



WELCOME TO OUR
4 WEEK
MENOPAUSE
CAMP

**28 DAYS TO BURN FAT, ENERGISE
AND FEEL FABULOUS**

Welcome to our Menopause Camp

Welcome to our 4 week Menopause Camp. Whether you are perimenopause, menopausal or beyond our 4 week online nutritional program is designed to help you lose fat, energise your body and brain and tackle menopause symptoms.

One of the biggest concern's women have as they move towards the menopause is how to avoid the weight gain. In addition short and long term symptoms associated with falling oestrogen levels can make a significant impact on women's health. There are a number of metabolic and endocrine changes that happen around the menopause which make it much harder for women to maintain the healthy, lean body they desire as well as maintain optimal energy and brain function.

If you want to get real results, look and feel your best this program will help you achieve it. This program will not only support healthy weight loss but it also helps to address the underlying imbalances that can occur as we transition through the menopause. In addition to changes in our sex hormones (oestrogen, progesterone, testosterone) there are often disruptions in other hormones such as adrenal hormones, thyroid, leptin and insulin. These can all impact our health long term.

In my experience many women around the menopause struggle with optimal levels of these hormones which in turn can affect their weight, energy levels and contribute to the common symptoms associated with the menopause (e.g poor sleep, dry skin, low libido, hot flashes, depression etc).

Below I have highlighted the key elements of the dietary plan and recommended supplements to consider. Supplements are optional and we will discuss these in more detail during the webinars. Please note that if you are taking any medication do check for any interactions with any supplements you are taking.

Nutritional Elements of the Plan

High protein – In my experience many women fail to get sufficient protein in their diet. I recommend you aim for at least 1.2g -1.4g protein per kg of body weight. In reality this is likely to mean around 100g protein per day although this will vary depending on your weight and activity. I recommend you aim to include 25-40g protein per meal. The exact amount for you will be individual but sufficient protein through the day will be beneficial.

This means protein portion sizes will be around 150-170g poultry / fish / tofu, 2-3 eggs, 1/2 - 1 cup (150-200g) cooked lentils or beans. This is a palm size portion of protein. By consuming a higher protein content you can help to reset insulin, leptin, tackle cravings and support muscle mass. Remember too that diets that are higher in protein but lower in carbs and fat, have been shown to be more effective at changing body composition – meaning lower body fat without muscle loss.

High fibre / Prebiotics – increasing fibre in the diet aids the healthy detoxification of hormones particularly oestrogen. As oestrogen declines our gut microbiome can change so by including plenty of fibre we help to support gut bacteria diversity.


Includes healthy fats – the plan includes consumption of anti-inflammatory monounsaturated fats and polyunsaturates esp omega 3 rich foods. These include fish and seafood, avocado, olives, nuts, seeds. If you are overweight or carrying more fat than you would like bear in mind that this fat can be inflammatory. In turn this can trigger a cascade of reactions in the body which are proinflammatory. This can increase the risk of insulin resistance and in turn make it harder for you to lose weight. So including the right types of fat can be beneficial.

Includes probiotic rich foods – the inclusion of probiotic foods aids detoxification and gut health. Foods recommended include coconut yogurt, kefir, miso, fermented vegetables, tempeh, kimchi.

A focus on plant based foods - This is not a vegan plan although there are plenty of options if you are vegan. However it does place emphasis on plenty of plant based foods. These help support blood sugar balance, detoxification, gut health and being high in fibre and lower in calories can help fill you. Include a colourful selection daily to ensure a wide range of antioxidants in your diet too. These help protect your body from oxidative stress which can contribute to aging.

Includes greens daily – we recommend you include leafy greens daily e.g kale, cabbage, cauliflower, broccoli, spinach, pak choy, asparagus for detoxification support.

Avoids alcohol – alcohol intake has been associated with increased risk of hormone cancers as well as adversely influencing gut health, triggering blood sugar imbalances, adrenal imbalances as well as placing additional pressure on liver detoxification pathways.



Limits Caffeine – we recommend you limit coffee / tea to 1-2 cups daily. This helps reduce pressure on adrenal glands and upsetting blood sugar balance. Use herbal teas, green tea, dandelion or chicory coffee as alternatives.

Gluten Free – The plan is gluten free. This avoids the inflammatory effect of gluten which can affect many people. The plan focuses more on vegetables including starchy vegetables – sweet potato, pumpkin, butternut squash and gluten free grains like rice, quinoa.

Lowers overall carbohydrate intake - To assist with weight loss and reset hunger hormones the plan keeps the carbohydrate intake low.

Recommends at least 2 litres fluid per day –to support hydration and detoxification. This can include water, hot water with lemon, herbal teas, dandelion coffee.

Plenty of Polyphenols - There are many foods rich in phenolic plant compounds. These have been shown to have numerous health benefits including supporting the growth of beneficial bacteria, anti-inflammatory action, anti-oxidant. Examples include berries, dark chocolate and cocoa powder, red onion, apple etc

Promotes Time Restricted Eating - we encourage you to allow 12-14 hours overnight of no eating. Ideally finish your meal early in the evening e.g by 7pm. This has been shown to support healthy liver and digestive function and reset circadian rhythm

The Importance Of Exercise

If you really want to make a difference to your body composition and beat the belly fat then in addition to the plan you need to start moving more. At a minimum do at least 30 minutes daily of exercise – but ideally 60 minutes. This should include a combination of cardiovascular and resistance training. Schedule time each day to make exercise a priority. Exercise should be enjoyable so choose activities you enjoy that you will be able to stick with long term. If you are not a gym lover then choose activities at home or outdoors.

Relaxation

Stress can have a profound effect on our health and hormone balance. During menopause our adrenal glands also become more important in supporting levels of sex hormones (as the ovaries shut down). Chronic stress can result in a downregulation of cortisol receptors meaning we do not get the anti-inflammatory benefits anymore and our body shifts more into an inflammatory state. This is not conducive to optimal health or weight loss. To reduce the overall effects of stress it is important you engage in activities that relax your body and mind. Take time out each day to unwind.

Prioritise Sleep

The falling levels of oestrogen often result in disrupted sleep due to its effect on serotonin levels and the dreaded hot flashes. In addition did you know that oestrogen plays a key role in our circadian rhythm? So as oestrogen levels fall this can impact our sleep patterns. Typically this means we feel more tired in the morning and struggle to sleep in the evening. Insomnia can also be due to disruption in the hypothalamus-pituitary axis (HPA) as a result of inflammation or blood sugar imbalances. Quality sleep is crucial for your long term health. One of the ways to improve sleep is to readjust your circadian rhythm. There are a number of ways to do this:

Get outside daily particularly in the morning – this exposes you to light shown to help shift the circadian rhythm. Some people find Bright light Devices can be helpful too. I recommend you wake up early and get outside first thing to expose your body to sunlight.

Block out blue and green light at night – too much stimulation in the evening can interfere with sleep. You can buy red glasses and wear them 4 hours before you go to bed to help block out blue and green light that interfere with melatonin production.

Follow time restricted eating. Allow at least 12 hours (ideally 14-16 hours) of no eating overnight and eat your evening meal early. Late night eating can affect sleep quality.

Eat at the same times each day – this helps reset your circadian rhythm.

Consider periodic fasting like the fasting mimicking diet to reset your body clock.

Ensure optimal intake of vitamins and minerals. For example low levels of vitamin D, A, vitamin B12 and zinc have all been shown to disrupt our circadian rhythm.

Tackling Cravings

There are many reasons why people often struggle with cravings. Stress, habits, blood sugar imbalances, boredom are just a few contributing factors. If you do experience cravings understanding why can be helpful. For example if it is boredom why not take yourself out of the house for a walk. If you are experiencing an energy dip then keeping hydrated or making up a protein shake can help. In some cases taking a blood sugar supporting supplement can be useful (see below).

Phases of the Plan

This is a 3 phase program designed to tackle metabolic changes such as increased insulin resistance which can impact your ability to lose weight especially abdominal fat.

Reset

The plan initially starts off with a lower carbohydrate focus – this helps to improve insulin sensitivity of the cells and control cravings – you will be eating less than 60g carbs on these days.

Transform

To support healthy weight loss and reduce inflammation this phase of the plan maintains high protein but keeps carbohydrate levels low.

Maintain

At the end of the program we gradually increase the carbohydrates for long term maintenance.

Throughout the plan you will be consuming at least 100g protein daily

Supplements

While supplements are not necessary there are a number of supplement options to consider to get the best results from this plan. Your choice will depend on your individual needs – if you are unsure please contact us for advice.

Protein powder. A quality protein powder blend is a great way to ensure sufficient protein in your diet. I recommend one of the following brands although there are many options available – it often depends on personal taste.

- Nuzest
- Pulsin
- Purition
- Protein Rebel
- Vega
- My Protein Clear Vegan protein blend

The following powders also contain vitamins and minerals making them a useful way to optimise nutrient levels.

Nutri 150 (Biotics Research) (<https://www.nutri-link.co.uk/>)

Nutri Clear (Biotics Research) (<https://www.nutri-link.co.uk/>)

Blood sugar support <https://www.nutri-link.co.uk/>

Glucobalance (Biotics Research)

Liquid Chromium (Body Bio)

Berberine (Allergy Research)

ResveraSirt-HP (Biotics Research)

Lipoic Acid Plus (Biotics Research)

Stress Support

Ashwaganda Complex (Allergy Research)

Stabilium (Allergy Research)

Cordyceps Vital Superfood Powder (Hifas da Terra) from

<https://naturaldispensary.co.uk/>

Magnesium Glycinate (Pure Encapsulations) <https://naturaldispensary.co.uk/>

Consider using maca powder regularly in drinks / shakes

Thyroid Support

Meda Stim (Biotics Research)

Menopause Symptoms

EstroPrime Plus (Allergy Research)

E Mulsion 200 (Biotics Research)

Detox Support

DIM (Allergy Research)

NAC (Biotics Research)

Acetyl Glutathione (Allergy Research)

Bone Support

Osteo Vi Min (Allergy Research)

Osteo B Plus (Biotics Research)

Arthred Collagen (Allergy Research)

TIME SAVING TIPS

If you are feel overwhelmed and want a simpler meal plan then simply select one of the days in DAYS 1-5 and repeat the meals for the first five days. For the next two phases you can select just a few of the meal suggestions and repeat.

Struggle with breakfast? Then choose one of the protein shake recipes for speed

Use Frozen – bags of frozen vegetables are a great time saver and just as nutritious as free.

Prepared Veggies – bags of mixed salad, stir fry vegetables are ideal for saving time and effort in the kitchen.

Prep and freeze. Many of the meals can be frozen so get ahead and cook and freeze in portions some of the recipes before you start the programme

Use Shop Bought. There are a number of occasions where we have suggested shop bought options: e.g Heck chicken Italia or veggie sausages, Tesco veggie burgers or turkey burgers, prepared hummus, falafels, pots of cooked edamame beans or cooked tofu pieces. If you are coeliac please read the labels carefully as some brands may contain gluten.

SNACKS

We have included a couple of snacks each day – if you exercise intensely then you may wish to plan your snacks around your exercise. Each day we suggest one of your snacks is a protein shake which we suggest you blend with water, coconut water or almond / coconut milk. This will ensure sufficient protein through the day.

THE MEAL PLAN

This is broken into 3 steps

Days 1-5 Reset

Days 6 -24 Transform

Days 25-28 and beyond Maintenance

DAY 1

Breakfast: 0% Greek yogurt with berries or vegan protein yogurt

Lunch: Low Carb Spinach and Mushroom Cream soup, side salad and sauerkraut

Snack: Protein shake made with water or almond milk

Dinner: 2 grilled turkey burgers (180g) or veggie burgers (e.g Tesco Plant Chef 2 Meat Free Burgers), side salad, 200g steamed greens

Snack: 1tbsp (30g) peanut butter with celery sticks

DAY 2

Breakfast: Herb Omelette or scrambled tofu

Lunch: Spinach and Mushroom Cream soup, mixed salad with balsamic vinegar or lemon juice

Snack: 100g 0% Greek yogurt or vegan yogurt with cinnamon

Dinner: Sumac Grilled Chicken or Tofu With Salad and 200g steamed greens

Snack: Protein Shake with almond milk or water

DAY 3

Breakfast: 0% Greek yogurt with berries or vegan protein yogurt

Lunch: 1 hot mackerel fillet or 100g spicy chickpeas with mixed salad and balsamic vinegar/ lemon juice

Snack: 150g pot cooked edamame beans

Dinner: Warm Red Cabbage with a baked chicken breast or ½ can cooked lentils

Snack: Protein shake with almond milk or water

DAY 4

Breakfast: Heck Italia Chicken sausages (or 2 Heck veggie sausages), mushrooms and tomatoes

Lunch: Low carb asparagus soup, mixed salad

Snack: Protein Shake with almond milk or water

Dinner: Leftover Warm Red Cabbage with salmon fillet or ½ can cooked lentils

Snack: Christine's Chocolate Truffle or 2 squares of dark chocolate

DAY 5

Breakfast: Chocolate Maca Shake

Lunch: Low carb asparagus soup, mixed salad

Snack: Protein Shake with almond milk or water

Dinner: Shakshuka or scrambled tofu, 200g steamed vegetables and side salad

Snack: 100g 0% Greek yogurt or soy yogurt with cinnamon

DAY 6

Breakfast: Green Hydrator

Lunch: Smoked mackerel with Rocket, lychees and Sweet Lime dressing (vegan option in recipe)

Snack: Protein shake with almond milk or water

Dinner: Vegan Lentil Curry with 200g steamed vegetables

Snack: Christine's Chocolate Truffle or 2 squares dark chocolate

DAY 7

Breakfast: Protein Chocolate Cereal (makes enough for tomorrow)

Lunch: 3 bean salad (makes enough for tomorrow)

Snack: Protein Shake with almond milk or water

Dinner: Baked Chicken With Romesco Sauce (vegan option provided), 200g steamed vegetables and side salad

Snack: Peanut Protein Bar or Pulsin bar

DAY 8

Breakfast: Protein Chocolate Cereal

Lunch: 3 Bean Salad

Snack: Protein Shake with almond milk or water

Dinner: 4 falafels (e.g Tesco), gluten free pitta bread, mixed salad and 100g broccoli

Snack: 100g 0% Greek yogurt or soy yogurt with cinnamon

DAY 9

Breakfast: Protein Chocolate Chia Pudding (makes enough for tomorrow)

Lunch: Chicken Enchilada Soup or Vegetarian Hot And Sour Soup, side salad

Snack: Protein Shake with almond milk and water

Dinner: 2 turkey burgers or veggie

burgers, 200g steamed vegetables and 1 gluten free roll, side salad

Snack: 100g 0% fat Greek yogurt or vegan yogurt with cinnamon

DAY 10

Breakfast: Protein Chocolate Chia Pudding

Lunch: Chicken Enchilada Soup or Vegetarian Hot And Sour Soup, side salad

Snack: Protein Shake with almond milk and water

Dinner: Seared Salmon With Puy Lentils And Warm Mustard Dressing (vegan option provided), mixed salad and 1 small sweet potato (save remainder for tomorrow)

Snack: 2 Seeded crackers

DAY 11

Breakfast: Protein Porridge

Lunch: Leftover seared salmon with salad

Snack: Protein Shake with almond milk or water

Dinner: Tex Mex Quinoa One Pot (use leftovers for tomorrow)

Snack: Peanut Protein Bar

DAY 12

Breakfast: Green Hydrator

Lunch: Tex Mex Quinoa One Pot

Snack: Protein Shake with almond milk or water

Dinner: Thai Prawn/ Tofu Salad (leftovers for tomorrow)

Snack: 60g hummus with vegetable sticks

DAY 13

Breakfast: Herb omelette or Chocolate maca shake

Lunch: Thai Prawn/ Tofu Salad

Snack: Protein Shake with almond milk or water

Dinner: Mexican Taco bowl

Snack: 1 apple sliced with 1tbsp nut butter

DAY 14

Breakfast: 4 Heck Chicken Italia or 2 Veggie Sausages with mushrooms and tomatoes

Lunch: 120g cooked chicken breast or 100g spicy chickpeas with large mixed salad and balsamic vinegar/ lemon juice

Snack: Protein Shake with almond milk or water

Dinner: Almond Crusted Cod With Wilted Greens And Peas, side salad

Snack: 100g 0% Greek yogurt or coconut yogurt with cinnamon

DAY 15

Breakfast: Chocolate Maca Shake

Lunch: 1 smoked mackerel or salmon fillet or 100g cooked tofu pieces with mixed salad

Snack: Protein Shake with almond milk or water

Dinner: Pomegranate And Chickpea Pilaf (leftovers for tomorrow)

Snack: Peanut Protein Bar

DAY 16

Breakfast: 1 egg and 3 egg whites scrambled, mushrooms and spinach or Chocolate maca shake

Lunch: Leftover Pomegranate And Chickpea Pilaf

Snack: Protein Shake with almond milk or water

Dinner: Thai Spiced Sweet potato soup with large salad (leftovers for tomorrow)

Snack: 100g 0% Greek yogurt or vegan yogurt with cinnamon

DAY 17

Breakfast: Protein Porridge

Lunch: Thai Spiced Sweet potato soup with large salad

Snack: Protein Shake with almond milk or water

Dinner: Balsamic Tamari Marinated Veggies (leftovers for tomorrow), mixed salad

Snack: Celery sticks with 2tbsp soft cheese or 1tbsp nut butter

DAY 18

Breakfast: Carrot Cake Granola with chopped apple

Lunch: 120g cooked chicken breast or ½ can chickpeas and 60g hummus with large salad

Snack: Protein Shake with almond milk or water

Dinner: Balsamic Tamari Marinated Veggies, mixed salad, ½ pack microwave rice

Snack: Raspberry pot (leftovers for tomorrow)

DAY 19

Breakfast: Raspberry pot

Lunch: 4 falafels, 2tbsp hummus with large mixed salad

Snack: Protein Shake with almond milk or water

Dinner: Thai prawn/tofu Salad with 200g steamed vegetables

Snack: Carrot Cake granola 60g

DAY 20

Breakfast: Protein Chia Pudding (leftovers for tomorrow)

Lunch: Vegetarian hot and sour soup, mixed salad (leftovers tomorrow)

Snack: Protein Shake with almond milk or water

Dinner: Turkey San Choy (or Tex Mex Quinoa One Pot) with large mixed salad

Snack: 2 Seeded crackers

DAY 21

Breakfast: Protein Chia Pudding

Lunch: Vegetarian hot and sour soup, mixed salad (leftovers tomorrow)

Snack: Protein Shake with almond milk or water

Dinner: Creamy Garlic Chicken (vegan option provided), mixed salad

Snack: 1 apple with 1tbsp peanut butter

DAY 22

Breakfast: 1 egg and 3 egg white omelette with spinach or scrambled tofu

Lunch: Wilted Kale Salad With Toasted Seeds with 100g cooked chicken or ½ can chickpeas

Snack: Protein Shake with almond milk or water

Dinner: Salsa One Pot Chicken with Rice (vegan option provided), large salad

Snack: Raspberry Pot (leftover for tomorrow)

DAY 23

Breakfast: Raspberry pot

Lunch: Leftover Salsa One Pot Chicken with Rice and side salad

Snack: Protein Shake with almond milk or water

Dinner: Ginger & Hoisin Tempeh / Tofu

Snack: 100g 0% Greek yogurt or coconut yogurt with cinnamon

DAY 24

Breakfast: Granola with 60g berries

Lunch: Herb Omelette with salad or ½ can chickpeas with salad

Snack: Protein Shake with almond milk or water

Dinner: Sicilian Prawns (or tofu) with 3 new potatoes and 100g broccoli

Snack: 100g 0% Greek yogurt or coconut yogurt with cinnamon

DAY 25

Breakfast: 0% Greek yogurt with berries or vegan protein yogurt

Lunch: Sumac Grilled Chicken With Salad (vegan option provided)

Snack: Protein Shake with almond milk or water

Dinner: Vegan Stuffed Sweet potato

Snack: 1 apple with 1tbsp peanut butter

DAY 26

Breakfast: Protein porridge

Lunch: Leftover Sumac Grilled Chicken with salad

Snack: Protein Shake with almond milk or water

Dinner: Chana Masala with 200g steamed vegetables and ½ packet microwave rice

Snack: 60g berries with 100g vegan yogurt or 0% Greek yogurt

DAY 27

Breakfast: Granola with 60g berries

Lunch: Leftover Chana Masala with mixed salad

Snack: Protein Shake with almond milk or water

Dinner: Spicy veggie burger with gluten free roll and large mixed salad (leftovers for lunch tomorrow)

Snack: Raspberry pot

DAY 28

Breakfast: Protein porridge

Lunch: Spicy veggie burger with mixed salad

Snack: Protein Shake with almond milk or water

Dinner: Indonesian chicken with noodles (vegan option provided)

Snack: Raspberry pot

Recipes

Smoothies

Chocolate Maca Shake

Serves 1

200ml almond milk

100g frozen berries

1tsp nut butter

1tsp flaxseed

2tsp maca powder

1tbsp cocoa powder

½ tsp cinnamon

1 scoop Chocolate or vanilla protein powder

- Simply place all the ingredients in a blender and process until smooth

Nutrition per serving 292kcal, Fat 10.6g, Carbohydrates 19g, Protein 27.1g



Green Hydrator

Serves 1

Handful of spinach leaves or kale leaves

Chunk of cucumber

1 pear chopped

1tbsp lemon juice

250ml coconut water

1tsp green superfood

1 scoop protein powder (30g)

- Simply place all the ingredients in a blender and blend until smooth

Nutrition per serving 252kcal, Fat 3.2g, Carbohydrates 30.5g, Protein 22.3g



Breakfast

Greek Yogurt with Berries

Serves 1

250g 0% fat TOTAL Greek Yogurt

60g berries

1tbsp sunflower or other seeds

- Mix together and serve

Nutrition per serving 256kcal, Fat 7.7g, Carbohydrates 15.5g, Protein 30g

Vegan Protein Yogurt

Servess 1

250g Soy Yogurt

60g berries

30g protein powder

- Mix the yogurt and protein powder together. Top with berries to serve

Nutrition per serving 255kcal, Fat 9.4g, Carbohydrates 9.5g, Protein 31.7g

Protein Chocolate Chia Pudding

Serves 1

1 scoop chocolate protein powder (30g) (or vanilla and 1tbsp cocoa powder)

Pinch of sea salt

2tsp xylitol or stevia to taste

180ml almond milk

2tbsp chia seeds

15g dark chocolate to serve

- **Blend all the ingredients in a blender except the chia seeds.**
- **Place the mixture in a jug and stir in the chia seeds. Leave to soak in the fridge overnight. If too thick in the morning add a little more almond milk.**
- **Spoon into a bowl then top with a little grated dark chocolate to serve**

Nutrition per serving 388kcal, Fat 17.3g, Carbohydrates 31.6g, Protein 25.9g

Herb Omelette

Serves 1

2tsp olive oil

1 egg plus 3 egg whites (can use a carton of egg whites)

Handful of chopped fresh herbs of choice

Salt and pepper

- **Beat together the egg and egg whites. Season with salt and pepper and add the herbs.**
- **Heat the oil in a frying pan and add the eggs. Swirl around the pan and leave to set. Flip over and cook until done to your liking.**

Nutrition per serving 164kcal, Fat 10.6g, Carbohydrates 0.1g, Protein 16.8g

Scrambled Tofu

Serves 1

2 tsp olive oil

2 spring onions, chopped

3 mushrooms diced

250g silken tofu, drained

Pinch of smoked paprika

1tbsp nutrition yeast flakes

Sea salt and black pepper to

taste

drizzle tamari soy sauce

handful baby spinach leaves

- Heat the oil in a frying pan and add the spring onions and mushrooms. Sauté gently over a medium heat for 2 minutes until the mushrooms are soft.
- Add the tofu, spices, yeast flakes and spinach and scramble in the pan. Cook for a couple of minutes. Drizzle with soy sauce and season to taste.

Nutrition per serving 291kcal, Fat 16.9g, Carbohydrates 8g, Protein 25.4g

Heck Sausages with Mushrooms and tomatoes

Serves 1

4 Heck Chicken Italia Sausages or 2 veggies sausages

4 button mushrooms

2 tomatoes, halved

- Grill the chicken sausages with the mushrooms and tomatoes until
- cooked.

Nutrition per serving 178kcal, Fat 4.8g, Carbohydrates 5.9g, Protein 27.1g

Carrot Cake Granola

Serves 10

125g flaked almonds
60g walnuts, chopped
60g mixed seeds (sunflower, sesame and pumpkin)
200g gluten free oats
30g desiccated coconut
60g coconut oil melted
Juice and zest of 1 orange
1tbsp xylitol, optional
1tsp vanilla extract
1 small carrot grated
Pinch of sea salt
2 tsp ground cinnamon
60g goji berries or raisins

- Preheat the oven to 180C, gas mark 4 and line a couple of baking sheets with parchment paper.
- Place the orange juice and zest, coconut oil, xylitol, vanilla and carrot in the food processor and blend until smooth. Place the nuts in a large bowl with the seeds, oats and coconut.
- Add the wet ingredients to a dry ingredients with the sea salt, cinnamon and stir until dry ingredients are thoroughly coated.
- Spread the granola in a thin layer on the baking sheet.
- Cook for 30 minutes stirring occasionally to prevent burning.
- Stir in the raisins or goji berries. Store in an airtight container.

Nutrition per serving (60g) 280kcal, Fat 19.6g, Carbohydrates 17.4g, Protein 7g

Protein Chocolate Cereal

Makes 4 servings

15g coconut flour

1tbsp cocoa powder

1 scoop chocolate protein powder 30g

1/2 tsp gluten-free baking powder

Optional: 1 tbsp Erythritol or xylitol

75g coconut yogurt, soy yogurt or Greek yogurt

4 eggs

1tbsp Olive oil

Serve with 100g 0% fat Greek yogurt or coconut yogurt

Optional: chopped dark chocolate, sugar-free maple flavored syrup, berries

- Simply place all the ingredients in a blender and process until smooth and creamy.
- Pour the batter into a piping bottle. (If you don't have a piping bottle, you can use an empty syrup squeeze bottle.)
- Heat a frying pan to medium high heat and grease a little olive oil. Pipe the pancakes into small circles, approx. 2 cm (3/4") across. Cook them for only about a minute before flipping.
- Repeat with the rest of the batter. Store in an airtight container for 2-3 days.
- Serve with yogurt and a handful of berries or some grated chocolate

Nutrition per serving 140kcal, Fat 5.7g, Carbohydrates 5.1g, Protein 16.3g

Protein Porridge Oats

Serves 1

1 scoop protein powder (30g)

1 Sachet instant oats 27g

180ml almond milk or coconut milk

Cinnamon, optional

60g blueberries

- **Place the oats and milk in a pan and simmer gently until cooked.**
- **Stir in the protein powder and cinnamon if using.**
- **Spoon into bowls then top with berries to serve.**

Nutrition per serving 239kcal, Fat 5g, Carbohydrates 23.3g, Protein 24.1g



Soups

Spinach and Mushroom Cream soup

Serves 4

1tbsp olive oil

1 onion, chopped

1 garlic clove, chopped

450g mixed mushrooms, sliced

450ml vegetable stock

250g Bag of baby spinach leaves (can use frozen)

1 can cannellini beans, drained

60ml coconut cream or soy cream

1tbsp nutritional yeast flakes, optional

sea salt and black pepper, to taste

Top with a little extra coconut cream to serve

- Heat the oil in a large pan and sauté the onion and garlic for 2-3 minutes. Add the mushrooms and cook over a low heat for 5 minutes. Stir in the spinach and add the stock, beans, coconut cream and nutritional yeast flakes.
- Season with salt and pepper.
- Simmer for 5 minutes. Blend until smooth and creamy.
- Spoon into bowls and top with a little more coconut cream if wished. This will keep in the fridge for 3-4 days and can be frozen.

Nutrition per serving 176kcal, Fat 8.6g, Carbohydrates 11.7g, Protein 9.8g

Asparagus Cream Soup

Serves 4

1tbsp olive oil

1 small onion chopped

1 garlic clove, finely chopped

500 g fresh asparagus spears, woody ends snapped off and chopped

600ml vegetable stock

100ml coconut milk or cream

300g silken tofu, drained

sea salt and pepper to taste

- Heat the oil in a large pan and sauté the onion and garlic for 5 minutes until soft. Add the chopped asparagus and sauté for 2-3 minutes. Add the remaining ingredients and simmer the soup for 10 minutes.
- Puree until smooth and creamy. If you want a smoother texture pour the soup through a sieve as well.
- Season to taste.

Nutrition per serving 149kcal, Fat 8.3g, Carbohydrates 6.3g, Protein 10.5g

Chicken Enchilada Soup

For a vegan option replace the chicken for 1 can chickpeas

Serves 2

1 x 400g can chopped tomatoes

300ml chicken stock

200g skinless chicken breasts (or can of chickpeas)

½ onion diced

½ red pepper diced

1 celery stalk finely diced

½ red chilli deseeded and finely chopped

1 garlic clove crushed

1tsp chili powder or taco seasoning

1tsp ground cumin

¼ tsp smoked paprika

100g cooked sweetcorn

1 x 400g can black beans drained and rinsed

Salt and freshly ground pepper, to taste

1 tbsp fresh coriander leaves, chopped

- Preheat the oven to 170C gas mark 3.
- Place the chopped tomatoes, chicken stock in an oven proof casserole dish or slow cooker.
- Add the chicken to the pan and place the onion, red pepper, chilli, and garlic on top of the chicken. Stir in the spices, black beans and seasoning. Cover the pan and bring to a simmer.
- Place in the oven and cook for 40 minutes until the chicken is tender. Use a fork to shred the chicken. Spoon into bowls. Top with coriander leaves to serve

Nutrition per serving 338kcal, Fat 3.4g, Carbohydrates 33.3g, Protein 36.3g

Thai Spiced Sweet Potato Soup

Serves 4

1tbsp olive oil

1 onion, chopped

1 celery stalk, chopped

2 garlic cloves, chopped

1inch fresh ginger, chopped

2 sweet potatoes, chopped (about 400g)

3 carrots, chopped

1 can (400ml) light coconut milk

200ml vegetable stock

2 tbsp Thai red curry paste

1 can (400g) butterbeans, drained

2tsp lime juice

Sea salt and black pepper to taste.

To garnish: Chopped nuts , Coriander leaves

- Heat the oil in a large saucepan. Sauté the onion, celery, garlic, ginger over a low heat for 3-4 minutes to soft. Add the sweet potato and carrots and stir to coat in the oil. Pour in the coconut milk, stock, red curry paste, butterbeans and lime juice and bring to a simmer.
- Cover and cook for 15 minutes until the vegetables are tender.
- Puree the soup. If too thick add a little extra water. Season with salt and pepper. Reheat in the pan. Spoon into bowls and top with coriander leaves and chopped nuts

Nutrition per serving 236kcal, Fat 5g, Carbohydrates 36.6g, Protein 5.8g

Vegetarian Hot And Sour Soup

For a vegan option just omit the egg

Serves 2

10g / small handful of dried seaweed e.g nori, dulse, wakame

500ml of vegetable stock

1 tsp of root ginger, grated

1tsp root turmeric finely grated or pinch of ground turmeric

½ red chilli, deseeded and finely chopped

2 spring onions, sliced

2 shittake mushrooms thinly sliced

1 small carrot cut into julienne

225g can canned bamboo shoots drained

1 tbsp mirin

1tbsp tamari soy sauce

1 tbsp rice vinegar

1 handful of beansprouts

200g of tempeh or tofu, firm, cut into small cubes

2tsp white miso paste

1tbsp cornflour mix into a paste with 3tbsp water

1 egg beaten

1 chopped spring onion to garnish

- Place the seaweed in a small bowl and cover with water. Leave to soak for 15 minutes then drain.
- Place the stock with the drained seaweed, ginger, turmeric, chilli, spring onions, mushrooms and carrot in a saucepan and bring to the boil. Reduce to a simmer and cook for 5 minutes until the vegetables are tender. Add the bamboo shoots, wine, soy sauce, vinegar, beansprouts, tempeh or tofu and cornflour paste and stir well until the soup begins to thicken about 5 minutes. Slowly drizzle in the beaten egg into the soup to form ribbons stirring as you pour.
- Ladle the soup into bowls and scatter over the spring onion to serve.

Nutrition per serving: 197kcal, Fat 7.6g, Carbohydrates 12.1g, Protein 16.1g

Vegan Dishes

Mexican Taco Bowl

Vegan taco meat

120g walnuts, soaked for 1 hour then drained

8 sundried tomatoes, drained and chopped

1tsp onion powder

½ tsp garlic salt

1tsp smoked paprika

1 tsp cumin powder

Salad

1 Cos or Romaine lettuce shredded

Handful of rocket or watercress

½ ripe avocado cut into dice

2 celery stalks, thinly sliced

2 Handfuls of cooked sweetcorn

1 red pepper chopped

Broccoli / Cauliflower Rice

1 small head of broccoli or cauliflower 400g

1tbsp olive oil

salt and pepper to taste

- In a food processor pulse all the ingredients for the taco meat until combined and the walnuts are finely chopped. Leave the walnuts slightly chunky for the texture.
- Make up the broccoli rice. Place the broccoli florets in a food processor and process to form fine rice. Heat the oil in a large frying pan and sauté the broccoli rice for a couple of minutes to soften slightly. Season to taste.
- Divide the lettuce leaves between four bowls. Scatter over the vegetables and divide the broccoli rice and taco meat between the bowls. Drizzle with the supercharged dressing.

Nutrition per serving (without dressing) 374kcal, Fat 31.3g, Carbohydrates 7.3g, Protein 11.6g

Green Goddess Dressing

This will keep in the fridge for 1 week.

1 garlic clove crushed

200g coconut yogurt

1 tbsp apple cider vinegar

Juice of ½ lemon

2tbsp omega blend oil / flaxseed oil / olive oil

large handful packed fresh basil leaves

large handful fresh parsley

handful of fresh tarragon

handful of fresh chives

½ tsp sea salt

1 tsp maple syrup / xylitol to sweeten if needed

- Make up the dressing by placing all the ingredients in a blender and processing until smooth

Ginger & Hoisin Tempeh / Tofu

Serves 4

400g tempeh or tofu, patted dry and cut into 2cm cubes

3tbsp hoisin sauce (check gluten free if needed)

2tbsp tamari, soy sauce

2tsp fresh root ginger, finely grated

1 red chilli, deseeded and chopped

3tbsp mirin

1 garlic clove, crushed

4tbsp vegetable stock or water

1tbsp olive oil

Large Bag of Stir fry vegetables (500g)

1-2tbsp tamari soy sauce

- Place the hoisin sauce, tamari, ginger, chilli, garlic, mirin and vegetable stock in a small pan and simmer for 2-3 minutes until syrupy.
- Place the tempeh or tofu in a shallow baking dish and pour over the syrup. Ideally leave to marinate for 30 mins if possible.
- Preheat the grill to high. Line a baking tray with parchment paper. Remove the tempeh from the marinade and place on the tray. Reserve the marinade. Grill for 8-10 minutes turning occasionally to make sure it cooks all over.
- Meanwhile heat a little oil in a pan and add the bag of prepared stir fry vegetables. Stir for a minute then add the reserve hoisin marinade and additional soy sauce. Stir for a few minutes until the vegetables are softened.

Nutrition per serving 146kcal, Fat 6.9g, Carbohydrates 8.6g, Protein 10.7g

Wilted Kale Salad With Toasted Seeds

Serves 2

200g bag of chopped Kale

½ tsp garlic salt

1tbsp Nutritional Yeast flakes, optional

½ ripe avocado, chopped

½ tsp ground cumin

½ tsp onion powder

Juice of ½ lemon

200g / 7oz cherry tomatoes, halved

2tbsp toasted seeds

- Place the Kale in a large bowl and sprinkle over the salt and nutritional yeast flakes. Massage in the salt with your hands to allow the kale to soften and 'wilt'.
- Add the avocado, lemon juice and spices and massage again
- Mix in the tomatoes and sprinkle over the seeds to serve.

Nutrition per serving 229kcal, Fat 14.5g, Carbohydrates 9.6g, Protein 10.7g

Tex Mex Quinoa One Pot

Serves 4

2tsp olive oil
150g quinoa rinsed
1 red pepper, cut into chunks
1 red chilli, deseeded and diced
1 x can 400g kidney beans or black beans
1 x 400g can chopped tomatoes
100g cooked sweetcorn
1 garlic cloves, crushed
1 onion, chopped
1tsp chilli powder
1 tsp ground cumin
½ tsp garlic powder
350ml vegetable stock
200g baby spinach leaves
75g grated vegan cheese

- Lightly oil a casserole dish. Add the quinoa and the remaining ingredients except the grated cheese. Stir well. Place on the hob and bring to the boil stirring regularly.
- Cover the pan and reduce the heat to a gentle simmer. Cook for 25 minutes until all the liquid has been absorbed.
- Turn off the heat and add the spinach. Stir to wilt. Sprinkle over the cheese and season.

Nutrition per serving 328kcal, Fat 9.9g, Carbohydrates 41.2g, Protein 13g

Shakshuka

Serves 2

1 tbsp olive oil
½ onion, chopped
1 clove garlic, minced
1 red pepper, chopped
4 tbsp tomato puree
100ml chicken or vegetable stock
1 tsp ground cumin
Pinch ground turmeric
sea salt and black pepper
200 g fresh spinach
4 large eggs
60g crumbled feta cheese or vegan cheese

- Heat the oil in a large sauté pan. Cook the onion, garlic, pepper for 2-3 minutes. Add the tomato puree, stock and spices and season to taste.
- Stir in the spinach and stir until wilted. Break the eggs into the pan then cover and simmer for 5 minutes or until cooked. Scatter over the cheese to serve.

Nutrition per serving 324kcal, Fat 20.9g, Carbohydrates 8.4g, Protein 23.4g



Pomegranate And Chickpea Pilaf

Serves 2

½ tsp cumin seeds

½ tsp coriander seeds

1tbsp olive oil

1 red onion, chopped

1 red pepper, chopped

½ tsp turmeric

1 x bag of wholegrain microwave rice (250g)

30g / 1oz dried cherries or raisins

2tsp pomegranate molasses

Handful each of chopped fresh mint and parsley

2tbsp pomegranate seeds

400g / 14oz can chickpeas, drained

- Heat a frying pan and add the cumin and coriander seeds. Fry over a medium heat for 2-3 minutes, or until aromatic and lightly browned. Transfer to a mortar and grind with a pestle or blitz in a blender until fine.
- Heat the oil in a large pan and fry the onion and pepper for 5 minutes, or until softened. Add the ground toasted spices, ground turmeric, rice with a splash of water and cook for 5 minutes.
- Add the remaining ingredients and simmer for 5 minutes.

Nutrition per serving 488kcal, Fat 10g, Carbohydrates 77.7g, Protein 15.2g

Three Bean Salad

Serves 4

1 can cannellini beans, drained
1 can chickpeas, drained
1 can kidney beans, drained
60g pitted black olives
2 celery stalks, chopped
1 onion, diced
1 red pepper, diced

Dressing

1 Tbsp red wine vinegar
2tbsp olive oil
1tbsp lemon juice
1tbsp fresh parsley chopped
1 garlic clove crushed
Salt and pepper
½ tsp Dijon Mustard

- In a large bowl, add in all your beans and olives.
- Chop the celery, onion and bell pepper, then add them to the same bowl.
- Whisk all the dressing ingredients together. Pour over the salad and toss well.
- This will keep in the fridge for 2 days

Nutrition per serving 256kcal, Fat 8.5g, Carbohydrates 26.5g, Protein 11.9g

Lentil Curry

Serves 4

1tbsp olive oil or coconut oil

1 onion, chopped

1 carrot diced

1tsp chopped garlic, about 2 cloves

2-inch piece of fresh ginger, peeled and chopped or grated

1 red chilli, deseeded and diced

½ tsp ground turmeric

1 tsp ground cumin

1/2 tsp ground coriander

½ tsp smoked paprika

2 tsp curry powder

1 tsp garam masala

180g red split lentils

400ml vegetable stock

1 can (400g) chopped tomatoes

1 can light coconut milk

30g peanut butter

1tbsp lemon juice

100g baby spinach leaves

Salt and black pepper to taste

- Heat the oil in a large pan and sauté the onion, carrot, garlic, ginger, chilli for 2-3 minutes. Add all the spices with the lentils and stir to coat. Pour over the stock, tomatoes, coconut milk and peanut butter.
- Bring the pan to the boil then lower the heat and gently simmer covered for 20 minutes until the lentils are cooked and the sauce has thickened.
- Add the lemon juice, spinach and stir to wilt the spinach. Spoon into bowls and top with coriander. Season with salt and pepper to taste.

Nutrition per serving 350kcal, Fat 15.3g, Carbohydrates 33.6g, Protein 16.1g

Chana Masala

Serves 4

3 cans chickpeas, rinsed and drained
2 tablespoons coconut oil, or olive oil
2 tsp mustard seeds
1tsp cumin seeds
2 onions, chopped
4 garlic cloves, crushed
1tbsp ginger, chopped / grated
½ tsp chilli powder to taste
1tsp ground coriander
1tsp ground cumin
½ tsp ground turmeric
1 tbsp garam masala
2 x cans chopped tomatoes
Salt and pepper
1tbsp xylitol or honey

- Heat a large frying pan or casserole dish. Add the seeds and toss for 1 minute until they start to pop. Add the oil, and cook the onions for 5 minutes. Add the ginger and garlic and all the spices and stir well.
- Add the chickpeas and cook for a few minutes in the spices. Add the tomatoes, seasoning, honey and bring to a simmer for 20 minutes. If the mixture is too thick add a little water.
- Leftovers will keep in the fridge for 3 days or can be frozen.

Nutrition per serving 339kcal, Fat 10.4g, Carbohydrates 39.8g, Protein 15.4g

Vegan Stuffed Sweet Potatoes

Serves 4

4 small sweet potatoes (150g each)
1 can kidney beans rinsed and drained
100g can sweetcorn, drained
200g prepared salsa
1 small red onion, chopped
1 red chilli, deseeded and diced (or chilli powder)
Lime wedges, to serve
100g grated vegan cheese
Coconut yogurt to serve

- Preheat oven to 200C, Gas mark 6. Place the sweet potatoes on a parchment-lined baking sheet and bake for 45 minutes or until heated through.
- Mix together the beans, salsa, sweetcorn, onion and chilli. Place in a saucepan and heat through.
- Once sweet potatoes are soft, slice a deep cut lengthwise across the sweet potatoes, then stuff with the bean mixture and top with cheese. Place back in the oven to melt the cheese if wished. Serve with a little coconut yogurt.

Nutrition per serving 325kcal, Fat 8.7g, Carbohydrates 49.1g, Protein 7g

Spicy Veggie Burgers

Makes 4 burgers

Spice paste

2 spring onions chopped
1cm piece of fresh ginger, chopped
3 garlic cloves chopped
½ a small onion chopped
1 chilli, deseeded
1tbsp lime juice
2 tbsp tamari soy sauce
1 tbsp olive oil
½ tsp dried thyme
2tsp xylitol or coconut sugar
1tsp ground allspice

Burgers

1 x 400g cooked red kidney beans, rinsed and drained
100g gluten free oats
1tbsp flaxseed soaked in 2tbsp water
sea salt and black pepper

- Place the ingredients for the jerk paste in a food processor and process to form a thick paste. Add the beans and oats and flaxseed and blend briefly to combine everything but keep some texture. Season with salt and pepper.
- Divide the mixture into 4, then wet your hands and shape into burgers. The burgers can now be frozen if wished.
- To cook preheat the grill. Place on a non-stick baking tray, then grill for 5-8 mins on each side until golden and crisp. You can bake them for 20 mins at 200C, Gas mark 6 if preferred.

Nutrition per burger 229kcal, Fat 6g, Carbohydrates 32.1g, Protein 7.9g

Balsamic Tamari Marinated Veggies

Serves 2

1tbsp olive oil

350g Firm Tofu, dried and cut into cubes

1 head of broccoli, broken into florets

150g / 5 oz green beans, trimmed

225g / 8oz button mushrooms, halved

M Marinade

2tbsp extra virgin olive oil

1tbsp balsamic vinegar

1tbsp tamari, soy sauce

1 garlic clove, crushed

Freshly ground black pepper

- Mix all the marinade ingredients together.
- Heat the oil in a large frying pan and pan fry the tofu until golden all over.
- Steam the broccoli and green beans for 2-3 minutes until only just tender but still crunchy.
- Place in a large bowl with the mushrooms and tofu and pour over the marinade. Toss to coat thoroughly.
- Ideally leave for 30 mins before serving. Can also be prepared the night before

Nutrition per serving 359kcal, Fat 22.3g, Carbohydrates 9.8g, Protein 25.3g

Warm Red Cabbage With Toasted Walnuts

Serves 4

2 tbsp olive oil

450g / 1 small red cabbage, shredded

2 garlic cloves, crushed

1tsp fresh root ginger, finely grated

½ red chilli, finely diced

2 eating apples, peeled and grated

3tbsp apple cider vinegar

2tbsp tamari

1tbsp fresh lime juice

1tbsp xylitol or coconut sugar

2tbsp fresh mint leaves, chopped

2tbsp fresh coriander leaves, chopped

60g walnuts, toasted and chopped

Salt and black pepper to taste

- Heat the oil in a large sauté pan. Add the cabbage, garlic, ginger and chilli and stir to soften the cabbage, about 3 minutes.
- Add the apple, vinegar, tamari, lime juice and xylitol and continue to stir for 3-4 minutes until the vinegar has been absorbed and the cabbage is soft but still crunchy.
- Toss in the mint and coriander and spoon into a bowl.
- Sprinkle over the walnuts and season with salt and black pepper to taste. Serve warm or cold.

Nutrition per serving 215kcal, Fat 15.3g, Carbohydrates 12.8g, Protein 4.4g

Baked Chicken With Romesco Sauce

For a vegan option use firm tofu.

Serves 2

2 chicken breasts skin on (350g firm tofu)

1tbsp olive oil

1tsp honey

½ tsp smoked paprika

pinch of chilli flakes

2 garlic cloves crushed

sea salt and black pepper

1 lemon cut into wedges

1 red onion cut into wedges

Romesco Sauce

2 roasted red peppers (from a jar, drained)

5 cherry tomatoes

2 garlic cloves

1tbsp olive oil

30g flaked toasted almonds

1tsp red wine vinegar

¼ tsp smoked paprika

Pinch of cayenne pepper

Sea salt and black pepper

- In a small bowl whisk together the oil, honey, spices and garlic. Season with salt and pepper. Place the chicken in a small roasting dish with the lemon and red onion and pour over the oil mixture. Coat thoroughly. If time marinate for 30 mins. If using tofu cut the firm tofu into large cubes and marinate as above.
- To make the romesco sauce place everything in a blender with a little water if needed and blitz until smooth.
- Preheat the oven to 190C, gas mark 5.

- Roast the chicken (or tofu) for 25-30 minutes or until the chicken is cooked through and golden. Pour over the sauce and toss. Return to the oven for 10 mins to heat through.

Nutrition per serving 409kcal, Fat 23.8g, Carbohydrates 10.6g, Protein 35.5g

Creamy Garlic Chicken

For a vegan option replace the chicken with chickpeas

Serves 4

1 tbsp olive oil

1 tsp Italian seasoning

½ tsp garlic salt

½ tsp smoked paprika

8 bone in, skin on chicken thighs (or 2 x cans chickpeas drained)

1 onion, chopped

8 button mushrooms

1-2tsp chopped garlic to taste

200ml chicken stock

100ml coconut cream

1tbsp cornflour

- Place the chicken in a bowl and toss in all the spices. For vegan option toss the chickpeas in the spices.
- Heat the oil in a large casserole and sear the chicken on all sides until golden. If using chickpeas sauté in the pan for a couple of minutes to crisp up. Add the onion, mushrooms and garlic and cook for another minute. Then tip in the stock and cover the pan. Simmer for 20 minutes until the chicken is cooked.

- Mix the cornflour with the coconut cream gradually to form a smooth paste. Pour into the pan and simmer stirring for 5 minutes to thicken.

Nutrition per serving 250kcal, Fat 13.3g, Carbohydrates 6.3g, Protein 25.5g

Salsa One Pot Chicken with Rice

Serves 4

1tbsp olive oil

4 boneless skinless chicken breasts, cut in half or large pieces

1 onion, diced

1 red pepper, chopped

150g green beans, trimmed and halved

250g sweetcorn, drained (or use frozen)

350ml chicken stock

1 jar 300g prepared salsa

Sea salt and black pepper to taste

170g long grain rice or brown rice

- Heat the oil in a large casserole dish over medium heat. Add chicken pieces and sear on each side just until golden, about 2-3 minutes per side. Remove chicken and place on a plate. Add the onion and red pepper to the pan and sauté over a low heat for 5 minutes to soften.
- Rinse the rice. Add the stock and salsa to the pan. Bring to a boil, add the rice and season. Cover and reduce to a low heat so that it is barely simmering and cook for 10 minutes. Uncover and stir.
- Then place the chicken pieces, sweetcorn and green beans into the rice. Cover and cook for 12 minutes until chicken is cooked through and rice is tender. Turn off the heat but do not take off the lid. Leave it to steam for another 5 minutes. Serve with a large salad.

Nutrition per serving: 392kcal, Fat 6.3g, Carbohydrates 49.7g, Protein 31g

Sumac Grilled Chicken With Salad

For a vegan option swap the chicken for 350g firm tofu cut into cubes and either bake as below or pan fry

Serves 2

2 chicken breasts, skinless, about 250g

1tbsp sumac

1tsp olive oil

Juice of ½ lemon

1 Romaine lettuce, shredded

200g cherry tomatoes, halved

1 cucumber, cut in half lengthways, deseeded and sliced

½ red pepper, cut into chunks

8 radishes, thinly sliced

handful of parsley, chopped

Handful of mint, chopped

Dressing

1tbsp lemon juice

2tbsp olive oil

1tsp xylitol

Pinch of sumac

- Place the chicken in a shallow dish. Mix together the olive oil, lemon juice and sumac and pour over the chicken. If using tofu cut into cubes and toss in the marinade.
- Preheat the oven to 220C, gas mark 7. Place the chicken in a roasting tin and cook for 15 minutes until cooked through. Remove from the oven and allow to cool.
- Mix the ingredients together for the dressing and season to taste.
- Combine the lettuce, tomatoes, cucumber, radishes, pepper and herbs in a large bowl and toss. Top with the chicken and drizzle over the dressing to serve.

Nutrition per serving 297kcal, Fat 13.1g, Carbohydrates 9.3g, Protein 33.3g

Asian Fried Rice

Vegan option – omit the eggs. Pan fry 350g firm tofu instead. Omit fish sauce

Serves 2

1 small head cauliflower separated in florets or 450g riced cauliflower

2 large eggs, beaten (or 350g firm tofu cut into chunks)

1tbsp olive oil

200g chopped cooked chicken or other protein

Salt and pepper

1 small onion minced

100g button mushrooms sliced

½ tsp grated fresh ginger

1tsp garlic crushed

2 tbsp tamari soy sauce

½ tsp fish sauce

2 spring onions chopped

Handful each of coriander, basil and mint leaves

- Pulse the cauliflower florets in a food processor until the pieces resemble rice.
- Heat the oil in a large frying pan and add the beaten eggs. Make a thin omelette. Remove from the pan and slice it thinly
- Add the onion, garlic, ginger, mushrooms and fry for a couple of minutes.
- Add the cauliflower and cook covered for 5 minutes. Stir in the remaining ingredients including the omelette and chicken and season to taste.

Nutrition per serving 374kcal, Fat 13.7g, Carbohydrates 15.3g, Protein 44.7g

Turkey San Choy Bau

Serves 2

1tbsp olive oil
1 garlic clove crushed
1 spring onion sliced
1tsp grated fresh ginger
300g turkey mince
4 mushrooms chopped
1 carrot grated
½ courgette grated
50g canned bamboo shoots
1tsp fish sauce
1tbsp sweet chilli sauce
2tsp tamari soy sauce
½ red chilli, deseeded chopped
handful of bean sprouts

Serve with lettuce, cucumber

- Heat the oil in a large frying pan. Add the garlic, ginger, spring onion and sauté briefly for 1 minute. Add the mince, mushrooms, carrot, courgette and bamboo shoots and stir for 3-4 minutes until the turkey is cooked through.
- Add the remaining ingredients and stir fry for a further 2 -3 minutes. You can either spoon the mince into lettuce leaves or simply serve with a mixed salad

Nutrition per serving 248kcal, Fat 6.3g, Carbohydrates 6.9g, Protein 39g

Indonesian chicken with noodles

Serves 2

1 lemongrass stalk, chopped
handful of coriander leaves
1 small onion, chopped
2 garlic cloves, crushed
2cm piece root ginger, grated
1tbsp honey
1tbsp tamari soy sauce
1tbsp fish sauce
1/2tsp turmeric
1tsp garam masala
200ml light coconut milk
100ml chicken stock
2 skinless boneless chicken breasts cut into large chunks
1tbsp olive oil
1 red chilli, deseeded and diced
1 bunch of pak choy cut into strips
100g mange tout
4 shitake mushrooms, sliced
100g rice noodles
handful of bean sprouts
2 spring onions, chopped

- Place the lemongrass, coriander, onion, garlic, ginger, coconut sugar, garlic, tamari, fish sauce, garam masala, stock and coconut milk in a blender and process until smooth. Prepare the noodles according to the instructions, drain. Heat the oil in a large frying pan. Stir fry the chicken for 3-5 minutes to lightly brown.
- Add the chilli, pak choy, mange tout and mushrooms and cook for a further minute. Pour over the sauce and simmer for 10-15 minutes until the chicken is cooked. Toss in the cooked noodles and heat through.

Nutrition per serving 476kcal, Fat 14.4g, Carbohydrates 52.5g, Protein 32.2g

FISH

Thai Prawn Salad

This is also great with salmon or chicken

Serves 2

250g raw prawns

1tsp Thai fish sauce

2tsp olive oil

Freshly ground black pepper

150g / 5 ½ oz sprouting broccoli, cut into small pieces

1 carrot, cut into julienned

1 red onion, thinly sliced

200g / 7oz cherry tomatoes, halved

Handful of mange tout sliced lengthways

1 red pepper cut into long strips

Handful of coriander leaves, chopped

Handful of mint leaves chopped

Dressing

2tbsp tamari soy sauce

1tbsp maple syrup or honey

2tbsp olive oil

1/2 red chilli, deseeded and diced

1 garlic clove, crushed

Juice and zest of 1 lime

2tsp rice wine vinegar

- Mix together the fish sauce and oil. Drizzle over the prawns and let them sit for 15 minutes.
- Heat a frying pan until hot. Add the prawns and stir fry for 3-5 minutes until pink and cooked through
- To make up the dressing simply whisk all the ingredients together and set aside
- Blanch the broccoli for a couple of minutes in boiling water until al dente. Drain and rinse under cold water.
- Put all the vegetables and herbs in a large bowl and toss lightly with a little of the dressing. Add the prawns and drizzle over a little more dressing.

Nutrition per serving 385kcal, Fat 14.3g, Carbohydrates 28.2g, Protein 30.4g

Sicilian Prawns

Instead of prawns use salmon fillets or tofu

Serves 2

Bag of frozen raw prawns, defrosted or fresh (240g)

1tbsp olive oil

Dressing

2tbsp capers

1 anchovy

2 garlic cloves

Pinch of chilli flakes

Handful of mint leaves

Handful of coriander leaves

Handful of parsley leaves

1 ½ tbsp balsamic vinegar

3tbsp extra virgin olive oil

Salt and black pepper

Salad

3 roasted red peppers, chopped

1 red onion, finely chopped

2tbsp capers

8 black olives, pitted and halved

- To make up the dressing simply place all the ingredients in a mini chopper or food processor and pulse to combine – leave some texture in the dressing.
- Place the prawns in a shallow dish and pour over half of the dressing. Cover and leave to marinate for 30 mins or overnight
- Heat the oil in a frying pan. Add the prawns with their dressing and cook for 3-5 minutes until cooked and pink.
- Mix all the salad ingredients together in a bowl. Spoon on to plates and top with the prawns. Drizzle over the remaining dressing to serve.

Nutrition per serving 405kcal, Fat 27.2g, Carbohydrates 12.7g, Protein 24.3g

Seared Salmon With Puy Lentils And Warm Mustard Dressing

For the vegan option omit the salmon and double the lentils

Serves 4

1 garlic clove, crushed

2tbsp red wine vinegar

1tbsp Dijon mustard

5tbsp olive oil

1tsp coconut oil

4 salmon fillets, boneless

½ red onion finely chopped

200g / 7oz cherry tomatoes, halved

1 can puy or green lentils, drained

Sea salt and freshly ground black pepper

- Mix together the garlic, red wine vinegar, mustard and oil.
- Heat the coconut oil in a frying pan and place the salmon fillet skin side down in the pan. Cook on both sides for 3-4 minutes until the skin is golden and the fish is cooked through. Remove from the pan and keep warm.
- Add the red onion and puy lentils to the pan and stir to coat in the pan juices. Add the tomatoes and oil mustard dressing and allow the mixture to simmer for 1-2 minutes. Place the salmon on top of the lentils in the pan to warm through. Season to taste

Nutrition per serving 399kcal, Fat 22g, Carbohydrates 19.5g Protein 30.2g

Almond Crusted Cod With Wilted Greens And Peas

Serves 2

2 cod fillets, boneless, skin on
75g gluten free breadcrumbs
30g flaked almonds
salt and freshly ground black pepper
1tsp Dijon mustard
2tsp olive oil
100g frozen peas
100ml vegetable stock
200g baby spinach leaves

- Preheat the oven to 180°C, Gas 4.
- Place the breadcrumbs and almonds in a food processor and blitz lightly to break up the almonds. Season.
- Brush the flesh side of the cod fillets with a little mustard, then dredge in the nut mixture, shaking off any excess.
- Heat the oil in an ovenproof frying pan and fry the cod fillets, crumb-side down, for 1-2 minutes, or until crisp. Transfer to the oven to roast for 8 minutes, or until the fish is cooked through.
- Meanwhile cook the peas and stock for 2 minutes then add the spinach and stir until wilted

Nutrition per serving 420kcal, Fat 14.4g, Carbohydrates 34.5g, Protein 35.5g

Smoked Mackerel with Rocket, lychees and Sweet Lime dressing

Serves 2

2 hot smoked mackerel fillets

150g mange tout

Bag of lettuce leaves

½ cucumber, cut in half lengthways seeds removed and sliced

8 lychees, peeled, stoned and cut in half

Handful of basil leaves, roughly chopped

Handful of mint leaves, roughly chopped

Handful of coriander leaves, roughly chopped

1 red chilli, deseeded and diced

½ red onion, diced

30g toasted cashew nuts

Dressing

Juice of 2 limes

2tsp xylitol

1tbsp fish sauce to taste

- Blanch the mange tout in boiling water for 30 seconds, drain and refresh under cold water
- Place the mange tout with the rocket, cucumber, lychees, herbs, chilli and onion. Break up the trout and scatter over the top with the toasted cashew nuts. Mix together the lime juice, xylitol and fish sauce. Drizzle over the salad to serve.

Nutrition per serving 504kcal, Fat 32.4g, Carbohydrates 20.6g, Protein 30g

Snacks

Spicy Chickpeas

Use as a snack or vegan protein option for salads

2 Servings or 4 servings as a snack

1 x 400g can of chickpeas, drained

2tsp olive oil

Pinch of chilli powder

½ tsp smoked paprika

½ tsp garlic salt

pinch of black pepper

- Preheat the oven to 180C, gas mark 4.
- Drain and rinse the chickpeas
- Pat them dry on kitchen paper and place in a bowl
- Add the oil and spices and toss to coat
- Arrange in a single layer on a baking tray and bake for 30 minutes until golden and crisp.
- Allow to cool
- Store in an airtight container. They will keep for up to 3-4 days

Nutrition per serving (snack) 89kcal, Fat 3.3g, Carbohydrates 8.6g, Protein 4.3g

Mixed Seeded Crackers

Makes 16 crackers

150g / 1 cup whole flaxseed

60g shelled hemp seeds

60g ground almonds

2 tomatoes, chopped

½ tsp sea salt or garlic salt

½ tsp onion powder

4 sundried tomatoes, drained

Juice of ½ lemon

1tbsp nutritional yeast flakes

- Preheat the oven to 170C, gas mark 3.
- Line a baking tray with baking parchment
- Place all the ingredients in a food processor with around 2tbsp water and process until the mixture starts to come together. Scrape down the sides to make sure all the seeds are blended.
- Spread the mixture onto the baking tray and using a spatula or damp hands spread the mixture to form a rectangle about 1cm thick.
- With the back of a blunt knife mark the rectangle into even crackers
- Bake for 30 minutes until the mixture begins to turn golden. Remove from the oven and gently flip the whole sheet over back onto the tray.
- Return to the oven and bake for a further 20 minutes until crisp.
- Remove from the oven and cool on a wire rack.
- Store in an airtight container. These will keep for around 1-2 weeks

Nutrition per cracker 114kcal, Fat 8.4g, Carbohydrates 3.9g, Protein 4.2g

Christine's Maca Chocolate Truffles

Makes 16 truffles

115g cashew or almond nut butter

60g low carb syrup

2tbsp cacao powder

60g melted cacao butter or dark chocolate

30g dried berries or raisins

2tsp maca powder

Pinch of sea salt

½ tsp. vanilla extract

1tsp ground cinnamon, optional

30g vanilla, plain or chocolate protein powder

30g dried cherries

To coat: cocoa powder, desiccated coconut or crushed nuts

- Place the nut butter, maple syrup, cacao powder and melted cacao butter in a food processor and combine. Add the remaining ingredients and process to form a dough. Chill in the fridge for about 4 hours or overnight until firm. Alternatively place in a freezer to firm up.
- When the mixture is firm use a spoon to scoop out walnut size balls. Roll into balls and place on a sheet of baking parchment. Roll the truffles in a little shredded coconut, crushed nuts or dust with cacao powder.

Nutrition per truffle 105kcal, Fat 8.1g, Carbohydrates 3.6g, Protein 3.8g

Raspberry Pots

Makes 4

50g vanilla protein powder

½ tsp superfood berry powder, optional

225g raspberries fresh or frozen

250g silken tofu

1tsp vanilla extract

Juice of 1 orange

1tbsp xylitol or a little stevia to serve

Topping

2tbsp desiccated coconut

- Simply place all the ingredients in a blender until thick and smooth. Spoon into bowls or glasses and top with a little coconut.

Nutrition per serving 158kcal, Fat 6.5g, Carbohydrates 8.8g, Protein 13.6g

Peanut Protein Bars

Makes 16 bars

55g coconut flour

90g protein powder

200g peanut butter or other nut butter

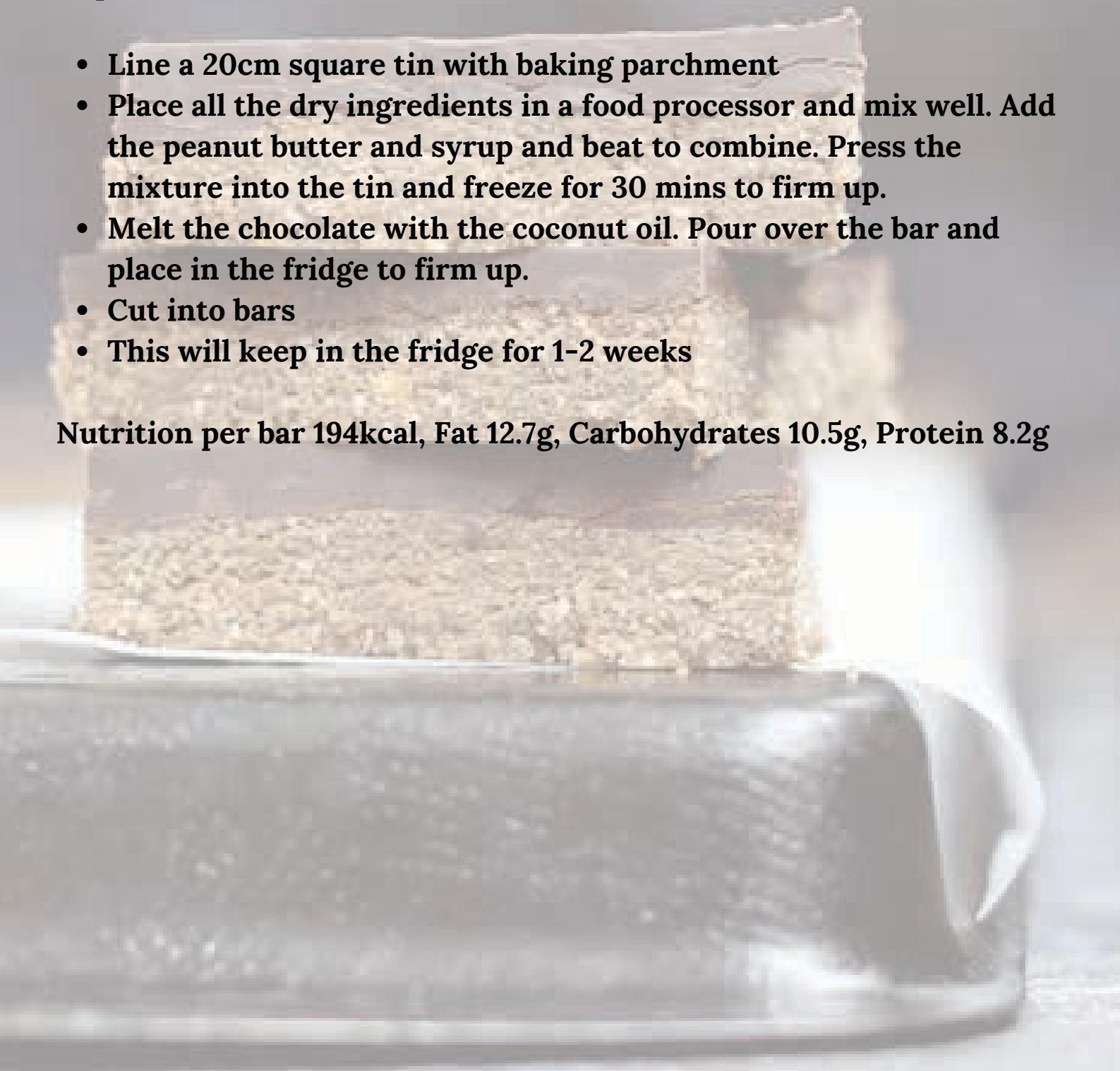
150g low carb syrup

250g dark chocolate

1tsp coconut oil

- **Line a 20cm square tin with baking parchment**
- **Place all the dry ingredients in a food processor and mix well. Add the peanut butter and syrup and beat to combine. Press the mixture into the tin and freeze for 30 mins to firm up.**
- **Melt the chocolate with the coconut oil. Pour over the bar and place in the fridge to firm up.**
- **Cut into bars**
- **This will keep in the fridge for 1-2 weeks**

Nutrition per bar 194kcal, Fat 12.7g, Carbohydrates 10.5g, Protein 8.2g





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