



GET LEAN & NOURISH 21 DAY PROGRAMME

Part 1:

Programme Info

Key Dietary Points

Our 21-day Get Lean programme is aimed to help you lose weight while balancing blood sugar and helping to curb cravings. The focus is on nutrient dense foods and recipes that are simple to prepare.

Key Programme Guidelines:

- **Protein Rich Meals** You will notice the meal plan focuses on including sufficient protein at each meal while keeping the carbohydrates relatively low. Higher protein helps to reset insulin, leptin and support muscle mass. It keeps you feeling fuller for longer while supporting muscle mass. For this reason we recommend one of your snacks is a protein smoothie.
- **Includes Healthy Snacks.** To stop you from resorting to sugary and processed snacks we have included a range of healthier suggestions. This will keep your energy levels high and combat hunger. You will not feel deprived on this plan and you can adjust the number of snacks according to your health goal.
- **Plant Focused.** Reducing your overall intake of meat can help with budgeting and shopping and also ensures a good intake of antioxidants, fibre and micronutrients. The plan also include recipes using chicken, turkey and fish to cater for all tastes. Vegan and Vegetarian options are provided throughout.
- **High fibre.** Increasing fibre in the diet aids detoxification, supports gut microbiome diversity and balances hunger hormones. Gluten free grains, starchy vegetables, leafy greens, oats etc are a few examples of useful sources included in the plan.
- **Includes Healthy fats** – the plan includes plenty of monounsaturated and polyunsaturated fats esp. omega 3 rich foods. These include fish and seafood, avocado, olives, nuts, seeds. We recommend you cook with coconut oil, olive oil, or ghee. The right types of fat can have an anti-inflammatory effect on the body. Fat is also very satisfying and does not disrupt blood sugar making it ideal for helping you lose weight and improve overall body composition.
- **Includes greens daily** – we recommend you include 1-2 cups of leafy greens daily e.g kale, cabbage, cauliflower, broccoli, spinach, pak choy, asparagus for Phase II detoxification support. When steamed vegetables are stated try and make sure some of these are cruciferous vegetables (like broccoli, cauliflower). Similarly when including a side salad the darker green leaves the better.
- **Avoids Processed meats** –For the 21 days we have excluded processed meats. These can have an inflammatory effect on the body.
- **Avoids alcohol** – If you want to avoid piling on the pounds ditch the alcohol - this is not only high in calories but will upset blood sugar levels and interfere with sleep patterns.
- **Limits Fruit to 2 portions daily** – There is nothing wrong with fruit but some people have a temptation to overdo it. Therefore watch your overall intake and focus more on vegetables
- **Limits Caffeine** – we recommend you limit coffee / tea to 1 -2 cups daily to avoid stressing the adrenal glands and reducing a reliance on caffeine as an energy boost.
- **Gluten Free** – The plan is gluten free. Gluten is a common allergen so to ensure this plan caters for as many people as possible we have kept the plan gluten free
- **Low Carbs and Grains.** The plan does not exclude grains but reduces overall intake to help you lose weight and balance blood sugar.
- **Recommends at least 2-3 litres fluid per day** –to support hydration and detoxification. This can include water, hot water with lemon, herbal teas, dandelion coffee.
- **Reduced Calorie.** This plan is designed to help you lose weight. Each day you will be eating around 1400-1500 calories a day depending on your choice of snacks and portion size of the additional sides. This is a reduced calorie meal plan designed for short term weight loss only. You can increase portion sizes if you want to increase your overall calories or include additional snacks. Remember everyone is unique so we advise you to tweak the plan as you progress according to your goals.

Note that while supplements are not included we do recommend you use a quality protein powder in some of the recipes.

The Importance of Exercise

Through the plan we recommend you include at least 30 minutes daily of exercise - ideally 60 minutes. This should include a combination of cardiovascular and resistance training.

If you are having to stay at home or have no access to the gym then either go out running, walking, cycling daily. You can also do body weight exercises daily such as press ups, squats, sit ups, lunges daily. Make use of YouTube and other resources for exercise programmes to follow. Be creative to increase difficulty (lifting bottled water, heavy objects and loaded backpacks)

Exercise enables your liver and skeletal muscles to store more glucose as glycogen and use it as fuel. It supports muscle mass, improves insulin sensitivity and boost moods. Exercise has also been shown to support immune health and reduce stress.



The Importance of Rest and Relaxation

To reduce the overall effects of stress make time to relax daily. Choose activities you enjoy whether yoga, meditation, prayer, journaling, colouring. Epsom salt bathing is a great way for time to yourself. Make sleep a priority and keep to a regular sleep routine. Avoid the temptation to lie in.

Stress and fear have a direct impact on certain receptors that can lower your immune system. To avoid panic, try to limit the time spent in front of the TV news channels and, instead, take part in activities such as reading, playing board games or gardening, if possible. Take advantage of the lockdown to engage in new activities that makes you feel good, such as meditation or mindfulness.

What You Will Avoid For the 21 Days

- Processed meats (ham, sausage, bacon etc)
- Gluten grains and gluten containing products: wheat, barley, rye, regular oats (gluten free oats are fine)
- Beverages: soda (i.e colas), fruit juice, squash, diet drinks, sweetened drinks
- Processed foods, ready meals. Deep fried foods
- Processed sauces, ketchup, brown sauce etc.
- Processed oils e.g. sunflower, safflower, corn, soya, vegetable, margarine and spreads etc.
- Refined sugar including molasses, fructose sweetened drinks
- Alcohol

Healthy Eating - Benefits of keeping it simple

We have tried to keep the recipes simple and we encourage you to cook enough to make use of leftovers the following day - this will help with shopping and preparing of meals.

You can change the recipes around if wished according to taste - look through the recipes and select those that most appeal to you. You will find many vegan / vegetarian options are included throughout.

Where possible batch cook - use one recipe and double up ingredients as needed and use the leftovers for the following day.

Resist the temptation to snack through the day - stick to the meal plan. We do recommend a protein smoothie in the afternoon which can help curb cravings and support energy levels. Often snacking is linked to boredom so keep yourself active. Have a hot drink or glass of water before you consider snacking - you may be mistaking hunger for thirst.

You will notice that we have recommended you use a protein powder in the smoothies and some of the breakfast recipes - this enables you to get sufficient protein with minimum fuss which can help keep you feeling fuller for longer. There are many good brands online which can deliver. We like Organic Whey + Collagen (chocolate and strawberry flavours) by One Pro Nutrition (<https://onepronutrition.com/>) and Vegan and Whey protein from Pulsin (<https://www.pulsin.co.uk/>)

The information provided in this plan is intended for your general knowledge only and is not a substitute for medical advice or treatment for specific medical conditions. You should seek prompt medical care for any specific health issues and consult your physician before altering your diet.

Starting the Plan - Key Points

We have included a meal plan for you to follow for 21 days. You can switch options around if wished according to taste but aim for a variety of meals through the 21 days.

Snack Options

We recommend you include one of the protein smoothie recipes or just a protein shake each day as a snack. Depending on your weight and goals you will then need at least another snack - use the list below.

- Handful of nuts or seeds 30g
- 1 Apple with 1tbsp nut butter
- 20g popcorn plain
- Handful of cherry tomatoes and cucumber
- 100g plain or coconut yogurt
- 100g sliced cooked chicken
- 1 protein shake (1 scoop with water or ice)
- 1 piece of fruit
- 2 squares of dark chocolate 25g each
- 100g cooked prawns
- 100g cooked / scrambled tofu
- Cup of miso soup e.g. Clearspring
- Celery sticks with 1tbsp almond butter
- Hard-boiled egg
- 2 gluten free oat cakes or rice cakes with 2tsp tahini or nut butter
- 50g Hummus and vegetable sticks
- 1 small piece of Chocolate courgette brownie (see recipe)
- Homemade green juice (see recipe)
- Protein pancakes (see recipe)

Programme Planning

Before you start the programme take some time to plan ahead. Look through the first week's recipes and batch cook some of them ready for the week. Many of the recipes can be frozen.

On the facebook page we have also provided you with some recorded short (15 mins) webinars to introduce you to the plan, goal setting and foundations to help you get the results you want.

Part 2: Recipes

Juice - snack



Green Cleanse Juice

Ideal for increasing your intake of greens and supporting liver detox pathways. Lemons are rich in vitamin C a powerful antioxidant to protect against inflammation and damage to cells. Lemon juice is also incredibly alkalising and cleansing supporting the liver, bile and digestion.

Preparation time: 5 minutes

Serves 1

- Two large handfuls of spinach leaves or kale
- 1 cucumber
- 1 lemon, peeled
- 3 celery stalks
- 2 apples

Simply place all the ingredients in a juicer and mix well.

Smoothies - Breakfast

Matcha Green Smoothie

Matcha green tea is not only packed with antioxidants but has been shown to help boost metabolism and weight loss. This is a great pick me up thick shake for a breakfast or before a workout. Using frozen banana gives this smoothie a delicious thick creamy texture.

Preparation time: 5 minutes

Serves 1

- 1 tsp matcha green tea powder
- 1 tsp vanilla extract, optional
- 250ml almond milk / coconut milk
- 1 scoop / 30g protein powder vanilla
- 1 small banana ideally cut up and frozen

1. Place all the ingredients in a blender and process.

Calories per serving 194kcal, Fat 1.3g, Carbs 20.3g, Protein 24.5g

Cinnamon Nut Butter Shake

An indulgent tasting shake – rich and satisfying. Adding the oats provides additional fibre to help balance blood sugar and keep you feeling fuller for longer.

Preparation time: 5 minutes

Serves 1

- 2 tsp peanut butter or cashew nut butter
- 1 tsp cinnamon powder
- 1 small banana chopped
- 1 tbsp gluten free oats
- 1 scoop protein powder
- 250ml Almond milk

1. Simply blend all the ingredients in a blender until smooth.

Calories per serving 343kcal, Fat 10.5g, Carbs 30.2g, Protein 30.1g

Mint Chocolate Protein Shake

Preparation time: 5 minutes

Serves 1

- 1 scoop chocolate protein powder
- 250ml almond milk / coconut milk
- Handful of mint leaves
- Handful of baby spinach
- A little stevia to sweeten if needed
- 1 tbsp cocoa powder
- Ice cubes – optional

1. Blend until smooth. Best served immediately

Calories per serving 142kcal, Fat 2.6g, Carbs 4.3g, Protein 24.8g

Breakfast Options

Overnight Bircher Bowl

This is such an easy recipe and the variations are endless. For a protein boost blend in a scoop of protein powder. If you're short of time place the mixture in a Tupperware container or jar, store in the fridge overnight then it's ready to eat the next day.

Preparation time: 10 minutes

Soaking time: Overnight

Serves 1

Protein Base

- 1 small banana
- 75ml almond milk
- 1 tbsp raw cacao powder
- 1 scoop protein powder
- ½ tsp cinnamon
- **Muesli**
- 10g pumpkin seeds
- 10g sunflower seeds
- 15g gluten free oats

To serve – handful of berries, 1tbsp spoonful of coconut yogurt - *optional*

1. The night before place the banana, almond milk, cacao powder, protein powder and cinnamon in a blender or nutri bullet and blend to form a thick cream. Place the seeds and oats in a bowl or container and pour over the chocolate cream. Stir well.
2. Place in the fridge overnight to soak.
3. This will keep in the fridge for 1–2 days.
4. To serve top with a handful of berries and yogurt

Calories per serving 384kcal, Fat 13.1g Carbs 32.6g, Protein 31.5g



Yogurt & Granola

Preparation time: 5 minutes

Serves 1

- 150g Greek yogurt or Coconut yogurt
- 30g Granola (see below recipe) or use mixed nuts / seeds
- 20g grated chocolate

1. Combine the granola and yogurt. Top with chocolate.

Calories per serving 365kcal, Fat 19.6g, Carbs 21.4g, Protein 24.3g

Breakfast Options

Pear Granola

This nut based granola is naturally sweetened with pear and packed with healthy fats and protein to keep you feeling energised throughout the morning. You can replace the pear with banana if wished

Make up a batch and store in an airtight container.

Preparation time: 15 minutes

Cooking time: 50 minutes

Makes 16 Servings

- 115g Gluten free oats
 - 120g mixed nuts, chopped
 - 2 tbsp. chia seeds
 - 180g mixed seeds
 - 30g coconut oil, melted
 - 30g vanilla protein powder, optional
 - 1 ripe pear, chopped
 - 1 tsp cinnamon
 - 4-6 tbsp. apple juice or coconut water
 - 60g/2oz goji berries or other dried berries
1. Preheat the oven to 180C, gas mark 4, 170C fan assisted and line a baking sheet with baking parchment. Put the oats, nuts and seeds in a bowl and mix thoroughly. Put the remaining ingredients, except the dried fruit into a blender and process until smooth. Add enough apple juice to form a smooth thick paste.
 2. Pour the wet mixture over the oats and combine thoroughly with your hands to ensure the oats and nuts are coated.
 3. Spread the mixture on to the baking sheet. Bake for 30-40 minutes until golden and crisp. Allow the granola to cool, then stir in the dried berries.
 4. Store in an airtight container for up to 2 weeks.

Calories per 35g serving 171kcal, Fat 11.1g, Carbs 11.2g, Protein 5.7g

Citrus Chia Layered Puddings

Chia puddings are so simple to prepare. Put together this parfait in the evening, pop it in the refrigerator overnight, and enjoy a healthy breakfast in the morning. For a higher protein content blend in a scoop of protein powder.

Preparation time: 10 minutes

Soaking time: overnight

Serves 2

- 50g / 5tbsp chia seeds
 - 150ml coconut milk or almond milk
 - 250g can mandarin segments in natural juice
 - 100g coconut yogurt
1. Drain the mandarin segments reserving the juice. Place the mandarin segments in a bowl and store in the fridge until needed.
 2. Place the chia seeds in a jug with the milk and the reserved juice to make up to 300ml. Stir well. Leave to soak in the fridge overnight.
 3. In the morning to assemble place a little of the chia pudding in the bottom of two glasses. Top with a few mandarin segments followed by the remaining chia pudding. Finish with a few more mandarin segments and top with the coconut yogurt.

Calories per serving 236kcal, Fat 12.7g, Carbs 25.1g, Protein 5.3g

Breakfast Options

Scrambled Greens

This is a high protein breakfast ideal for keeping energy levels high

Preparation time: 5 minutes

Cooking time: 5 minutes

Serves 1

- 3 eggs
 - 1 tsp. olive oil
 - Salt and pepper to taste
 - ¼ tsp. dried basil or oregano or 1 tbsp. if using fresh herbs
 - ½-¾ cup finely chopped kale or handful of spinach
1. Beat eggs, salt and pepper, and basil or oregano in a small bowl. Heat a frying pan, over medium heat and add the oil and greens, cooking until greens have wilted, about 2-3 minutes.
 2. Add the eggs to the pan then scramble to your taste.

Calories per serving 235kcal, Fat 16.8g, Carbs 0.1g, Protein 20.2g

Tofu Vegetable Scramble

When tofu is crumbled and flavoured with spices it makes a healthy protein rich replacement. Serve with slices of avocado for a filling and energising dish.

Preparation time: 10 minutes

Cooking time: 8 minutes

Serves 1

- 1 tsp olive oil
 - 1 garlic clove crushed
 - 2 spring onions, chopped
 - 3 mushrooms sliced
 - ½ red pepper finely chopped
 - 200g firm tofu, drained
 - Pinch of smoked paprika
 - Pinch of turmeric
 - Sea salt and black pepper to taste
 - drizzle tamari soy sauce
 - handful baby spinach leaves
1. Heat the oil in a frying pan and add the spring onions, garlic, mushrooms and pepper. Sauté gently over a medium heat for 2-3 minutes until the pepper has softened.
 2. Crumble over the tofu and stir into the vegetables with the spices, salt and pepper, and soy sauce.
 3. Stir for 3-4 minutes until the tofu begins to turn golden. Add the spinach and stir for a minute until the spinach has wilted.
 4. Spoon on to two plates to serve.

Calories per serving 202kcal, Fat 11.9g, Carbs 4.6g, Protein 18g.

Breakfast Options

Eggs with Smoked Salmon

Cooking time: 3-4 minutes

Serves 1

1tsp olive oil
3 eggs
50g smoked salmon, cut into strips seasoning
Handful of spinach leaves or leftover steamed vegetables

1. Heat the oil in a frying pan over a medium heat.
2. Beat the eggs with seasoning.
3. Pour into the pan and stir scrambling. Just before they are done add the spinach and stir to wilt.
4. Top the eggs with salmon.

Calories per serving 319kcal, Fat 21.6g, Carbs 0.3g, Protein 30.7g



Protein Pancakes

Makes enough for 2 servings. Leftovers can be a useful snack particularly after exercise.

Preparation time: 10 minutes

Cooking time: 10 minutes

Serves 2

- 2 scoops vanilla protein powder
 - 1 small banana
 - 2 eggs
 - Coconut oil or olive oil for frying
1. Combine all the ingredients in a blender.
 2. Heat the oil in a frying pan
 3. Pour spoonfuls of the batter into the pan and cook on each side for a couple of minutes
 4. Repeat with remaining batter. Serve with berries and yogurt

Calories per serving 211kcal, Fat 5.8g, Carbs 10.8g, Protein 28.7g

Breakfast Sweet Potato & Bean Hash

Serves 2

- 1 sweet potato, cubed (150g)
 - 2 tsp olive oil
 - 1/2 red onion, diced
 - 1 x 400g can butterbeans, drained and rinsed
 - pinch of chilli flakes / papriks
 - Handful of parsley chopped
1. Boil / steam the sweet potato for 5 minutes, then drain and allow to steam dry back in the pan
 2. Meanwhile, heat the oil in a large frying pan and cook the onion for 5 mins until softened. Add the sweet potato, butterbean and chilli and cook for 20 minutes or until the potatoes are golden and crispy, squashing and turning regularly with a fish slice.
 3. Sprinkle over the parsley to serve.

Calories per servings 206kcal, Fat 3.8g, Carbs 30.3g, Protein 7.8g

Soups

Spiced Lentil Soup

Lentils are a great source of protein for vegans, and provide plenty of energising iron too. This is a thick, chunky soup that is wonderfully comforting, making it a filling lunch option. If preferred you can purée the soup for a smoother texture.

Cooking time: 25 minutes

Serves 2

- 2tsp olive oil
- 1 garlic clove, crushed
- 1 small red onion, finely chopped
- 1 carrot, diced
- 1 celery stick, finely chopped
- ½ tsp grated fresh ginger
- ½ tsp ground cumin
- 2 tbsp tomato purée
- 600ml vegetable stock
- 100g split red lentils
- Large handful of spinach leaves
- 1 tbsp chopped fresh mint leaves
- 1 tbsp chopped fresh coriander leaves

1. Heat the oil in a large pan over a medium heat. Add the garlic, onion, celery and carrot and sauté for about 10 minutes until soft.
2. Stir in the ginger, cumin, tomato purée, lentils and stock and cook for about 30 minutes until the lentils are very soft.
3. Remove the pan from the heat and stir in the spinach leaves to let them wilt. Using a potato masher, break up the lentils lightly. Stir in the fresh herbs and taste and adjust the seasoning.

Calories per serving 249kcal, Fat 4.5g, Carbs 35g, Protein 13.8g

Chicken Noodle Soup

A wonderfully nourishing soup. You can use any gluten free noodles.

Cooking time: 35 minutes

Serves 4

- 2 chicken breasts
- 400ml chicken stock
- 1tsp fish sauce
- 1tsp rice wine vinegar
- 1tbsp olive oil
- 4 spring onions sliced
- 2 celery stalks, diced
- 2 carrots diced
- ½ red chilli, deseeded and diced
- 2 garlic cloves, crushed
- 1/2 tsp grated ginger
- 1 x 400g can chopped tomatoes
- 4 button mushrooms sliced
- 100g baby spinach leaves
- 200g rice or other gluten free noodles
- Handful of coriander chopped to serve

1. Place the chicken breast in a pan and pour over the stock and add the fish stock and vinegar. Bring to the boil and simmer for 15 minutes. Turn off the heat and leave the chicken to continue to cook in the stock for a further five minutes. Remove the chicken from the stock and set aside. When cool to handle shred the chicken.
2. Meanwhile cook the noodles according to the packet instructions, drain and rinse.
3. Heat the olive oil in a large pan and sauté the spring onions, carrot, celery, chilli, ginger and garlic for 3-5 minutes until the celery is soft. Pour over the reserved chicken stock, canned tomatoes and add the mushrooms. Cook gently for 10 minutes until the vegetables are soft.
4. Add the chicken, spinach and noodles and heat through.
5. Spoon into bowls and top with chopped coriander leaves.

Calories per serving 186kcal, Fat 3.7g, Carbs 18.1g, Protein 18.1g

Soups

Chunky Minestrone Soup

A hearty, chunky soup packed with an array of nutrient rich vegetables especially dark leafy greens rich in B vitamins, magnesium and folate.

Preparation time: 10 minutes

Cooking time: 25 minutes

Serves 4

- 1 tbsp olive oil
 - 2 carrots, roughly chopped
 - 1 red onion, chopped
 - 3 sticks celery, chopped
 - 2 garlic cloves crushed
 - 2 leeks, sliced
 - 1 small potato, peeled and cut into dice
 - 400g can chopped tomatoes
 - 600ml vegetable / chicken stock
 - ½ savoy cabbage, shredded
 - 1 x 410g can cannellini beans, drained
 - 2tbsp parsley, chopped
 - 2tbsp grated dairy free cheese - *optional*
 - Sea salt and black pepper
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- Heat the oil in a large saucepan and sauté the carrots, onion, celery, garlic, leeks and potato over a low heat for about 10 minutes.
 - Add the tomatoes and stock. Simmer for 10 minutes. Add the cabbage and beans and season to taste. Simmer for a further 5 minutes.
 - Stir in the parsley scatter with dairy free cheese if wished to serve.

Calories per serving 203kcal, Fat 5.6g,
Carbs 23.6g, Protein 9g



Broccoli, Fennel & Pear Soup

This is a beautiful, light yet creamy tasting soup. The addition of pear provides a natural sweetness to this soup. Serve with protein on the side.

Serves 2

- 1tbsp olive oil
- 1 small onion, chopped
- 150g broccoli, chopped
- 1 fennel bulb, chopped
- 1 pear, cored and chopped
- 600ml vegetable stock
- Olive oil for drizzling

1. Heat the olive oil in a large pan and sauté the onion and garlic for a couple of minutes.
2. Add the broccoli and fennel and stir to coat in the oil. Add the vegetable stock and bring to a boil. Simmer for 20-25 minutes until the vegetables are tender. Place the soup in a blender with the pear and process until smooth and creamy.
3. Serve with a drizzle of olive oil.

Calories per serving 142kcal, Fat 5.7g, Carbs 12.5g, Protein 5.4g

Light Dishes & Salads

Spicy Chicken with Cauliflower Rice

For a vegan option replace the chicken with 200g firm tofu cut into chunks.

Serves 1

- 1 chicken breast (120g)
- seasoning
- Pinch each of cumin, paprika, oregano, garlic powder
- drizzle of hot chilli sauce
- drizzle of olive oil

Cauliflower

- 2tsp olive oil
- 1/2 small cauliflower (120g)
- 1/2 tsp crushed garlic
- 1/2 small onion, diced
- 1tsp tamari soy sauce
- Handful of spinach leaves
- 100ml chicken stock

3. Bash the chicken breast between two pieces of cling film to flatten. Place in a dish and add the spices, seasoning, chilli sauce and drizzle of oil. Coat thoroughly.
4. Place the chicken on a baking tray. Grill on each side for 5 minutes until cooked.
5. Break up the cauliflower and whizz in a food processor to form 'rice' pieces. You can grate it instead.
6. Heat the oil in a large frying pan and saute the garlic and onion for 1-2 minutes. Add the cauliflower and spinach and mix well then pour over the stock and cook for 2-3 minutes. Serve with the chicken and salad

Calories per serving 259kcal, Fat 8.6g, Carbs 7.9g
Protein 35.7g

Pad Thai

A great vegan version of this popular salad. Vary the ingredients according to what you have. You can add some chickpeas/ edamame beans for additional protein

Preparation time: 15 minutes

Storage: Will keep in the fridge for up to 2 days

Serves 2

- 2 carrots, spiralised or julienned
- ½ Chinese cabbage, shredded
- 1 courgette, spiralised or julienned
- 1/2 red pepper, sliced thinly
- 2 mushrooms sliced
- 100g cooked GF noodles
- 1tbsp cashew nuts
- Handful of coriander leaves, chopped

Nut Dressing

- 2tbsp almond butter (or other nut butter)
- 1/2 tsp grated ginger
- 2tsp lemon juice
- 1tsp xylitol or maple syrup
- 1tbsp tamari soy sauce
- 1/2 tsp cumin
- Pinch of chilli powder or flakes
- 2-3 tbsp water to thin

1. To make the nut sauce simply whisk or blend the ingredients together adding enough water to create a thick dressing.
2. Place all the ingredients for the salad in a large bowl and stir through the nut sauce.
3. Season to taste and serve.

Calories per serving 323kcal, Fat 15.3g, Carbs 28.6g, Protein 12.3g

Light Dishes & Salads



Speedy Kale Salad

The kale leaves soften and wilt when mixed with the dressing ingredients giving it a 'cooked' texture so allow it to sit for 10 minutes before serving.

Preparation time: 10 minutes

Storage: Will keep in the fridge for up to 2 days

Serves 2

- 200g kale chopped
 - 1/2 tsp garlic salt
 - 200g cherry tomatoes, halved
 - 4 mushrooms, sliced
 - 2tbsp mixed seeds
 - **Dressing**
 - 1/2 ripe avocado
 - 2tsp tamari soy sauce
 - 1/4tsp onion powder
 - Pinch of smoked paprika
 - 1tbsp olive oil
 - Juice of 1/2 lemon
 - 1tsp xylitol or stevia (optional)
 - 1tbsp Nutritional Yeast flakes optional
 - water to blend
1. Wash the kale and remove any tough stalks, Chop into small pieces
 2. Add the garlic salt and massage into the kale leaves squeezing the kale leaves using your hands until the leaves begin to wilt.
 3. Add the remaining salad ingredients to the kale
 4. Make up the dressing by blending the ingredients together
 5. Pour the dressing over the kale and mix well using your hands
 6. Allow to sit for 10 minutes before serving

Calories per serving 257kcal, Fat 18.6g, Carbs 9.4g, Protein 9g

Courgette Bolognese

Serves 2

- 2 courgettes, julienned or spiralised
 - 2tsp olive oil
 - 1 onion, chopped
 - 1/2 tsp chopped garlic
 - 1 red pepper, chopped
 - 250g turkey mince or sunflower (vegan) mince
 - 1tbsp tomato puree
 - 1 can chopped tomatoes
 - Pinch of chilli flakes
 - Pinch of smoked paprika
1. Heat the oil in pan and saute the onion, garlic and red pepper for 3-4 minutes.
 2. Add the turkey mince and brown for 5 minutes. Add the remaining ingredients except the courgette and simmer for 15 minutes until cooked.
 3. Heat a little oil in another pan and saute the courgette to soften. Alternatively steam briefly to soften or simply add to the bolognese and simmer for a couple of minutes.

Calories per serving 314kcal, Fat 11.1g, Carbs 14.8g, Protein 35.8g

Light Dishes & Salads

Tamari Mushroom & Bean Salad

Preparation time; **10 minutes**

Storage: Will keep in the fridge for 2 days

Serves 4

- 400g chestnut mushrooms, sliced
 - 1 red onion, diced
 - 3 tbsp balsamic vinegar
 - 3 tbsp tamari soy sauce
 - 2 tsp xylitol or coconut sugar
 - 1 garlic clove, crushed
 - 300g green beans
 - 1 tbsp coconut oil / olive oil
 - 3 x 400g tins mixed beans, drained
 - large bag of mixed leafy salad greens
1. Place the mushrooms and onion in a shallow bowl and pour over the vinegar, soy sauce and xylitol. Stir in the garlic and leave to marinate for at least 1 hour.
 2. Meanwhile bring a pan of water to the boil. Add the green beans, cover and cook for 4–5 minutes until tender. Drain and place and refresh under cold water, then drain again.
 3. Melt the coconut oil in a pan and add the mushrooms and onion along with the marinade. Cover the pan and simmer over a low heat for 2 minutes to soften the mushrooms.
 4. Place the green beans and tinned mixed beans in a large bowl with the salad greens. Top with the mushroom and onion mixture and toss gently to combine. Serve warm or cold.

Calories per serving 243kcal, Fat 3.9g, Carbs 28.7g, Protein 16g

Sicilian Quinoa Bowl

A wonderful Mediterranean inspired dish full of antioxidants and anti-inflammatory fats. Perfect for packed lunches and delicious warm or cold. Prepare in advance to allow the flavours to develop. For additional protein serve with some sliced roast chicken or prawns. For vegetarians leave out the anchovy. For a lower carb version use cauliflower rice instead of quinoa.

Preparation time: 15 minutes

Cooking time: 15 minutes

Serves 4

- 140g quinoa
 - 375ml vegetable stock
 - 2tbsp capers
 - 1 anchovy chopped
 - 1 garlic clove, crushed
 - handful of mint leaves
 - handful of parsley leaves
 - 75ml olive oil
 - 2tbsp red wine vinegar
 - 2 roasted red peppers (jar), chopped
 - 2 celery stalks, chopped
 - 60g black pitted olives, halved
 - 200g cherry tomatoes, halved
 - 1 small red onion, diced
 - 30g toasted pine nuts
1. Put the quinoa in a pan and pour over the vegetable stock. Bring to the boil over a medium heat, then turn the heat down to low, cover and leave to simmer for 15 minutes until the quinoa is tender. Leave the lid on and allow it to steam for a further 5 minutes.
 2. Transfer to a large bowl.
 3. Place the capers, anchovy, garlic, herbs, oils and vinegar in a food processor and pulse lightly to combine.
 4. Add the remaining ingredients and mix gently. Pour over the dressing and toss to coat.

Calories per serving 385kcal, Fat 27.9g, Carbs 23.2g, Protein 8g

Light Dishes & Salads



Warm Lentil, Tomato & Olive Salad with Tahini Cream

A fabulous speedy protein salad which can be served warm or cold. The tahini cream is also wonderful drizzled over cooked vegetables.

Preparation time: 15 minutes

Cooking time: 17 minutes

Serves 4

- 250g puy lentils rinsed or use 2 cans of puy lentils cooked
- 2tsp coconut oil / olive oil
- 200g cherry tomatoes halved
- 2 garlic cloves crushed
- 4 celery stalks, finely chopped
- 1 small red onion finely chopped
- 100g black olives, drained and halved
- handful of fresh parsley chopped

Dressing

- 2tbsp tahini
- Juice of 1 lemon
- 2tsp xylitol or granulated stevia
- ½ tsp ground cumin
- sea salt and black pepper to taste
- Water to blend

1. Place the lentils in a pan and cover with water. Bring to the boil and simmer for 20 minutes until cooked. Drain and place in a bowl.
2. Heat the coconut oil in a frying pan. Add the cherry tomatoes, garlic, celery, onion and sauté gently for 3-4 minutes to soften the tomatoes. Stir in the lentils and olives and heat through.
3. To make the dressing whisk all the ingredients together and season to taste. Add enough water to make a thick dressing. Pour the dressing over the lentils and warm through in the pan.
4. Spoon the salad onto plates, top with parsley.

Calories per serving 341kcal, Fat 11.8g, Carbs 34.6g, Protein 18.7g

Smoked Salmon Stir Fry

Serves 1

2tsp olive oil
1tsp chopped garlic
150g bag of mixed stir fry vegetables
2 eggs
1tbsp tamari soy sauce
100g smoked salmon, torn into pieces
black pepper

1. Place the oil in a frying pan over a medium heat.
2. Add the garlic, vegetables and stir fry for 3-4 minutes.
3. Whisk the eggs in a bowl. Add a little extra oil in a separate frying pan and add the eggs to make an omelette. Remove from the pan then cut into strips.
4. Add the soy sauce to the vegetables with the omelette and smoked salmon and mix to combine.

Calories per serving 432kcal, Fat 25.6g, Carbs 9.2g, Protein 39.1g

Light Dishes & Salads

Chickpea Salad with Caper Citrus Dressing

A simple cleansing salad with a tangy light dressing . Use whatever vegetables you have.

Preparation time: 15 minutes

Serves 2

- 300g mixed salad greens, such as watercress, baby spinach and romaine lettuce
- 1 carrot, grated
- 2 spring onions, chopped
- 1 red pepper, diced
- 2 tomatoes, chopped
- 1 x can chickpeas, drained
- **Dressing**
- 2 tbsp capers, rinsed
- 1 garlic clove, crushed
- 1 tbsp fresh parsley, chopped
- 1 tsp white miso paste
- 1 tbsp orange juice
- 1 tbsp red wine vinegar
- 2 tbsp olive oil
- ½ tsp sea salt and black pepper

1. Mix together all the dressing ingredients.
2. Place all the ingredients for the salad in a bowl and mix together.
3. Pour over the salad just before serving

Calories per serving 322kcal, Fat 14.3g, Carbs 27.3g, Protein 14.3g

Spinach Frittata

Eggs are a high protein food and contain all the crucial amino acids your muscles need. They also contain Vitamin K, which is vital for healthy bones, plus choline, a brain nutrient that aids memory. Serve with plenty of leafy greens to provide magnesium, B Vitamins and folate - all important for energy levels.

Cooking time: 10 minutes

Serves 1

- 2tsp olive oil
- 2 handfuls of baby spinach
- ½ onion, diced
- 3 eggs beaten
- Salt and pepper

1. Heat an oven proof frying pan. Add the oil then sauté the onion and spinach for a couple of minutes. Season the eggs.
2. Pour into the pan and stir lightly. Cook for a couple of minutes until set. Place under a grill and grill until brown.
3. Serve hot or cold.

Calories per serving 274kcal, Fat 19.9g, Carbs 2.4g, Protein 20.8g

Light Dishes & Salads

Broccoli & Bean Salad

Preparation time: 5 minutes

Serves 2

- 300g chopped broccoli
- 1 large apple, diced
- 1 carrot grated
- 1tbsp mixed seeds
- 1 x 400g can cooked beans, drained

Dressing

- 2tsp olive oil
- 1tsp maple syrup or honey
- 1/2 tsp Dijon mustard
- 2 tablespoons vegan or regular mayonnaise
- 1 tbsp lemon juice or apple cider vinegar
- Seasoning
- 75g plain or coconut yogurt

1. Steam the broccoli until just tender.
2. In a large bowl mix broccoli, apple and carrot, and seeds and beans.
3. Whisk together the dressing ingredients
4. Add the dressing and toss well.

Calories per serving 464kcal, Fat 23.8g, Carbs 34.7g, Protein 18.4g

Pineapple & Turkey Salad

This is a delicious fruity salad which is delicious served with other meats and great with prawns.

Preparation time: 10 minutes

Cooking time: 10 minutes

Serves 4

- 1tbsp olive oil
- 400g minced turkey
- 200g canned pineapple chunks
- 4 spring onions, thinly sliced
- 1 red pepper deseeded and diced
- 1/2 cucumber cut in half lengthways then sliced
- 2 little gem lettuces, shredded
- handful of mint leaves, chopped
- handful of basil leaves, chopped

Dressing

- Juice of 3 limes
- 2tsp xylitol
- 1 garlic clove, crushed
- 1-2tbsp fish sauce to taste

1. Make up the dressing by placing all the ingredients in a screw top jar and shake vigorously to combine.
2. Heat the oil in a sauté pan and add the turkey. Cook for about 10 minutes until browned and cooked through breaking up the mince with a wooden spoon. Cool slightly then place in a large glass bowl with the remaining ingredients.
3. When ready to serve pour the dressing over the salad and mix gently. Spoon on to plates to serve.

Calories per serving 238kcal, Fat 9g, Carbs 9.5g, Protein 28.8g

Main Dishes

Moroccan Spiced Mackerel

This recipe is full of North African flavours. The tangy marinade is rich in anti-inflammatory spices and makes a delicious dressing to serve over the cooked fish. You can use frozen fillets in this dish if wished. Instead of preserved lemon use a little lemon zest.

Serves 2

- 2 mackerel fillets, skin on
- 1 roasted red pepper (from a jar), chopped
- 1 tbsp capers, rinsed
- handful of parsley, chopped
- 1 preserved lemon, rind only chopped
- 2 spring onions, finely chopped
- 15g toasted pine nuts, optional

Marinade and Dressing

- 4tbsp olive oil
 - 2tbsp red wine vinegar
 - 1tbsp smoked paprika
 - 1/2 tsp turmeric
 - 1tsp ground cumin
 - 2 garlic cloves, crushed
 - Sea salt and black pepper
1. Place the mackerel fillets into a medium-sized glass bowl. Mix all the marinade ingredients together and spoon half over the fish. Marinate for 30 minutes. Place the remaining marinade in a bowl with the red pepper, capers, parsley, preserved lemon and spring onion.
 2. Preheat the grill to moderately hot. Place on a lined baking tray. Grill for 5 minutes until cooked through.
 3. Place the mackerel on plates and pour over the dressing to serve. Scatter over a few pine nuts if wished.

Calories per serving 444kcal, Fat 36.5g, Carbs 3g, Protein 24.3g



Main Dishes

Fish Tagine with Green Olives & Preserved Lemon

This is a mild, mellow tagine with a refreshing tangy sauce thanks to the addition of preserved lemon and salty olives. Unlike meat tagines this takes much less time to cook making it an easy afterwork dish.

Serves 2

- 2 firm white fish fillets e.g cod or haddock
- 1tbsp coconut oil / olive oil
- ½ onion, finely sliced
- ½ garlic clove, chopped
- 1 tsp tomato puree
- ½ tsp turmeric,
- ½ tsp ground cumin
- ½ tsp ground coriander
- 200g canned chopped tomatoes
- ½ x 400g tin chickpeas
- 8 okra halved lengthways or 100g green beans
- 1 carrot, diced
- 1 preserved lemon, rind only chopped
- 6 green pitted olives
- 200ml vegetable or chicken stock
- 75g raw peeled prawns
- Fresh coriander
- 100g quinoa, rinsed

1. Heat the oil in a large pan and sauté the onion and garlic gently for 5 minutes, until softened but not coloured.
2. Stir in the tomato puree and spices and cook for a further minute. Add the tomatoes, stock, chickpeas, honey, okra, carrot, lemon and olives. Bring to a simmer and cook for 10-15 minutes until the vegetables are cooked.
3. Meanwhile place the quinoa in a separate pan with 400ml water. Bring to the boil then reduce to heat to very low cover the pan and simmer for 15 minutes until cooked. Turn off the heat and leave the quinoa in the pan with the lid covered while you finish the tagine.
4. Add the fish fillets and prawns, gently pushing them down into the sauce. Allow the fish to cook in the sauce over a very gentle heat, covered, for 5-7 minutes until the fish and prawns are cooked through. Scatter over the coriander and serve with the quinoa.

Calories per serving 490kcal, Fat 12.8g Carbs 45.5g, Protein 42g

Main Dishes

Chilli Glazed Salmon with Cucumber Lime Salad

Wild Alaskan salmon is an excellent source of omega 3 fats and protein. In this dish fillets of salmon are marinated in a tangy Asian style dressing and accompanied by a light refreshing cucumber salad.

Serves 2

- 1 pickled chilli, drained
 - 2 garlic cloves, crushed
 - 1tbsp tamari soy sauce
 - 2tbsp apple cider vinegar
 - 1tbsp coconut sugar or xylitol
 - 2 salmon fillets, boneless, skin on
 - **Dressing**
 - 2tbsp Lime juice
 - 1tbsp xylitol
 - 1tbsp mirin, optional
 - Handful of bean sprouts
 - 1 cucumber, halved and thinly sliced
 - Small handful fresh mint leaves, chopped
 - Small handful of coriander leaves, chopped
 - 2 spring onions, sliced finely
 - 1tbsp chopped cashews
1. Place the chilli, garlic, vinegar, tamari and coconut sugar in a food processor and process to combine. Put the salmon fillets in a shallow dish. Pour over the marinade and set aside in the fridge for 30 minutes.
 2. Make up the dressing by mixing the lime juice, xylitol and mirin together until the xylitol has dissolved. Put the bean sprouts, cucumber, mint, spring onions, cashews and the dressing in a bowl and toss until well combined.
 3. Preheat the grill to high. Remove the salmon from the marinade. Place the salmon on a lined baking tray. Grill for about 7 minutes or until the fish is golden and just cooked through. Place the remaining marinade in a small pan and simmer to form a glaze. Pour over the cooked salmon.

Calories per serving 347kcal, Fat 16.3g, Carbs 19.7g, Protein 29.8g

Harissa Sardines with Tahini Yogurt Dressing

A delicious light dish full of Moroccan flavours. The addition of lemon and chilli from the harissa makes a wonderful marinade for the rich oily flesh of the sardines.

Serves 4

- Olive oil
- 4 fresh sardines, scaled, gutted, gills removed
- sea salt and freshly ground black pepper
- 1 lemon, juice and zest
- 1tbsp olive oil
- 1 tablespoon harissa paste
- 60g pine nuts
- 60g pitted black olives, halved
- Handful of coriander leaves, chopped

Tahini Yogurt Dressing

- 150g Greek yogurt
 - 3 tbsp tahini
 - Juice of 1/2 lemon
 - 2 garlic cloves, crushed
 - pinch of ground cumin
 - Sea salt and black pepper to taste
1. Make up the yogurt dressing by mixing all the ingredients together in a bowl. Chill until required
 2. Mix together the lemon juice, olive oil and harissa paste. Season the sardines with sea salt.
 3. Heat a griddle pan or frying pan and drizzle over a little olive oil. Place the sardines in the pan and cook for 2-3 minutes on one side. Turn over the sardines and pour over the harissa paste. Cook for a further 2-3 minutes. Scatter over the pine nuts and olives and warm through.
 4. Serve the sardines with a leafy green salad and accompany with the tahini dressing.

Calories per serving 390kcal, Fat 28.6g, Carbs 2.6g, Protein 29.4g

Main Dishes

Polenta Fish Bites

Crispy oven baked fish fingers makes this ideal for a family meal. Serve with salad or steamed vegetables.

Serves 2

- 250g pollock, cod or haddock fillets
 - Juice of 1/2 a lemon
 - Sea salt and black pepper
 - 50g polenta
 - 50g dried gluten free breadcrumbs or extra polenta
 - 1 egg, lightly beaten
 - 2 tbsp olive oil
1. Heat oven to 200C/fan 180C/gas 6.
 2. Cut the fish into 8 pieces, then squeeze over the lemon juice.
 3. Grease and line baking sheet with baking parchment. Mix the polenta and breadcrumbs and season with salt and pepper.
 4. Dip the fish into the egg, then turn several times in the polenta and breadcrumb mixture to coat. Repeat with all the pieces of fish.
 5. Drizzle with olive oil and bake for 15 mins, turning halfway through cooking.
 6. Serve with steamed vegetables and salad.

Calories per serving 300kcal, Fat 13.9g, Carbs 14.3g, Protein 28.3g



Turkey Burgers

A delicious high protein option – serve with steamed vegetables and salad.

Makes 6 burgers

- 2 portobello mushrooms finely diced
 - 3 tbsp olive oil
 - 1 red pepper finely diced
 - 1/2 onion finely diced
 - 450g turkey mince
 - 1 egg
 - salt and pepper
1. Heat a cast iron sauté pan / frying pan over medium high heat. Add 1tbsp oil and heat until shimmering. Add the mushrooms to the oil and sauté, stirring occasionally, until they've released their water content and are browned and crispy, about 10 minutes.
 2. Add the red peppers and onions to the pan and stir to combine. Continue to sauté, stirring occasionally, until the peppers and onions are just barely soft, about 5 minutes.
 3. Remove the vegetables from the heat and set aside until they're cool enough to handle (about 5 minutes).
 4. In a mixing bowl, combine the sautéed vegetables with the ground turkey, egg, salt, and pepper. Mix gently with your hands until the veggies are evenly distributed through the turkey meat.
 5. Place a piece of parchment paper onto a baking sheet or cutting board large enough to fit 6 burgers
 6. Rub a bit of oil into your hands. Dive the mixture into 6 equal portions, then form into patties. Fry in the pan for 5 minutes to brown on each side. Then bake in the oven at 180C for 15 minutes until cooked through.

Calories per burger 183kcal, Fat 10.1g, Carbs 1.1g, Protein 21.7g

Main Dishes

Vegan Bean Patties

These creamy burgers have a lovely summery Mediterranean flavour. Easy to make, these burgers can be prepared in advance and cooked when needed. They can also be frozen.

Preparation time: 20 minutes

Cooking time: 5 minutes

Serves 6

- 3 x 400g tin cannellini or butter beans
 - 3 cloves garlic peeled
 - 1 onion chopped
 - *1 flax egg
 - 5 tablespoons Vegan Parmesan Cheese or nutritional yeast flakes
 - 3 tablespoon chopped basil
 - 3 tablespoon gluten free flour
 - Oil for frying
1. Drain the beans and rinse them. Whizz them in a food processor or blender with the garlic, onion, flax egg, cheese, basil and place in the fridge for 15 minutes. Shape the mixture into six little patties. The mixture is soft, so flour your hands.
 2. Lightly fry in oil until golden. Serve with salad or steamed vegetables.

Calories per serving 186kcal, Fat 5.2g, Carbs 21.4g, Protein 9.9g

**Flax Egg recipe – 1tbsp flaxseed or chia seeds soaked in 3tbsp water for 5 minutes*

Chipotle Spiced Tofu Wraps

The smoky chilli tomato sauce adds a wonderful flavour to the tofu while cooking. Vary the toppings in the wraps according to taste – try salsa, shredded lettuce or avocado. Tempeh could also be used instead of tofu in this protein packed dish. Any leftover tofu can be served for lunch the next day.

Preparation time: 20 minutes

Cooking time: 10 minutes

Serves 2

- 1 chipotle chilli dried or use pinch of chilli flakes
 - 400g firm tofu
 - 2tbsp olive oil
 - 4 plum tomatoes, halved
 - 3 garlic cloves
 - sea salt and black pepper
 - ½ red onion, chopped
 - shredded lettuce leaves, slices of avocado to serve, optional
 - 2 gluten free wraps
1. Soak the chilli in warm water for 20 minutes then drain. Place the tomatoes and garlic in a baking dish. Drizzle over 1tbsp olive oil and grill for 15 minutes until the tomatoes are lightly golden. Place in a food processor with the chipotle and seasoning and pulse to form a coarse puree.
 2. Slice the tofu into thick slices and season with salt and black pepper.
 3. Heat 1tbsp oil in a frying pan. Add the onion and sauté for 2-3 minutes. Remove from the pan. Heat the remaining oil and pan fry the tofu until golden on both sides, about 2-3 minutes each side. Pour over the tomato mixture and cook for about 3-5 minutes to thicken
 4. Spoon some of the tofu mixture in the centre of each tortilla and top with warm salsa, avocado and/or lettuce. Fold the sides over before rolling up. Serve immediately.

Calories per serving 375kcal, Fat 22.5g, Carbs 19.2g, Protein 19.4g

Main Dishes



Chunky Veg Stew with Herby Dumplings

A great family dish and a great budget meal too. You can vary the vegetables according to what you have available. For a lower carb option skip the dumplings.

Serves 4

- 1tbsp olive oil
- 1 onion, finely chopped
- 2 celery sticks, thinly sliced
- 2 garlic cloves, crushed
- 1 leek, shredded
- 1/2 tsp chilli powder
- 300g sweet potato, peeled and cut into chunks
- 2 carrots, peeled and cut into chunks
- 1 courgette cut into thick slices
- 1tsp ground cumin
- 1 x 400g can chopped tomatoes
- 600ml vegetable stock
- 2 x 400g cans butterbeans or other beans
- 200g baby spinach leaves or chopped kale leaves
- Sea salt and black pepper

Dumplings

- 100g gluten free flour
- 1tsp baking powder
- 50g dairy free spread
- 2tbsp chopped fresh parsley
- 2tbsp chopped fresh basil
- Salt and black pepper

1. Preheat the oven to 180C, gas mark 4
2. To make the dumplings place the flour and baking powder in a bowl. Rub in the dairy free spread to form coarse crumbs and stir in the herbs. Season with salt and pepper. Gradually pour in about 3tbsp water to form a soft dough. Divide the dough into 12 little pieces and roll into balls.
3. Heat the oil in a large casserole dish and add the onion, celery, garlic, leek and chilli powder. Cook for 10 minutes until the leek and celery has softened. Add the sweet potato, carrots, courgette, cumin and cook for a further 5 minutes. Add the tomatoes, stock and beans and bring to the boil. Reduce the heat and drop in the dumplings. Simmer for 30 minutes or until the dumplings are puffed up. Stir in the spinach or kale and gently stir for a couple of minutes until wilted. Season to taste.
4. Spoon into bowls to serve.

Calories per serving 460kcal, Fat 14.9g, Carbs 59.1g, Protein 14.5g

Main Dishes

Balsamic Tofu

This could be done in a slow cooker if wished instead.

Serves 4

- 450g Cauliflower broken in little florets
- 400g sweet potato, quartered
- 450g firm tofu
- 100ml balsamic vinegar
- 60ml vegetable stock
- 60g xylitol
- 1-2 tbsp Dijon mustard to taste
- 2 tsp dried thyme
- 1 tsp dried oregano
- Chilli flakes
- 2 cloves garlic, minced

1. Preheat the oven to 180C, Gas mark 4.
2. In a large ovenproof pan, add cauliflower and sweet potatoes in an even layer and place tofu on top. In a small bowl, whisk together balsamic vinegar, vegetable stock, xylitol, mustard, herbs, garlic and chilli. Season generously with salt and pepper.
3. Pour marinade over tofu and vegetables. Cover and cook in the oven for 1 hour.

Calories per serving 296kcal, Fat 6g, Carbs 44g, Protein 13.8g

Vegan Bolognese & Veggie noodles

This can be frozen (without the noodles) for up to 3 months

Serves 4

- 1 small onion, finely chopped
- 1 garlic clove, crushed
- 1/2 red pepper, finely chopped
- 1 small carrot, finely chopped
- ½ tsp smoked paprika
- 1 tsp ground cumin
- 150g button mushrooms, sliced
- 400g firm tofu, crumbled or 2 x 400g tins kidney beans
- 30g red lentils
- 50g tomato purée
- 1 x 400g tin chopped tomatoes
- 100ml vegetable stock
- 4 courgettes or carrots

1. Heat the oil in a large pan over a medium heat. Add the onion, garlic, pepper, carrot and spices and sauté for 5 minutes, stirring occasionally.
2. Add the mushrooms, tofu or beans and cook for another 5 minutes. Add the remaining ingredients and simmer for 20 minutes until lentils are soft.
3. Use a spiraliser to make long noodles from the courgettes / carrots. If wished steam the courgette noodles for a couple of minutes to soften. Spoon the noodles into bowls and top with the sauce.

Calories per serving 182kcal, Fat 5.4g, Carbs 15.5g, Protein 15.1g

Main Dishes

Peanut Butter Stir Fry

Serves 1

1 chicken breast, cut into strips / 1/2 can of butterbeans or 150g firm tofu
2tbsp tamari soy sauce
200g mixed vegetables - stir fry packet
2tsp peanut butter
1 spring onion
Chopped fresh chilli
Oil for frying

1. Place the chicken or tofu cut into chunks in a bowl and marinate in the soy sauce.
2. If using beans just add them with the vegetables.
3. Heat a frying pan with a little oil then add the chicken or tofu and cook for 4-5 minutes until golden.
4. Pour in the soy sauce and add the vegetables. Stir fry for 3-4 minutes.
5. Slacken the peanut butter with a little water then pour into the pan.
6. Season to taste.

Calories per serving 313kcal, Fat 10.3g, Carbs 17.6g, Protein 34g

Chilli with Cauliflower Rice

Serves 1

125g cauliflower - blitz in a food processor until fine (or can grate)
1tsp olive oil
1/2 onion, chopped
1 garlic clove chopped
1/4 tsp smoked paprika
1/2 red chilli, deseeded and chopped
125g turkey mince (or vegan alternative)
1/2 can - 200g chopped tomatoes
Seasoning
1/2 can kidney beans, drained

1. Heat the oil in a pan. Add the onion and garlic, spices and saute for 2-3 minutes.
2. Add the mince and brown for 2-3 minutes.
3. Add the beans and tomatoes to the pan.
4. Cover and simmer for 15 minutes.
5. Microwave or saute the cauliflower rice for a couple of minutes. Serve with the mince.

Calories per serving 459kcal, Fat 12.5g, Carbs 32.4g, Protein 47.5g

Sauces & Dressings



Vegan Pesto

This will keep in the fridge for up to 1 week. A seed-based version. You could swap the seeds for pine nuts or pistachio nuts if preferred.

- 80g basil leaves (stalks removed)
- Handful of baby spinach leaves
- 40g sunflower seeds
- 3 garlic cloves, crushed
- Juice of 1/2 lemon
- 3-4 Tbsp nutritional yeast or vegan cheese grated
- pinch of sea salt to taste
- 3 Tbsp extra virgin olive oil
- 3-4 tbsp water to blend

1. Using a food processor or small blender, add the basil, spinach, seeds, garlic, lemon juice, nutritional yeast, and sea salt and process to form a chunky paste.
2. Add olive oil a little at a time as the machine is running and scrape down sides as needed. Then add the water a little at a time until the desired consistency is reached - a thick but pourable sauce.
3. Taste and adjust flavour as needed, adding more nutritional yeast for cheesy flavour or a little more salt.
4. Store covered in the refrigerator up to 7 days. It can also be frozen for 1 month.

Balsamic Mustard Vinaigrette Salad Dressing

This is a basic vinaigrette – it will keep in the fridge for 1 week.

- 60ml balsamic vinegar
- 60ml water
- 1 tsp Dijon mustard
- Herbs (dried oregano, basil, parsley, tarragon, or any herb of choice) to taste
- 125ml olive oil
- Sea salt and black pepper
- 1 clove of garlic, minced

1. Measure all ingredients, except oils, into a jar with a tight-fitting lid. Shake vigorously or use a whisk.
2. When well-combined, add the oil and shake again. Store in refrigerator. Use this dressing for any salad or any veggie you wish.

Courgette Chocolate Brownies

A delicious healthy treat. These can be frozen as well.

Makes 16 brownies

200g almond nut butter or other nut butter
200g dark chocolate
100g xylitol
3 eggs
1tsp vanilla extract
60g ground almonds
1tsp ground cinnamon
1tsp bicarbonate of soda
1 medium courgette, about 125g finely grated
60g chopped pecans, optional

1. Preheat the oven to 180C, gas mark 4.
2. Place the nut butter, dark chocolate and xylitol in a pan a warm gently to melt the chocolate. Place in a food processor with eggs, vanilla, ground almond, cinnamon and soda and process to combine. Process in the courgette. Stir in the chopped pecans if using. Spoon the mixture into a square 20cm / 8inch baking tin.
3. Bake in the oven for 20-25 minutes until golden brown and firm to touch. Allow to cool then cut into bars.

Calories per serving 225kcal, Fat 17.5g, Carbs 15.9g, Protein 5.2g



THE 21 DAY MEAL PLAN

