7 DAY MEAL PLAN

HOW TO CREATE A MENU

1. Choose a lean protein for every meal except breakfast (approx 100g serving for us ladies!)
2. Choose 2 fruits or vegetables for every meal, roughly a cup full of each
3. Add wholegrain carbs to ONE or TWO meals only each day, roughly half a cup
4. Assign a time for each meal. You are going to be eating 4 times per day so try to evenly space your meals

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MEAL 1

Instructions - Blend all ingredients including skin and drink!

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
Mean Green Smoothie	**Cant Beat It Smoothie**	**Green Aid Smoothie**	**Beet Retreat Smoothie**	**Mean Green Smoothie**	**Cant Beat It Smoothie**	**Green Aid Smoothie**
1 Apple	1 Apple	2 Apple	1 Apple	1 Apple	1 Apple	2 Apple
½ Cucumber	2 Carrots	2 Handfuls Kale	4 Carrots	½ Cucumber	2 Carrots	2 Handfuls Kale
1cm Piece Ginger	2 Celery Stalks	2 Handful Spinach	1cm Piece Ginger	1cm Piece Ginger	2 Celery Stalks	2 Handful Spinach
2 Handfuls Kale	1/4 Cucumber	Juice of ½ Lemon	Juice of ½ Lemon	2 Handfuls Kale	1/4 Cucumber	Juice of ½ Lemon
Juice of ½ Lemon	1cm Piece Ginger	300ml Water	300ml Water	Juice of ½ Lemon	1cm Piece Ginger	300ml Water
300ml Water	300ml Water			300ml Water	300ml Water	

MEAL 2

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
100g Chicken (Add spice or seasoning eg Nando' piri piri spice mix)	100g Tuna	100g Chicken (Add spice or seasoning eg Nando' piri piri spice mix)	Smoked Mackerel	100g Chicken (Add spice or seasoning eg Nando' piri piri spice mix)	100g Tuna	100g Chicken (Add spice or seasoning eg Nando' piri piri spice mix)
Sugar Snap Peas	Spinach, Rocket, Watercress Salad	Quinoa	Steamed Tenderstem Broccoli and Asparagus	Sugar Snap Peas	Spinach, Rocket, Watercress Salad	Quinoa
Carrot Sticks	½ Avocado	Roasted Peppers		Carrot Sticks	½ Avocado	Roasted Peppers
	Balsamic Vinegar				Balsamic Vinegar	

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MEAL 3

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
200g Greek Yoghurt	1 Scoop Whey Protein	2 Tablespoons Peanut Butter	Bag Beef Jerky	200g Greek Yoghurt	1 Scoop Whey Protein	2 Tablespoons Peanut Butter
1 Cup of Berries	1 Banana	Carrot Sticks	Cherry Tomatoes	1 Cup of Berries	1 Banana	Carrot Sticks
		Cucumber Sticks				Cucumber Sticks

MEAL 4

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
Lebanese Chicken Wraps	**Slow Cooker Beef Curry**	**Coconut Prawn Curry**	**Omelet**	**Salmon Salad**	**Chilli con Carne**	**STEAK!**
3 boneless skinless chicken breasts, 2 tablespoons olive oil, 1 small onion, 1 tablespoon garlic, 1/4 cup lemon juice, 1 tablespoon cumin, 1 teaspoon oregano, salt and pepper, 4 burrito-size flour tortillas	1 pound lean stew meat, 2 teaspoons curry powder, 1 small sweet onion, 2 cloves garlic, 2 teaspoons freshly grated ginger, 1/2 teaspoon black pepper, Kosher or sea salt to taste, 1/2 cup freshly chopped cilantro, 1 3/4 cups beef broth or stock, 1 tablespoon cornstarch + 1 tablespoon water	2 onions, piece fresh root ginger, 4 garlic cloves, 2 tbsp sunflower oil, ½ tsp turmeric, 1 tbsp ground coriander, 400ml can chopped tomatoes, 100g creamed coconut, 1 tbsp mango chutney 1 green chilli, halved, deseeded and sliced, 3 x 200g bags large, raw, peeled prawn, handful chopped coriander, juice 1 lemon 1 large green pepper, quartered, deseeded	2 large free-range eggs, 1 small knob of unsalted butter, 1 small handful of grated Cheddar cheese , (optional)	100g couscous, 1 tbsp olive oil, 2 salmon fillets, 200g sprouting broccoli, roughly shredded, larger stalks removed, juice 1 lemon, seeds from half a pomegranate, small handful pumpkin seeds 2 handfuls watercress, olive oil and extra lemon wedges, to serve	½ tbsp oil, 100g lean beef mince, 1 onion, finely chopped 1 garlic clove, finely chopped, 400g can of chopped tomatoes, 1 tbsp tomato puree, ½ tsp chilli powder, ¼ tsp cumin, ¼ tsp coriander, 1 red pepper, chopped, 100g mushrooms, sliced, 1 small can of kidney beans black pepper, freshly ground, 150g wholegrain/brown rice, raw	Lean cut of steak (dry fry), sweet potato mash and green beans
1 teaspoon oil per person!	1 teaspoon oil per person!	1 teaspoon oil per person!	1 teaspoon oil per person!	1 teaspoon oil per person!		
1 chicken breast and one wrap per person!	Serve with quinoa or rice!	Serve with rice!	1 slice dark rye bread		Serve with quinoa or rice!	

LEBANESE CHICKEN WRAPS

INGREDIENTS

- 4 skinless chicken breasts
- 200g Greek yogurt
- juice and zest 1 lemon
- 1 tsp allspice
- 2 tsp olive oil
- 2 garlic cloves, crushed
- 25g pine nuts, toasted
- small bunch parsley, finely chopped
- 2 tomatoes, diced
- ½ cucumber, diced
- 4 large tortilla wraps or large flatbreads mixed salad, to serve

METHOD

1. Lay the chicken breasts on a sheet of baking parchment, cover with another sheet of parchment, then flatten by bashing them with a rolling pin. Mix half the yogurt in a large bowl with half the lemon juice, the lemon zest, allspice, olive oil, garlic and a pinch of salt. Mix thoroughly, then stir in the chicken, making sure it is well coated in the mixture. Cover and chill for 30 mins to marinate.

2. Heat a griddle pan over a high heat and cook the chicken for 5-6 mins each side or until cooked through (you may need to do this in batches). Transfer to a board and slice. Spread the rest of the yogurt over the wraps and fill with the pine nuts, cooked chicken, parsley, tomatoes and cucumber. Drizzle over the rest of the lemon juice and roll up. Put the wraps back on the griddle pan for 30 secs each side to lightly toast, then serve with a mixed salad.

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SLOW COOKER BEEF CURRY

INGREDIENTS

- 4 tbsp sunflower oil
- 800g/1lb 12oz beef braising steak, 2.5cm/1in pieces
- 2 onions, finely chopped
- 4 garlic cloves, finely chopped
- 2 chillies, finely chopped
- 2.5cm/1in piece fresh root ginger
- 4 tsp ground cumin
- 4 tsp ground coriander
- 2 tsp ground turmeric
- 2 x 400g/14oz can chopped tomatoes
- 2 tsp garam masala
- 200g/7oz natural yoghurt

METHOD

1. Heat half of the oil in a frying pan and fry the beef pieces for 4-5 minutes, or until browned all over. (You may need to brown the meat in batches.) Tip the browned meat into the slow cooker.

2. Heat the remaining oil in a frying pan and fry the onions for five minutes, then add the garlic, chilli and ginger and fry for another 2-3 minutes. Add the spices and fry for another minute, then tip the mixture into the slow cooker.

3. Add the chopped tomatoes to the slow cooker, then fill one of the empty cans with water and add the water to the slow cooker.

4. Stir everything together, pressing down so that everything is covered in liquid and cook for 8-10 hours on low.

5. About 30 minutes before serving, stir in the garam masala and yoghurt and season to taste with salt and a little more chilli. Cook for a further 30 minutes, then stir in the coriander.

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PRAWN COCONUT CURRY

INGREDIENTS

- 2 onions, sliced
- thumb-size piece fresh root ginger, grated
- 4 garlic cloves, crushed
- 2 tbsp sunflower oil
- ½ tsp turmeric
- 1 tbsp ground coriander
- 400ml can chopped tomatoes in rich juice
- 100g creamed coconut, chopped
- 1 tbsp mango chutney
- 1 green chilli, halved, deseeded
- 3 x 200g bags large, raw, peeled prawn
- , thawed if frozen, drained
- handful chopped coriander
- juice 1 lemon
- 1 large green pepper, quartered, deseeded

METHOD

1. Fry the onions, ginger and garlic in the oil for about 10 mins. Stir in the turmeric and coriander, then fry for 1 min more. Tip the mixture into a blender with the tomatoes and creamed coconut, then blend to a purée.

2. Return to the pan with 300ml water, the chutney, chilli and pepper and simmer for 10 mins. You can freeze it at this stage.

3. Stir in the prawns and cook for a few mins more until they turn pink – take care not to overcook them or they'll become tough. Add the coriander, then season to taste with salt, pepper and lemon juice just before serving.

OMELETTE

INGREDIENTS

- 2 large free-range eggs
- 1 small knob of unsalted butter
- 1 small handful of grated Cheddar cheese

METHOD

1. For a basic omelette, crack the eggs into a mixing bowl with a pinch of sea salt and black pepper. Beat well with a fork.

2. Heat a small knob of butter in a small frying pan on a low heat, and once melted and bubbling, add the eggs and move the pan around to spread them out evenly.

3. When the omelette begins to cook and firm up, but still has a little raw egg on top, sprinkle over the cheese (if using). I sometimes grate mine directly on to the omelette.

4. Using a spatula, ease around the edges of the omelette, then fold it over in half. When it starts to turn golden brown underneath, remove the pan from the heat and slide the omelette on to a plate.

7 DAY MEAL PLAN

SALMON SALAD

INGREDIENTS

- 100g couscous
- 1 tbsp olive oil
- 2 salmon
- fillets
- 200g sprouting broccoli
- , roughly shredded, larger stalks removed
- juice 1 lemon
- seeds from half a pomegranate
- small handful pumpkin seeds
- 2 handfuls watercress
- olive oil and extra lemon wedges, to serve

METHOD

1. Heat water in a tier steamer. Season the couscous, then toss with 1 tsp oil. Pour boiling water over the couscous so it covers it by 1cm, then set aside. When the water in the steamer comes to the boil, tip the broccoli into the water, then lay the salmon in the tier above. Cook for 3 mins until the salmon is cooked and the broccoli tender. Drain the broccoli and run it under cold water to cool.

2. Mix together the remaining oil and lemon juice. Toss the broccoli, pomegranate seeds and pumpkin seeds through the couscous with the lemon dressing. At the last moment, roughly chop the watercress and toss through the couscous. Serve with the salmon, lemon wedges for squeezing over and extra olive oil for drizzling, if you like.

CHILLI CON CARNE

INGREDIENTS

- ½ tbsp oil
- 100g lean beef mince
- 1 onion, finely chopped
- 1 garlic clove, finely chopped
- 400g can of chopped tomatoes
- 1 tbsp tomato puree
- ½ tsp chilli powder
- ¼ tsp cumin
- ¼ tsp coriander
- 1 red pepper, chopped
- 100g mushrooms, sliced
- 1 small can of kidney beans black pepper
- 150g wholegrain/brown rice, raw

METHOD

1. Brown the mince over a gentle heat, stirring to stop it from sticking.
2. Drain any excess fat from the meat, then add the onion and garlic to the mince and cook for two to three minutes.
3. Add the chopped tomatoes, tomato puree and spices. Bring the sauce to the boil, then lower the heat and simmer gently for 10 to 15 minutes.
4. Meanwhile, cook the rice according to the packet instructions.
5. Add the chopped pepper and sliced mushrooms and simmer for five minutes.
6. Add the drained kidney beans and simmer for another five minutes.
7. Add the pepper to taste and serve with boiled rice.

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SWEET & SMOKY STEAK

INGREDIENTS

- 1 tbsp. olive oil
- 1 tbsp. brown sugar
- 1 tbsp. ground cumin
- 1 tbsp. smoked paprika
- 1 tsp. garlic powder
- 1 tsp. onion powder
- 1 boneless beef tri-tip roast

METHOD

1. Heat grill on medium.
2. In small bowl, combine oil, sugar, cumin, paprika, garlic powder, onion powder, 2 teaspoons salt and 1/2 teaspoon pepper. Rub all over tri-tip, which can be wrapped in plastic and refrigerated up to 1 day.
3. Grill beef 30 minutes or until 125°F on meat thermometer, turning over 3 times. Transfer to cutting board; let rest at least 10 minutes. Thinly slice against grain to serve.