



LOW CARB PROGRAM



## 40-DAY LOW CARB CHALLENGE

Take the 40-day low carb challenge to kick-start your new way of eating.



# 10 TOP TIPS FOR GETTING STARTED

The initial few days of any new way of eating can be a little overwhelming. This is an essential guide for anyone new to the world of low carb living. It will provide you with all you need to know, from how to set goals, track your progress, create delicious recipes and take steps to optimise your health. It begins by highlighting 10 great tips on how to have success on the program.

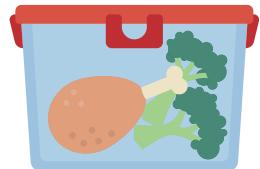


**1.** Don't do it alone

**2.** Be **clear** with  
your **goals**

**3.** Track your **progress**

**4.** Share **your journey**  
with your **family**  
and **friends**



**5.** Check with  
your **doctor**

**6.** Keep it **simple**

**7.** **Meal prep** and  
**low carb snacks**

**8.** Remove **temptation**



**9.** Learn how to **eat out**

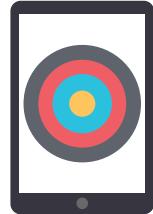
**10.** Make sure to  
include some form  
of **low carb 'treat'**

## 1. DON'T DO IT ALONE

Kickstarting a new diet can be daunting, especially if you are going at it alone. There are so many benefits to using a support network or finding a diet buddy. Not only can you share your experience and progress, but you can also swap tips and advice and be there through tough times. Don't worry if your friends and family aren't quite convinced or keen to start the same diet as you. There is a whole community of low carb fanatics out there, old and new, ready to communicate and encourage others. Why not try using the low carb community to find support and stay motivated. As the saying goes, there is strength in numbers.

## 2. BE CLEAR WITH YOUR GOALS

Success requires commitment, drive and dedication, and setting goals are really important in achieving this. They help you to be clear about why you are making changes and how you will reach your goal within a specific period of time. For most people, reaching a goal is addictive as it provides you with an immense sense of achievement. Usually, when individuals have reached their goal, they proceed to set further targets, helping them to constantly progress. Think of your goals as your destination, it's where you want to be within a set time frame. It is often useful to set both short-term and long-term goals. For example, a short-term goal might be to increase your physical activity by walking for 30 minutes each day. A longer-term goal might be to lose a certain amount of weight or get your HbA1c under 6% (42mmol/mol).



## 3. TRACK YOUR PROGRESS

Tracking your progress throughout your transition to a low carb lifestyle is incredibly beneficial to your progress. Not only does it help to keep you motivated, but it is also useful when setting goals, as it enables you to break larger goals into smaller, more manageable goals. In addition, tracking progress can allow you to identify obstacles or setbacks in your journey, therefore enabling you to make necessary adjustments. For those living with diabetes, tracking your progress can include so much more than simply focusing on the scale. Try tracking your blood sugar levels regularly throughout the day and keep a record of your HbA1c levels and blood pressure. It is also helpful to take weekly measurements of different areas of your body, for example your waist, hips, thighs and arms. Why not try keeping a diary of how you feel throughout your journey, by noting down your energy levels, motivation levels and reflecting on your progress. It is often useful to take regular progress pictures or pick a pair of trousers and note down how loose they feel on a regular basis. This can be incredibly motivating when they start to feel looser.



#### 4. SHARE YOUR JOURNEY WITH FRIENDS AND FAMILY

Sometimes even our nearest and dearest can be a major source of sabotage in our diet goals. They probably don't even realise they are doing it. They can however be our most reliable support network and might well help you in reaching your goals. Talking to your friends and family and letting them know you are going low carb will help them to feel involved in your journey and prevent them from putting temptation in your way. This is especially true if your reasons are to improve the management of your diabetes.



#### 5. CHECK WITH YOUR DOCTOR

Check with your doctor if you are taking medication. As with any changes to your diet, there may be implications for your medication requirements.

#### 6. KEEP IT SIMPLE

Here on the Low Carb Program we want it to be as stress free and enjoyable as possible. For this reason, we don't want you to get bogged down with counting carbs or calories. Simply aim to reduce your carb intake by removing starchy sources from your diet and increasing your healthy fat intake. The rest will fall into place.



#### 7. MEAL PREP AND LOW CARB SNACKS

For anyone who has dieted before, you might already be aware of the benefits of planning your meals and cooking in bulk. For those who are new to this, the advantages of meal prepping include helping to save you time and money, but more importantly helping to ensure you adhere to your goals. It takes away the temptation to pick or not bother preparing something in line with your goals, as your meals and snacks are already prepared and ready to go. If you are stuck for ideas try using the meal plans and snack ideas included in this guide. For those of you who prefer to opt for more of a plant-based diet, alternative ideas for vegetarians are included.

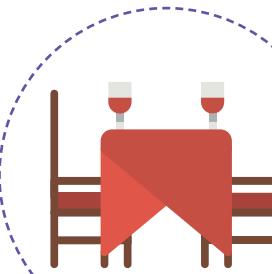


## 8. REMOVE TEMPTATION

So, all of your meals are prepped for the next few days and you have a selection of healthy snacks ready for when you are feeling peckish, but there is still that loaf of bread and multipack of crisps calling out from the cupboards to be eaten. In order to remove temptation such as this, we highly recommend giving it away and removing it from your environment. If you live with others who aren't following a low carb lifestyle, and this isn't an option for you, try asking them to be discreet and supportive of your goals.

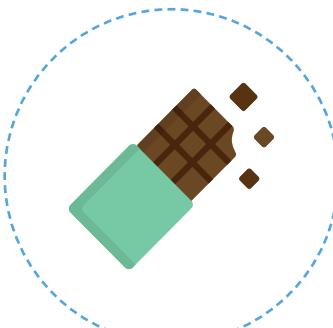
## 9. LEARN HOW TO EAT OUT

Life is for living and whilst you might be about to embark on a new lifestyle that might prevent you from eating specific foods, we still want you to have fun. That's why we want you to learn how to eat out, so you can still enjoy social occasions without hindering your progress on the Low Carb Program. It's easier than you might think. Our top tips are to check the menu beforehand if possible. Always opt for a source of protein, such as meat or fish and swap any carbohydrate rich sides such as fries, for a side of fibrous greens or garden salad. We also recommend asking for some extra sources of fat on your plate, such as butter, olive oil, cheese or low carb sauces such as mayonnaise and hollandaise. It really isn't hard to eat out low carb and the more you do it, the more confident you will become. The low carb community is a great place to seek help if you are ever stuck for ideas.



## 10. MAKE SURE TO INCLUDE SOME FORM OF LOW CARB 'TREAT'

As we have already explained, we want you to still be able to enjoy life and have fun whilst following the Low Carb Program. That's why we want to encourage you include a little bit of something tasty in your diet, whether that be a couple of squares of plain dark chocolate or a gin and slimline tonic. There are a number of low carb treats to be enjoyed and we have provided some inspiration in the section 'low carb snacks'. This is also an opportunity for those of you who enjoy getting into the kitchen to experiment with some low carb baking. Why not try out the Low Carb Dessert Cookbook from week 8 of the Low Carb Program.



# WHERE TO START

## UNDERSTAND THE BASICS OF GOING LOW CARB

Low carb diets are exactly what the label says, they are low in carbohydrate rich foods, such as bread, pasta, sweets, chocolate, sugary sauces and other starchy foods like root vegetables. Low carb diets are typically high in healthy fats, such as oils, nuts, oily fish, meat and full fat dairy. Although they tend to limit the consumption of starchy vegetables and sugary fruits, there is still a focus on fibrous, leafy greens and low carb fruits such as berries. To put it simply, cut the crap and eat full fat. Omit highly processed foods and opt for real foods, at the best quality you can afford.

How to follow a low carb diet:

- ▶ Eat full fat natural food sources
- ▶ Fill your plate with fibrous green vegetables
- ▶ Consume a moderate protein intake
- ▶ Try to significantly reduce or entirely eliminate processed food, sugar and grains

There are different perceptions as to what is considered a low carb diet. A moderately low carb diet involves a consumption of around 130g-225g carbohydrates each day, whereas a low carb diet usually involves under 130g of carbohydrates each day. For those who wish to adhere to a very low carbohydrate diet, otherwise known as a ketogenic diet, daily carbohydrate intake is normally under 30-50g of carbohydrates per day. Generally, the lower your carbohydrate intake, the more likely you are to lose weight and reduce your blood sugar levels. However, a very low carbohydrate intake can be a little extreme for those who are new to a low carb lifestyle. For these individuals it might be more suitable to begin by following a low carbohydrate diet, with a possible aim to transition onto a ketogenic diet in the future.

For those living with diabetes, it is essential that improvements are made to health markers. Carbohydrates provide us with energy, thus helping to fuel the body. When consumed, carbohydrates are broken down into glucose, causing a rise in blood sugar levels and therefore insulin levels. Some of the most common health benefits observed when following a low carb diet include decreased insulin levels, improved blood sugar control, more energy, improved mental focus and clarity, weight loss and reduced visceral adiposity. The low carb, high fat diet enables this with little stress or sacrifice, due to the fact that it increases satiety and reduces appetite, eliminating the need to focus on calorie counting. In addition, insulin is understood to aid in fat storage, therefore reducing one's carbohydrate intake, results in reduced insulin levels and consequential fat loss.

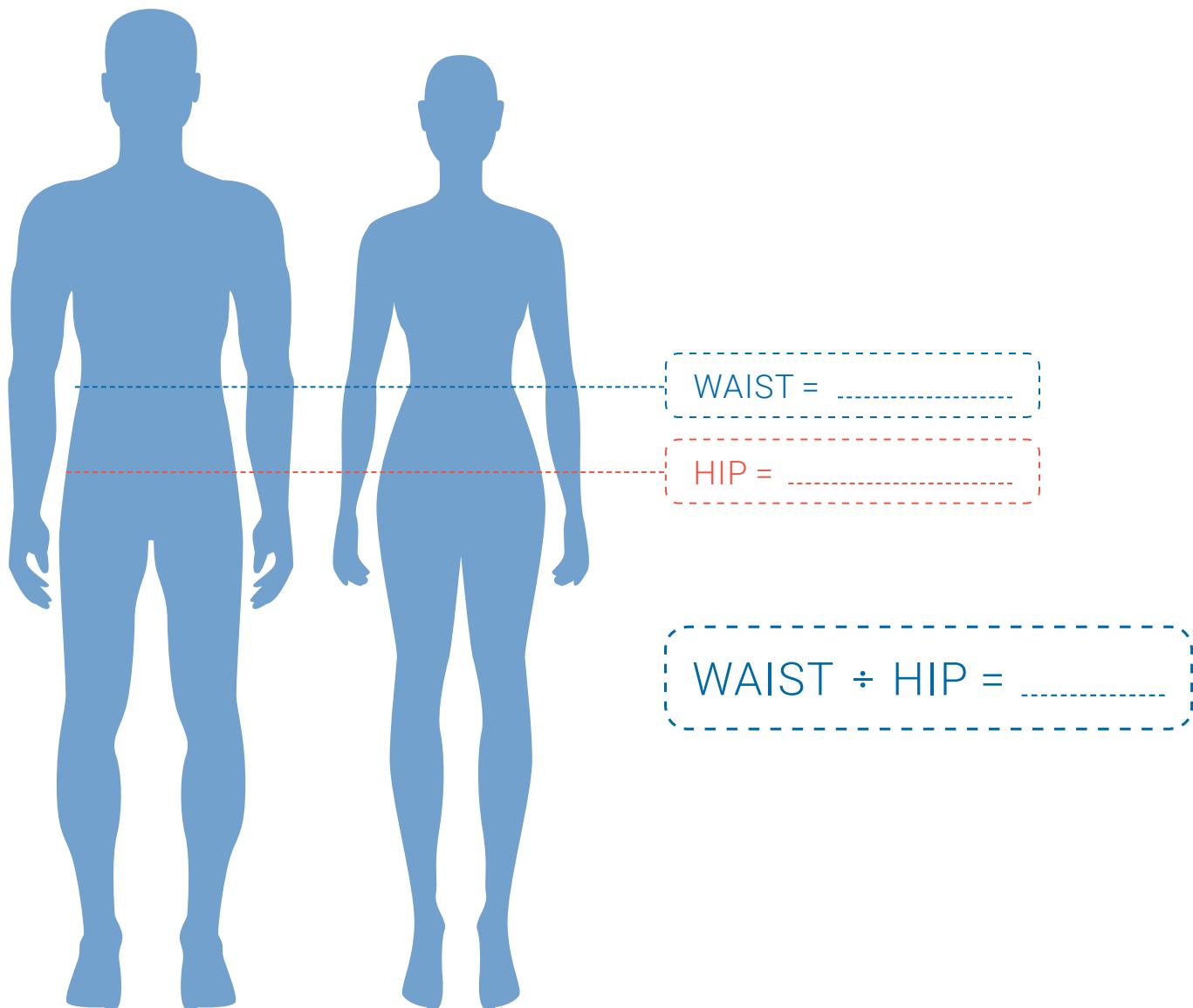


# WHERE TO START

## WAIST-TO-HIP RATIO

Often BMI is used as a method of monitoring an individual's health and potential risk of disease. However, here on the Low Carb Program we much prefer to focus on waist-to-hip ratio (WHR). Whilst WHR is unable to determine exact body fat levels, it does allow a clear insight as to whether individuals are carrying excessive visceral fat. Visceral fat is the fat surrounding our abdomen and organs and is the most dangerous type of fat. It is well documented that WHR is superior to BMI or weight as an indicator of metabolic health, as BMI doesn't consider where the fat in our bodies is being held. BMI is unable to differentiate between excess fat, muscle or bone mass and fails to consider age, gender or muscle mass. Therefore, BMI can wrongly categorise healthy individuals with a large amount of muscle mass as being obese. In addition, one can have a healthy BMI, yet carry excess fat around their stomach.

In order to measure your WHR, use a measuring tape to measure 1 inch above your belly button. Then measure around your hips, placing the measuring tape around the widest area of your hips. Next, divide the waist measurement by the hip measurement. This is best done with minimal clothing. If there is someone you trust to take your measurements, this can be useful for accuracy.



# WHERE TO START

## THE SELFIE

In addition to measuring WHR we also recognise the benefits of taking regular progress pictures. This is best done wearing minimal clothing such as underwear, on a weekly basis. For continuity it is useful to wear the same underwear each week. Start by taking a photo of the front of your body, then from the left, right and if possible from behind. If you have someone you trust to take your progress pictures for you this can be helpful in order to get a more accurate insight into how you look. Don't fret if this is not possible, we highly recommend finding a good mirror to take pictures in.

You might feel a little bit silly or embarrassed at first, but being able to reflect back on your progress each week is very motivating. Often you won't think you have made much progress until you look back and compare your photos.



## CREATE YOUR LOW CARB SHOPPING LIST

When you are first embarking on a low carb lifestyle, knowing what to eat can be a bit of a minefield. In order to help take out some of the guess work, we have created a low carb shopping list to guide you on your journey. Everyone has different tastes and preferences, so we recommend selecting the foods you enjoy most from the list below. The low carb community is also a great place to get inspiration for your shopping list. If budget is an issue, there are a number of ways you can make your food shop affordable. Try buying frozen meat, fish, vegetables, berries and spices. It is also useful to opt for tinned fatty fish, such as sardines and mackerel.

## SHOPPING LIST



### DAIRY

Whole Milk  
Cream  
Butter  
Cheese e.g. cheddar, parmesan, goats cheese, feta, brie, soft cheese

Sour Cream  
Greek Yoghurt  
Eggs



### VEGETABLES

Lettuce  
Cucumber  
Celery  
Spinach  
Kale  
Asparagus  
Spring Onions  
Broccoli

Cauliflower  
Courgette  
Cabbage  
Leeks  
Green Beans  
Aubergine  
Peppers  
Celeriac



### MEAT/DAIRY ALTERNATIVES

Tofu  
Unsweetened Dairy Free Milk Alternatives  
e.g. almond milk, coconut milk, soya milk  
Unsweetened Dairy Free Yoghurt Alternatives  
e.g. coconut yoghurt, almond yoghurt



### FRUIT

Avocados  
Blueberries  
Blackberries  
Raspberries  
Strawberries  
Cantaloupe

Honeydew Melon  
Watermelon  
Passionfruit  
Lemons  
Limes



### HERBS & SPICES

Garlic  
Coriander  
Parsley  
Rosemary  
Thyme

Ginger  
Chillies  
Paprika  
Oregano



### CUPBOARD ITEMS

Olive Oil  
Coconut Oil  
Coconut Cream  
Coconut Milk  
Mayonnaise  
Olives  
Almonds  
Walnuts  
Pecans  
Pine Nuts

Brazil Nuts  
Macadamia Nuts  
Pumpkin Seeds  
Sunflower Seeds  
Sesame Seeds  
Chia Seeds  
Flaxseed  
Plain Dark Chocolate 85% or higher

# **DAYS 1-7 MEAL PLAN**



## DAYS 1-7 SHOPPING LIST

Please note, the shopping list is based on the amounts of ingredients used in the recipes and can be purchased in quantities to suit your individual needs e.g. in bulk or frozen. Please feel free to use leftover ingredients for the following week if necessary.



### DAIRY

250g Greek Yoghurt	6 tbsp. Ghee
310g Goats Cheese	10 Eggs
350ml Double Cream	100ml Whole Milk
70g Stilton Cheese	130g Cheddar Cheese
30g Butter	35g Parmesan Cheese
145g Sour Cream	80g Feta Cheese
195ml Single Cream	50g Soft Cheese



### VEGETABLES

17 Garlic Cloves	150g Kale
1½ Medium Onions	1 Medium Broccoli
500g Mushrooms	1 tbsp. Fresh Chives
1½ Large Cauliflowers	200g Asparagus
15g Fresh Parsley	2 Medium Globe Artichokes
1 Medium Red Onion	1 tbsp. Fresh Basil
2 Medium Aubergines	1 Medium Red Chilli
15g Fresh Ginger	6 Baby Aubergines
2 Small Green Chillies	40g Rocket
75g Celeriac	40g Baby Spinach
1 Medium Pepper	1 Portobello Mushroom
1 Medium Cauliflower	1 Medium Courgette
20g Fresh Coriander	



### FRUIT

2 Large Tomatoes
50g Cherry Tomatoes
1 Lemon



### FROM THE FREEZER

150g Mixed Berries
100g Cherries



### CUPBOARD ITEMS

5 tbsp. Pumpkin Seeds	1½ tsp. Ground Cumin
3 tbsp. Sunflower Seeds	1 tsp. Ground Turmeric
3 tbsp. Milled Flaxseed	75g Flaked Almonds
½ tsp. Cinnamon	3 tbsp. Tomato Puree
10 tbsp. Olive Oil	1 tsp. Chili Powder
2 Vegetable Stock Cubes	1 tsp. Paprika
½ tsp. Smoked Paprika	1 tsp. Dijon Mustard
100g Quinoa	70g Hazelnuts
1 tbsp. Chia Seeds	40g Desiccated Coconut
500ml Tinned Coconut Milk	2 tbsp. Smooth Peanut Butter
1 tsp. Stevia	½ tsp. Mustard Seeds
6 Brazil Nuts	½ tsp. Fenugreek Seeds
3 x 400g Tins Chopped Tomatoes	Salt
2 tsp. Garam Masala	Pepper

# MEALS AT A GLANCE

Welcome to your week of delicious, low carb recipes that are suitable for the whole family.  
Easy to follow, easy to cook and suitable for any budget.

## ICON KEY



Servings



Prep Time



Cooking Time

## BREAKFAST

DAY 1



23g

- 14** BERRIES & CINNAMON  
SEEDED YOGHURT BOWL (V)

## LUNCH



11g

- 15** BROCCOLI AND  
STILTON SOUP (V)

## DINNER



14g

- 16** MUSHROOM STROGANOFF  
& CAULI RICE (V)

DAY 2



30g

- 17** QUINOA & CHIA CHERRY  
PORRIDGE (V)



14g

- 18** LEFTOVER MUSHROOM  
STROGANOFF  
& CAULI RICE (V)



27g

- 19** AUBERGINE JALFREZI ON  
CAULIFLOWER RICE (V)

DAY 3



7g

- 20** SCRAMBLED EGG,  
SAUTÉED KALE & TOASTED  
PUMPKIN SEEDS (V)



33g

- 21** SHAKSHUKA (V)



27g

- 22** LEFTOVER AUBERGINE  
JALFREZI ON CAULIFLOWER  
RICE (V)

## BREAKFAST

DAY 4



30g

**23** LEFTOVER QUINOA & CHIA CHERRY PORRIDGE (V)

## LUNCH



27g

**24** LEFTOVER AUBERGINE JALFREZI ON CAULIFLOWER RICE (V)

## DINNER



18g

**25** NO PASTA MAC 'N' CHEESE (V)

DAY 5



30g

**26** LEFTOVER QUINOA & CHIA CHERRY PORRIDGE (V)



18g

**27** LEFTOVER NO PASTA MAC 'N' CHEESE (V)



7g

**28** ARTICHOKE, KALE & GOATS CHEESE SALAD (V)

DAY 6



19g

**29** LOW CARB TOMATO & FETA BAKED EGGS (V)



7g

**30** LEFTOVER ARTICHOKE, KALE & GOATS CHEESE SALAD (V)



16g

**31** STUFFED BABY AUBERGINES (VEGAN)

DAY 7



33g

**32** SHAKSHUKA (V)



16g

**33** LEFTOVER STUFFED BABY AUBERGINES (VEGAN)



10g

**34** ONE PAN MUSHROOM CARBONARA (V)

DAY 1 - BREAKFAST:

## BERRIES & CINNAMON SEEDED YOGHURT BOWL (V)

 Serves 1

 5 minutes

 5 minutes

### Ingredients

150g Frozen Mixed Berries  
250g Greek Yoghurt  
1 tbsp. Pumpkin Seeds  
1 tbsp. Sunflower Seeds  
1 tbsp. Milled Flaxseed  
 $\frac{1}{2}$  tsp. Cinnamon

### Method

1. Heat berries on the hob or in the microwave.
2. Spoon Greek yoghurt into a bowl and top with warm berries.
3. Sprinkle with the seeds and cinnamon.



### NUTRITIONAL VALUES (per serving)

- Calories: 511 kcal
- Carbs: 23g
- Total Fat: 32g
- Protein: 33g

DAY 1 - LUNCH:

## BROCCOLI AND STILTON SOUP (V)

 Serves 1

 5 minutes

 20 minutes

### Ingredients

1 tbsp. Olive Oil  
1 Garlic Clove, crushed  
1 Medium Broccoli, cut into florets  
500ml Boiling Water  
1 Vegetable Stock Cube  
50ml Double Cream  
70g Stilton, crumbled  
Salt & Pepper, to taste

### Method

1. Heat the olive oil in a saucepan over a medium heat then add the crushed garlic and broccoli florets and cook for 5 minutes.
2. Combine the boiling water and stock cube and add to the saucepan so the broccoli is covered.
3. Simmer for 15 minutes and then blitz the soup until smooth using a hand blender.
4. Add the double cream and crumbled stilton then stir until combined.
5. Season to taste, serve into a bowl and enjoy!

**TOP TIP:** This can be made in advance the night before.



### NUTRITIONAL VALUES (per serving)

- Calories: 664 kcal
- Carbs: 11g
- Total Fat: 55g
- Protein: 32g

DAY 1 - DINNER:

## MUSHROOM STROGANOFF & CAULI RICE (V)

 Serves 2

 10 minutes

 25-30 minutes

### Ingredients

1 tbsp. Butter  
½ Medium Onion, diced  
2 Garlic Cloves, crushed  
500g Mushrooms, sliced  
½ tsp. Smoked Paprika  
100ml Boiling Water  
1 Vegetable Stock Cube  
½ Large Cauliflower, grated  
150ml Double Cream  
Pepper, to taste  
3 tbsp. Sour Cream  
2 tbsp. Fresh Parsley, chopped

### Method

1. Melt the butter in a large pan over a medium heat. Add the onions, garlic, mushrooms and paprika and cook until tender (about 5-10 minutes).
2. Mix the water with the vegetable stock cube, then pour into the pan leave to simmer for 10 minutes.
3. Whilst the mixture simmers, prepare the cauliflower rice by grating the cauliflower and frying gently in a non-stick pan.
4. Return to the stroganoff mix and reduce the heat to low. Pour in the cream, then season with black pepper and stir well. Cook for 5 minutes before serving with the cauli rice and garnish with parsley.

**TOP TIP:** Save 1 portion for day 2 lunch.

### NUTRITIONAL VALUES (per serving)

- Calories: 534 kcal
- Carbs: 14g
- Total Fat: 49g
- Protein: 9g



DAY 2 - BREAKFAST:

## QUINOA & CHIA CHERRY PORRIDGE (V)

 Serves 3

 5 minutes

 15 minutes

### Ingredients

100g Quinoa, dry  
1 tbsp. Chia Seeds  
200ml Water  
500ml Tinned Coconut Milk  
100g Frozen Cherries  
1 tsp. Stevia  
2 tbsp. Milled Flaxseed  
6 Brazil Nuts, chopped  
3 tsp. Pumpkin Seeds  
3 tbsp. Single Cream

### Method

1. Mix the quinoa, chia seeds, water, coconut milk, cherries, stevia and flaxseed in a pan and place over a medium heat.
2. Bring the mixture to the boil then reduce to a low heat and cook slowly for 10 minutes. Be careful it doesn't stick to the bottom of the pan.  
If you prefer a thicker consistency continue to cook for a little longer.  
If you like a slightly runnier texture add a splash of milk or water.
3. Sprinkle 1 portion with 1/3 of the chopped nuts and pumpkin seeds, and drizzle with 1 tbsp. of cream.

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**TOP TIP:** Save 2 portions for day 4 and 5 breakfast.

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### NUTRITIONAL VALUES (per serving)

- Calories: 594 kcal
- Carbs: 30g
- Total Fat: 47g
- Protein: 12g



DAY 2 - LUNCH:

## LEFTOVER MUSHROOM STROGANOFF & CAULI RICE (V)

 Serves 1

 5-10 minutes

### Ingredients

1 portion of Leftover Mushroom Stroganoff & Cauli Rice from day 1 dinner

### Method

1. Simply reheat leftovers in the microwave or in a pan then serve.



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### NUTRITIONAL VALUES (per serving)

- Calories: 534 kcal
- Carbs: 14g
- Total Fat: 49g
- Protein: 9g

DAY 2 - DINNER:

## AUBERGINE JALFREZI ON CAULIFLOWER RICE (V)

 Serves 3

 10 minutes

 45 minutes

### Ingredients

6 tbsp. Ghee  
1 Medium Red Onion, finely chopped  
2 Medium Aubergines, cubed  
1 Tin (400g) Chopped Tomatoes  
1½ inch piece of Fresh Ginger, finely chopped  
6 Garlic Cloves, finely chopped  
2 Small Green Chillies, deseeded and finely chopped  
1 tsp. Garam Masala  
1 tsp. Ground Cumin  
1 tsp. Ground Turmeric  
75g Celeriac, peeled and chopped  
1 Medium Red Pepper, chopped  
300ml Water  
1 Medium Cauliflower, grated  
6 tbsp. Sour Cream  
75g Flaked Almonds  
1 Handful Fresh Coriander, to serve

### Method

1. Heat 3 tbsp. ghee in a large frying pan over a medium heat. Add the red onion and fry for 3-5 minutes.
2. Place the aubergine in the pan and cook for 4-5 minutes until it is starting to soften.
3. Transfer the onion and aubergine to a large saucepan along with the chopped tomatoes, ginger, garlic, chillies and spices.
4. Add the celeriac, red pepper and water and simmer on a low heat for 25-30 minutes.
5. Heat the remaining 3 tbsp. ghee in a frying pan over a medium heat and sauté the grated cauliflower for 3-4 minutes.
6. Serve the aubergine jalfrezi on a bed of cauliflower rice with a spoonful of soured cream. Sprinkle with the flaked almonds and fresh coriander leaves and enjoy.

**TOP TIP:** Save 1 portion for day 3 dinner and day 4 lunch.



### NUTRITIONAL VALUES (per serving)

- Calories: 539 kcal
- Carbs: 27g
- Total Fat: 41g
- Protein: 16g

DAY 3 - BREAKFAST:

## SCRAMBLED EGG, SAUTÉED KALE & TOASTED PUMPKIN SEEDS (V)

 Serves 1

 10 minutes

 10 minutes

### Ingredients

1 tbsp. Olive Oil  
50g Kale, trimmed and diced  
1 tbsp. Pumpkin Seeds  
3 Eggs  
30g Cheddar Cheese, grated  
100ml Whole Milk  
1 tbsp. Butter

### Method

1. Heat the olive oil in a non-stick pan then add the kale and pumpkin seeds and cook until the kale is tender.
2. In the meantime, whisk the eggs, cheese and milk in a bowl, then melt the butter in a small pan.
3. Add the egg mixture to the pan and cook on a low heat, stirring until the eggs scramble. Be careful not to cook the eggs too quickly or they will stick to the pan.
4. Transfer the kale and pumpkin seeds to a plate with the scrambled eggs and serve.

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### NUTRITIONAL VALUES (per serving)

- Calories: 504 kcal
- Carbs: 7g
- Total Fat: 36g
- Protein: 37g



DAY 3 - LUNCH:

## SHAKSHUKA (V)

 Serves 1

 5 minutes

 25 minutes

### Ingredients

1 tbsp. Olive Oil  
½ Medium Onion, diced  
1 Garlic Clove, minced  
½ Medium Pepper, diced  
1 Tin (400g) Chopped Tomatoes  
1 tbsp. Tomato Puree  
½ tsp. Chilli Powder  
½ tsp. Paprika  
Salt & Pepper, to taste  
2 Eggs  
80g Goats Cheese  
1 tbsp. Fresh Parsley

### Method

1. Heat oil in a non-stick pan over a medium heat. Add the onions and garlic and cook until tender. Add the diced pepper and continue to cook until soft.
2. Pour the tomatoes and tomato puree into the pan and stir well. Add the spices and season with salt and pepper.
3. Place the lid on the pan and leave to reduce for 10 minutes.
4. Crack the eggs into the pan and cook to your desired runniness. About 5 minutes before serving crumble over the goats cheese.
5. Garnish with parsley and serve.



### NUTRITIONAL VALUES (per serving)

- Calories: 646 kcal
- Carbs: 33g
- Total Fat: 39g
- Protein: 40g

DAY 3 - DINNER:

## LEFTOVER AUBERGINE JALFREZI ON CAULIFLOWER RICE (V)

 Serves 1

 5 minutes

### Ingredients

1 portion of Aubergine Jalfrezi on Cauliflower Rice from day 2 dinner

### Method

1. Take the leftover aubergine jalfrezi and cauliflower rice out of the fridge and either reheat or enjoy cold.



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### NUTRITIONAL VALUES (per serving)

- Calories: 539 kcal
- Carbs: 27g
- Total Fat: 41g
- Protein: 16g

DAY 4 - BREAKFAST:

## LEFTOVER QUINOA & CHERRY CHIA PORRIDGE (V)

 Serves 1

 5-10 minutes

### Ingredients

1 portion of Leftover Quinoa & Cherry Porridge from day 2 breakfast

### Method

1. Simply take the leftover portion from the fridge and reheat in the microwave or on the hob. To loosen it up add a splash of water or milk.
2. Sprinkle over 1 portion of the nuts, seeds and cream and enjoy!

### NUTRITIONAL VALUES (per serving)

- Calories: 595 kcal
- Carbs: 30g
- Total Fat: 47g
- Protein: 12g



DAY 4 - LUNCH:

## LEFTOVER AUBERGINE JALFREZI ON CAULIFLOWER RICE (V)

 Serves 1

 5 minutes

### Ingredients

1 portion of Aubergine Jalfrezi on Cauliflower Rice from day 2 dinner

### Method

1. Take the leftover aubergine jalfrezi and cauliflower rice out of the fridge and either reheat or enjoy cold.



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### NUTRITIONAL VALUES (per serving)

- Calories: 511 kcal
- Carbs: 27g
- Total Fat: 41g
- Protein: 16g

DAY 4 - DINNER:

## NO PASTA MAC 'N' CHEESE (V)

 Serves 2

 15 minutes

 15 minutes

### Ingredients

1 Large Cauliflower, cut into florets  
150ml Double Cream  
50g Soft Cheese  
100g Cheddar Cheese, grated  
1 tsp. Dijon Mustard  
Salt & Pepper, to taste  
1 tbsp. Fresh Chives  
200g Asparagus, grilled

### Method

1. Boil the cauliflower florets until slightly tender, then drain well and set aside.
2. Pour the cream into a pan and bring to a gentle simmer.
3. Add the soft cheese and stir until completely smooth, then add in  $\frac{1}{2}$  of the grated cheddar.
4. Again, stir until the cheese has melted and the sauce is smooth. Stir in the Dijon mustard and season with salt and pepper.
5. Pour the cauliflower into the cheese sauce and toss well to ensure all of the cauliflower is evenly coated. Scatter over the remaining cheddar cheese and stir through.
6. Garnish with chives and serve with the grilled asparagus.

---

**TOP TIP:** Save 1 portion for day 5 lunch.

---

### NUTRITIONAL VALUES (per serving)

- Calories: 768 kcal
- Carbs: 18g
- Total Fat: 66g
- Protein: 26g



DAY 5 - BREAKFAST:

## LEFTOVER QUINOA & CHERRY CHIA PORRIDGE (V)

 Serves 1

 5-10 minutes

### Ingredients

1 portion of Leftover Quinoa & Cherry Porridge from day 2 breakfast

### Method

1. Simply take the leftover portion from the fridge and reheat in the microwave or on the hob. To loosen it up add a splash of water or milk.
2. Sprinkle over 1 portion of the nuts, seeds and cream and enjoy!

### NUTRITIONAL VALUES (per serving)

- Calories: 594 kcal
- Carbs: 30g
- Total Fat: 47g
- Protein: 12g



DAY 5 - LUNCH:

## LEFTOVER NO PASTA MAC 'N' CHEESE (V)



Serves 1



5-10 minutes

### Ingredients

1 portion of Leftover No Pasta Mac 'n' Cheese, from day 4 dinner

### Method

1. Simply take the leftover no pasta mac 'n' cheese from day 4 out of the fridge.
2. Reheat in the microwave or oven and enjoy!

### NUTRITIONAL VALUES (per serving)

- Calories: 768 kcal
- Carbs: 18g
- Total Fat: 66g
- Protein: 26g



DAY 5 - DINNER:

## ARTICHOKE, KALE & GOATS CHEESE SALAD (V)

 Serves 2

 10 minutes

 40 minutes

### Ingredients

2 Medium Globe Artichokes, sliced  
2 tbsp. Olive Oil  
Salt & Pepper, to taste  
100g Kale  
Juice of ½ Lemon  
70g Hazelnuts, roughly chopped  
150g Goats Cheese

### Method

1. Preheat the oven to 200°C/180°C fan (390°F/350°F fan).
2. Place the artichokes on a baking tray and drizzle in 1 tbsp. of olive oil. Season with salt and pepper then place in the oven for 35 minutes.
3. Whilst the artichokes are in the oven trim and wash the kale. Place the kale on the baking tray with the artichokes and drizzle in the remaining oil and the lemon juice.
4. Season the kale with salt and pepper then place in the oven with the artichokes for 5 minutes.
5. Remove the baking tray from the oven then transfer the kale and artichokes to a salad bowl.
6. Sprinkle with the hazelnuts then toss the salad well.
7. Crumble the goats cheese over the top then serve.

---

**TOP TIP:** Save 1 portion for day 6 lunch.

---

---

### NUTRITIONAL VALUES (per serving)

- Calories: 516 kcal
- Carbs: 7g
- Total Fat: 43g
- Protein: 26g



DAY 6 - BREAKFAST:

## LOW CARB TOMATO & FETA BAKED EGGS (V)

 Serves 1

 5 minutes

 30 minutes

### Ingredients

2 Large Tomatoes  
1 tbsp. Olive Oil  
1 Garlic Clove, crushed  
1 tbsp. Parmesan Cheese, finely grated  
1 tbsp. Fresh Basil, chopped  
2 Eggs  
80g Feta  
Salt & Pepper, to taste

### Method

1. Preheat oven to 200°C/180°C fan (390°F/350°F fan). Slice the top of each tomato off and use a spoon to remove the insides of each tomato.
2. Place the tomatoes into a bowl with the olive oil, garlic, parmesan and basil. Rub the oil and seasoning into the tomatoes, then place them onto a baking tray. Bake for 20 minutes.
3. Remove the tomatoes from the oven and crack an egg into the hole of the tomato and crumble over the feta.
4. Place back in the oven for 10 minutes, or until the eggs are set. Serve and season with salt and pepper.

---

### NUTRITIONAL VALUES (per serving)

- Calories: 608 kcal
- Carbs: 19g
- Total Fat: 43g
- Protein: 35g



DAY 6 - LUNCH:

## LEFTOVER ARTICHOKE, KALE & GOATS CHEESE SALAD (V)

 Serves 1

### Ingredients

1 portion of Leftover Artichoke, Kale & Goats Cheese Salad, from day 5 dinner

### Method

1. Take leftover salad from the fridge then serve.

---

### NUTRITIONAL VALUES (per serving)

- Calories: 516 kcal
- Carbs: 7g
- Total Fat: 43g
- Protein: 26g



DAY 6 - DINNER:

## STUFFED BABY AUBERGINES (VEGAN)

 Serves 2

 15 minutes

 25 minutes

### Ingredients

40g Desiccated Coconut  
2 tbsp. Smooth Peanut Butter  
15g Fresh Coriander, chopped  
4 Garlic Cloves, chopped  
1 Medium Red Chilli, finely sliced  
1 tbsp. Tomato Puree  
5g Fresh Ginger, peeled  
1 tsp. Garam Masala  
 $\frac{1}{2}$  tsp. Ground Cumin  
Salt & Pepper, to taste  
6 Baby Aubergines  
1 tbsp. Olive Oil  
 $\frac{1}{2}$  tsp. Mustard Seeds  
 $\frac{1}{2}$  tsp. Fenugreek Seeds

### To serve:

40g Rocket  
40g Baby Spinach  
50g Cherry Tomatoes, halved  
Juice of  $\frac{1}{2}$  Lemon  
1 tbsp. Olive Oil  
2 tbsp. Pumpkin Seeds  
2 tbsp. Sunflower Seeds

### Method

1. Start by making the stuffing for the aubergines. Add the coconut, peanut butter, coriander, garlic, chilli, tomato puree, ginger and spices to a food processor and pulse until well mixed.
2. Slice each aubergine from the base to the stem, but not through the stem, so the aubergine stays intact. Turn the aubergine and slice again in the same way, so that each aubergine is split into four but still attached to the stem.
3. Stuff each aubergine with the coconut and peanut mixture.
4. Heat the olive oil in a large frying pan, then add the mustard seeds and fenugreek seeds and fry until they start to pop, then turn the heat down.
5. Gently place the aubergines in the pan with the seeds, taking care not to spill the filling out of them. Add any extra filling the pan at the same time and gently stir to coat the aubergines.
6. Cover the pan with a lid and cook for 15-20 minutes until the aubergines are soft and cooked, adding a splash of water if the pan looks dry. Gently turn the aubergines every few minutes to make sure they cook on each side.
7. Whilst the aubergines are cooking, prepare the salad by tossing together the rocket, spinach, tomatoes, lemon juice and olive oil.
8. Sprinkle the seeds over the salad and serve with the stuffed aubergines.

**TOP TIP:** Save 1 portion for day 7 lunch



### NUTRITIONAL VALUES (per serving)

- Calories: 498 kcal
- Carbs: 16g
- Total Fat: 40g
- Protein: 17g

# DAY 7 - BREAKFAST: SHAKSHUKA (V)

 Serves 1

 5 minutes

 25 minutes

## Ingredients

- 1 tbsp. Olive Oil
- ½ Medium Onion, diced
- 1 Garlic Clove, minced
- ½ Medium Pepper, diced
- 1 Tin (400g) Chopped Tomatoes
- 1 tbsp. Tomato Puree
- ½ tsp. Chilli Powder
- ½ tsp. Paprika
- Salt & Pepper, to taste
- 2 Eggs
- 80g Goats Cheese
- 1 tbsp. Fresh Parsley

## Method

1. Heat oil in a non-stick pan over a medium heat. Add the onions and garlic and cook until tender. Add the diced pepper and continue to cook until soft.
2. Pour the tomatoes and tomato puree into the pan and stir well. Add the spices and season with salt and pepper.
3. Place the lid on the pan and leave to reduce for 10 minutes.
4. Crack the eggs into the pan and cook to your desired runniness. About 5 minutes before serving crumble over the goats cheese.
5. Garnish with parsley and serve.



## NUTRITIONAL VALUES (per serving)

- Calories: 646 kcal
- Carbs: 33g
- Total Fat: 39g
- Protein: 40g

DAY 7 - LUNCH:

## LEFTOVER STUFFED BABY AUBERGINES (VEGAN)

 Serves 1

 10-15 minutes

### Ingredients

1 portion of Leftover Stuffed Baby Aubergines from day 6 dinner

### Method

1. Take the leftovers out of the fridge and enjoy!
2. If you want to reheat the aubergines, place them on a baking tray in the oven at 180°C/160° fan (350°F/320°F fan) for 10-15 minutes.

---

### NUTRITIONAL VALUES (per serving)

- Calories: 498 kcal
- Carbs: 16g
- Total Fat: 40g
- Protein: 17g



DAY 7 - DINNER:

## ONE PAN MUSHROOM CARBONARA (V)

 Serves 1

 10 minutes

 10 minutes

### Ingredients

1 tbsp. Olive Oil  
1 Garlic Clove, crushed  
1 Portobello Mushroom, sliced  
1 Medium Courgette, spiralised  
1 Egg Yolk  
30g Parmesan Cheese, grated  
150ml Single Cream  
Salt & Pepper, to taste

### Method

1. Heat the oil in a non-stick pan over a medium heat then fry the garlic and mushroom.
2. Whilst the garlic and mushroom are cooking prepare the courgetti by spiralising the courgette. Add the courgetti to the pan with the garlic and mushroom and cook for 1-2 minutes.
3. Transfer the garlic, mushroom and courgetti to a plate and set aside.
4. In a bowl combine the egg yolk and parmesan cheese together, then pour  $\frac{1}{2}$  of the cream into the pan and warm through over a medium heat.
5. Add the egg and parmesan mixture into the pan and mix well.
6. Add the remaining cream into the pan with the mushroom and courgetti and season with salt and pepper.
7. Continue to stir until well mixed, ensuring the courgetti is evenly coated in the mixture, then serve.

### NUTRITIONAL VALUES (per serving)

- Calories: 572 kcal
- Carbs: 10g
- Total Fat: 48g
- Protein: 24g



# **DAYS 8-14 MEAL PLAN**



## DAYS 8-14 SHOPPING LIST

Please note, the shopping list is based on the amounts of ingredients used in the recipes and can be purchased in quantities to suit your individual needs e.g. in bulk or frozen. Please feel free to use leftover ingredients for the following week if necessary.



### DAIRY

945g Greek Yoghurt  
45ml Double Cream  
11 Eggs  
55g Butter  
70g Blue Cheese  
375g Halloumi  
1 tbsp. Soft Cheese



### VEGETABLES

95g Parmesan Cheese  
225g Cheddar Cheese  
1 Ball (125g) of Mozzarella Cheese  
50g Cottage Cheese  
10g Sour Cream

1 Medium Red Onion  
4 Medium Onions  
8 Spring Onions  
8 Garlic Cloves  
1 Small Red Chilli  
1 Medium Pepper  
2 Medium Aubergines  
4 Medium Courgettes  
100g Broccoli  
1 Medium Cauliflower  
1 Pak Choi  
200g Kale  
300g Asparagus



### MEAT ALTERNATIVES

400g Tofu



### FRUIT

Juice of 1 Lemon  
1 Medium Avocado  
2 Medium Tomatoes



### CUPBOARD ITEMS

2 tbsp. Chia Seeds	½ tsp. Smoked Paprika
3 tsp. Sunflower Seeds	½ tsp. Turmeric
70g Walnuts	½ tsp. Cumin
50g Pine Nuts	1 tsp. Mint Sauce
20g Cashew Nuts	1 Vegetable Stock Cube
30g Almonds	12 Sun-dried Tomatoes
1½ tbsp. Ground Flaxseed	1 x 400g Tin Chopped Tomatoes
8 tbsp. Crunchy Peanut Butter	1 tsp. Tomato Puree
2 tbsp. Almond Butter	1 tbsp. Tamari Soy Sauce
¼ tsp. Ground Nutmeg	2 tbsp. Coconut Cream
1 tsp. Cinnamon	9 ½ tbsp. Olive Oil
2 tsp. Stevia	2 tbsp. Coconut Oil
½ tsp. Baking Powder	Salt
½ tsp. Mixed Herbs	Pepper
1 tsp. Paprika	



### FROM THE FREEZER

200g Strawberries  
75g Raspberries  
100g Edamame Beans

# MEALS AT A GLANCE

Welcome to your week of delicious, low carb recipes that are suitable for the whole family.  
Easy to follow, easy to cook and suitable for any budget.

## ICON KEY



Servings



Prep Time



Cooking Time



Chill Time

## BREAKFAST

DAY 8



**39** PB & STRAWBERRY CHIA JAM YOGHURT BOWL (V)

## LUNCH



**40** WARM BLUE CHEESE, WALNUT & KALE SALAD (V)

## DINNER



**41** GREEK NIGHT! VEGGIE KEBABS & TZATZIKI (V)

DAY 9



**42** PB & STRAWBERRY CHIA JAM YOGHURT BOWL (V)



**43** LEFTOVER WARM BLUE CHEESE, WALNUT & KALE SALAD (V)



**44** CREAMED SPINACH BAKED EGGS (V)

DAY 10



**45** CHEESY SCRAMBLED EGGS & SUN-DRIED TOMATOES (V)



**46** LEFTOVER GREEK NIGHT! VEGGIE KEBABS & TZATZIKI (V)



**47** CHEESY AUBERGINE BAKE (V)

**BREAKFAST**

DAY 11



17g

**48** PB & STRAWBERRY CHIA JAM YOGHURT BOWL (V)**LUNCH**

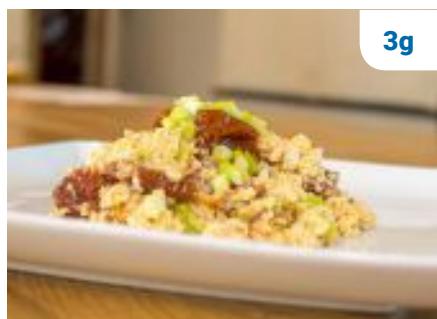
22g

**49** LEFTOVER CHEESY AUBERGINE BAKE (V)**DINNER**

10g

**50** TOFU COURGETTI & PESTO SAUCE (V)

DAY 12



3g

**51** CHEESY SCRAMBLED EGGS & SUN-DRIED TOMATOES (V)

10g

**52** LEFTOVER TOFU COURGETTI & PESTO SAUCE (V)

12g

**53** TOFU AND CASHEW NUT STIR FRY (V)

DAY 13



10g

**54** KETO PANCAKES & STRAWBERRY CHIA JAM (V)

21g

**55** CAULIFLOWER CHEESE & ONION SANDWICH (V)

12g

**56** LEFTOVER TOFU AND CASHEW NUT STIR FRY (V)

DAY 14



13g

**57** OMEGA-BOOSTING GREEK YOGHURT (V)

21g

**58** CAULIFLOWER CHEESE & ONION SANDWICH (V)

24g

**59** HALLOUMI BAKE FOR ONE (V)

DAY 8 - BREAKFAST:

## PB & STRAWBERRY CHIA JAM YOGHURT BOWL (V)

 5 minutes

 15 minutes

**Yogurt Bowl:** serves 1

**Strawberry Chia Jam:** serves 4

### Ingredients

*For the chia jam:*

200g Frozen Strawberries

1 tbsp. Lemon Juice

2 tsp. Stevia

2 tbsp. Chia Seeds

*For the yogurt bowl:*

200g Greek Yoghurt

2 tbsp. Crunchy Peanut Butter

1 tsp. Sunflower Seeds

### Method

1. For the jam heat the strawberries, lemon juice and stevia in a pan. When the strawberries are stewed, mash with a potato masher and stir in the chia seeds.
2. Leave to stand until the jam thickens. Store in the fridge in an airtight container.
3. Pour the yogurt into a bowl and top with the peanut butter, seeds and 1 serving of chia jam. Enjoy!

**TOP TIP:** To save time, the chia jam can be prepared the night before. Save 3 portions of chia jam for day 9, day 11 and day 13 breakfast.



### NUTRITIONAL VALUES (per serving)

- Calories: 485 kcal
- Carbs: 17g
- Total Fat: 31g
- Protein: 31g

DAY 8 - LUNCH:

## WARM BLUE CHEESE, WALNUT & KALE SALAD (V)

 Serves 2

 5 minutes

 10 minutes

### Ingredients

1 tbsp. Olive Oil  
200g Kale  
300g Asparagus  
70g Walnuts, roughly chopped  
70g Blue Cheese  
½ Medium Red Onion, sliced

### Method

1. Heat the oil in a non-stick frying pan over a medium heat. Add the kale and asparagus to the pan and cook for 5 minutes, or until tender.
2. Add the chopped nuts and toss well. Cook for a further 5 minutes, then add to a bowl.
3. Crumble over the blue cheese and onions, then serve.

**TOP TIP:** Save 1 portion for day 9 lunch.



### NUTRITIONAL VALUES (per serving)

- Calories: 491 kcal
- Carbs: 8g
- Total Fat: 41g
- Protein: 22g

DAY 8 - DINNER:

## GREEK NIGHT! VEGGIE KEBABS & TZATZIKI (V)

 Serves 2

 10 minutes

 2 hours

 20 minutes

### Ingredients

#### *For the skewers:*

250g Halloumi, cubed

1 tbsp. Olive Oil

Juice of ½ Lemon

1 Garlic Clove, crushed

½ tsp. Mixed Herbs

1 tsp. Paprika

Salt & Pepper, to taste

1 Medium Pepper, cut into chunks

½ Medium Red Onion, cut into chunks

½ Medium White Onion,  
cut into chunks

#### *For the Tzatziki:*

100g Cucumber, grated

1 tsp. Mint Sauce

100g Greek Yoghurt

### Method

1. Place 4 wooden skewers in cold water and leave to soak for 30 minutes (this prevents them from burning!)
2. Place the halloumi in a bowl or freezer bag and combine with oil, lemon juice, garlic, mixed herbs and paprika. Add salt and pepper to taste. Marinate for 1-2 hours - this can be done the night before or in the morning.
3. Whilst marinating prepare the vegetables for the skewers and the tzatziki.
4. For the tzatziki grate cucumber onto a tea towel and squeeze over the sink to drain. Combine cucumber, mint sauce and yoghurt in a bowl and store in the fridge.
5. Preheat oven to 200°C/180°C fan (390°F/350°F fan). Place the halloumi, peppers and onions onto 4 skewers, alternating between ingredients. Place the skewers onto a baking tray and bake for 15-20 minutes.
6. Serve skewers with the tzatziki.

**TOP TIP:** Save 1 serving for day 10 lunch.



### NUTRITIONAL VALUES (per serving)

- Calories: 592 kcal
- Carbs: 21g
- Total Fat: 40g
- Protein: 38g

DAY 9 - BREAKFAST:

## PB & STRAWBERRY CHIA JAM YOGHURT BOWL (V)

 Serves 1

 5 minutes

### Ingredients

- 200g Greek Yoghurt
- 1 portion of Strawberry Chia Jam from day 8 breakfast
- 2 tbsp. Crunchy Peanut Butter
- 1 tsp. Sunflower Seeds

### Method

1. Pour the yoghurt into a bowl.
2. Top with the chia jam, peanut butter and seeds. Enjoy!



---

### NUTRITIONAL VALUES (per serving)

- Calories: 485 kcal
- Carbs: 17g
- Total Fat: 31g
- Protein: 31g

DAY 9 - LUNCH:

## LEFTOVER WARM BLUE CHEESE, WALNUT & KALE SALAD (V)

 Serves 1

### Ingredients

1 portion of Leftover Blue Cheese, Walnut & Kale Salad from day 8 lunch

### Method

1. Simply take leftovers from the fridge and enjoy.



---

### NUTRITIONAL VALUES (per serving)

- Calories: 491 kcal
- Carbs: 8g
- Total Fat: 41g
- Protein: 22g

DAY 9 - DINNER:

## CREAMED SPINACH BAKED EGGS (V)

 Serves 1

 10 minutes

 15 minutes

### Ingredients

1 tbsp. Olive Oil  
1 Garlic Clove, crushed  
1 Medium Onion, diced  
100ml Water  
1 Vegetable Stock Cube  
100g Spinach  
Salt & Pepper, to taste  
 $\frac{1}{4}$  tsp. Ground Nutmeg  
1 tbsp. Double Cream  
1 tbsp. Soft Cheese  
2 Eggs  
1 tbsp. Parmesan Cheese, grated  
1 tbsp. Cheddar Cheese, grated

### Method

1. Heat oil in a large pan over a medium heat. Add the garlic and onion and cook until tender.
2. Add the water and stock cube and stir. Bring to the boil then add the spinach and stir. Season with salt, pepper and the nutmeg.
3. Stir in the cream and soft cheese. Allow the mixture to simmer and thicken, then crack the eggs into the pan and sprinkle with the parmesan and cheddar.
4. Leave to cook until the eggs are baked, then transfer into a bowl and serve.



### NUTRITIONAL VALUES (per serving)

- Calories: 623 kcal
- Carbs: 17g
- Total Fat: 46g
- Protein: 36g

DAY 10 - BREAKFAST:

## CHEESY SCRAMBLED EGGS & SUN-DRIED TOMATOES (V)

 Serves 1

 5 minutes

 5-10 minutes

### Ingredients

1 tbsp. Butter  
3 Eggs  
1 tbsp. Double Cream  
6 Sun-dried Tomatoes  
30g Cheddar Cheese, grated  
3 Spring Onions, diced

### Method

1. Melt the butter in a saucepan over a low heat. Whisk the eggs and add to the pan with the cream.
2. Sprinkle over the tomatoes, cheese and spring onions and stir continuously until the eggs begin to thicken. Serve and enjoy!



### NUTRITIONAL VALUES (per serving)

- Calories: 614 kcal
- Carbs: 3g
- Total Fat: 53g
- Protein: 31g

DAY 10 - LUNCH:

## LEFTOVER GREEK NIGHT! VEGGIE KEBABS & TZATZIKI (V)

 Serves 1

### Ingredients

1 portion of Leftover Greek Night!  
Veggie Kebabs & Tzatziki from  
day 8 dinner

### Method

1. Simply take the leftovers from day 8 out of the fridge and enjoy!  
This can be enjoyed hot or cold.



---

### NUTRITIONAL VALUES (per serving)

- Calories: 592 kcal
- Carbs: 21g
- Total Fat: 40g
- Protein: 38g

DAY 10 - DINNER:

## CHEESY AUBERGINE BAKE (V)

 Serves 2

 15 minutes

 1 hour 30 minutes

### Ingredients

2 Medium Aubergines, sliced lengthways  
Salt  
2 tbsp. Olive Oil  
2 Garlic Cloves, minced  
1 Medium Onion, diced  
1 Tin (400g) of Chopped Tomatoes  
1 tsp. Cinnamon  
Pepper  
1 Ball (125g) of Mozzarella  
5 tbsp. Parmesan, finely grated  
2 Handfuls of Mixed Green Salad Leaves

### Method

1. Place the aubergine slices in a colander and sprinkle with salt. Leave for about 1 hour, to allow the juices to drain.
2. Preheat the oven to 200°C/180°C fan (390°F/350°F fan). Heat 1 tbsp. of oil in a large non-stick frying pan over a medium heat. Add the garlic and onions and cook until tender. Pour in the tomatoes and sprinkle with cinnamon. Leave to simmer for 15-20 minutes, or until the sauce has thickened.
3. Whilst the sauce thickens, place the aubergine on a baking tray and drizzle with 1 tbsp. of oil. Season with pepper and place under the grill until slightly charred. Turn the aubergine over, so both sides are grilled, then set aside.
4. Grease a small oven-proof dish and place  $\frac{1}{3}$  of the aubergine slices across the bottom, topped with  $\frac{1}{2}$  of the tomato sauce. Tear the mozzarella into pieces and scatter  $\frac{1}{3}$  of the mozzarella and grated parmesan over the tomato sauce.
5. Repeat this for a second time, creating 2 layers, then cover the second layer with the remaining aubergine and cheese.
6. Place in the oven for 30-40 minutes, then serve with mixed green leaves of choice.

**TOP TIP:** Save 1 portion for day 11 lunch.



### NUTRITIONAL VALUES (per serving)

- Calories: 548 kcal
- Carbs: 22g
- Total Fat: 37g
- Protein: 31g

DAY 11 - BREAKFAST:

## PB & STRAWBERRY CHIA JAM YOGHURT BOWL (V)

 Serves 1

 5 minutes

### Ingredients

200g Greek Yoghurt  
1 portion of Strawberry Chia Jam from day 8 breakfast  
2 tbsp. Crunchy Peanut Butter  
1 tsp. Sunflower Seeds

### Method

1. Pour the yoghurt into a bowl.
2. Top with the chia jam, peanut butter and seeds. Enjoy!



---

### NUTRITIONAL VALUES (per serving)

- Calories: 485 kcal
- Carbs: 17g
- Total Fat: 31g
- Protein: 31g

DAY 11 - LUNCH:

## LEFTOVER CHEESY AUBERGINE BAKE (V)

 Serves 1

 5-10 minutes

### Ingredients

1 portion of Leftover Cheesy  
Aubergine Bake from day 10 dinner

### Method

1. Simply take leftovers from day 10 out of the fridge.
2. Reheat in the oven or microwave and enjoy.

---

### NUTRITIONAL VALUES (per serving)

- Calories: 548 kcal
- Carbs: 22g
- Total Fat: 37g
- Protein: 31g



DAY 11 - DINNER:

## TOFU COURGETTI & PESTO SAUCE (V)

 Serves 2

 15 minutes

 15 minutes

### Ingredients

1 Medium Avocado  
50g Pine Nuts  
2 Garlic Cloves, crushed  
2 tbsp. Olive Oil  
2 tbsp. Chives  
1 tbsp. Fresh Basil Leaves  
Salt & Pepper, to taste  
 $\frac{1}{2}$  tsp. Butter  
200g Tofu, cubed  
3 Medium Courgettes, spiralised  
1 tbsp. Parmesan Cheese, grated

### Method

1. For the pesto sauce place the avocado, pine nuts, garlic, oil, chives and basil into a food processor. Season with salt and pepper and blend until smooth.
2. Add the butter to a pan and fry the tofu until slightly crispy.
3. Spiralise the courgette using a spiraliser or vegetable peeler and add to the pan with the tofu. Cook until tender, then stir in the pesto sauce and cook until the pesto is warm.
4. Transfer onto serving dishes and sprinkle over the parmesan.

**TOP TIP:** Save 1 portion for day 12 lunch.

### NUTRITIONAL VALUES (per serving)

- Calories: 495 kcal
- Carbs: 10g
- Total Fat: 41g
- Protein: 21g



DAY 12 - BREAKFAST:

## CHEESY SCRAMBLED EGGS & SUN-DRIED TOMATOES (V)

 Serves 1

 5 minutes

 5-10 minutes

### Ingredients

1 tbsp. Butter  
3 Eggs  
1 tbsp. Double Cream  
6 Sun-dried Tomatoes  
30g Cheddar Cheese, grated  
3 Spring Onions, diced

### Method

1. Melt the butter in a saucepan over a low heat. Whisk the eggs and add to the pan with the cream.
2. Sprinkle over the tomatoes, cheese and spring onions and stir continuously until the eggs begin to thicken. Serve and enjoy!



---

### NUTRITIONAL VALUES (per serving)

- Calories: 614 kcal
- Carbs: 3g
- Total Fat: 53g
- Protein: 31g

DAY 12 - LUNCH:

## LEFTOVER TOFU COURGETTI & PESTO SAUCE (V)

 Serves 1

 5 minutes

### Ingredients

1 portion of Leftover Tofu Courgetti & Pesto from day 11 dinner

### Method

1. Simply take leftovers from the fridge and reheat.



---

### NUTRITIONAL VALUES (per serving)

- Calories: 495 kcal
- Carbs: 10g
- Total Fat: 41g
- Protein: 21g

DAY 12 - DINNER:

## TOFU AND CASHEW NUT STIR FRY (V)

 Serves 2

 5 minutes

 10-12 minutes

### Ingredients

2 tbsp. Coconut Oil  
1 Garlic Clove, crushed  
1 Small Red Chilli, finely chopped  
2 tbsp. Crunchy Peanut Butter  
2 Spring Onions, sliced  
100g Broccoli, chopped into florets  
1 Pak Choi, separated into leaves  
200g Tofu, cubed  
100g Edamame Beans  
1 tbsp. Tamari Soy Sauce  
2 tbsp. Coconut Cream  
20g Cashew Nuts

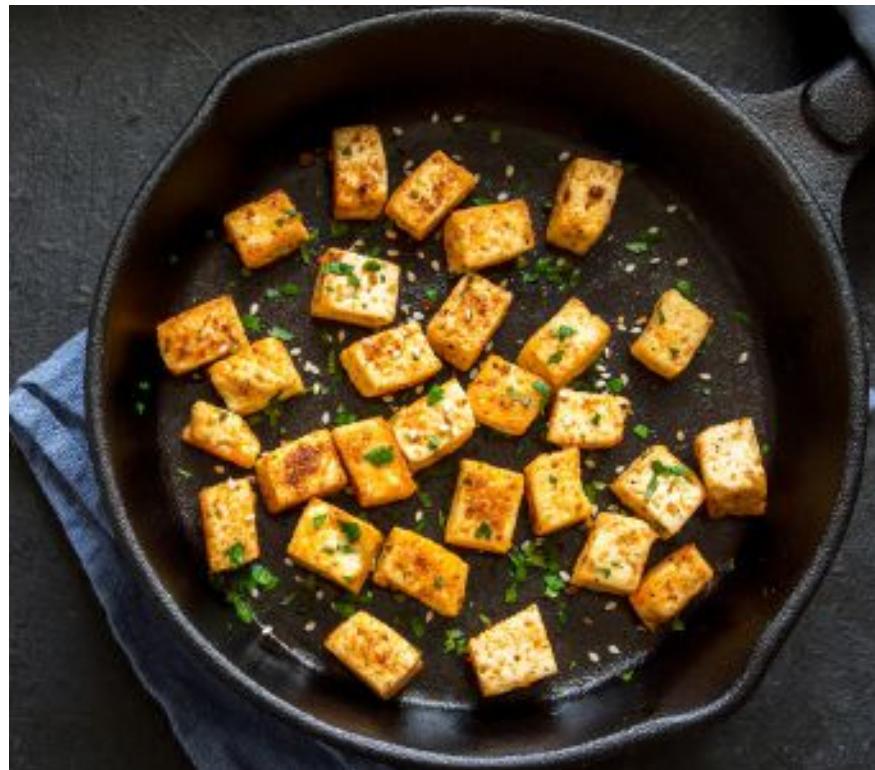
### Method

1. Heat the coconut oil in a wok over a medium to high heat, then add the garlic, red chilli and peanut butter and cook for 2 minutes.
2. Add the spring onion, broccoli and pak choi and cook for a further 5 minutes.
3. Add the tofu, edamame beans, soy sauce and coconut cream and cook for a further 3-5 minutes.
4. Divide between 2 plates and sprinkle the cashew nuts over the top.

**TOP TIP:** Save 1 portion for day 13 dinner.

### NUTRITIONAL VALUES (per serving)

- Calories: 459 kcal
- Carbs: 12g
- Total Fat: 33g
- Protein: 26g



DAY 13 - BREAKFAST:

## KETO PANCAKES & STRAWBERRY CHIA JAM (V)

 Serves 1

 10 minutes

 10 minutes

### Ingredients

- 1 Egg
- 50g Cottage Cheese
- ½ tsp. Baking Powder
- 1 tbsp. Ground Flaxseed
- 1 tbsp. Butter
- 1 tbsp. Greek Yoghurt
- 1 portion of Strawberry Chia Jam, from day 8 breakfast
- 30g Almonds, roughly chopped

### Method

1. Combine the egg, cottage cheese, baking powder and flaxseed in a bowl and mix well.
2. Leave the mixture to rest for 5 minutes whilst melting the butter in a non-stick frying pan.
3. When the butter has melted, transfer the mixture into the pan in large circles. You may need to do this in batches.
4. Cook on either side for a few minutes or until cooked through then transfer onto a plate.
5. Layer the pancakes on the plate then top with the Greek yoghurt, chia jam and almonds.



### NUTRITIONAL VALUES (per serving)

- Calories: 481 kcal
- Carbs: 10g
- Total Fat: 37g
- Protein: 26g

DAY 13 - LUNCH:

## CAULIFLOWER CHEESE & ONION SANDWICH (V)

 Serves 1

 10 minutes

 10 minutes

### Ingredients

½ Medium Cauliflower  
1 Egg, lightly beaten  
30g Parmesan Cheese, grated  
Salt & Pepper, to taste  
1 tsp. Olive Oil  
75g Cheddar Cheese, grated  
½ Medium Onion, sliced

### Method

1. Cut the cauliflower into florets and create cauli rice by finely grating or using a food processor.
2. In a large bowl combine the cauli rice with the egg and parmesan. Mix well and season with salt and pepper. Shape into 4 even balls.
3. Heat oil in a non-stick frying pan. Place the balls in the pan, using a spatula to flatten them down. Cook until golden underneath, then flip and repeat on the other side.
4. Top 2 of the patties with the cheddar, onion and remaining patties. Cook on both sides, until the cheese has melted in the middle.

### NUTRITIONAL VALUES (per serving)

- Calories: 664 kcal
- Carbs: 21g
- Total Fat: 45g
- Protein: 44g



DAY 13 - DINNER:

## LEFTOVER TOFU AND CASHEW NUT STIR FRY (V)



### Ingredients

1 portion of Leftover Tofu and Cashew Nut Stir Fry, from day 12 dinner

### Method

1. Simply reheat the leftover tofu and cashew nut stir fry in the microwave for 3-5 minutes until warm.



### NUTRITIONAL VALUES (per serving)

- Calories: 459 kcal
- Carbs: 12g
- Total Fat: 33g
- Protein: 26g

# DAY 14 - BREAKFAST: OMEGA-BOOSTING GREEK YOGHURT (V)

 Serves 1

 5 minutes

## Ingredients

200g Greek Yoghurt  
75g Frozen Raspberries  
2 tbsp. Almond Butter  
1 tsp. Ground Flaxseed

## Method

1. Add yoghurt and raspberries to a bowl.
2. Drizzle the almond butter over the top and sprinkle with the ground flaxseed.



## NUTRITIONAL VALUES (per serving)

- Calories: 465 kcal
- Carbs: 13g
- Total Fat: 32g
- Protein: 29g

DAY 14 - LUNCH:

## CAULIFLOWER CHEESE & ONION SANDWICH (V)

 Serves 1

 10 minutes

 10 minutes

### Ingredients

½ Medium Cauliflower  
1 Egg, lightly beaten  
30g Parmesan Cheese, grated  
Salt & Pepper, to taste  
1 tsp. Olive Oil  
75g Cheddar Cheese, grated  
½ Medium Onion, sliced

### Method

1. Cut the cauliflower into florets and create cauli rice by finely grating or using a food processor.
2. In a large bowl combine the cauli rice with the egg and parmesan. Mix well and season with salt and pepper. Shape into 4 even balls.
3. Heat oil in a non-stick frying pan. Place the balls in the pan, using a spatula to flatten them down. Cook until golden underneath, then flip and repeat on the other side.
4. Top 2 of the patties with the cheddar, onion and remaining patties. Cook on both sides, until the cheese has melted in the middle.

### NUTRITIONAL VALUES (per serving)

- Calories: 664 kcal
- Carbs: 21g
- Total Fat: 45g
- Protein: 44g



DAY 14 - DINNER:

## HALLOUMI BAKE FOR ONE (V)

 Serves 1

 10 minutes

 25 minutes

### Ingredients

1 tbsp. Olive Oil  
½ Medium Onion, chopped  
1 Garlic Clove, crushed  
2 Medium Tomatoes, diced  
1 Medium Courgette, diced  
1 tsp. Tomato Puree  
½ tsp. Turmeric  
½ tsp. Ground Cumin  
½ tsp. Smoked Paprika  
½ Small Red Fresh Chilli, finely sliced  
Salt & Pepper, to taste  
125g Halloumi, sliced  
1 Handful of Fresh Basil, to garnish  
½ tbsp. Sour Cream

### Method

1. Heat the oil in a small frying pan over a low-medium heat. Add the onion and garlic and cook until tender.
2. Add the tomatoes, courgette, tomato puree and spices. Season with salt and pepper and cook for 10 minutes or until the vegetables are tender and the tomatoes are juicy.
3. Add a splash of water and cook for a further 5 minutes, to allow the sauce to reduce.
4. Preheat the grill to a medium-high heat. Remove the pan from the hob and place the slices of halloumi across the top of the vegetables. Place under the grill until the cheese is golden.
5. Transfer into a serving dish. Garnish with basil and top with a spoonful of sour cream before serving.

### NUTRITIONAL VALUES (per serving)

- Calories: 681 kcal
- Carbs: 24g
- Total Fat: 48g
- Protein: 38g



# DAYS 15-21 MEAL PLAN



## DAYS 15-21 SHOPPING LIST

Please note, the shopping list is based on the amounts of ingredients used in the recipes and can be purchased in quantities to suit your individual needs e.g. in bulk or frozen. Please feel free to use leftover ingredients for the following week if necessary.



### DAIRY

15 Eggs	100g Feta Cheese
130g Butter	100ml Whole Milk
1 tbsp. Ghee	60g Ricotta
135g Greek Yoghurt	50g Cheddar Cheese
200g Mascarpone	50g Cottage Cheese
200g Mozzarella Cheese	
125g Goats Cheese	



### VEGETABLES

9 Garlic Cloves	200g Asparagus
2 Small Onions	¼ Medium Cabbage
2 Medium Onions	1 Medium Carrot
2½ Medium Red Onions	4 Portobello Mushrooms
1 Medium Red Chilli	220g Baby Spinach
1 Medium Green Chilli	50g Rocket
20g Fresh Ginger	5g Fresh Coriander
1 Large Cauliflower	10g Fresh Basil
1 Medium Cauliflower	
2 Medium Courgettes	



### DAIRY ALTERNATIVES

180g Coconut Yoghurt



### CUPBOARD ITEMS

11 tbsp. Olive Oil	2 tsp. Ground Cumin
5 tbsp. Coconut Oil	2 tsp. Tamarind Paste
80g Sunflower Seeds	2 tsp. Mixed Herbs
35g Chia Seeds	½ tsp. English Mustard Powder
45g Pumpkin Seeds	1 tbsp. Ground Flaxseed
1 tbsp. Poppy Seeds	2 Vegetable Stock Cubes
116g Desiccated Coconut	1 x 400ml Tin Coconut Milk
200g Ground Almonds	1 x 210g Tin Chickpeas (drained weight 130g)
75g Flaked Almonds	2½ tbsp. Pesto
30g Almonds	4 tbsp. Passata
1½ tsp. Baking Powder	40g Soya Flour
1 tsp. Stevia	Salt
1 tbsp. Peanut Butter	Pepper
1 tsp. Ground Turmeric	
1 tsp. Oregano	
½ tsp. Garlic Powder	
2 tsp. Coriander Seeds	
2 tsp. Ground Coriander	



### MEAT ALTERNATIVES

300g Tofu



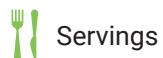
### FRUIT

Juice of 2½ Lemons	2 Medium Tomatoes
200g Strawberries	50g Cherry Tomatoes
4 Medium Avocados	

# MEALS AT A GLANCE

Welcome to your week of delicious, low carb recipes that are suitable for the whole family.  
Easy to follow, easy to cook and suitable for any budget.

## ICON KEY



Servings



Prep Time



Cooking Time



Chill Time

## BREAKFAST

DAY 15



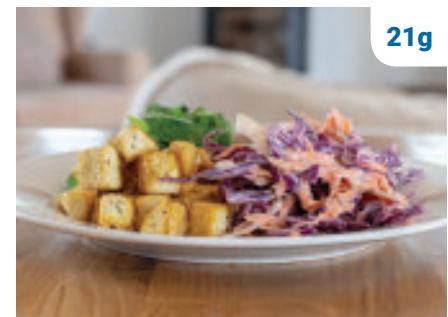
**64** PB & J ON MULTISEED  
BREAD (V)

## LUNCH



**65** KERALAN VEGETABLES  
WITH COURGETTI (V)

## DINNER

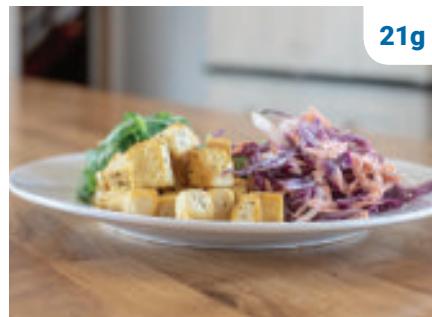


**66** TOFU NUGGETS &  
CREAMY COCONUT  
COLESLAW (VEGAN)

DAY 16



**67** SMASHED AVOCADO  
ON TOAST (V)



**68** LEFTOVER TOFU NUGGETS  
& CREAMY COCONUT  
COLESLAW (VEGAN)



**69** LEFTOVER KERALAN  
VEGETABLES WITH  
COURGETTI (V)

DAY 17



**70** STRAWBERRY CHIA JAM  
& SUNFLOWER SEED  
MASCARPONE BOWL (V)



**71** LEFTOVER KERALAN  
VEGETABLES WITH  
COURGETTI (V)



**72** CHICKPEA COCONUT  
CURRY (VEGAN)

**BREAKFAST**

DAY 18



12g

**73** STRAWBERRY CHIA JAM & SUNFLOWER SEED MASCARPONE BOWL (V)**LUNCH**

26g

**74** LEFTOVER CHICKPEA COCONUT CURRY (VEGAN)**DINNER**

11g

**75** PORTOBELLO VEGGIE CHEESE BURGER (V)

DAY 19



9g

**76** SMASHED AVOCADO ON TOAST (V)

11g

**77** LEFTOVER PORTOBELLO VEGGIE CHEESE BURGER (V)

19g

**78** RICOTTA & SPINACH CAULIFLOWER CALZONES (V)

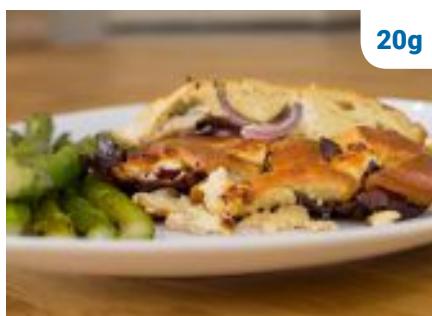
DAY 20



10g

**79** KETO PANCAKES & STRAWBERRY CHIA JAM (V)

6g

**80** LOW CARB CHEESE ON TOAST (V)

20g

**81** RED ONION & FETA TOAD IN THE HOLE (V)

DAY 21



6g

**82** POACHED EGGS ON TOAST (V)

20g

**83** LEFTOVER RED ONION & FETA TOAD IN THE HOLE (V)

19g

**84** RICOTTA & SPINACH CAULIFLOWER CALZONES (V)

DAY 15 - BREAKFAST:

## PB & J ON MULTISEED BREAD (V)



10 minutes



45 minutes

### Multiseed bread:

serves 6/makes 12 slices

**Chai Jam:** serves 4

**Toppings:** serves 1

### Ingredients

#### For the multiseed bread:

7 Eggs

2 tbsp. Olive Oil

115g Butter, melted

35g Sunflower Seeds

20g Chia Seeds

40g Pumpkin Seeds

1 tsp. Baking Powder

200g Ground Almonds

½ tsp. Salt

1 tbsp. Poppy Seeds

#### For the strawberry chia jam:

200g Strawberries, diced

1 tbsp. Lemon Juice

1 tsp. Stevia (optional)

1 tbsp. Chia Seeds

#### For the toppings:

1 tbsp. Peanut Butter

### Method

1. For the bread begin by preheating the oven to 180°C/160°C fan (350°F/320°F fan).
2. Crack the eggs into a bowl and beat for 1-2 minutes on high.
3. Add the olive oil and melted butter to the eggs, continue beating.
4. Combine the remaining ingredients except for the poppy seeds, then scrape into a loaf pan lined with baking paper and scatter with the poppy seeds.
5. Place the bread into the oven and bake for 45 minutes (remove once a skewer comes out of the middle clean).
6. In the meantime, prepare the strawberry chia jam by heating the strawberries, lemon juice and stevia in a pan.
7. When the strawberries are stewed, mash with a potato masher and stir in the chia seeds.
8. Leave to stand until the jam thickens, then transfer into an air tight container.
9. Remove the bread from the oven then leave to cool for ten minutes.
10. Slice the bread into 12 even slices, placing 10 of the slices in an air tight container.
11. Toast the remaining two slices of bread in the toaster or under the grill then spread the peanut butter over the top.
12. Spread 1 serving of chia jam on top of the peanut butter then serve.

---

**TOP TIP:** The multi-seed bread and chia jam can be made the night before to save time. Save 3 portions of the chia jam for day 17, 18 and 20 breakfast. Save 4 portions of the bread for day 16, 19 and 21 breakfast, and day 20 lunch.

---

### NUTRITIONAL VALUES (per serving)

● Calories: 684 kcal

● Carbs: 10g

● Total Fat: 60g

● Protein: 25g

DAY 15 - LUNCH:

## KERALAN VEGETABLES WITH COURGETTI (V)

 Serves 3

 15 minutes

 1 hour

 20 minutes

### Ingredients

- 1 Medium Cauliflower, cut into florets
- 2 tbsp. Greek Yoghurt
- ½ tsp. Ground Turmeric
- 1 tbsp. Ghee
- 2 tsp. Coriander Seeds
- 6 Garlic Cloves, chopped
- 1 Medium Red Chilli, finely chopped
- 10g Fresh Ginger, finely chopped
- 2 Small Onions, diced
- 450ml Boiling Water
- 2 Vegetable Stock Cubes
- 1 Tin (400ml) Coconut Milk
- 100g Baby Spinach
- 2 Medium Courgettes, spiralised
- 75g Flaked Almonds

### Method

1. Place the cauliflower, yoghurt and turmeric in a bowl and mix well so that the cauliflower is well coated, then leave to marinate for 1 hour
2. Heat the ghee in a large pan, then add the coriander seeds, garlic, chilli and ginger and fry for 3-4 minutes.
3. Add the onions and fry for a further 5-6 minutes.
4. Add the marinated cauliflower and fry for 4-5 minutes until lightly browned. Make sure to stir frequently to stop the cauliflower from sticking to the pan.
5. Make up the vegetable stock using the boiling water and stock cubes, then add it to the pan and leave to simmer for 20-25 minutes.
6. Stir through the coconut milk, spinach and spiralised courgette and simmer for a further 5-6 minutes.
7. Spoon the curry into bowls, scatter over the flaked almonds and serve.

**TOP TIP:** Save 2 portions for day 16 dinner and day 17 lunch.



### NUTRITIONAL VALUES (per serving)

- Calories: 533 kcal
- Carbs: 22g
- Total Fat: 42g
- Protein: 16g

DAY 15 - DINNER:

## TOFU NUGGETS & CREAMY COCONUT COLESLAW (VEGAN)

 Serves 2

 10 minutes

 10 minutes

### Ingredients

#### *For the tofu nuggets:*

300g Tofu, cut into cubes

2 tsp. Mixed Herbs

Salt & Pepper, to taste

4 tbsp. Olive Oil

1 Medium Avocado, sliced

2 Handfuls of Rocket

#### *For the creamy coconut coleslaw:*

1 Medium Onion, finely sliced lengthways

¼ Medium Cabbage, finely shredded

1 Medium Carrot, finely grated

150g Coconut Yoghurt

1 tbsp. Lemon Juice

½ tsp. English Mustard Powder

Salt & Pepper, to taste

### Method

1. Place the cubes of tofu into a bowl and sprinkle over the mixed herbs. Season with salt and pepper.
2. Heat the oil in a non-stick frying pan then place the tofu nuggets into the pan. Cook for 10 minutes or until crispy, turning the nuggets over to ensure they are evenly cooked.
3. In the meantime, prepare the coleslaw by combining all the ingredients in a bowl, ensuring it is well mixed.
4. Remove the tofu nuggets from the pan and serve with the coleslaw, avocado and rocket.

**TOP TIP:** Save 1 portion for day 16 lunch.



### NUTRITIONAL VALUES (per serving)

- **Calories:** 429 kcal
- **Carbs:** 21g
- **Total Fat:** 31g
- **Protein:** 16g

DAY 16 - BREAKFAST:

## SMASHED AVOCADO ON TOAST (V)

 Serves 1

 5 minutes

 5 minutes

### Ingredients

2 slices of Leftover Multiseed Bread, from day 15 breakfast

1 Medium Avocado, mashed

Juice of ½ Lemon

Salt & Pepper, to taste

### Method

1. Toast the bread in the toaster or under the grill.
2. In the meantime, mash the avocado and lemon juice then season with salt and pepper.
3. Share the mashed avocado out between the two slices of toast, then serve and enjoy.

### NUTRITIONAL VALUES (per serving)

● Calories: 814 kcal

● Carbs: 9g

● Total Fat: 77g

● Protein: 22g



DAY 16 - LUNCH:

## LEFTOVER TOFU NUGGETS & CREAMY COCONUT COLESLAW (VEGAN)

 Serves 1

 5-10 minutes

### Ingredients

1 portion of Leftover Tofu Nuggets & Creamy Coconut Coleslaw from day 15 dinner

### Method

1. Take the leftover nuggets from the fridge and reheat or enjoy cold.
2. Serve with the leftover coleslaw.



---

### NUTRITIONAL VALUES (per serving)

- Calories: 429 kcal
- Carbs: 21g
- Total Fat: 31g
- Protein: 16g

DAY 16 - DINNER:

## LEFTOVER KERALAN VEGETABLES WITH COURGETTI (V)

 Serves 1

 5 minutes

### Ingredients

1 portion of Leftover Keralan Vegetables with Courgetti from day 15 lunch

### Method

1. Take the leftovers out of the fridge and either enjoy cold or reheat in a pan.

---

### NUTRITIONAL VALUES (per serving)

- Calories: 533 kcal
- Carbs: 22g
- Total Fat: 42g
- Protein: 16g



DAY 17 - BREAKFAST:

## STRAWBERRY CHIA JAM & SUNFLOWER SEED MASCARPONE BOWL (V)



Serves 1



5 minutes

### Ingredients

- 100g Mascarpone
- 1 portion of Strawberry Chia Jam, from day 15 breakfast
- 2 tbsp. Sunflower Seeds
- 1 tbsp. Desiccated Coconut

### Method

1. Add the mascarpone and chia jam to a bowl.
2. Sprinkle with the sunflower seeds and coconut then serve.



### NUTRITIONAL VALUES (per serving)

- Calories: 632 kcal
- Carbs: 12g
- Total Fat: 60g
- Protein: 10g

DAY 17 - LUNCH:

## LEFTOVER KERALAN VEGETABLES WITH COURGETTI (V)

 Serves 1

 5 minutes

### Ingredients

1 portion of Leftover Keralan Vegetables with Courgetti from day 15 lunch

### Method

1. Take the leftovers out of the fridge and either enjoy cold or reheat in a pan.

---

### NUTRITIONAL VALUES (per serving)

- Calories: 533 kcal
- Carbs: 22g
- Total Fat: 42g
- Protein: 16g



DAY 17 - DINNER:

## CHICKPEA COCONUT CURRY (VEGAN)

 Serves 2

 5 minutes

 25 minutes

### Ingredients

2 tbsp. Coconut Oil  
1 Medium Onion, diced  
3 Garlic Cloves, chopped  
10g Ginger, grated  
1 Medium Green Chilli, finely sliced  
½ tsp. Ground Turmeric  
2 tsp. Ground Coriander  
2 tsp. Ground Cumin  
2 tsp. Tamarind Paste  
2 Medium Tomatoes, chopped  
350ml Boiling Water  
100g Desiccated Coconut  
1 Small Tin (210g) Chickpeas, drained and rinsed  
100g Baby Spinach  
Juice of ½ Lemon  
2 tbsp. Coconut Yoghurt  
5g Fresh Coriander, chopped

### Method

1. Heat the coconut oil in a large pan, add the onion and fry for 3-4 minutes until browned.
2. Add the garlic, ginger and green chilli and fry for a further 1-2 minutes.
3. Stir in the turmeric, coriander, cumin and tamarind paste, then add the tomatoes and stir to coat in the spices.
4. Add the water and desiccated coconut to the pan, stir and simmer for 10 minutes.
5. Stir through the chickpeas and spinach and simmer for a further 5-7 minutes, until the chickpeas are heated through.
6. Squeeze the lemon over the curry and serve with coconut yoghurt and a garnish of fresh coriander.

**TOP TIP:** Save 1 portion for day 18 lunch.



### NUTRITIONAL VALUES (per serving)

- Calories: 475 kcal
- Carbs: 26g
- Total Fat: 36g
- Protein: 11g

DAY 18 - BREAKFAST:

## STRAWBERRY CHIA JAM & SUNFLOWER SEED MASCARPONE BOWL (V)



Serves 1



5 minutes

### Ingredients

- 100g Mascarpone
- 1 portion of Strawberry Chia Jam, from day 15 breakfast
- 2 tbsp. Sunflower Seeds
- 1 tbsp. Desiccated Coconut

### Method

1. Add the mascarpone and chia jam to a bowl.
2. Sprinkle with the sunflower seeds and coconut then serve.

---

### NUTRITIONAL VALUES (per serving)

- Calories: 6632 kcal
- Carbs: 12g
- Total Fat: 60g
- Protein: 10g



DAY 18 - LUNCH:

## LEFTOVER CHICKPEA COCONUT CURRY (VEGAN)

 Serves 1

 5 minutes

### Ingredients

1 portion of Leftover Chickpea  
Coconut Curry from day 17 dinner

### Method

1. Take the leftovers out of the fridge, reheat in a pan and enjoy.



---

### NUTRITIONAL VALUES (per serving)

- Calories: 475 kcal
- Carbs: 26g
- Total Fat: 36g
- Protein: 11g

DAY 18 - DINNER:

## PORTOBELLO VEGGIE CHEESE BURGER (V)

 Serves 2

 10 minutes

 15 minutes

### Ingredients

#### For the burgers:

4 Portobello Mushrooms

1 tbsp. Olive Oil

½ Medium Red Onion, thinly sliced

1 Medium Avocado, mashed

125g Goats Cheese

2 tbsp. Pesto

#### For the salad:

2 Handfuls of Rocket

50g Cherry Tomatoes, halved

#### For the dressing:

2 tbsp. Olive Oil

1 tsp. Pesto

### Method

1. Preheat the oven to 200°C/180°C fan (390°F/350°F fan).
2. Place the mushrooms on a lined baking tray and bake in the oven for 10-15 minutes.
3. In the meantime, heat the oil in a non-stick frying pan and fry the sliced onions. Cook until tender.
4. When the mushrooms are cooked, remove from the oven and top two with the mashed avocado, crumbled goats cheese, onions and pesto. Place the leftover mushrooms on top.
5. Drizzle the rocket with the olive oil and pesto and serve the rocket salad with the burgers.

---

**TOP TIP:** Save 1 portion for day 19 lunch.

---

### NUTRITIONAL VALUES (per serving)

- Calories: 673 kcal
- Carbs: 11g
- Total Fat: 61g
- Protein: 21g



DAY 19 - BREAKFAST:

## SMASHED AVOCADO ON TOAST (V)

 Serves 1

 5 minutes

 5 minutes

### Ingredients

2 slices of Leftover Multiseed Bread, from day 15 breakfast

1 Medium Avocado, mashed

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

Salt & Pepper, to taste

### Method

1. Toast the bread in the toaster or under the grill.
2. In the meantime, mash the avocado and lemon juice then season with salt and pepper.
3. Share the mashed avocado out between the two slices of toast then serve and enjoy.

### NUTRITIONAL VALUES (per serving)

- Calories: 814 kcal
- Carbs: 9g
- Total Fat: 77g
- Protein: 22g



DAY 19 - LUNCH:

## LEFTOVER PORTOBELLO VEGGIE CHEESE BURGER (V)

 Serves 1

### Ingredients

1 portion of Leftover Low Carb Veggie Cheese Burger, from day 18 dinner

### Method

1. Simply take the leftover burger and salad from the fridge then serve.



---

### NUTRITIONAL VALUES (per serving)

- Calories: 673 kcal
- Carbs: 11g
- Total Fat: 61g
- Protein: 21g

DAY 19 - BREAKFAST:

## RICOTTA & SPINACH CAULIFLOWER CALZONES (V)

 Serves 1

 15 minutes

 30 minutes

### Ingredients

1 tbsp. Olive Oil  
½ Large Cauliflower  
1 Egg, lightly beaten  
100g Mozzarella Cheese, shredded  
½ tsp. Oregano  
¼ tsp. Garlic Powder  
Salt & Pepper, to taste  
2 tbsp. Passata  
30g Ricotta  
1 Handful of Baby Spinach  
1 Handful of Fresh Basil, torn

### Method

1. Preheat oven to 200°C/180°C fan (390°F/350°F fan) and line a baking tray with baking paper and lightly cover with oil.
2. Use a food processor or hand-held grater to finely grate the cauliflower.
3. Microwave the cauliflower for 8-10 minutes and drain in a tea towel over the sink, until the cauliflower is dry.
4. In a bowl combine the cauliflower, egg, ½ of the mozzarella, oregano and garlic powder. Season with salt and pepper and mix it thoroughly using your hands.
5. Roll the mixture into a large ball, then flatten it onto the baking tray in a round shape. Bake for 10 minutes.
6. Remove from the oven and spread the passata over half of the calzone base. Sprinkle with the remaining mozzarella, ricotta, spinach and basil.
7. Fold the cauliflower in half, covering the cheese and tomato filling and press down on the edge to ensure it is well sealed.
8. Place back in the oven and cook for a further 10 minutes, or until the cheese has melted. When the calzone has cooked, remove from the oven and serve immediately.



### NUTRITIONAL VALUES (per serving)

- Calories: 676 kcal
- Carbs: 19g
- Total Fat: 47g
- Protein: 45g

DAY 20 - BREAKFAST:

## KETO PANCAKES & STRAWBERRY CHIA JAM (V)

 Serves 1

 10 minutes

 10 minutes

### Ingredients

- 1 Egg
- 50g Cottage Cheese
- ½ tsp. Baking Powder
- 1 tbsp. Ground Flaxseed
- 1 tbsp. Butter
- 1 tbsp. Greek Yoghurt
- 1 portion of Strawberry Chia Jam, from day 15 breakfast
- 30g Almonds, roughly chopped

### Method

1. Combine the egg, cottage cheese, baking powder and flaxseed in a bowl and mix well.
2. Leave the mixture to rest for 5 minutes whilst melting the butter in a non-stick frying pan.
3. When the butter has melted, transfer the mixture into the pan in large circles. You may need to do this in batches.
4. Cook on either side for a few minutes or until cooked through then transfer onto a plate.
5. Layer the pancakes on the plate then top with the Greek yoghurt, chia jam and almonds.



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### NUTRITIONAL VALUES (per serving)

- Calories: 481 kcal
- Carbs: 10g
- Total Fat: 37g
- Protein: 26g

DAY 20 - LUNCH:

## LOW CARB CHEESE ON TOAST (V)

 Serves 1

 5 minutes

 10 minutes

### Ingredients

2 slices of Leftover Multiseed Bread, from day 15 breakfast

50g Cheddar Cheese, grated

1 Handful of Rocket

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

### Method

1. Preheat the grill to a medium heat then lightly toast the bread on either side.
2. Top each slice with the grated cheddar then place under the grill until the cheese melts.
3. Remove the cheese on toast from the grill then serve on a plate with the rocket drizzled in the lemon juice.

### NUTRITIONAL VALUES (per serving)

- Calories: 783 kcal
- Carbs: 6g
- Total Fat: 70g
- Protein: 33g



DAY 20 - DINNER:

## RED ONION & FETA TOAD IN THE HOLE (V)

 Serves 2

 10 minutes

 45 minutes

### Ingredients

2 Medium Red Onions

3 tbsp. Coconut Oil

3 Eggs

40g Soya Flour

100ml Whole Milk

100g Feta Cheese

200g Asparagus

### Method

1. Preheat oven to 220°C/200°C fan (430°F/390°F fan). Peel and chop onions into large wedges or quarters. Place the oil and onions in a baking tray and cook for 15 minutes.
2. Whilst the onions are cooking prepare the batter. Whisk the eggs, soya flour and milk in a bowl.
3. Carefully remove the onions from the oven. The oil should be spitting slightly. If it isn't, then place it on top of the hob over a high heat until sizzling.
4. Crumble the feta into the baking tray with the onions, then give the batter a quick whisk before pouring it over the feta and onions.
5. Place the tray back in the oven and cook for 25-30 minutes. To ensure the mixture rises, do not open the door of the oven until it has cooked for at least 25 minutes.
6. 10 minutes before the toad in the hole is finished grill the asparagus. Remove the toad in the hole and serve.

**TOP TIP:** Save 1 portion for day 21 lunch.

### NUTRITIONAL VALUES (per serving)

- Calories: 590 kcal
- Carbs: 20g
- Total Fat: 43g
- Protein: 32g



DAY 21 - BREAKFAST:

## POACHED EGGS ON TOAST (V)

 Serves 1

 5 minutes

 10 minutes

### Ingredients

- 2 Eggs
- 2 slices of Leftover Multiseed Bread, from day 15 breakfast
- 1 tsp. Pumpkin Seeds
- 1 tsp. Sunflower Seeds

### Method

1. Bring a pan of water to the boil then reduce the heat low and crack the eggs into the pan.
2. Cook for roughly 3 minutes or until the eggs are no longer translucent.
3. Whilst the eggs are cooking toast each slice of bread.
4. Remove the eggs from the pan and drain on kitchen roll.
5. Place the eggs on top of each slice of toast then sprinkle with the seeds and serve.

### NUTRITIONAL VALUES (per serving)

- Calories: 754 kcal
- Carbs: 6g
- Total Fat: 65g
- Protein: 35g



DAY 21 - LUNCH:

## LEFTOVER RED ONION & FETA TOAD IN THE HOLE (V)

 Serves 1

 5-10 minutes

### Ingredients

Leftover Red Onion & Feta Toad in the Hole from day 20 dinner

### Method

1. Simply take the leftover Red Onion & Feta Toad in the Hole out of the fridge.
2. Reheat in the oven or microwave and serve.

### NUTRITIONAL VALUES (per serving)

- Calories: 590 kcal
- Carbs: 20g
- Total Fat: 43g
- Protein: 32g



DAY 21 - DINNER:

## RICOTTA & SPINACH CAULIFLOWER CALZONES (V)

 Serves 1

 15 minutes

 30 minutes

### Ingredients

1 tbsp. Olive Oil  
½ Large Cauliflower  
1 Egg, lightly beaten  
100g Mozzarella Cheese, shredded  
½ tsp. Oregano  
¼ tsp. Garlic Powder  
Salt & Pepper, to taste  
2 tbsp. Passata  
30g Ricotta  
1 Handful of Baby Spinach  
1 Handful of Fresh Basil, torn

### Method

1. Preheat oven to 200°C/180°C fan (390°F/350°F fan) and line a baking tray with baking paper and lightly cover with oil. Use a food processor or hand-held grater to finely grate the cauliflower.
2. Microwave the cauliflower for 8-10 minutes and drain in a tea towel over the sink, until the cauliflower is dry.
3. In a bowl combine the cauliflower, egg, ½ of the mozzarella, oregano and garlic powder. Season with salt and pepper and mix it thoroughly using your hands.
4. Roll the mixture into a large ball, then flatten it onto the baking tray in a round shape. Bake for 10 minutes.
5. Remove from the oven and spread the passata over half of the calzone base. Sprinkle with the remaining mozzarella, ricotta, spinach and basil.
6. Fold the cauliflower in half, covering the cheese and tomato filling and press down on the edge to ensure it is well sealed.
7. Place back in the oven and cook for a further 10 minutes, or until the cheese has melted. When the calzone has cooked, remove from the oven and serve immediately.

### NUTRITIONAL VALUES (per serving)

- Calories: 676 kcal
- Carbs: 19g
- Total Fat: 47g
- Protein: 45g



# **DAYS 22-28 MEAL PLAN**



## DAYS 22-28 SHOPPING LIST

Please note, the shopping list is based on the amounts of ingredients used in the recipes and can be purchased in quantities to suit your individual needs e.g. in bulk or frozen. Please feel free to use leftover ingredients for the following week if necessary.



### DAIRY

22 Eggs	400ml Whole Milk	350g Feta Cheese
		250g Halloumi
270ml Double Cream		60g Soft Cheese
130g Greek Yoghurt		6 tbsp. Garlic & Herb Soft Cheese
165g Butter		100g Cottage Cheese
200g Mascarpone		90g Cheddar Cheese
100g Goats Cheese		



### VEGETABLES

2 Medium Beetrots	250g Cucumber
4 Medium Red Onions	60g Rocket
½ Medium White Onion	160g Baby Spinach
4 Garlic Cloves	150g Kale
60g Radishes	2 tbsp. Chives
1 Medium Pepper	5g Fresh Ginger
½ Medium Cauliflower	1 Medium Red Chilli
485g Asparagus	
500g Mushrooms	



### FRUIT

Juice of 1 lemon
200g Strawberries
100g Cherry Tomatoes
2 Medium Tomatoes
1 Medium Avocado



### CUPBOARD ITEMS

1 tbsp. Chia Seeds	1 x 400ml Tin Coconut Milk
4 tbsp. Sunflower Seeds	1 tsp. Mint Sauce
3 tbsp. Pumpkin Seeds	100g Artichoke Hearts, in oil
3 tbsp. Milled Flaxseed	50g Kalamata Olives
2 tbsp. Desiccated Coconut	1 tsp. Dried Oregano
60g Almonds	10 tbsp. Olive Oil
50g Brazil Nuts	8 tbsp. Coconut Oil
1 tsp. Stevia	½ tsp. Mixed Herbs
2 tsp. Baking Powder	1 tsp. Paprika
3 tsp. Coconut Flour	Salt
40g Soya Flour	Pepper
½ x 400g Tin Chopped Tomatoes	



### FROM THE FREEZER

50g Peas
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# MEALS AT A GLANCE

Welcome to your week of delicious, low carb recipes that are suitable for the whole family. Easy to follow, easy to cook and suitable for any budget.

## ICON KEY



Servings



Prep Time



Cooking Time



Chill Time

## BREAKFAST

DAY 22



12g

- 89** STRAWBERRY CHIA JAM & SUNFLOWER SEED MASCARPONE BOWL (V)

DAY 23



7g

- 92** SCRAMBLED EGG, SAUTÉED KALE & TOASTED PUMPKIN SEEDS (V)

DAY 24



10g

- 95** KETO PANCAKES & STRAWBERRY CHIA JAM (V)

## LUNCH



13g

- 90** BRAZIL NUT SUPER SALAD (V)



13g

- 93** LEFTOVER BRAZIL NUT SUPER SALAD (V)



10g

- 96** GREEK SALAD (V)

## DINNER



8g

- 91** LOW CARB SAVOURY PANCAKES (V)



8g

- 94** LOW CARB SAVOURY PANCAKES (V)



20g

- 97** RED ONION & FETA TOAD IN THE HOLE (V)

## BREAKFAST

DAY 25



**98** STRAWBERRY CHIA JAM & SUNFLOWER SEED MASCARPONE BOWL (V)

## LUNCH



**99** LEFTOVER RED ONION & FETA TOAD IN THE HOLE (V)

## DINNER



**100** LEFTOVER GREEK SALAD (V)

DAY 26



**101** KETO PANCAKES & STRAWBERRY CHIA JAM (V)



**102** FETA AND SPINACH OMELETTE WITH BUTTERY GREENS (V)



**103** MUSHROOM AND PEA CURRY ON CAULIFLOWER RICE (VEGAN)

DAY 27



**104** SCRAMBLED EGG, SAUTÉED KALE & TOASTED PUMPKIN SEEDS (V)

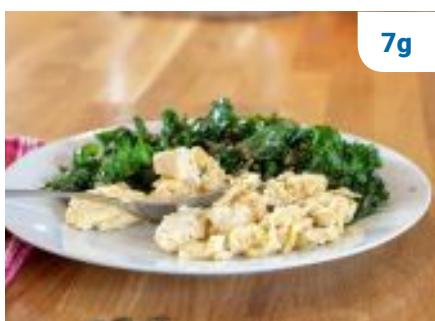


**105** LEFTOVER MUSHROOM AND PEA CURRY ON CAULIFLOWER RICE (VEGAN)



**106** GREEK NIGHT! VEGGIE KEBABS & TZATZIKI (V)

DAY 28



**108** SCRAMBLED EGG, SAUTÉED KALE & TOASTED PUMPKIN SEEDS (V)



**109** FETA AND SPINACH OMELETTE WITH BUTTERY GREENS (V)



**110** LEFTOVER GREEK NIGHT! VEGGIE KEBABS & TZATZIKI (V)

DAY 22 - BREAKFAST:

## STRAWBERRY CHIA JAM & SUNFLOWER SEED MASCARPONE BOWL (V)

 10 minutes

 45 minutes

**Mascarpone bowl:** serves 1

**Strawberry chia jam:** serves 4

### Ingredients

*For the strawberry chia jam:*

For the strawberry chia jam:

200g Strawberries, diced

1 tbsp. Lemon Juice

1 tsp. Stevia (optional)

1 tbsp. Chia Seeds

*For the mascarpone bowl:*

100g Mascarpone

2 tbsp. Sunflower Seeds

1 tbsp. Desiccated Coconut

### Method

1. Prepare the strawberry chia jam by heating the strawberries, lemon juice and stevia in a pan.
2. When the strawberries are stewed, mash with a potato masher and stir in the chia seeds.
3. Leave to stand until the jam thickens, then transfer into an air tight container.
4. Add the mascarpone to a bowl, then top with 1 serving of the chia jam.
5. Sprinkle with the sunflower seeds and desiccated coconut, then serve.

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**TOP TIP:** Save 3 portions of the strawberry chia jam for day 24, 25 and 26 breakfast.

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### NUTRITIONAL VALUES (per serving)

- Calories: 632 kcal
- Carbs: 12g
- Total Fat: 60g
- Protein: 10g

DAY 22 - LUNCH:

## BRAZIL NUT SUPER SALAD (V)

 Serves 2

 10 minutes

 1 hour 10 minutes

### Ingredients

2 Medium Beetroots, tops cut off and scrubbed  
125g Asparagus  
60g Rocket  
60g Baby Spinach  
100g Cherry Tomatoes, halved  
60g Radishes, sliced  
1 Medium Avocado, sliced  
100g Artichoke Hearts, in oil, drained  
100g Goats Cheese, cubed  
50g Brazil Nuts, roughly chopped  
2 tbsp. Olive Oil

### Method

1. Preheat the oven to 190°C/170°C fan (375°F/340°F fan).
2. Wrap the beetroots in foil and roast in the oven for one hour, until they are tender and can easily be pierced with a knife. Leave to cool.
3. Once cooled, peel and slice or cube the beetroots.
4. Whilst the beetroots are cooling, snap the woody ends off the asparagus spears and steam the tops for 5-7 minutes until tender.
5. Place the rocket, spinach, cherry tomatoes, radishes, avocado, artichokes, beetroot and asparagus into a large bowl and toss to combine.
6. Sprinkle the goats cheese and brazil nuts over the top, drizzle with the olive oil and serve.

---

**TOP TIP:** Save 1 portion for day 23 lunch.

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### NUTRITIONAL VALUES (per serving)

- Calories: 696 kcal
- Carbs: 13g
- Total Fat: 62g
- Protein: 22g



DAY 22 - DINNER:

## LOW CARB SAVOURY PANCAKES (V)



5 minutes



10 minutes

**Pancakes:** serves 2

**Filling:** serves 1

### Ingredients

*For the batter:*

2 Eggs

60g Soft Cheese

3 tsp. Coconut Flour

3 tsp. Milled Flaxseed

1 tsp. Baking Powder

1 tbsp. Coconut Oil

*For the filling:*

100g Mushrooms

3 tbsp. Garlic & Herb Soft Cheese

1 tbsp. Chives

### Method

1. Combine all batter ingredients except for the coconut oil in a large bowl. You can use a hand-held whisk, electric whisk or blender. Leave batter to settle for a few minutes.
2. Heat the coconut oil in a non-stick frying pan over a medium heat. Add  $\frac{1}{2}$  the batter to the frying pan ensuring it is evenly spread over the entire base of the frying pan.
3. When one side is cooked, flip pancake and continue cooking for a further 2 minutes or until cooked through.
4. Add the mushrooms to a saucepan and simmer over a low heat whilst cooking the pancakes. When cooked add the soft cheese and stir.
5. Place pancakes onto a plate and spoon the mushroom and soft cheese mixture onto the edge of the pancake, then fold the pancake in half, then in half again. Garnish with chives and serve.

**TOP TIP:** Save  $\frac{1}{2}$  the batter for day 23 dinner.

### NUTRITIONAL VALUES (per serving)

- Calories: 652 kcal
- Carbs: 8g
- Total Fat: 60g
- Protein: 20g



DAY 23 - BREAKFAST:

## SCRAMBLED EGG, SAUTÉED KALE & TOASTED PUMPKIN SEEDS (V)

 Serves 1

 10 minutes

 10 minutes

### Ingredients

1 tbsp. Olive Oil  
50g Kale, trimmed and diced  
1 tbsp. Pumpkin Seeds  
3 Eggs  
30g Cheddar Cheese, grated  
100ml Whole Milk  
1 tbsp. Butter

### Method

1. Heat 1 tbsp. of olive oil in a non-stick pan then add the kale and pumpkin seeds and cook until the kale is tender.
2. In the meantime, whisk the eggs, cheese and milk in a bowl then melt the butter in a small pan.
3. Add the egg mixture to the pan and cook on a low heat, stirring until the eggs scramble. Careful not to cook the eggs too quickly or they will stick to the pan.
4. Transfer the kale and pumpkin seeds to a plate with the scrambled eggs and serve.

### NUTRITIONAL VALUES (per serving)

- Calories: 504 kcal
- Carbs: 7g
- Total Fat: 36g
- Protein: 37g



DAY 23 - LUNCH:

## LEFTOVER BRAZIL NUT SUPER SALAD (V)

 Serves 1

### Ingredients

1 portion of leftover Brazil Nut Super Salad from day 22 lunch

### Method

1. Simply take the leftovers from the fridge then serve.



---

### NUTRITIONAL VALUES (per serving)

- Calories: 696 kcal
- Carbs: 13g
- Total Fat: 62g
- Protein: 22g

DAY 23 - DINNER:

## LOW CARB SAVOURY PANCAKES (V)

 Serves 1

 5 minutes

 10 minutes

### Ingredients

- ½ tbsp. Coconut Oil
- 1 portion of Leftover Pancake Batter from day 22 dinner
- 100g Mushrooms
- 3 tbsp. Garlic & Herb Soft Cheese
- 1 tbsp. Chives

### Method

1. Heat oil in a non-stick frying pan over a medium heat. Add remaining batter to the frying pan ensuring it is evenly spread over the entire base of the frying pan.
2. When one side is cooked, flip pancake and continue cooking for a further 2 minutes or until cooked through.
3. Add the mushrooms to a saucepan and simmer over a low heat whilst cooking the pancakes. When cooked add the soft cheese and stir.
4. Place pancakes onto a plate and spoon the mushroom and soft cheese mixture onto the edge of the pancake, then fold the pancake in half, then in half again. Garnish with chives and serve.

### NUTRITIONAL VALUES (per serving)

- Calories: 652 kcal
- Carbs: 8g
- Total Fat: 60g
- Protein: 20g



DAY 24 - BREAKFAST:

## KETO PANCAKES & STRAWBERRY CHIA JAM (V)

 Serves 1

 10 minutes

 10 minutes

### Ingredients

- 1 Egg
- 50g Cottage Cheese
- ½ tsp. Baking Powder
- 1 tbsp. Ground Flaxseed
- 1 tbsp. Butter
- 1 tbsp. Greek Yoghurt
- 1 portion of Strawberry Chia Jam from day 22 breakfast
- 30g Almonds, roughly chopped

### Method

1. Combine the egg, cottage cheese, baking powder and flaxseed in a bowl and mix well.
2. Leave the mixture to rest for 5 minutes whilst melting the butter in a non-stick frying pan.
3. When the butter has melted, transfer the mixture into the pan in large circles. You may need to do this in batches.
4. Cook on either side for a few minutes or until cooked through then transfer onto a plate.
5. Layer the pancakes on the plate then top with the Greek yoghurt, chia jam and almonds.



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### NUTRITIONAL VALUES (per serving)

- Calories: 481 kcal
- Carbs: 10g
- Total Fat: 37g
- Protein: 26g

DAY 24 - LUNCH:

## GREEK SALAD (V)

 Serves 2

 5 minutes

### Ingredients

- 2 Medium Tomatoes, sliced
- ½ Medium Cucumber, cubed
- ½ Medium Red Onion, finely sliced
- 150g Feta Cheese, crumbled
- 50g Kalamata Olives
- Salt & Pepper, to taste
- 1 tsp. Dried Oregano
- 4 tbsp. Olive Oil

### Method

1. In a large bowl mix all of the ingredients together, except for the olive oil.
2. Divide between two plates and drizzle with olive oil.
3. Save 1 portion for day 25 dinner.

**TOP TIP:** Save 1 portion for day 25 dinner.

### NUTRITIONAL VALUES (per serving)

- Calories: 501 kcal
- Carbs: 10g
- Total Fat: 45g
- Protein: 14g



DAY 24 - DINNER:

## RED ONION & FETA TOAD IN THE HOLE (V)

 Serves 2

 10 minutes

 45 minutes

### Ingredients

2 Medium Red Onions

3 tbsp. Coconut Oil

3 Eggs

40g Soya Flour

100ml Whole Milk

100g Feta Cheese

200g Asparagus

### Method

1. Preheat oven to 220°C/200°C fan (430°F/390°F fan). Peel and chop the onions into large wedges or quarters. Place the oil and onions in a baking tray and cook for 15 minutes.
2. Whilst the onions are cooking prepare the batter. Whisk the eggs, soya flour and milk in a bowl.
3. Carefully remove the onions from the oven. The oil should be spitting slightly. If it isn't, then place it on top of the hob over a high heat until sizzling.
4. Crumble the feta into the baking tray with the onions, then give the batter a quick whisk before pouring it over the feta and onions.
5. Place the tray back in the oven and cook for 25-30 minutes. To ensure the mixture rises, do not open the door of the oven until it has cooked for at least 25 minutes.
6. 10 minutes before the toad in the hole is finished grill the asparagus. Remove the toad in the hole and serve.

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**TOP TIP:** Save 1 portion for day 25 lunch.

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### NUTRITIONAL VALUES (per serving)

- **Calories:** 590 kcal
- **Carbs:** 20g
- **Total Fat:** 43g
- **Protein:** 32g

DAY 25 - BREAKFAST:

## STRAWBERRY CHIA JAM & SUNFLOWER SEED MASCARPONE BOWL (V)



Serves 1



5 minutes

### Ingredients

- 100g Mascarpone
- 1 portion of Strawberry Chia Jam, from day 22 breakfast
- 2 tbsp. Sunflower Seeds
- 1 tbsp. Desiccated Coconut

### Method

1. Add the mascarpone and chia jam to a bowl.
2. Sprinkle with the sunflower seeds and coconut then serve.



---

### NUTRITIONAL VALUES (per serving)

- Calories: 632 kcal
- Carbs: 12g
- Total Fat: 60g
- Protein: 10g

DAY 25 - LUNCH:

## LEFTOVER RED ONION & FETA TOAD IN THE HOLE (V)

 Serves 1

 5-10 minutes

### Ingredients

1 portion of Leftover Red Onion & Feta Toad in the Hole from day 24 dinner

### Method

1. Simply take the leftover red onion & feta toad in the hole out of the fridge.
2. Reheat in the oven or microwave and serve.

### NUTRITIONAL VALUES (per serving)

- Calories: 590 kcal
- Carbs: 20g
- Total Fat: 43g
- Protein: 32g



DAY 25 - DINNER:

## LEFTOVER GREEK SALAD (V)

 Serves 1

### Ingredients

1 portion of Leftover Greek Salad  
from day 24 lunch

### Method

1. Simply remove from the fridge and enjoy.

---

### NUTRITIONAL VALUES (per serving)

- Calories: 501 kcal
- Carbs: 10g
- Total Fat: 45g
- Protein: 14g



DAY 26 - BREAKFAST:

## KETO PANCAKES & STRAWBERRY CHIA JAM (V)

 Serves 1

 10 minutes

 10 minutes

### Ingredients

- 1 Egg
- 50g Cottage Cheese
- ½ tsp. Baking Powder
- 1 tbsp. Ground Flaxseed
- 1 tbsp. Butter
- 1 tbsp. Greek Yoghurt
- 1 portion of Strawberry Chia Jam from day 22 breakfast
- 30g Almonds, roughly chopped

### Method

1. Combine the egg, cottage cheese, baking powder and flaxseed in a bowl and mix well.
2. Leave the mixture to rest for 5 minutes whilst melting the butter in a non-stick frying pan.
3. When the butter has melted, transfer the mixture into the pan in large circles. You may need to do this in batches.
4. Cook on either side for a few minutes or until cooked through then transfer onto a plate.
5. Layer the pancakes on the plate then top with the Greek yoghurt, chia jam and almonds.



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### NUTRITIONAL VALUES (per serving)

- Calories: 481 kcal
- Carbs: 10g
- Total Fat: 37g
- Protein: 26g

DAY 26 - LUNCH:

## FETA AND SPINACH OMELETTE WITH BUTTERY GREENS (V)

 Serves 1

 5 minutes

 15 minutes

### Ingredients

3 tbsp. Butter  
50g Baby Spinach  
3 Eggs, beaten  
3 tbsp. Double Cream  
Salt & Pepper, to taste  
80g Asparagus  
50g Feta Cheese, crumbled

### Method

1. Heat 1 tbsp. butter in a frying pan over a medium heat and sauté the spinach.
2. Set the sautéed spinach aside and in a small bowl mix the eggs, cream and seasoning.
3. Steam the asparagus for 6 minutes or until tender.
4. Meanwhile heat 1 tbsp. butter in the frying pan, then add the egg mixture and cook for a few minutes. Add the sautéed spinach and crumbled feta and fold the omelette in half and continue to cook until firm.
5. Drain the asparagus and serve alongside the omelette, adding the remaining tbsp. of butter over the asparagus allowing it to melt, before enjoying.

### NUTRITIONAL VALUES (per serving)

- Calories: 619 kcal
- Carbs: 3g
- Total Fat: 52g
- Protein: 34g



DAY 26 - DINNER:

## MUSHROOM AND PEA CURRY ON CAULIFLOWER RICE (VEGAN)

 Serves 2

 10 minutes

 20 minutes

### Ingredients

- 3½ tbsp. Coconut Oil
- 1 Medium Red Onion, sliced
- 5g Fresh Ginger, finely chopped
- 3 Garlic Cloves, finely chopped
- 1 Medium Red Chilli, finely chopped
- 300g Mushrooms, sliced
- ½ Tin (200g) Chopped Tomatoes
- 50g Frozen Peas
- 1 Tin (400ml) Coconut Milk
- Salt & Pepper, to taste
- ½ Medium Cauliflower, grated

### Method

1. Heat 2 tbsp. coconut oil in a pan over a medium heat, add the onion, ginger, garlic and chilli, and sauté for 3-4 minutes.
2. Add the mushrooms and cook for another 5-6 minutes until the mushrooms are browned.
3. Stir in the chopped tomatoes, peas and coconut milk, season to taste, and leave to simmer for 10 minutes.
4. Whilst the curry is simmering, heat the remaining coconut oil in a pan, add the cauliflower and cook for 3-4 minutes.
5. Serve the cauliflower rice topped with the mushroom and pea curry.

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**TOP TIP:** Save 1 portion for day 27 lunch.

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### NUTRITIONAL VALUES (per serving)

- Calories: 520 kcal
- Carbs: 28g
- Total Fat: 40g
- Protein: 12g



DAY 27 - BREAKFAST:

## SCRAMBLED EGG, SAUTÉED KALE & TOASTED PUMPKIN SEEDS (V)

 Serves 1

 10 minutes

 10 minutes

### Ingredients

1 tbsp. Olive Oil  
50g Kale, trimmed and diced  
1 tbsp. Pumpkin Seeds  
3 Eggs  
30g Cheddar Cheese, grated  
100ml Whole Milk  
1 tbsp. Butter

### Method

1. Heat 1 tbsp. of olive oil in a non-stick pan then add the kale and pumpkin seeds and cook until the kale is tender.
2. In the meantime, whisk the eggs, cheese and milk in a bowl then melt the butter in a small pan.
3. Add the egg mixture to the pan and cook on a low heat, stirring until the eggs scramble. Careful not to cook the eggs too quickly or they will stick to the pan.
4. Transfer the kale and pumpkin seeds to a plate with the scrambled eggs and serve.



### NUTRITIONAL VALUES (per serving)

- Calories: 504 kcal
- Carbs: 7g
- Total Fat: 36g
- Protein: 37g

DAY 27 - LUNCH:

## LEFTOVER MUSHROOM AND PEA CURRY ON CAULIFLOWER RICE (VEGAN)

 Serves 1

 5 minutes

### Ingredients

1 portion of Leftover Mushroom and Pea Curry on Cauliflower from day 26 dinner

### Method

1. Take the leftovers out of the fridge and either enjoy cold or reheat in a pan for 5-7 minutes until hot.



---

### NUTRITIONAL VALUES (per serving)

- Calories: 520 kcal
- Carbs: 28g
- Total Fat: 40g
- Protein: 12g

DAY 27 - DINNER:

## GREEK NIGHT! VEGGIE KEBABS & TZATZIKI (V)

 Serves 2

 10 minutes

 2 hours

 20 minutes

### Ingredients

#### For the skewers:

250g Halloumi, cubed  
1 tbsp. Olive Oil  
Juice of  $\frac{1}{2}$  Lemon  
1 Garlic Clove, crushed  
 $\frac{1}{2}$  tsp. Mixed Herbs  
1 tsp. Paprika  
Salt & Pepper, to taste  
1 Medium Pepper, cut into chunks  
 $\frac{1}{2}$  Medium Red Onion, cut into chunks  
 $\frac{1}{2}$  Medium White Onion, cut into chunks

#### For the Tzatziki:

100g Cucumber, grated  
1 tsp. Mint Sauce  
100g Greek Yoghurt

### Method

1. Place 4 wooden skewers in cold water and leave to soak for 30 minutes (this prevents them from burning!).
2. Place the halloumi in a bowl or freezer bag and combine with oil, lemon juice, garlic, mixed herbs and paprika. Add salt and pepper to taste. Marinate for 1-2 hours - this can be done the night before or in the morning.
3. Whilst marinating prepare the vegetables for the skewers and the tzatziki.
4. For the tzatziki grate cucumber onto a tea towel and squeeze over the sink to drain. Combine cucumber, mint sauce and yoghurt in a bowl and store in the fridge.
5. Preheat oven to 200°C/180°C fan (390°F/350°F fan). Place the halloumi, peppers and onions onto 4 skewers, alternating between ingredients. Place the skewers onto a baking tray and bake for 15-20 minutes.
6. Serve skewers with the tzatziki.

**TOP TIP:** Save 1 portion for day 28 dinner.



### NUTRITIONAL VALUES (per serving)

- Calories: 592 kcal
- Carbs: 21g
- Total Fat: 40g
- Protein: 38g

DAY 28 - BREAKFAST:

## SCRAMBLED EGG, SAUTÉED KALE & TOASTED PUMPKIN SEEDS (V)

 Serves 1

 10 minutes

 10 minutes

### Ingredients

1 tbsp. Olive Oil  
50g Kale, trimmed and diced  
1 tbsp. Pumpkin Seeds  
3 Eggs  
30g Cheddar Cheese, grated  
100ml Whole Milk  
1 tbsp. Butter

### Method

1. Heat 1 tbsp. of olive oil in a non-stick pan then add the kale and pumpkin seeds and cook until the kale is tender.
2. In the meantime, whisk the eggs, cheese and milk in a bowl then melt the butter in a small pan.
3. Add the egg mixture to the pan and cook on a low heat, stirring until the eggs scramble. Careful not to cook the eggs too quickly or they will stick to the pan.
4. Transfer the kale and pumpkin seeds to a plate with the scrambled eggs and serve.

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### NUTRITIONAL VALUES (per serving)

- Calories: 504 kcal
- Carbs: 7g
- Total Fat: 36g
- Protein: 37g



DAY 28 - LUNCH:

## FETA AND SPINACH OMELETTE WITH BUTTERY GREENS (V)

 Serves 1

 5 minutes

 15 minutes

### Ingredients

3 tbsp. Butter  
50g Baby Spinach  
3 Eggs, beaten  
3 tbsp. Double Cream  
Salt & Pepper, to taste  
80g Asparagus  
50g Feta Cheese, crumbled

### Method

1. Heat 1 tbsp. butter in a frying pan over a medium heat and sauté the spinach.
2. Set the sautéed spinach aside and in a small bowl mix the eggs, cream and seasoning.
3. Steam the asparagus for 6 minutes or until tender.
4. Meanwhile heat 1 tbsp. butter in the frying pan, then add the egg mixture and cook for a few minutes. Add the sautéed spinach and crumbled feta and fold the omelette in half and continue to cook until firm.
5. Drain the asparagus and serve alongside the omelette, adding the remaining tbsp. of butter over the asparagus allowing it to melt, before enjoying.

### NUTRITIONAL VALUES (per serving)

- Calories: 619 kcal
- Carbs: 3g
- Total Fat: 52g
- Protein: 34g



DAY 28 - DINNER:

## LEFTOVER GREEK NIGHT! VEGGIE KEBABS & TZATZIKI (V)

 Serves 1

### Ingredients

Leftover Greek Night! Veggie Kebabs  
& Tzatziki from day 27 dinner

### Method

1. Simply take the leftovers from day 27 out of the fridge and enjoy!  
This can be enjoyed hot or cold.



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### NUTRITIONAL VALUES (per serving)

- Calories: 592 kcal
- Carbs: 21g
- Total Fat: 40g
- Protein: 38g

# **DAYS 29-35 MEAL PLAN**



## DAYS 29-35 SHOPPING LIST

Please note, the shopping list is based on the amounts of ingredients used in the recipes and can be purchased in quantities to suit your individual needs e.g. in bulk or frozen. Please feel free to use leftover ingredients for the following week if necessary.



### DAIRY

13 Eggs	90g Parmesan Cheese
9 Large Eggs	175g Cheddar Cheese
20g Butter	150g Feta Cheese
300ml Single Cream	120g Halloumi
100ml Double Cream	140g Stilton Cheese
300g Greek Yoghurt	150g Sour Cream
1 tbsp. Ghee	



### VEGETABLES

15 Garlic Cloves	1 Pak Choi
2 Small Red Onions	50g Baby Spinach
½ Medium Red Onion	1 Baby Gem Lettuce
½ Medium Onion	¾ Medium Cucumber
2 Spring Onions	200g Radishes
1 Large Cauliflower	2 Small Red Chillies
½ Medium Cauliflower	10g Fresh Parsley
2¼ Medium Broccoli	10g Fresh Coriander
2 Medium Courgettes	5g Ginger
4 Portobello Mushrooms	



### DAIRY ALTERNATIVES

270g Coconut Yoghurt



### CUPBOARD ITEMS

75g Chia Seeds	1 tbsp. Tamari Soy Sauce
20g Walnuts	50g Kalamata Olives
20g Cashew Nuts	12½ tbsp. Olive Oil
2 tsp. Desiccated Coconut	2 tbsp. Coconut Oil
1 tbsp. Cacao Powder	2 Vegetable Stock Cubes
2 tbsp. Almond Butter	1 tsp. Dried Oregano
2 tbsp. Peanut Butter	2 tsp. Smoked Paprika
1 x 400g Tin Chopped Tomatoes	1 tsp. Chilli Flakes
1 x 400ml Tin Coconut Milk	Salt
2 tbsp. Coconut Cream	Pepper
1½ tbsp. Tamarind Paste	



### MEAT ALTERNATIVES

200g Tofu



### FRUIT

2 tbsp. Lime Juice
60g Strawberries
5 Medium Avocados
400g Vine Tomatoes
4 Medium Tomatoes



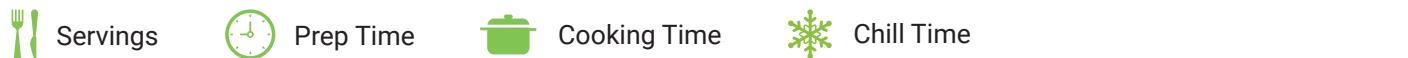
### FROM THE FREEZER

100g Edamame Beans

# MEALS AT A GLANCE

Welcome to your week of delicious, low carb recipes that are suitable for the whole family.  
Easy to follow, easy to cook and suitable for any budget.

## ICON KEY



## BREAKFAST

DAY 29



**114** CHEESY TOMATO AND SPINACH BREAKFAST MUFFINS (V)

## LUNCH



**115** GREEK SALAD (V)

## DINNER



**116** SPICY TOMATOES AND BAKED EGGS (V)

DAY 30



**117** CHOCOLATE AND COCONUT CHIA BREAKFAST (VEGAN)



**118** LEFTOVER GREEK SALAD (V)



**119** TAMARIND CAULIFLOWER WINGS (V)

DAY 31



**120** LEFTOVER CHEESY TOMATO AND SPINACH BREAKFAST MUFFINS (V)



**121** LEFTOVER TAMARIND CAULIFLOWER WINGS (V)



**122** ONE PAN MUSHROOM CARBONARA (V)

**BREAKFAST**

DAY 32



**123** LEFTOVER CHOCOLATE AND COCONUT CHIA BREAKFAST (VEGAN)

**LUNCH**

**124** LEFTOVER TAMARIND CAULIFLOWER WINGS (V)

**DINNER**

**125** TOFU AND CASHEW NUT STIR FRY (V)

DAY 33



**126** LEFTOVER CHEESY TOMATO AND SPINACH BREAKFAST MUFFINS (V)



**127** BROCCOLI AND STILTON SOUP (V)



**128** LEFTOVER TOFU AND CASHEW NUT STIR FRY (V)

DAY 34



**129** FULL ENGLISH VEGETARIAN BREKKY LOW CARB STYLE (V)



**130** SPICY TOMATOES AND BAKED EGGS (V)



**131** ONE PAN MUSHROOM CARBONARA (V)

DAY 35



**132** FULL ENGLISH VEGETARIAN BREKKY LOW CARB STYLE (V)



**133** BROCCOLI AND STILTON SOUP (V)



**134** CAULIFLOWER CHEESE & ONION SANDWICH (V)

DAY 29 - BREAKFAST:

## CHEESY TOMATO AND SPINACH BREAKFAST MUFFINS (V)

 Serves 3

 10 minutes

 20 minutes

### Ingredients

#### *For the muffins :*

2 tbsp. Olive Oil  
9 Large Eggs  
20g Baby Spinach  
100g Cheddar Cheese, grated  
Salt & Pepper, to taste

#### *To serve:*

400g Vine Tomatoes  
3 Handfuls of Baby Spinach

### Method

1. Preheat the oven to 200°C/180°C fan (390°F/350°F fan).
2. Grease a muffin tin with the oil, then whisk the eggs in a large bowl.
3. Add the remaining ingredients to the bowl, leaving half of the cheddar cheese to one side.
4. Share the egg mixture out between each section of the muffin tray then sprinkle with the remaining cheese.
5. Place in the oven for 20 minutes or until cooked through and golden. Place the vine tomatoes onto a baking tray and bake in the oven at the same time.
6. Remove the egg muffins and vine tomatoes from the oven and serve with the spinach.

---

**TOP TIP:** Save 2 portions for day 31 and day 33 breakfast.

---

### NUTRITIONAL VALUES (per serving)

- Calories: 485 kcal
- Carbs: 5g
- Total Fat: 37g
- Protein: 33g



# DAY 29 - LUNCH: GREEK SALAD (V)

 Serves 2

 5 minutes

## Ingredients

- 2 Medium Tomatoes, sliced
- ¼ Medium Cucumber, cubed
- ½ Medium Red Onion, finely sliced
- 150g Feta Cheese, crumbled
- 50g Kalamata Olives
- Salt & Pepper, to taste
- 1 tsp. Dried Oregano
- 4 tbsp. Olive Oil

## Method

1. In a large bowl mix all of the ingredients together, except for the olive oil.
2. Divide between two plates and drizzle with olive oil.

**TOP TIP:** Save 1 portion for day 30 lunch.

## NUTRITIONAL VALUES (per serving)

- Calories: 501 kcal
- Carbs: 10g
- Total Fat: 45g
- Protein: 14g



DAY 29 - DINNER:

## SPICY TOMATOES AND BAKED EGGS (V)

 Serves 1

 5 minutes

 20 minutes

### Ingredients

- 1 tbsp. Olive Oil
- 1 Small Red Onion, sliced
- 2 Garlic Cloves, finely chopped
- ½ Small Red Chilli, finely sliced
- 1 tsp. Smoked Paprika
- ½ Tin (200g) Chopped Tomatoes
- 3 Eggs
- 5g Fresh Parsley, chopped
- 1 Medium Avocado, sliced

### Method

1. Heat the olive oil in frying pan and fry the onion, garlic and chilli for 4-5 minutes.
2. Stir in the paprika, then add the tomatoes and simmer for 10 minutes.
3. Make 3 wells in the tomato sauce using the back of a spoon, then crack an egg into each well.
4. Cover the pan with a lid and cook over a low heat for 5-6 minutes, until the eggs are cooked to your desired firmness.
5. Sprinkle over the parsley and serve with the avocado slices.



### NUTRITIONAL VALUES (per serving)

- Calories: 579 kcal
- Carbs: 17g
- Total Fat: 44g
- Protein: 28g

DAY 30 - BREAKFAST:

## CHOCOLATE AND COCONUT CHIA BREAKFAST (VEGAN)

 5 minutes

 Overnight

**Chia breakfast:** serves 2

**Toppings:** serves 1

### Ingredients

*For the chia pudding:*

400ml Tinned Coconut Milk

100ml Water

75g Chia Seeds

1 tbsp. Cacao Powder

*For the toppings:*

30g Strawberries, chopped

3 tbsp. Coconut Yoghurt

1 tsp. Desiccated Coconut

10g Walnuts, chopped

1 tbsp. Almond Butter

### Method

1. Add the coconut milk, water, chia seeds and cacao powder to a bowl and mix well to combine.
2. Place the chia mixture in bowls or jars and leave to set in the fridge overnight.
3. Take 1 portion of the chia pudding out of the fridge and top with the chopped strawberries, coconut yoghurt, desiccated coconut, walnuts and almond butter and enjoy.

**TOP TIP:** Save 1 portion for day 32 breakfast. Make the chia breakfast the night before so it is ready in the morning.



### NUTRITIONAL VALUES (per serving)

- Calories: 773 kcal
- Carbs: 17g
- Total Fat: 68g
- Protein: 17g

DAY 30 - LUNCH:

## LEFTOVER GREEK SALAD (V)

 Serves 1

### Ingredients

1 portion of Leftover Greek Salad from day 29 lunch

### Method

1. Simply remove from the fridge and enjoy.



---

### NUTRITIONAL VALUES (per serving)

- Calories: 501 kcal
- Carbs: 10g
- Total Fat: 45g
- Protein: 14g

DAY 30 - DINNER:

## TAMARIND CAULIFLOWER WINGS (V)

 Serves 3

 10 minutes

 40 minutes

### Ingredients

#### For the wings:

1 tbsp. Ghee  
6 Garlic Cloves, finely chopped  
5g Ginger, finely chopped  
1½ tbsp. Tamarind Paste  
1 tsp. Chilli Flakes  
200ml Water  
200g Greek Yoghurt  
1 Large Cauliflower, cut into florets

#### For the dip:

100g Greek Yoghurt  
150g Sour Cream  
2 tbsp. Lime Juice  
10g Fresh Coriander, chopped  
Salt & Pepper, to taste

#### For the salad:

½ Medium Cucumber, sliced  
200g Radishes, sliced  
1 Baby Gem Lettuce, separated into leaves  
2 Medium Avocados, sliced

### Method

1. Preheat the oven to 190°C/170° fan (375°F/340°F fan).
2. Melt the ghee in a saucepan over a medium heat, then add the garlic and ginger and fry for 2-3 minutes.
3. Add the tamarind paste, chilli flakes and water and bring to a boil. Reduce the heat and simmer for 3-5 minutes to make a thick glaze, then stir the glaze into the yoghurt to make a batter.
4. Pour the batter over the cauliflower florets and mix well, making sure that all of the florets are coated in batter.
5. Place the cauliflower on a baking tray and bake in the oven for 25-30 minutes, turning over halfway.
6. Whilst the cauliflower is cooking, prepare the dip by mixing all of the dip ingredients together in a bowl.
7. Arrange all the salad ingredients on a plate and serve with the cauliflower wings and dip.

**TOP TIP:** Save 2 portions for day 31 and 32 lunch.



### NUTRITIONAL VALUES (per serving)

- Calories: 565 kcal
- Carbs: 24g
- Total Fat: 43g
- Protein: 19g

DAY 31 - BREAKFAST:

## LEFTOVER CHEESY TOMATO AND SPINACH BREAKFAST MUFFINS (V)

 Serves 1

### Ingredients

1 portion of Leftover Cheesy Tomato and Spinach Breakfast Muffins, from day 29 breakfast

1 portion of Leftover Spinach and Vine Tomatoes, from day 29 breakfast

### Method

1. Simply take leftovers from the fridge and enjoy hot or cold.



---

### NUTRITIONAL VALUES (per serving)

- Calories: 485 kcal
- Carbs: 5g
- Total Fat: 37g
- Protein: 33g

DAY 31 - LUNCH:

## LEFTOVER TAMARIND CAULIFLOWER WINGS (V)

 Serves 1

 10 minutes

### Ingredients

1 portion of Leftover Tamarind Cauliflower Wings from day 30 dinner

1 portion of Leftover Dip from day 30 dinner

1 portion of Leftover Salad from day 30 dinner

### Method

1. Take the leftovers out of the fridge and enjoy cold with the dip and salad.
2. If you want to reheat the cauliflower wings, place them on a baking tray in the oven at 190°C/170° fan (375°F/340°F fan) for 10-15 minutes until hot through.

### NUTRITIONAL VALUES (per serving)

- Calories: 564 kcal
- Carbs: 24g
- Total Fat: 43g
- Protein: 19g



DAY 31 - DINNER:

## ONE PAN MUSHROOM CARBONARA (V)

 Serves 1

 10 minutes

 10 minutes

### Ingredients

1 tbsp. Olive Oil  
1 Garlic Clove, crushed  
1 Portobello Mushroom, sliced  
1 Medium Courgette, spiralised  
1 Egg Yolk  
30g Parmesan Cheese, grated  
150ml Single Cream  
Salt & Pepper, to taste

### Method

1. Heat the oil in a non-stick pan over a medium heat then fry the garlic and mushroom.
2. Whilst the garlic and mushroom are cooking prepare the courgetti by spiralising the courgette. Add the courgetti to the pan with the garlic and mushroom and cook for 1-2 minutes.
3. Transfer the garlic, mushroom and courgetti to a plate and set aside.
4. In a bowl combine the egg yolk and parmesan cheese together, then pour  $\frac{1}{2}$  of the cream into the pan and warm through over a medium heat.
5. Add the egg and parmesan mixture into the pan and mix well.
6. Add the remaining cream into the pan with the mushroom and courgetti and season with salt and pepper.
7. Continue to stir until well mixed, ensuring the courgetti is evenly coated in the mixture, then serve.

### NUTRITIONAL VALUES (per serving)

- Calories: 572 kcal
- Carbs: 10g
- Total Fat: 48g
- Protein: 24g



DAY 32 - BREAKFAST:

## LEFTOVER CHOCOLATE AND COCONUT CHIA BREAKFAST (VEGAN)

 Serves 1  5 minutes

### Ingredients

1 portion of Leftover Chia Pudding from day 30 breakfast  
30g Strawberries, chopped  
3 tbsp. Coconut Yoghurt  
1 tsp. Desiccated Coconut  
10g Walnuts, chopped  
1 tbsp. Almond Butter

### Method

1. Take the chia pudding out of the fridge and top with the chopped strawberries, coconut yoghurt, desiccated coconut, walnuts and almond butter and enjoy.



---

### NUTRITIONAL VALUES (per serving)

- Calories: 773 kcal
- Carbs: 17g
- Total Fat: 68g
- Protein: 17g

DAY 32 - LUNCH:

## LEFTOVER TAMARIND CAULIFLOWER WINGS (V)

 Serves 1

 10 minutes

### Ingredients

1 portion of Leftover Tamarind Cauliflower Wings from day 30 dinner

1 portion of Leftover Dip from day 30 dinner

1 portion of Leftover Salad from day 30 dinner

### Method

1. Take the leftovers out of the fridge and enjoy cold with the dip and salad.
2. If you want to reheat the cauliflower wings, place them on a baking tray in the oven at 190°C/170° fan (375°F/340°F fan) for 10-15 minutes until hot through.

### NUTRITIONAL VALUES (per serving)

- Calories: 564 kcal
- Carbs: 24g
- Total Fat: 43g
- Protein: 19g



DAY 32 - DINNER:

## TOFU AND CASHEW NUT STIR FRY (V)

 Serves 2

 5 minutes

 10-12 minutes

### Ingredients

2 tbsp. Coconut Oil  
1 Garlic Clove, crushed  
1 Small Red Chilli, finely chopped  
2 tbsp. Peanut Butter  
2 Spring Onions, sliced  
100g Broccoli, chopped into florets  
1 Pak Choi, separated into leaves  
200g Tofu, cubed  
100g Edamame Beans  
1 tbsp. Tamari Soy Sauce  
2 tbsp. Coconut Cream  
20g Cashew Nuts

### Method

1. Heat the coconut oil in a wok over a medium to high heat, then add the garlic, red chilli and peanut butter and cook for 2 minutes.
2. Add the spring onion, broccoli and pak choi and cook for a further 5 minutes.
3. Add the tofu, edamame beans, soy sauce and coconut cream and cook for a further 3-5 minutes.
4. Divide between 2 plates and sprinkle the cashew nuts over the top.

**TOP TIP:** Save 1 portion for day 33 dinner.

### NUTRITIONAL VALUES (per serving)

- Calories: 459 kcal
- Carbs: 12g
- Total Fat: 33g
- Protein: 26g



DAY 33 - BREAKFAST:

## LEFTOVER CHEESY TOMATO AND SPINACH BREAKFAST MUFFINS (V)

 Serves 1

### Ingredients

1 portion of Leftover Cheesy Tomato and Spinach Breakfast Muffins, from day 29 breakfast

1 portion of Leftover Spinach and Vine Tomatoes, from day 29 breakfast

### Method

1. Simply take leftovers from the fridge and enjoy hot or cold.



---

### NUTRITIONAL VALUES (per serving)

- Calories: 511 kcal
- Carbs: 5g
- Total Fat: 37g
- Protein: 33g

DAY 33 - LUNCH:

## BROCCOLI AND STILTON SOUP (V)

 Serves 1

 5 minutes

 20 minutes

### Ingredients

- 1 tbsp. Olive Oil
- 1 Garlic Clove, crushed
- 1 Medium Broccoli, cut into florets
- 500ml Boiling Water
- 1 Vegetable Stock Cube
- 50ml Double Cream
- 70g Stilton Cheese, crumbled
- Salt & Pepper, to taste

### Method

1. Heat the olive oil in a saucepan over a medium heat then add the crushed garlic and broccoli florets and cook for 5 minutes.
2. Combine the boiling water and stock cube and add to the saucepan so the broccoli is covered.
3. Simmer for 15 minutes and then blitz the soup until smooth using a hand blender.
4. Add the double cream and crumbled stilton then stir until combined.
5. Season to taste, serve into a bowl and enjoy!

**TOP TIP:** This can be made in advance the night before.

### NUTRITIONAL VALUES (per serving)

- Calories: 664 kcal
- Carbs: 11g
- Total Fat: 55g
- Protein: 32g



DAY 33 - DINNER:

## LEFTOVER TOFU AND CASHEW NUT STIR FRY (V)

 Serves 1

 5 minutes

### Ingredients

1 portion of Leftover Tofu and Cashew Nut Stir Fry, from day 32 dinner

### Method

1. Simply reheat the leftover tofu and cashew nut stir fry in the microwave for 3-5 minutes until warm.



---

### NUTRITIONAL VALUES (per serving)

- Calories: 459 kcal
- Carbs: 12g
- Total Fat: 33g
- Protein: 26g

DAY 34 - BREAKFAST:

## FULL ENGLISH VEGETARIAN BREKKY LOW CARB STYLE (V)

 Serves 1

 15 minutes

### Ingredients

- 2 tsp. Butter
- 60g Halloumi Cheese, sliced
- 1 Portobello Mushroom
- 1 Medium Tomato, halved
- 2 Eggs
- ½ Medium Avocado, sliced

### Method

1. Heat 1 tsp. butter in a non-stick frying pan and cook the halloumi, mushroom and tomatoes until slightly charred.
2. Add the remaining butter to the pan and fry the eggs until cooked to desired runniness.
3. Serve with the avocado and enjoy!



---

### NUTRITIONAL VALUES (per serving)

- Calories: 647 kcal
- Carbs: 9g
- Total Fat: 53g
- Protein: 33g

DAY 34 - LUNCH:

## SPICY TOMATOES AND BAKED EGGS (V)

 Serves 1

 5 minutes

 20 minutes

### Ingredients

- 1 tbsp. Olive Oil
- 1 Small Red Onion, sliced
- 2 Garlic Cloves, finely chopped
- ½ Small Red Chilli, finely sliced
- 1 tsp. Smoked Paprika
- ½ Tin (200g) Chopped Tomatoes
- 3 Eggs
- 5g Fresh Parsley, chopped
- 1 Medium Avocado, sliced

### Method

1. Heat the olive oil in frying pan and fry the onion, garlic and chilli for 4-5 minutes.
2. Stir in the paprika, then add the tomatoes and simmer for 10 minutes.
3. Make 3 wells in the tomato sauce using the back of a spoon, then crack an egg into each well.
4. Cover the pan with a lid and cook over a low heat for 5-6 minutes, until the eggs are cooked to your desired firmness.
5. Sprinkle over the parsley and serve with the avocado slices.



### NUTRITIONAL VALUES (per serving)

- Calories: 579 kcal
- Carbs: 17g
- Total Fat: 44g
- Protein: 28g

DAY 34 - DINNER:

## ONE PAN MUSHROOM CARBONARA (V)

 Serves 1

 10 minutes

 10 minutes

### Ingredients

- 1 tbsp. Olive Oil
- 1 Garlic Clove, crushed
- 1 Portobello Mushroom, sliced
- 1 Medium Courgette, spiralised
- 1 Egg Yolk
- 30g Parmesan Cheese, grated
- 150ml Single Cream
- Salt & Pepper, to taste

### Method

1. Heat the oil in a non-stick pan over a medium heat then fry the garlic and mushroom.
2. Whilst the garlic and mushroom are cooking prepare the courgetti by spiralising the courgette. Add the courgetti to the pan with the garlic and mushroom and cook for 1-2 minutes.
3. Transfer the garlic, mushroom and courgetti to a plate and set aside.
4. In a bowl combine the egg yolk and parmesan cheese together, then pour  $\frac{1}{2}$  of the cream into the pan and warm through over a medium heat.
5. Add the egg and parmesan mixture into the pan and mix well.
6. Add the remaining cream into the pan with the mushroom and courgetti and season with salt and pepper.
7. Continue to stir until well mixed, ensuring the courgetti is evenly coated in the mixture, then serve.

### NUTRITIONAL VALUES (per serving)

- Calories: 572 kcal
- Carbs: 10g
- Total Fat: 48g
- Protein: 24g



DAY 35 - BREAKFAST:

## FULL ENGLISH VEGETARIAN BREKKY LOW CARB STYLE (V)

 Serves 1

 15 minutes

### Ingredients

2 tsp. Butter  
60g Halloumi, sliced  
1 Portobello Mushroom  
1 Medium Tomato, halved  
2 Eggs  
½ Medium Avocado, sliced

### Method

1. Heat 1 tsp. butter in a non-stick frying pan and cook the halloumi, mushroom and tomatoes until slightly charred.
2. Add the remaining butter to the pan and fry the eggs until cooked to desired runniness.
3. Serve with the avocado and enjoy!



### NUTRITIONAL VALUES (per serving)

- Calories: 647 kcal
- Carbs: 9g
- Total Fat: 53g
- Protein: 33g

DAY 35 - LUNCH:

## BROCCOLI AND STILTON SOUP (V)

 Serves 1

 5 minutes

 20 minutes

### Ingredients

- 1 tbsp. Olive Oil
- 1 Garlic Clove, crushed
- 1 Medium Broccoli, cut into florets
- 500ml Boiling Water
- 1 Vegetable Stock Cube
- 50ml Double Cream
- 70g Stilton Cheese, crumbled
- Salt & Pepper, to taste

### Method

1. Heat the olive oil in a saucepan over a medium heat then add the crushed garlic and broccoli florets and cook for 5 minutes.
2. Combine the boiling water and stock cube and add to the saucepan so the broccoli is covered.
3. Simmer for 15 minutes and then blitz the soup until smooth using a hand blender.
4. Add the double cream and crumbled stilton then stir until combined.
5. Season to taste, serve into a bowl and enjoy!

**TOP TIP:** This can be made in advance the night before.

### NUTRITIONAL VALUES (per serving)

- Calories: 664 kcal
- Carbs: 11g
- Total Fat: 55g
- Protein: 32g



DAY 35 - DINNER:

## CAULIFLOWER CHEESE & ONION SANDWICH (V)

 Serves 1

 10 minutes

 10 minutes

### Ingredients

½ Medium Cauliflower  
1 Egg, lightly beaten  
30g Parmesan Cheese, grated  
Salt & Pepper, to taste  
1 tsp. Olive Oil  
75g Cheddar Cheese, grated  
½ Medium Onion, sliced

### Method

1. Cut the cauliflower into florets and create cauli rice by finely grating or using a food processor.
2. In a large bowl combine the cauli rice with the egg and parmesan. Mix well and season with salt and pepper. Shape into 4 even balls.
3. Heat oil in a non-stick frying pan. Place the balls in the pan, using a spatula to flatten them down. Cook until golden underneath, then flip and repeat on the other side.
4. Top 2 of the patties with the cheddar, onion and remaining patties. Cook on both sides, until the cheese has melted in the middle.

### NUTRITIONAL VALUES (per serving)

- Calories: 664 kcal
- Carbs: 21g
- Total Fat: 45g
- Protein: 44g



# **DAYS 36-40 MEAL PLAN**



## DAYS 36-40 SHOPPING LIST

Please note, the shopping list is based on the amounts of ingredients used in the recipes and can be purchased in quantities to suit your individual needs e.g. in bulk or frozen. Please feel free to use leftover ingredients for the following week if necessary.



### DAIRY

16 Eggs	45g Parmesan Cheese
90ml Whole Milk	75g Cheddar Cheese
165g Butter	170g Soft Cheese
4 tbsp. Ghee	150g Paneer
270g Greek Yoghurt	



### VEGETABLES

½ Medium Onion	10g Fresh Ginger
1 Small Onion	1 Medium Red Chilli
3 Small Red Onions	1 Small Red Chilli
10 Garlic Cloves	10g Fresh Coriander
1½ Medium Cauliflowers	10g Fresh Parsley
1 Medium Red Pepper	1 tbsp. Fresh Basil Leaves
4 Medium Courgettes	2 tbsp. Chives
100g Green Beans	



### DAIRY ALTERNATIVES

270g Coconut Yoghurt



### MEAT ALTERNATIVES

200g Tofu



### FRUIT

2 tbsp. Lemon Juice
60g Strawberries
5 Medium Avocados



### FROM THE FREEZER

100g Edamame Beans



### CUPBOARD ITEMS

85g Chia Seeds	1 tbsp. Cacao Powder
20g Walnuts	2½ tbsp. Tomato Puree
50g Pine Nuts	2 x 400ml Tins Coconut Milk
60g Ground Almonds	1 x 400g Tin Chopped Tomatoes
50g Flaked Almonds	4½ tbsp. Olive Oil
2 tbsp. Ground Flaxseed	2½ tsp. Ground Cumin
2 tsp. Desiccated Coconut	1½ tsp. Ground Turmeric
30g Coconut Flour	1 tsp. Paprika
2 tsp. Baking Powder	2 tsp. Smoked Paprika
2 tbsp. Almond Butter	Salt
3 tsp. Ground Cinnamon	Pepper
1½ tsp. Ground Nutmeg	

# MEALS AT A GLANCE

Welcome to your week of delicious, low carb recipes that are suitable for the whole family.  
Easy to follow, easy to cook and suitable for any budget.

## ICON KEY



### BREAKFAST

DAY 36



**139** LOW CARB SWEET  
EGGY BREAD (V)

### LUNCH



**140** CAULIFLOWER CHEESE  
& ONION SANDWICH (V)

### DINNER



**141** VEGETABLE KORMA ON  
CAULIFLOWER RICE (V)

DAY 37



**142** CHOCOLATE AND  
COCONUT CHIA  
BREAKFAST (VEGAN)



**143** MASHED AVOCADO  
ON TOAST (V)



**144** LEFTOVER VEGETABLE  
KORMA ON CAULIFLOWER  
RICE (V)

DAY 38



**145** LOW CARB SWEET  
EGGY BREAD (V)



**146** LEFTOVER VEGETABLE  
KORMA ON CAULIFLOWER  
RICE (V)



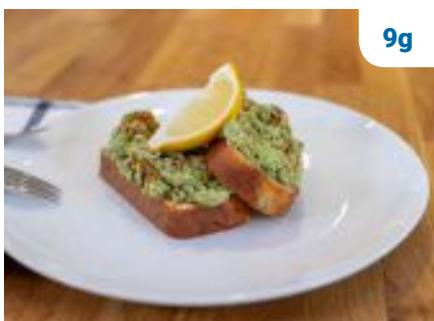
**147** SPICY TOMATOES  
AND BAKED EGGS (V)

**BREAKFAST**

DAY 39



17g

**148** LEFTOVER CHOCOLATE AND COCONUT CHIA BREAKFAST (VEGAN)**LUNCH**

9g

**149** MASHED AVOCADO ON TOAST (V)**DINNER**

10g

**150** TOFU COURGETTI & PESTO SAUCE (V)

DAY 40



10g

**151** LOW CARB SWEET EGGY BREAD (V)

17g

**152** SPICY TOMATOES AND BAKED EGGS (V)

10g

**153** LEFTOVER TOFU COURGETTI & PESTO SAUCE (V)

DAY 36 - BREAKFAST:

## LOW CARB SWEET EGGY BREAD (V)

 15 minutes

 50 minutes

**Loaf:** makes 10 slices/serves 5

**Eggy bread:** serves 1

### Ingredients

*For the loaf:*

6 Eggs

170g Soft Cheese

115g Butter, melted

60g Ground Almonds

30g Coconut Flour

2 tbsp. Ground Flaxseed

2 tsp. Baking Powder

10g Chia Seeds

*For the eggy bread:*

1 Egg

2 tbsp. Whole Milk

1 tsp. Ground Cinnamon

½ tsp. Ground Nutmeg

1 tbsp. Butter

2 tbsp. Greek Yoghurt

### Method

1. For the loaf, preheat the oven to 180°C/160°C fan (350°F/320°F fan), grease and line a loaf tin.
2. In a bowl, beat eggs together with the soft cheese and melted butter until smooth.
3. Add the rest of the ingredients except the chia seeds and mix well. Leave the mixture to sit for 10 minutes.
4. Add the mixture into the prepared loaf tin and sprinkle the chia seeds on top. Bake for 45 minutes. (Remove once a skewer comes out of the middle clean).
5. Take the bread out of the oven and allow it to cool before slicing.
6. To make the eggy bread, whisk the egg, milk, cinnamon and nutmeg together in a bowl and heat the butter in a large frying pan.
7. Take two slices of the loaf and dip them into the egg mixture, making sure they are well coated in the mixture.
8. Place the slices into the pan and cook for 2-3 minutes, then carefully flip the slices over and cook for another 2-3 minutes on the other side, until both sides are golden brown.
9. Serve the eggy bread hot out of the pan with the Greek yoghurt.

**TOP TIP:** Save 4 portions of the loaf for day 38 and 40 breakfast, and day 37 and 39 lunch. The loaf can be made the night before to save time.



### NUTRITIONAL VALUES (per serving)

- **Calories:** 703 kcal
- **Carbs:** 10g
- **Total Fat:** 60g
- **Protein:** 32g

DAY 36 - LUNCH:

## CAULIFLOWER CHEESE & ONION SANDWICH (V)

 Serves 1

 10 minutes

 10 minutes

### Ingredients

½ Medium Cauliflower  
1 Egg, lightly beaten  
30g Parmesan Cheese, grated  
Salt & Pepper, to taste  
1 tsp. Olive Oil  
75g Cheddar Cheese, grated  
½ Medium Onion, sliced

### Method

1. Cut the cauliflower into florets and create cauli rice by finely grating or using a food processor.
2. In a large bowl combine the cauli rice with the egg and parmesan. Mix well and season with salt and pepper. Shape into 4 even balls.
3. Heat oil in a non-stick frying pan. Place the balls in the pan, using a spatula to flatten them down. Cook until golden underneath, then flip and repeat on the other side.
4. Top 2 of the patties with the cheddar, onion and remaining patties. Cook on both sides, until the cheese has melted in the middle.

### NUTRITIONAL VALUES (per serving)

- Calories: 664 kcal
- Carbs: 21g
- Total Fat: 45g
- Protein: 44g



DAY 36 - DINNER:

## VEGETABLE KORMA ON CAULIFLOWER RICE (V)

 Serves 3

 15 minutes

 1 hour

### Ingredients

#### *For the vegetable korma:*

- 2 tbsp. Ghee
- 1 Small Onion, chopped
- 4 Garlic Cloves, chopped
- 10g Fresh Ginger, finely chopped
- 1 Medium Red Chilli, finely sliced
- 2½ tsp. Ground Cumin
- 1½ tsp. Ground Turmeric
- 150g Paneer, cubed
- 1 Medium Red Pepper, chopped
- 1 Medium Courgette, thickly sliced
- 100g Green Beans, trimmed
- 2½ tbsp. Tomato Puree
- 400ml Tinned Coconut Milk
- 200ml Water
- 50g Flaked Almonds

#### *For the cauliflower rice:*

- 2 tbsp. Ghee
- 1 Small Red Onion, finely sliced
- 1 Medium Cauliflower, grated

### Method

1. Start the korma by heating the ghee in a large pan over a medium heat.
2. Add the onion and sauté for 4-5 minutes, then add the garlic, ginger, chilli, cumin and turmeric and fry for another minute.
3. Add the paneer, red pepper, courgette and green beans and fry for 5-6 minutes.
4. Stir in the tomato puree, coconut milk and water, then bring to a boil, cover with a lid and simmer, stirring occasionally, for 30-35 minutes until the vegetables are cooked and tender.
5. Whilst the korma is cooking, make the cauliflower rice.
6. Heat the ghee in a large frying pan and fry the onion for 3-4 minutes.
7. Add the grated cauliflower and continue to cook for another 3-4 minutes.
8. Sprinkle the vegetable korma with flaked almonds and serve on a bed of cauliflower rice.

**TOP TIP:** Save 2 portions for day 37 dinner and day 38 lunch.



### NUTRITIONAL VALUES (per serving)

- **Calories:** 668 kcal
- **Carbs:** 26g
- **Total Fat:** 51g
- **Protein:** 26g

DAY 37 - BREAKFAST:

## CHOCOLATE AND COCONUT CHIA BREAKFAST (VEGAN)

 5 minutes

 Overnight

**Chia breakfast:** serves 2

**Toppings:** serves 1

### Ingredients

*For the chia pudding:*

400ml Tinned Coconut Milk

100ml Water

75g Chia Seeds

1 tbsp. Cacao Powder

*For the toppings:*

30g Strawberries, chopped

3 tbsp. Coconut Yoghurt

1 tsp. Desiccated Coconut

10g Walnuts, chopped

1 tbsp. Almond Butter

### Method

1. Add the coconut milk, water, chia seeds and cacao powder to a bowl and mix well to combine.
2. Place the chia mixture in bowls or jars and leave to set in the fridge overnight.
3. Take 1 portion of the chia pudding out of the fridge and top with the chopped strawberries, coconut yoghurt, desiccated coconut, walnuts and almond butter and enjoy.

**TOP TIP:** Save 1 portion for day 39 breakfast. Make the chia breakfast the night before so it is ready in the morning.



### NUTRITIONAL VALUES (per serving)

- Calories: 773 kcal
- Carbs: 17g
- Total Fat: 68g
- Protein: 17g

DAY 37 - LUNCH:

## MASHED AVOCADO ON TOAST (V)

 Serves 1

 5 minutes

 5 minutes

### Ingredients

2 Slices of Leftover Loaf from day 36 breakfast

80g Edamame Beans

1 Medium Avocado, mashed

1 tbsp. Lemon Juice

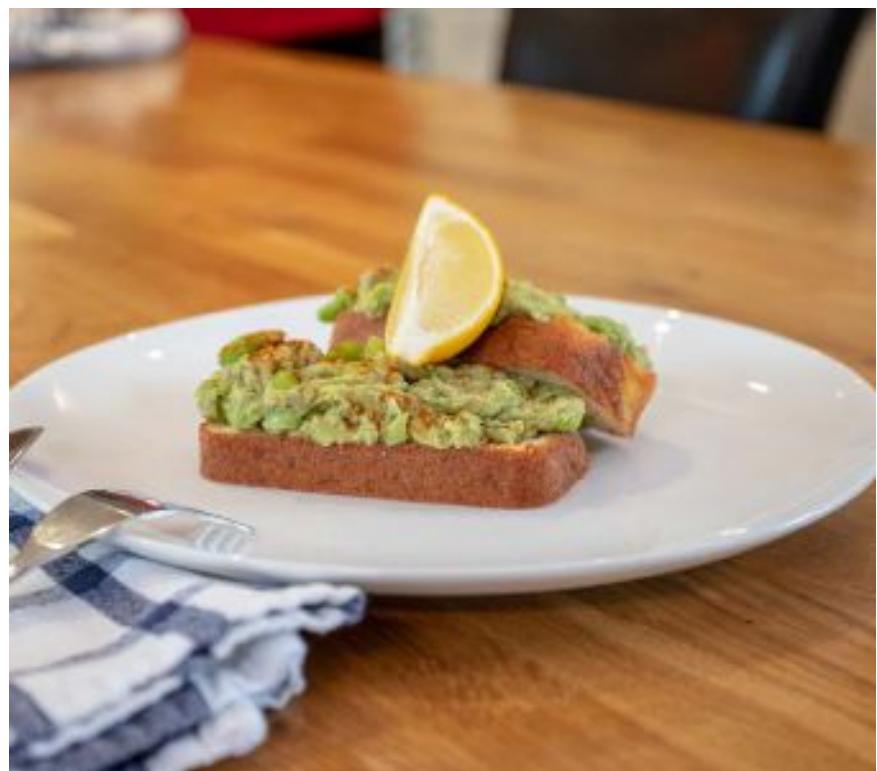
5g Fresh Coriander, chopped

Salt & Pepper, to taste

½ tsp. Paprika

### Method

1. Toast the bread in the toaster or under the grill.
2. Boil the edamame beans in a large pan of water for 5-6 minutes, then drain.
3. Mash the edamame beans, avocado and lemon juice together in a small bowl.
4. Stir through the coriander and season with the salt and pepper.
5. Spread the mashed avocado on the toast, sprinkle with the paprika and enjoy.



### NUTRITIONAL VALUES (per serving)

● Calories: 628 kcal

● Carbs: 9g

● Total Fat: 55g

● Protein: 22g

DAY 37 - DINNER:

## LEFTOVER VEGETABLE KORMA ON CAULIFLOWER RICE (V)

 Serves 1

 5 minutes

### Ingredients

1 portion of Leftover Vegetable Korma on Cauliflower Rice from day 36 dinner

### Method

1. Take the leftovers out of the fridge and either enjoy cold or reheat in a pan.



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### NUTRITIONAL VALUES (per serving)

- Calories: 668 kcal
- Carbs: 26g
- Total Fat: 51g
- Protein: 26g

DAY 38 - BREAKFAST:

## LOW CARB SWEET EGGY BREAD (V)

 Serves 1

 5 minutes

 5 minutes

### Ingredients

- 1 Egg
- 2 tbsp. Whole Milk
- 1 tsp. Ground Cinnamon
- ½ tsp. Ground Nutmeg
- 1 tbsp. Butter
- 2 Slices of Leftover Loaf from day 36 breakfast
- 2 tbsp. Greek Yoghurt

### Method

1. Whisk the egg, milk, cinnamon and nutmeg together in a bowl and heat the butter in a large frying pan.
2. Take two slices of the loaf and dip them into the egg mixture, making sure they are well coated in the mixture.
3. Place the slices into the pan and cook for 2-3 minutes, then carefully flip the slices over and cook for another 2-3 minutes on the other side, until both sides are golden brown.
4. Serve the eggy bread hot out of the pan with the Greek yoghurt.

### NUTRITIONAL VALUES (per serving)

- Calories: 703 kcal
- Carbs: 10g
- Total Fat: 60g
- Protein: 32g



DAY 38 - LUNCH:

## LEFTOVER VEGETABLE KORMA ON CAULIFLOWER RICE (V)

 Serves 1

 5 minutes

### Ingredients

1 portion of Leftover Vegetable Korma on Cauliflower Rice from day 36 dinner

### Method

1. Take the leftovers out of the fridge and either enjoy cold or reheat in a pan.



---

### NUTRITIONAL VALUES (per serving)

- Calories: 668 kcal
- Carbs: 26g
- Total Fat: 51g
- Protein: 26g

DAY 38 - DINNER:

## SPICY TOMATOES AND BAKED EGGS (V)

 Serves 1

 5 minutes

 20 minutes

### Ingredients

- 1 tbsp. Olive Oil
- 1 Small Red Onion, sliced
- 2 Garlic Cloves, finely chopped
- ½ Small Red Chilli, finely sliced
- 1 tsp. Smoked Paprika
- ½ Tin (200g) Chopped Tomatoes
- 3 Eggs
- 5g Fresh Parsley, chopped
- 1 Medium Avocado, sliced

### Method

1. Heat the olive oil in frying pan and fry the onion, garlic and chilli for 4-5 minutes.
2. Stir in the paprika, then add the tomatoes and simmer for 10 minutes.
3. Make 3 wells in the tomato sauce using the back of a spoon, then crack an egg into each well.
4. Cover the pan with a lid and cook over a low heat for 5-6 minutes, until the eggs are cooked to your desired firmness.
5. Sprinkle over the parsley and serve with the avocado slices.



### NUTRITIONAL VALUES (per serving)

- Calories: 579 kcal
- Carbs: 17g
- Total Fat: 44g
- Protein: 28g

DAY 39 - BREAKFAST:

## LEFTOVER CHOCOLATE AND COCONUT CHIA BREAKFAST (VEGAN)



Serves 1



5 minutes

### Ingredients

1 portion of Leftover Chia Pudding from day 37 breakfast  
30g Strawberries, chopped  
3 tbsp. Coconut Yoghurt  
1 tsp. Desiccated Coconut  
10g Walnuts, chopped  
1 tbsp. Almond Butter

### Method

1. Take the chia pudding out of the fridge and top with the chopped strawberries, coconut yoghurt, desiccated coconut, walnuts and almond butter and enjoy.



### NUTRITIONAL VALUES (per serving)

- Calories: 773 kcal
- Carbs: 17g
- Total Fat: 68g
- Protein: 17g

DAY 39 - LUNCH:

## MASHED AVOCADO ON TOAST (V)

 Serves 1

 5 minutes

 5 minutes

### Ingredients

2 Slices of Leftover Loaf from day 36 breakfast

80g Edamame Beans

1 Medium Avocado, mashed

1 tbsp. Lemon Juice

5g Fresh Coriander, chopped

Salt & Pepper, to taste

½ tsp. Paprika

### Method

1. Toast the bread in the toaster or under the grill.
2. Boil the edamame beans in a large pan of water for 5-6 minutes, then drain.
3. Mash the edamame beans, avocado and lemon juice together in a small bowl.
4. Stir through the coriander and season with the salt and pepper.
5. Spread the mashed avocado on the toast, sprinkle with the paprika and enjoy.



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### NUTRITIONAL VALUES (per serving)

● Calories: 628 kcal

● Carbs: 9g

● Total Fat: 55g

● Protein: 22g

DAY 39 - DINNER:

## TOFU COURGETTI & PESTO SAUCE (V)

 Serves 2

 15 minutes

 15 minutes

### Ingredients

1 Medium Avocado

50g Pine Nuts

2 Garlic Cloves, crushed

2 tbsp. Olive Oil

2 tbsp. Chives

1 tbsp. Fresh Basil Leaves

Salt & Pepper, to taste

½ tsp. Butter

200g Tofu, cubed

3 Medium Courgettes, spiralised

1 tbsp. Parmesan Cheese, grated

### Method

1. For the pesto sauce place the avocado, pine nuts, garlic, oil, chives and basil into a food processor. Season with salt and pepper and blend until smooth.
2. Add the butter to a pan and fry the tofu until slightly crispy.
3. Spiralise the courgette using a spiraliser or vegetable peeler and add to the pan with the tofu. Cook until tender, then stir in the pesto sauce and cook until the pesto is warm. Transfer onto serving dishes and sprinkle over the parmesan.

**TOP TIP:** Save 1 portion for day 40 dinner.

### NUTRITIONAL VALUES (per serving)

● Calories: 495 kcal

● Carbs: 10g

● Total Fat: 41g

● Protein: 21g



DAY 40 - BREAKFAST:

## LOW CARB SWEET EGGY BREAD (V)

 Serves 1

 5 minutes

 5 minutes

### Ingredients

- 1 Egg
- 2 tbsp. Whole Milk
- 1 tsp. Ground Cinnamon
- ½ tsp. Ground Nutmeg
- 1 tbsp. Butter
- 2 Slices of Leftover Loaf from day 36 breakfast
- 2 tbsp. Greek Yoghurt

### Method

1. Whisk the egg, milk, cinnamon and nutmeg together in a bowl and heat the butter in a large frying pan.
2. Take two slices of the loaf and dip them into the egg mixture, making sure they are well coated in the mixture.
3. Place the slices into the pan and cook for 2-3 minutes, then carefully flip the slices over and cook for another 2-3 minutes on the other side, until both sides are golden brown.
4. Serve the eggy bread hot out of the pan with the Greek yoghurt.

### NUTRITIONAL VALUES (per serving)

- Calories: 703 kcal
- Carbs: 10g
- Total Fat: 60g
- Protein: 32g



DAY 40 - LUNCH:

## SPICY TOMATOES AND BAKED EGGS (V)

 Serves 1

 5 minutes

 20 minutes

### Ingredients

- 1 tbsp. Olive Oil
- 1 Small Red Onion, sliced
- 2 Garlic Cloves, finely chopped
- ½ Small Red Chilli, finely sliced
- 1 tsp. Smoked Paprika
- ½ Tin (200g) Chopped Tomatoes
- 3 Eggs
- 5g Fresh Parsley, chopped
- 1 Medium Avocado, sliced

### Method

1. Heat the olive oil in frying pan and fry the onion, garlic and chilli for 4-5 minutes.
2. Stir in the paprika, then add the tomatoes and simmer for 10 minutes.
3. Make 3 wells in the tomato sauce using the back of a spoon, then crack an egg into each well.
4. Cover the pan with a lid and cook over a low heat for 5-6 minutes, until the eggs are cooked to your desired firmness.
5. Sprinkle over the parsley and serve with the avocado slices.



### NUTRITIONAL VALUES (per serving)

- Calories: 579 kcal
- Carbs: 17g
- Total Fat: 44g
- Protein: 28g

DAY 40 - DINNER:

## LEFTOVER TOFU COURGETTI & PESTO SAUCE (V)

 Serves 1

 5 minutes

### Ingredients

1 portion of Leftover Tofu Courgetti & Pesto from day 39 dinner

### Method

1. Simply take leftovers from the fridge and reheat.

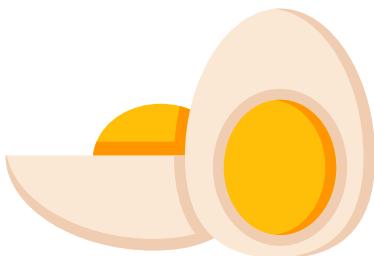
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### NUTRITIONAL VALUES (per serving)

- Calories: 495 kcal
- Carbs: 10g
- Total Fat: 41g
- Protein: 21g



# SNACKS



HARD-BOILED EGGS



NUTS & SEEDS  
e.g. almonds, walnuts, pumpkin  
seeds, sunflower seeds, flaxseeds



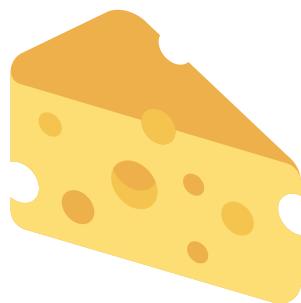
GREEK YOGHURT & BERRIES



BERRIES & CREAM



OLIVES



CHEESE



SLICED VEGETABLES  
& FRESH GUACAMOLE



DARK CHOCOLATE  
1 or 2 squares, 85% or higher

# HELPFUL TIPS

## HYDRATION

Water is needed by every cell, tissue and organ in our body and we lose water constantly throughout the day. Staying on top of your water intake is essential, particularly for those living with diabetes because having high blood glucose levels hinders hydration. Ensuring you are getting adequate hydration provides you with a number of health benefits:

- ▶ Improved functioning of your body's organs
- ▶ Maintenance of bodily fluids and electrolyte balance
- ▶ Regulating body temperature
- ▶ Flushing out waste
- ▶ Improved energy levels and performance
- ▶ Skin health
- ▶ Lubrication of joints
- ▶ Helps to keep you feeling fuller for longer

Keeping hydrated is not only about ensuring you are consuming enough fluids, but also the quality of those fluids. Today, many drinks are laden with calories, sugar and additives to make them taste good. Here on the Low Carb Program our number one choice is water. If you find water boring and hard to drink lots of, try mixing it up and making it more flavoursome. Some examples are adding lemon or ginger in the morning, then adding things like cucumber, berries, orange slices or mint throughout the day.

When it comes to coffee and tea, cut the added sugar. If necessary, try cutting out hot drinks for a little while. Luckily here on the Low Carb Program we love cream. If you are someone who has had to cut sugar from your coffee, why not try adding cream instead of milk for a more indulgent drink. This will not only taste delicious, but the fat content of the cream will keep you fuller for longer.

It might come as a surprise that alcohol is not entirely off limits when following a low carb lifestyle. In terms of your progress on the Low Carb Program, we suggest opting for low carb alcoholic drinks such as clear spirits and diet mixers. From a hydration perspective, alcohol dehydrates us. Therefore, we advise drinking a glass of water with every alcoholic drink you consume. It is also best to limit your alcohol intake and save it as a treat.

# HELPFUL TIPS

## SLEEP

Sleep is a restorative process for the entire human body. Not only does it benefit our energy levels, mental state and performance, but it also helps our bodies to repair, rejuvenate and grow. By improving our quality of sleep, we can minimise our stress levels, enhance our creativity and improve cognition.

A common complaint in modern society is that we are not getting enough sleep. Most of us lead intensely busy schedules, jeopardising the quality of our sleep. Nowadays, around 30% of the adult population struggle to get more than 6 hours sleep a night. Research has shown direct links between impaired sleep, obesity and its related health implications. Considering the evidence, it would be fair to suggest that a great way of enhancing your progress on the Low Carb Program would be to focus on ensuring you are getting adequate amounts of good quality sleep.

Some tips we have for achieving this include making sure you are getting to bed at a reasonable time and getting at least 8 hours sleep a night. What you do to de-stress before bed is also important. For some this might be running a hot bubble bath, or listening to some gentle, relaxing music. Perhaps you find reading a book settling. Either of these are much more effective than staring at your phone or laptop. Writing a diary or reflecting on your day can also be a useful tool. Some people find it helpful to write a list for the following day, as it enables them to go to bed with a clear mind.

By improving our quality of sleep, we can minimise our stress levels, enhance our creativity and improve cognition.



# HELPFUL TIPS

## EXERCISE

Most of us are aware that a sedentary lifestyle isn't complementary to our health goals, especially when it comes to weight loss. However, often the thought of exercise sends shivers down our spines, as we associate it with being uncomfortably out of breath and sweating profusely. For those of you who enjoy this, then hats off to you, but in many cases we look at exercise as a punishment, rather than it being enjoyable. Well we want to help you change your outlook, as not all exercise has to be this way.

A top tip is to try focusing on movement rather than exercise. In today's society, many of us sit at desks for hours on end. If we want to exercise, we think of spending an hour and a half in the gym or going running. Well instead, why not simply make a conscious effort to just move more. Try getting up from your desk every half an hour and stretching your legs, or going for a walk on your lunch break. If you need to post a letter, walk instead of driving. Walking can also be a great way to catch up with friends or listen to a podcast or audiobook. Other methods of increasing your movement might be to put on your favourite music and have a good old dance around your house. You can even work up a sweat doing housework.

The benefits of increasing your activity levels are that it helps to maintain a healthy heart, boosts circulation and works at lowering blood glucose levels and glycogen stores, making us more insulin sensitive. Exercise also causes the release of endorphins, our 'feel-good' hormones, which provide us with a sense of well-being. Getting up and moving makes us feel more energised and can help us to become more motivated and create a better routine.

The benefits of increasing your activity levels are that it helps to maintain a healthy heart, boosts circulation and works at lowering blood glucose levels and glycogen stores, making us more insulin sensitive.



# HELPFUL TIPS

## MINDFUL EATING TIPS

With busy jobs, families and the general chaos that life brings, mindful eating is something we often forget to practice. There are a number of benefits associated with mindful eating that can help you reach your goals. These include reduced occurrences of binge eating or emotional eating, improved digestion, reductions in hunger and improved satiety. Why not use the 40-day challenge as motivation to practice more mindful eating. Here are some of our top tips on how to achieve this.



**1.** Take your time, eat slowly and enjoy every single bite. It often takes us a little time to register when we are full. By eating slower, you will likely find you become full sooner and in turn not eat every last item on your plate. A good tip is to put down your cutlery between each mouthful, rather than loading up your fork ready for the next bite. Perhaps even try eating with your less dominant hand.

**2.** Sit down to eat from a plate, rather than eating on the go or from a packet. This will help you to appreciate your meal and in turn help you to feel satisfied.



**3.** Eat dinner with your family or friends rather than in front of the TV.

**4.** Respond to your true hunger signals, you don't always need to clear your plate. Instead eat only until you are full, then stop.

**5.** Remove or turn off any distractions, such as the TV or your telephone. Maybe even eat in silence for the first few minutes of your meal.

# HELPFUL TIPS

## STRESS

Stress can be a major barrier to achieving your goals. It is best to manage your stress levels before they become an issue. A helpful way to do this is to use a gratitude journal. A gratitude journal is a diary where you can note down all of the things you are grateful for and focus on the positives in your life. This is especially helpful at the end of the day, as it helps you to reflect and unwind.

Try each day to make a note of something that brought you happiness and why. This might seem a little daunting at first. You might feel it is just another item on your list of things to do, but persevere and keep doing it until it becomes a habit. A gratitude journal is a very personal, private and safe place, where you can be open and true to yourself. It can help you to gain clarity on the positives and negatives in your life and therefore help you to take action.

Stress can be a major barrier in achieving your goals. It is best to manage your stress levels before they become an issue. A helpful way to do this is to use a gratitude journal.



# GRATITUDE JOURNAL

What was the experience?	Were you aware of the pleasant feelings while the event was happening?	How did your body feel, in detail, during this experience?	Day 1	What moods, feelings, and thoughts accompanied this event?	What thoughts are in your mind now as you write about this event?
Day 2					
Day 3					

# HELPFUL TIPS

## READ NUTRITIONAL LABELS

The aim of the low carb program is to reduce your carbohydrate content, whilst increasing your healthy fat intake and including a range of protein sources in your diet. We provide lots of tools, tips and ideas to support you through your journey on the Low Carb Program, however, we also want you to become independent and learn how to manage your diet. If you are ever concerned about a certain food being high in carbohydrate and impacting your progress, simply read the nutritional label on the item's packaging. Here you will be able to determine if a food is suitable or not. Remember to always consider the serving size recommended.



# RESOURCES TO HELP

## HUNGER DIARY

People may think that making a change to their way of eating means that they will be constantly hungry. However, hunger comes in waves – keeping track of your hunger is a good way of feeling more comfortable about sensing hunger as you will see that it will come and go and not keep increasing.

Use the diary on the next page to help you keep track of your hunger.

Day & Time	Hunger Rating 1-10	What other uncomfortable sensations are present?	Time you last ate	Food you last ate	Did you eat or wait?	What did you eat?	Notes

HUNGER RATING SCALE

0	1	2	3	4	5	6	7	8	9	10
No Hunger	Barely Hungry	Mild Hunger								Starving

# TOP LOW CARB SWAPS

**SWAP:** PIZZA



**FOR:** CAULIFLOWER PIZZA



**SWAP:** CHIPS



**FOR:** CELERIAC FRIES



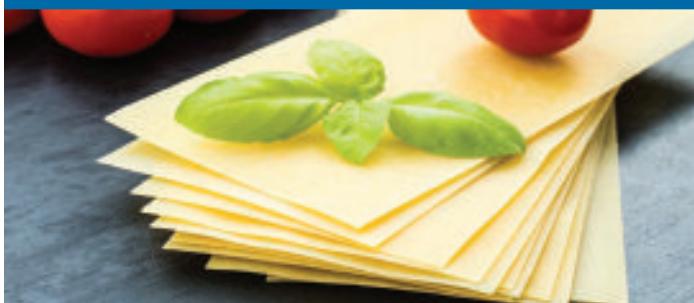
**SWAP:** TORTILLA WRAP



**FOR:** LETTUCE WRAP



**SWAP:** LASAGNE SHEETS



**FOR:** SLICED COURGETTE



**SWAP:** BURGER BUN



**FOR:** PORTOBELLO MUSHROOM



# TOP LOW CARB SWAPS

**SWAP:** RICE



**FOR:** CAULIFLOWER RICE



**SWAP:** PASTA/NOODLES



**FOR:** COURGETTI



**SWAP:** BREAD



**FOR:** CLOUD BREAD



**SWAP:** MASH POTATO



**FOR:** CAULIFLOWER MASH



**SWAP:** SCOTCH PANCAKES



**FOR:** VANILLA PANCAKES



## DISCLAIMER

The information provided in this recipe book should not be considered complete, nor should it be relied on to suggest a course of treatment for a particular individual, nor is it intended to refer you to a particular medical professional or health care provider.

It should not be used in place of a visit to, consultation with or the advice of a doctor, DSN or other qualified health care provider.

The material in the recipe book is made available with the understanding that we are not engaged in providing professional advice.

Information in the recipe book is not exhaustive and does not cover all/any aspects of diabetes, ailments or physical conditions or their treatment.

Should you have any health care related questions, call or see your doctor or other qualified health care provider promptly. You should never disregard medical advice or delay in seeking it because of something you have read in the recipe book.

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## NUTRITIONAL DISCLAIMER

All nutritional information is based on UK food databases.

Nutritional information is calculated per serving and is subject to variation dependent on brand, use of organic produce and seasonal variation. They should therefore be used as an estimate only.

UK nutritional information for total carbohydrate does not include fibre.

All dairy products are based on full fat varieties.

An egg is based on a typical medium sized egg (58g).

Some varieties of parmesan cheese include rennet which is not suitable for vegetarians. All vegetarians should ensure they opt for vegetarian parmesan cheese.

When selecting ingredients, whole foods are chosen by default.

Certain fruits and vegetables, that might be higher in carbohydrates, are used in small amounts in some recipes e.g. root vegetables, bananas or cashews. They should only be used in the amounts specified, to avoid the over consumption of carbohydrates.