with cauliflower salad

INGREDIENTS (1 serving)

-
- 10ml olive oil
- 160g cauliflower florets
- 155g skinless chicken breast fillet
- ½ tsp paprika
- ½ tsp cinnamon
- 1 tsp cumin
- 105g courgette, ribbons
- 65g carrot, ribbons
- small handful of fresh mint
- 25g tahini
- 45g 0% fat Greek yoghurt
- 15g pumpkin seeds

A great salad to have warm or cold – the spices are optional but they give a great Moroccan kick to the dish. As a change, try and season your cauliflower with the spices instead.

METHOD

—

Heat half of the oil in a non-stick frying pan over a medium to high heat. Add the cauliflower and fry for 3-4 minutes or until a nice colour is achieved.

Meanwhile, place the chicken breast between two pieces of cling film or baking parchment on a chopping board. Using a rolling pin, meat mallet or any other blunt instrument, bash the chicken until it's about 1cm thick all over. Season the chicken with the spices.

Heat the remaining oil in a wok or large frying pan over a medium to high heat. Add the chicken and fry for 3-4 minutes on both sides or until the chicken is cooked.

When the cauliflower is ready and still warm, place in a bowl with the courgette, carrot and mint. In a small bowl make a dressing with the tahini, yoghurt and a splash of water. Mix the dressing through the salad.

Pile the salad onto a plate, top with the chicken then sprinkle over pumpkin seeds.



REDUCED CARBOHYDRATE MEAL

Italian beef and sausage casserole

INGREDIENTS (1 serving)

—

FREEZABLE

- sprinkle of plain flour
- 170g stewing beef, trimmed of visible fat and cut into cubes
- 20ml olive oil
- 60g turkey or chicken sausages, cut into bite sized pieces
- 105g onions, roughly chopped
- 20g carrots, roughly chopped
- 20g celery, roughly chopped
- 1 garlic clove, grated
- 55g button mushrooms
- a few sprigs of fresh thyme
- a few sprigs of fresh rosemary
- 1 bay leaf - optional
- 130g tinned chopped tomatoes
- 1 stock cube
- 125g green vegetables (spinach, kale, broccoli, mange tout or green beans)
- handful of chopped fresh parsley - optional
- handful of chopped fresh oregano - optional

Sometimes good things come to those who wait and this is one of those occasions. This dish is a longer one to prepare and cook so plan ahead. It is a crowd pleaser and great for prepping like a boss... put some love into it and make a huge batch for those cold winter evenings.

METHOD

—

Heat half the olive oil in a large heavy bottomed casserole dish over a high heat. Sprinkle the beef with flour then carefully add the meat, cook for 2-3 minutes until nicely coloured. Once all the meat is cooked remove from the dish and place to one side.

Turn the heat down to medium, add your sausage, onions, carrots, celery, garlic and mushrooms. Fry the ingredients for 3-4 minutes, by which time the onion should be soft.

Throw the meat back in with the veg and remaining oil, tie the thyme, rosemary and bay leaf together with a piece of string, throw that in the pan along with the tomatoes, stock cube and enough water to create a nice sauce.

Bring the whole lot to the boil then simmer for 1-2 hours, or until the meat is soft and tender.

Serve up the casserole with your favorite greens steamed, blanched or boiled and an artistic scattering of fresh herbs.



REDUCED CARBOHYDRATE MEAL

Quick and easy salad

INGREDIENTS (1 serving)

—

- 65ml sour cream
- 10ml olive oil
- Dijon mustard - to taste
- ½ tsp turmeric
- juice of ½ a lemon
- small handful of fresh parsley - optional
- 155g cooked king prawns
- 75g avocado
- 2 spring onions, chopped
- 95g cherry tomatoes, cut in half
- 2 big handfuls of salad leaves

This is one of those really healthy super fresh tasting meals that you know is good for your insides. You can box this one up for lunch or have it at home.

METHOD

—

In a bowl make a dressing by mixing together the sour cream, olive oil, mustard, turmeric, lemon juice and parsley.

To make the salad chuck the prawns in a bowl and add the avocado, spring onions, cherry tomatoes and salad leaves. Pour in the dressing, give a good mix and whack onto a plate and enjoy.



REDUCED CARBOHYDRATE MEAL

Thai beef stir-fry

INGREDIENTS (1 serving)

—

FREEZABLE

- 10ml sesame oil
- 15ml low sodium soy sauce
- 10ml white wine vinegar
- drizzle of honey
- 10g coconut oil
- 180g sirloin steak, trimmed of any visible fat and cut into strips
- 75g mushrooms, trimmed and quartered
- 75g red pepper, sliced
- 85g mange tout, thinly sliced
- 75g asparagus, chopped
- 3 spring onions, roughly chopped
- 2cm fresh ginger, grated
- 1 red chilli, roughly chopped – remove the seeds if you don't like it hot
- 1 garlic clove, grated

Just when you thought there was no more ways to make a stir-fry – this blinder pops up. This is as tasty as the come, prep this bad boy like a boss and set yourself up for the week.

METHOD

—

Mix together the sesame oil, soy sauce, vinegar and honey in a bowl to create a dressing and set to one side.

Melt the coconut oil in a wok or large frying pan over a medium to high heat. Add the beef and fry for 2-3 minutes until it is nice and crispy. Now add the remaining ingredients and cook over a high heat for a further 3-4 minutes. By this time the veg should start to soften.

Finally throw in your dressing – tossing around the pan to coat all the ingredients. Pile onto a plate and tuck in.



REDUCED CARBOHYDRATE MEAL

Satay chicken

INGREDIENTS (1 serving)

- 145g skinless chicken breast, sliced into 1cm strips
- 20ml low sodium soy sauce
- 2 garlic cloves, grated
- 10ml sesame oil
- 2 spring onions
- 2cm fresh ginger, grated
- 25g natural peanut butter – crunchy or smooth, it's up to you
- 160g courgette, spiralized or sliced to make long noodles
- 5g coconut oil
- lime wedges, to serve

This is a great skewer to chuck on a BBQ – but also perfect for a low carb lunch box. If you don't have skewers, don't worry, just lay your chicken strips out on a baking tray.

METHOD

Preheat your grill to maximum.

Place the chicken strips in a bowl and add one garlic clove and a splash of soy sauce. Mix the ingredients together. Thread the chicken onto skewers, making sure not to pack them too tightly otherwise they won't cook.

Place the skewered chicken on the grill pan or baking tray and slide under the grill. Cook the chicken for about 5 minutes on each side or until it is fully cooked through. Check by slicing into one of the larger pieces to make sure the meat is white all the way through, with no raw pink bits left.

While the chicken is cooking, place the remaining garlic clove and soy sauce in a blender along with the sesame oil, spring onions, ginger, peanut butter and a good splash of warm water. Blitz until just smooth.

In a non-stick frying pan, heat the coconut oil over a high heat. Gently add the courgette noodles and lightly toss for 1-2 minutes, just to warm them through.

Plate up your noodles and serve up your chicken skewers smothered in the delicious satay sauce, with lime wedges to squeeze over.



REDUCED CARBOHYDRATE MEAL

Mediterranean turkey-stuffed peppers

INGREDIENTS (1 serving)

—

FREEZABLE

- 160g red peppers
- 10ml olive oil
- 155g turkey breast mince - under 8% fat
- 55g white onion, diced
- 40g mushrooms, sliced
- 1 garlic clove, grated
- 1 tsp cumin
- 150g tinned chopped tomatoes
- 1 tbsp tomato puree
- 1 stock cube
- handful of fresh oregano
- 40g mozzarella, grated
- 115g green vegetables (spinach, kale, broccoli, mange tout or green beans)

An oldie, but a goldie. Stuffed peppers have been around for donkey's years. Filling them full of festive turkey mince will help you get lean for the new year.

METHOD

—

Preheat oven to 190°C (fan 170°C, gas mark 5).

Cut the peppers in half lengthways and remove all the seeds then stick them on a roasting tray. Slide them into the oven and roast for 15 minutes.

While the peppers are cooking, heat half the oil in a large pan over a medium heat, add half the mince and fry for 2-3 minutes, stirring to break up the chunks, cook until nicely browned. Tip it out onto a plate, and then repeat this process with the rest of the mince.

When the meat has all been browned, add the onion and garlic then stir-fry for 2-3 minutes. Now go in with the cumin and mushrooms and cook for a further 2-3 minutes.

Throw the mince back into the pan and add the tinned tomato, tomato puree, stock cube and a little water to loosen it all up. Cook for a further 3-4 minutes until it's looking tasty, throw in the fresh oregano. Fill the peppers with as much of the mix as you can - don't worry if some spills out over the side it will go satisfyingly crisp in the oven. Top with the cheese and whack them in the oven until the cheese goes all gooey.

Carefully slide the peppers off the tray and onto a plate, then serve them alongside a steaming pile of your favourite greens blanched, boiled or steamed.



REDUCED CARBOHYDRATE MEAL

Mushroom and tuna sliders

INGREDIENTS (1 serving)

- 2 portobello mushrooms
- 5ml olive oil
- 145g tinned tuna, drained
- Small handful chopped coriander
- 30g red onion, diced
- 1 tsp Dijon mustard
- 1 garlic clove, grated
- sprinkle of dried oregano - optional
- 45g 0% fat Greek yoghurt
- 30g mozzarella, grated
- 40g avocado
- 10g sunflower seeds
- 140g green vegetables (spinach, kale, broccoli, mange tout or green beans)

This dish is another fantastically easy one, it looks really impressive when you bust it out at meal time. Don't worry if all the filling spills out - nail those crispy bits.

METHOD

Preheat oven to 190°C (fan 170°C, gas mark 5)

Take each mushroom, snap off the stalk and discard. Lay the mushroom skin side down on a baking tray, drizzle with the olive oil. Slide the mushrooms into the oven and bake for 10 minutes.

Meanwhile place the tuna, coriander, onion, mustard, garlic, oregano and yoghurt in a bowl. Mix the ingredients together until well mixed.

Take the mushroom from the oven and pile in the tuna mix, top with the mozzarella - it doesn't matter if some of the mix spills over the side; you can scrape this up after they've been baked. Slide the baking tray back into the oven for a further 2-4 minutes.

Slide the mushrooms onto a plate, smash your avocado sprinkle over your seeds and serve with portion of your favourite green vegetables steamed, blanched or boiled.



REDUCED CARBOHYDRATE MEAL

Spicy mashed peas with cod

INGREDIENTS (1 serving)

- 10g butter
- 40g white onion, diced
- 1 garlic clove, grated
- ½ chilli, finely sliced - remove the seeds if you don't like it hot
- 170g frozen peas
- ½ stock cube
- 200g cod fillet
- 1 tsp Piri Piri seasoning
- 5ml olive oil
- small handful of fresh mint
- 55g fennel, shaved
- 75g avocado
- a good handful of rocket

This is low carb and delicious. These spicy mashed peas are a treat and so easy to make.

METHOD

Melt the butter in a non-stick saucepan over a medium to high heat, add the onion, garlic and chilli, fry for 3-4 minutes until turning soft. Now add the peas, stock cube and enough water to let the peas gently simmer for 3-4 minutes.

Heat the oil in a non-stick pan to a medium to high heat, season your cod with the Piri Piri spice. Lay the cod into the pan. Cook it on both sides until it's nicely cooked through.

When the peas are soft, roughly mash and mix through the fresh mint. Make a quick salad with the fennel, avocado and rocket, pile both onto a plate and serve with the cod.



REDUCED CARBOHYDRATE MEAL

Guilt free fry up

INGREDIENTS (1 serving)

-
- 10ml olive oil
- 105g tomato, look for a large tomato - slice in half
- 2 slices turkey bacon
- 110g sirloin steak, trimmed of any visible fat
- 105g mushrooms, sliced
- 140g spinach
- 1 egg

We all like to pop down to the cafe and tuck into a fry up but it's not always done in the healthiest way. Here is the 90 Day SSS version which will tick all the boxes – get stuck in and enjoy. Feel free to have your egg fried or scrambled.

METHOD

—

Preheat your grill to maximum and put a saucepan of water on to boil.

Drizzle a little of the oil onto your tomato. Lay the tomato on a baking tray and slide it under the grill. Cook for 4-5 minutes, before adding the bacon to the tray, turning the bacon as necessary, until it is fully cooked through. Shut the door and turn the grill off to keep everything warm.

Meanwhile, heat a little of the olive oil in a frying pan over a high heat. When it's really, really hot, carefully lay the steak in the pan. Fry for 3-4 minutes on each side for medium rare, then leave it to rest until you are ready to eat.

While the steak is resting throw the mushrooms into the still hot pan and fry for 2-3 minutes then throw in your spinach and cook until wilted.

Crack open the egg into the boiling water, reducing the heat until the water is just 'burping'. Poach the egg for 3-4 minutes, or until the white has set but the yolk is still runny, then carefully lift out with a slotted spoon and drain on paper towels.

Serve up all the ingredients and top off with the poached egg – life is good.



REDUCED CARBOHYDRATE MEAL

Avocado, celery and tomato salad

INGREDIENTS (1 serving)

-
- 10ml olive oil
- 145g skinless chicken breast, cut into 1cm strips
- 115g broccoli, any bigger stalks sliced in half lengthways
- 45g 0% fat Greek yoghurt
- a small handful of fresh mint leaves, chopped
- 50g avocado, chopped
- 140g celery, sliced
- 75g cherry tomatoes, cut in half
- small handful of rocket
- 20g sunflower seeds

This salad is quick, easy and perfect for summer. Feel free to refer to the swaps list if you fancy switching the chicken up. You can make a big batch of the dressing too as it'll keep in the fridge for up to 3 days.

METHOD

—

Put a saucepan of water on to boil.

Heat half of the oil in a wok or large frying pan over a medium to high heat. Add the chicken and fry for 3-4 minutes or until the chicken is cooked. Check by slicing into one of the larger pieces to make sure the meat is white all the way through, with no raw pink bits left.

Meanwhile, throw your broccoli into the boiling water for 3-4 minutes until it's cooked, now refresh in cold water to stop it cooking any further.

While your broccoli is cooking, grab a big bowl and mix the remaining oil, yoghurt and chopped mint to make a dressing.

Once your broccoli is drained and dry, chuck it in with the dressing, along with the tomatoes, celery, avocado and rocket.

Get your cooked chicken in there and make sure everything is evenly coated with the dressing. Pile the whole lot up on a plate, sprinkle over the sunflower seeds and tuck in.



REDUCED CARBOHYDRATE MEAL

Spinach patties

INGREDIENTS (1 serving)

-
- 10ml olive oil
- 235g baby spinach
- 35g mozzarella, grated
- 1 egg, beaten
- 2 spring onions, sliced
- 135g skinless chicken breast fillet
- 1 tsp Cajun seasoning
- 50g avocado
- 2 handfuls of salad leaves

These power patties will keep you going all day and are really easy to make. The more liquid you can squeeze out of the spinach the better they will turn out, so get those guns pumping! They also freeze really well so get the freezer stocked up if you like.

METHOD

—

Preheat the oven to 190°C (fan 170°C, gas mark 5).

Heat a little of the oil in a high-sided pan on over medium heat, throw your spinach in there until it's wilted. Throw into some ice cold water to cool it down, then squeeze out all the liquid.

Mix the cool spinach in bowl with the cheese, spring onion and beaten egg. Heat the remaining oil in a non-stick frying pan over a medium heat ready for frying your patties and chicken.

Spoon the spinach mixture into the pan, creating two patties. Use a spatula to keep your patties in a nice round shape, fry for 3-4 minutes on both sides until nice and crispy.

Meanwhile, place the chicken breast between two pieces of cling film or baking parchment on a chopping board. Using a rolling pin, meat mallet or any other blunt instrument, bash the chicken until it's about 1cm thick all over.

Carefully slide your patties onto a baking tray and finish in the oven for a few minutes. Season your chicken with the Cajun spice, lay it into the still hot pan. Cook it on both sides until it's nicely cooked through. Check by slicing into one of the larger pieces to make sure the meat is white all the way through, with no raw pink bits left.

Plate your patties alongside the chicken and serve them with some smashed up avocado and some salad greens. Boom!



REDUCED CARBOHYDRATE MEAL

Prawn cocktail

INGREDIENTS (1 serving)

-
- 70g 0% fat Greek yoghurt
- few drops of Tabasco - optional/to taste
- 15g tomato puree
- splash of Worcestershire sauce - optional/ to taste
- 140g cooked king prawns
- 105g cucumber, diced
- 80g celery, diced
- 2 good handfuls of iceberg lettuce, shredded
- 75g avocado, cubed
- 1 lemon - optional/to taste
- 10ml olive oil
- 15g sunflower seeds
- chilli flakes - optional

Oh here it is, a true classic, straight from the 80s. Prawns are packed full of protein so go hard on this one. There's also some seeds added for that extra crunch and healthy fats. Boom!

METHOD

—

In a mixing bowl make a dressing by mixing together the yoghurt, Tabasco, tomato puree and Worcestershire sauce. Then throw all the prawns in, making sure they all get coated in the sauce.

In a separate bowl, mix together all the chopped salad, dress with the olive oil and a squeeze of lemon. Pile it up on a plate then top it with the dressed prawns. Finally sprinkle the sunflower seeds on top, if you want to spice it up a bit feel free to add some chilli flakes.



REDUCED CARBOHYDRATE MEAL

Cheesy Piri Piri meatballs

INGREDIENTS (1 serving)

- 110g ready-made beef meatballs
- available at most supermarkets
- 5ml olive oil
- 5g butter
- 2 spring onions, sliced
- 75g red pepper, roughly chopped
- 65g broccoli, roughly chopped into small pieces
- 1 tsp mixed herbs - optional
- 1 tsp Piri Piri spice
- 215g tinned chopped tomatoes
- 50g feta cheese
- 125g green vegetables (spinach, kale, broccoli, mange tout or green beans)

This is a banging meatball recipe, it might take you a little longer than fifteen minutes, but once you've got the hang of it, you'll have them knocked up in no time. They also freeze really well, winner! If you want to make your own meatballs – buy a nice lean beef mince, mix through some diced onion, garlic and shape.

METHOD

Preheat your grill on to maximum.

Heat the olive oil in a large frying pan over a medium heat and fry your meatballs evenly on all sides giving them a nice brown colour. Now stick the meatballs on a plate while you get cracking on the sauce.

Use the same pan from the meatballs as this is where all the flavour is. Melt the butter, add the spring onions, pepper and broccoli, cook for 4-5 minutes or until the veg is turning soft. Add the tinned tomatoes, mixed herbs and Piri Piri spice, bring to the boil and simmer for 4-5 minutes. Bosh it in the blender with half of the cheese. Blitz this lot into a smooth sauce.

Stick the sauce back in the pan and add your meatballs, bring to the boil, then reduce the heat and simmer for 5 minutes until the meatballs are fully cooked through and the sauce has thickened slightly. To check, cut the biggest one in half and make sure the meat has turned from pink to dark brown.

Whack the whole lot into an ovenproof dish sprinkle with the rest of the cheese and slide it under your hot grill to crisp up.

Steam, blanch or boil a portion of your favourite greens. Pile it on the plate next to your meatballs and away you go.



REDUCED CARBOHYDRATE MEAL

Kale, apple and fennel salad

INGREDIENTS (1 serving)

-
- 135g skinless chicken breast fillet
- 15ml olive oil
- 75g kale, finely shredded
- 45g apple, diced
- 30g red onion, diced
- 40g fennel, shaved with a peeler
- 1 tsp Dijon mustard - optional
- 1 lemon, juice
- 50g goats cheese or feta
- 15g sunflower seeds

A quick and easy salad that's full of goodness. Some of the ingredients may seem a little fancy – but this is one killer salad. It will also go well in a lunch box for work. Raw kale has been used here – but feel free to blanch it in boiling water for 1-2 minutes.

METHOD

—

Place your chicken between two pieces of cling film or baking parchment on a chopping board. Using a rolling pin, meat mallet or any other blunt instrument, bash the chicken until it's about 1cm thick all over.

Heat a little of the oil in a wok or large frying pan over a medium to high heat. Lay in the chicken and fry for 3-4 minutes on both sides or until the chicken is cooked. Check by slicing into one of the larger pieces to make sure the meat is white all the way through, with no raw pink bits left.

While the chicken is cooking, toss the kale, apple, onion and fennel together in a large bowl. Make a tasty dressing with the rest of the oil, mustard and lemon juice. Mix the dressing through your salad, crumble the cheese into the mix.

Pile the salad onto the plate with the chicken breast, sprinkle over the sunflower seeds and get stuck in.



REDUCED CARBOHYDRATE MEAL

Super slaw with salmon

INGREDIENTS (1 serving)

—

- 10ml olive oil
- 170g salmon fillet, skin on
- 55g red cabbage, finely sliced
- 55g white cabbage, finely sliced
- 40g carrot, finely sliced
- 30g red onion, finely sliced
- 55g mange tout, finely sliced
- 1 chilli, finely sliced - remove the seeds if you don't like it hot
- 1 garlic clove, grated
- few leaves of parsley, chopped
- 45g 0% fat Greek yoghurt

This raw and crunchy slaw is packed full of nutrients; it is an ultimate brain food recipe.

METHOD

—

Heat the olive oil in a frying pan over a medium to high heat. Fry the salmon for 3-4 minutes on each side, by which time the fish should be lightly coloured and cooked through. Turn off the heat and leave the salmon to rest in the pan.

Now it's time to crack on with the slaw. Throw the cabbage, carrot, mange tout, chilli, garlic and red onion in a bowl. If you're planning on kissing anyone, then soak the onion in cold water for a few minutes to take away some of the pungent flavour.

By now your salmon should be rested, mix the chopped parsley and yoghurt through your slaw and you're ready to rumble. Pile the slaw up on a plate and serve alongside the salmon.

Recipes

Snacks



**SNACK****Avocado ranch dip****INGREDIENTS** (1 serving)

—

- 45g avocado
- 95g 0% fat Greek yoghurt
- ½ lemon juice and zest
- ½ garlic clove, grated
- small handful of fresh chives, finely chopped - optional
- small handful of fresh dill, finely chopped - optional
- small handful of fresh flat-leaf parsley, finely chopped - optional
- small chilli, finely chopped - optional
- vegetable batons to serve

As with any dip, feel free to experiment and get creative with the soft herb combinations.

METHOD

—

Peel, deseed and roughly chop the avocado. Throw them into a blender with the all the remaining ingredients apart from the soft herbs. Blitz everything until you have a nice smooth paste then fold through your chopped up herbs.

Serve with 6 finger-length pieces of celery or cucumber. If you prefer carrot, halve the amount.



SNACK

Protein shake

INGREDIENTS (1 serving)

- 45g protein powder
- 540ml water

METHOD

Mix protein powder and water in a shaker until mixed.



SNACK

Nuts

INGREDIENTS (1 serving)

- 30g almonds, macadamias, cashews, Brazils and walnuts - eaten raw

ONLY ONCE IN THE SAME DAY

Ensure you have all varieties throughout the week.

**SNACK****Salmon pâté****INGREDIENTS** (1 serving)

-
- 65g smoked salmon
- lemon juice - to taste
- 5ml olive oil
- ½ garlic clove, grated
- 25g cottage cheese
- small handful of chopped fresh dill
- vegetable batons to serve

Salmon and dill is a classic combo. Feel free to use any combination of soft herbs, depending on what you like. If you don't like smoked salmon, try smoked mackerel or tinned tuna.

METHOD

-

Whack all the ingredients into a blender apart from the dill and vegetable batons. Blend until a smooth consistency is formed, then stir through the fresh herbs.

Serve with 7-8 finger-length pieces of celery or cucumber. If you prefer carrot, halve the amount.



SNACK

1 x bag of Protein bites

Limit to 3 packs per week please



SNACK

1 x Meat snack

Limit to 3 times per week please

1 portion beef jerky - 65g serving

Or

1 portion biltong - 65g serving

**SNACK****Fruit****CHOOSE FROM EITHER**

—

- 160g melon
- 55g blueberries, strawberries, raspberries or blackberries
- 1 apple
- 1 pear
- 2 kiwis
- 1 orange or tangerine

Please try to limit fruit to only **ONE** of the snacks per day.

If you do have a day where you do not eat vegetables in all 3 of your meals, then you could have fruit as your second snack.

**SNACK**

Turkey-wrapped muffins

INGREDIENTS

Makes 12 muffins (6 servings)

- 165g sweet potato, peeled and diced into 1cm cubes
- 2 eggs
- 4 egg whites
- 95g mozzarella, grated
- 12 slices turkey bacon
- 40g courgette, grated
- 40g red pepper, diced
- 40g red onion, diced

These savoury muffins are an absolute winner and are best enjoyed straight from the oven. Don't eat them all at once though!

METHOD

Preheat oven to 180°C (fan 160°C, gas mark 4)

Blast the sweet potato in the microwave until soft. While the sweet potato is in the microwave, get cracking on the rest of the vegetables; dice them up the same size as the sweet potato and place in a bowl.

Next you'll need to line a 12-hole muffin tin with 1 slice of turkey bacon per hole. Now mix your eggs, egg whites and cheese through the vegetable mix and add the sweet potato when ready. Split this mix evenly between the 12 muffin holes. Using a jug to pour it in will make it easier and cleaner for you.

Now bake these little babies in the oven for 15–20 minutes until the egg mixture is cooked through.

Serve them immediately or allow to cool. Have 2 muffins as a snack, although I know you'll want more.

**SNACK**

Mousse me up

INGREDIENTS (1 serving)

—

- 270g cottage cheese
- 25g sugar free jelly powder

This feels like a childhood treat. The good news now you can choose the flavour. There are literally hundreds of flavoured jellies out there so feel free to mix it up or even go half and half with different flavours!

METHOD

—

First off, boil some water and make the jelly as per packet instructions by mixing together the jelly powder and the boiling water.

Now you need to let the jelly mixture cool in the fridge. This will take roughly 20-30 minutes depending on how cold your fridge is. Don't let your jelly set hard, you just want it to cool down. Feel free to stir it every now and again to speed up this process.

Now add the cottage cheese and the jelly mix to blender and blend until a smooth mix is achieved. Finally pour this mixture into a bowl or Tupperware and let it set in the fridge.

Cottage cheese last for up to 7 days so feel free to stock the fridge up like a boss.

TAKE A LOOK AT JOE'S EXAMPLE WEEK

To help you get started on your journey, shown below is an example of the food Joe may eat in a week, in line with the structure of the plan, including the meal choices you need to make in conjunction with your training routine.

Remember though, these are just ideas. You can train when you want and you can choose any meals you like from the relevant menus.

| WEEK 1 | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---------------------|------------------------|----------------------------------|---------------------------|---------------------------------------|-----------------------------------|------------------------------------|-----------------------------------|
| Training AM? | Yes | Yes | No | Yes | No | Yes | No |
| Meal 1 | Protein Pancakes (CR) | Build Up Bagel (CR) | Joe's Granola (RC) | Rice & Coconut Pancakes (CR) | Reduced Carb Oatmeal (RC) | Quinoa Porridge (CR) | Go Go green smoothie (RC) |
| Snack 1 | Nuts or seeds | Apple | Mousse me up | Protein Shake | Salmon pate | Biltong | Nuts or seeds |
| Meal 2 | Stir-fry (RC) | Spinach and cheese omelette (RC) | Quick and easy salad (RC) | Avocado, celery and tomato salad (RC) | Quick and easy salad (RC) | Spinach patties (RC) | Kale, apple and fennel salad (RC) |
| Snack 2 | Avocado ranch dip | Nuts or seeds | Jerky | Turkey-wrapped muffins | Berries | Turkey-wrapped muffins | Pear |
| Meal 3 | Lean muscle mince (RC) | Cheesy Piri Piri balls (RC) | Stir-fry (RC) | Spicy lean mince (RC) | Mushroom and cheese omelette (RC) | Mediterranean stuffed peppers (RC) | Lean muscle mince (RC) |

CR = Carbohydrate Refuel Post Workout Meal

RC = Reduced Carbohydrate Meal

Supplements

Optional



OPTIONAL SUPPLEMENTS

In our opinion, the most important source of the vitamins and macronutrients your body needs is through the food you eat. However, there is a case for helping your body along with some additional supplementation, so let's take a look at those we would recommend.

The most important point with all these supplements are that they **ARE NOT compulsory** if you don't want them – they will not make you burn more fat but they can enhance results by aiding with repair and recovery.

You will notice I have recommended the use of MYPROTEIN supplements. I have chosen them as they tick every box by far – including price, ingredients and taste. I highly rate their products and, by using the MYPROTEIN link later in the plan, you will be directed to my dedicated landing page, which has all the products from the plan featured and where you can benefit from my unique 10% discount code **COACH**.

POST WORKOUT – WHY?

Protein Powder

I am a big believer in macronutrient timing and one of the best things you can do post workout to look after your immune system and muscles is to consume protein.

First and foremost real food wins and always will, however it's not always the most convenient thing carrying around a chicken breast or can of tuna to consume at the end of a training session.

Protein powder certainly has its place post workout as it is quick to digest in the body due to the type of protein contained within it and because there is not much fat to slow down digestion. If you have a sweet tooth then it's a real winner for sugar cravings!

In addition to having this post-workout, another shake can be used during the day as a snack option.

RECOMMENDED PRODUCT: MYPROTEIN IMPACT WHEY PROTEIN POWDER (UNLESS VEGETARIAN, PESCATORIAN OR LACTOSE INTOLERANT, WHERE WE RECOMMEND MYPROTEIN VEGAN BLEND PROTEIN POWDER)

INSTRUCTIONS: Mix 30g with 300ml water and consume within 15-45 minutes of finishing your session.

Although I have recommended the MYPROTEIN supplement, you can purchase whatever brand you prefer. However, please try and keep within these nutritional limits (all shown per 100g serving):

| | | | |
|-----------------|--------------|----------------|--------|
| Calories | 360-440 kcal | Protein | 75-90g |
| Carbs | <8g | Fat | 4-12g |

DAILY NUTRITION – WHY?

As well as understanding why you are taking the post-workout protein powder, it will also help you to understand why a daily routine of vitamins can also be beneficial to your health and your progress.

Multi Vitamin Tablet

This has been included purely as a micronutrient safety net. Due to the structure of the meals contained within this plan, your body should be getting a wide range of micronutrients but, I know from experience that people will always have some favourites and may eat these a little more often (I'm looking at all those protein pancake addicts out there!). So a Multi Vitamin tablet is in to act as a safeguard.

RECOMMENDED PRODUCT: MYPROTEIN DAILY

INSTRUCTIONS: 1 tablet taken with water, following your first meal of the day.

Omega 3 Tablet

I am a big believer in Omega 3 as it is considered to be anti-inflammatory, helping to reduce the risk of injury and chronic disease. It has another great benefit too, enabling the absorption of fat soluble vitamins such as A, D and E. Ideally this would be provided by a diet rich in ingredients like oily fish, flax and hemp seed. Although the food in the plan is often rich in these essential fats, not all meals are as high in omega 3 as I would like.

Therefore, if you are not eating oily fish through your dietary choices of just through a dislike, then taking Omega 3 tablets will act as a top-up.

Please note though, for women of child bearing age, the intake of oily fish should be limited to no more than 2 portions (or around 300g of cooked fish in total) per week, so the addition of an Omega 3 supplement would be advisable.

RECOMMENDED PRODUCT: MYPROTEIN OMEGA 3

INSTRUCTIONS: For those not eating oily fish as part of their diet – 500mg – 900mg per day, taken as a tablet with water following your main meal.


Vitamin D Tablet

Vitamin D helps to regulate the amount of calcium and phosphorous in the body, helping to keep bones, teeth and muscles healthy. It also helps look after your immune system.

Vitamin D can be found in foods such as oily fish like salmon, trout, sardines and mackerel, eggs (yolk) and small amount in red meat. From April to the end of September, most of us should be able to get the vitamin D we need from being outside and the action sunlight has on our skin but in the autumn and winter, it can help to take a supplement to top up your levels. Remember to always be sun safe.

RECOMMENDED PRODUCT: MYPROTEIN VITAMIN D3 (UNLESS VEGETARIAN, WHERE YOU SHOULD TAKE A D2 SUPPLEMENT)

INSTRUCTIONS: 1 x 2500IU (62.5µg vitamin D) tablet per day with water following your main meal.



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MEAL PLANNER – WEEK 1

Please use the planner below to list your chosen interchangeable meal options.

| WEEK 1 | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---------|--------|---------|-----------|----------|--------|----------|--------|
| Meal 1 | | | | | | | |
| Snack 1 | | | | | | | |
| Meal 2 | | | | | | | |
| Snack 2 | | | | | | | |
| Meal 3 | | | | | | | |



MEAL PLANNER – WEEK 2

Please use the planner below to list your chosen interchangeable meal options.

| WEEK 2 | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---------|--------|---------|-----------|----------|--------|----------|--------|
| Meal 1 | | | | | | | |
| Snack 1 | | | | | | | |
| Meal 2 | | | | | | | |
| Snack 2 | | | | | | | |
| Meal 3 | | | | | | | |

MEAL PLANNER – WEEK 3

Please use the planner below to list your chosen interchangeable meal options.

| WEEK 3 | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---------|--------|---------|-----------|----------|--------|----------|--------|
| Meal 1 | | | | | | | |
| Snack 1 | | | | | | | |
| Meal 2 | | | | | | | |
| Snack 2 | | | | | | | |
| Meal 3 | | | | | | | |

MEAL PLANNER – WEEK 4

Please use the planner below to list your chosen interchangeable meal options.

| WEEK 4 | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---------|--------|---------|-----------|----------|--------|----------|--------|
| Meal 1 | | | | | | | |
| Snack 1 | | | | | | | |
| Meal 2 | | | | | | | |
| Snack 2 | | | | | | | |
| Meal 3 | | | | | | | |



Now is your time!
Take this plan and stick with it 100%!

Good luck, SMASH it and achieve the physique you
have always wanted Rebecca!

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