



MOTHER  
FIT  
MIND BODY SOUL

14 DAY  
NEW YOU  
HOLISTIC  
*Challenge*

*Recipes to nourish you through  
The Challenge!*

*Hi, I'm Michelle*

*Pregnancy, Postpartum & Beyond Fitness Expert &  
nutritional advisor for weight management*

Please note I am not a nutritionist or dietician

***I have put together the following nutrient-rich  
meals that I love, which will start your  
NEW YEAR off right!***

***Please note this is a plan for fat loss.***

*If you eat 3 meals a day on this plan you will be in a calorie deficit.*

*If you are pregnant or early postpartum, please supplement  
with healthy snacks.*



# Day 1 & Day 8

*Breakfast*

*Blueberry Protein Muffins*

*Lunch*

*Prawn cocktail rolls*

*Family Dinner*

*Chicken Paella*

# Breakfast

## 2 Blueberry Protein Muffins

197

11g

25g

5g

Cals Protein

Carbs Fat

30 mins



serves 6 - Eat 2!

### Ingredients:

1 banana (mashed)

1 egg (beaten)

1 tsp cinnamon

1 tsp baking powder

100 g Greek yoghurt

2 scoops Whey Protein (Vanilla)

1 tbsp honey

150 g oats

75 ml milk (any milk of your choice)

50 g blueberries

### Method :

Preheat oven to 180°C/ 350°F.

Scatter 2 tablespoons of oats onto a baking tray and bake for 10 minutes until lightly toasted.

Meanwhile, mix together the mashed banana and egg in a large bowl.

Then add the cinnamon, baking powder, honey, Greek yoghurt, and whey protein. Mix well.

Now add the remaining oats and milk and mix until completely combined.

Next, fill 6 muffin cups to roughly halfway with the mixture, add 3-4 blueberries per muffin and continue fill the muffin cups up to just below the brim with remaining mixture.

Top your muffins with a few more blueberries and a sprinkle of the toasted oats, then bake for 30 minutes. Once 30 minutes is up, remove them and allow them to cool for at least 5-10 minutes before eating. Enjoy!



# Lunch

## Prawn cocktail rolls

696      22g      46g      45g

Cals      Protein      Carbs      Fat

10 mins            serves 2

### Ingredients:

tbsp tomato ketchup  
4 tbsp mayonnaise  
A squeeze lemon juice  
1/4 tsp celery salt  
A few drops Tabasco sauce  
A few drops Worcestershire sauce  
140g Cooked Prawns  
2 Brioche Burger Buns  
2 tsp salted butter, for spreading  
1 Cos lettuce heart, shredded  
1 stick celery, cut into thin 5cm lengths

### Method :

In a medium bowl, mix together the ketchup, mayonnaise, lemon juice, celery salt, Tabasco and Worcestershire sauces and a little ground black pepper. Stir in the prawns. Split open the buns, divide the lettuce and celery between the bottom halves, adding any celery leaves too. Top with the prawn mixture, then the bun lids.



# Family Dinner

## Chicken Paella

539

42g

72g

9g

Cals

Protein

Carbs

Fat



30 mins



serves 4

### Ingredients:

1 tbsp olive oil

400g pack Cooks' Ingredients Soffritto Mix (Waitrose) or Diced onion, carrot and celery

400g pack British Chicken Breast Chunks

300g Bomba Paella Rice

400g can chopped tomatoes

600ml chicken stock

Pinch saffron strands

200g frozen peas

2 tbsp chopped fresh parsley

1 lemon, cut into wedges, to serve

### Method :

Heat the oil in a large pan and cook the soffritto and chicken for 5 minutes until the chicken is browned on the outside. Add the rice and cook for a minute then stir in the tomatoes, stock and saffron. Bring to the boil and simmer for 15 minutes until the chicken is cooked through.

Stir in the peas and cook for a further 3-4 minutes until the rice is tender and the liquid has been absorbed.

Spoon into bowls, scatter with the parsley and a good grinding of black pepper and serve with a wedge of lemon for squeezing over.



# Day 2 & Day 9

*Breakfast*

*Ricotta Breakfast Bowl with  
Fruit and Almonds*

*Lunch*

*Tomato and Feta Omelette*

*Family Dinner*

*Chicken, sweet potato & pea curry*



# Breakfast

## Ricotta Breakfast Bowl with Fruit and Almonds

460

Cals

19g

Protein

43g

Carbs

24g

Fat



5 mins



serves 1

### Ingredients:

½ cup ricotta cheese

1 banana

¼ cup raspberries

2 tbsp almonds, slivered

### Method :

Slice the banana, and mix half of it with the ricotta cheese.

Spoon ricotta mixture into a bowl and top with remaining sliced banana and berries. Sprinkle with sliced almonds to serve.

# Lunch

## Tomato and Feta Omelette

350

21g

3g

28g

Cals

Protein

Carbs

Fat

10 mins



serves 1

### Ingredients:

2 eggs

1 tsp Coconut Oil

60 g tomatoes

25 g feta cheese

2 tbsp milk

season to taste

### Method :

Heat up the pan and add some coconut oil.

Beat the eggs in a container with 1 tbsp milk, salt, pepper and the remaining spices.

Add the egg mixture to your pan.

Cut your tomato and feta cheese into pieces and place them on the omelette.

Turn your cooker down to a medium heat and let the omelette cook with a closed lid for approx. 6 minutes.

The omelette is done, when the bottom is golden brown and the feta is melted.



# Family Dinner

## Chicken, sweet potato & pea curry

485

31g

59g

12g

Cals

Protein

Carbs

Fat

⌚ 30 mins



serves 4

### Ingredients:

1 tbsp rapeseed oil  
1 tbsp korma paste

2 skinless chicken breast fillets, each cut into 8-10 pieces  
320g sweet potatoes, chopped into bite-sized pieces  
6 tbsp red lentils  
325ml can light coconut milk (freeze the rest for later)  
200g frozen peas  
220g cherry tomatoes  
300g cooked rice or roti, to serve

### Method :

Heat the oil in a deep frying pan or wok, stir in the curry paste and fry for 30 seconds until it becomes fragrant. Stir in the chicken, then add the sweet potatoes and lentils and keep stirring to coat everything in the paste. Add 300ml water and the coconut milk. Bring to the boil, then simmer for 15-20 mins or until the chicken and sweet potato are cooked through and the consistency of the sauce is slightly thickened.

Tip in the peas, bring back to the boil and simmer for a further 2 mins, then add the tomatoes and cook for 2 mins more. Serve with 50g basmati rice, or 1 small roti.



# Day 3 & Day 10

*Breakfast*

*Egg White Omelet with Spinach,  
Broccoli, and Capers*

*Lunch*

*Easy pasta*

*Family Dinner*

*Vegan Aubergine Masala*

# Breakfast Egg White Omelet with Spinach, Broccoli, and Capers

182

19g

13g

6g

Cals Protein

Carbs Fat

13 mins



serves 1

#### Ingredients:

3 egg whites

1 cup spinach

1/2 cup broccoli

1 tbsp, drained capers, canned

1 pinch table salt

1 tsp olive oil

#### Method :

Rinse and drain the broccoli and cut into tiny florets. Steam for 3 minutes and set aside.

In a medium bowl, whisk together egg whites until frothy and add a pinch of salt.

In a non-stick pan, heat 1 teaspoon of olive oil and pour in the egg whites. Adjust heat to medium-low, and as the outer edges of the egg whites begin to set, use a rubber spatula to pull them toward the center, rotating the pan so the raw egg whites run to the outside edges.

After a minute, add the spinach, still moving the pan and stirring in the spinach as it wilts.

When the eggs are halfway cooked, add the broccoli. At this point, carefully start folding the egg whites back over themselves to encase the broccoli. Cook the folded omelet lightly on both sides.

Tip onto a plate and garnish with capers.



# Lunch Easy pasta

415

26g

40g

20g

Cals

Protein

Carbs

Fat

15 mins



serves 3

#### Ingredients:

200g cooked pasta

2 cans tuna

1 tin sweetcorn (100g)

2 carrots (shredded)

1 yellow pepper (diced)

#### For the dressing:

4 tbsp. olive oil

1 lemon (juice & zest)

½ tsp. garlic powder

Salt & pepper to taste

#### Method :

First, make the dressing by adding the oil, lemon juice & zest, garlic powder, and salt & pepper to a small bowl and mixing well.

Next, add your cooked pasta to a large bowl and then add the shredded carrot, sweetcorn, diced pepper, and drained tuna.

Pour the dressing over the top and then use a large spoon to carefully mix everything together so it's all evenly distributed.



# Family Dinner

## Vegan Aubergine Masala

379

8.1g

55g

12.5g

Cals

Protein

Carbs

Fat



40 mins



serves 3

### Ingredients:

#### To prepare the aubergine:

2 aubergines (chopped into chunks)

1 tsp. turmeric

1 tsp. cumin

1 tsp. 100% Coconut Oil

#### For the rest:

1 tbsp. 100% Coconut Oil

1 red onion (finely chopped)

1 tsp. garlic

1 tsp. ginger

½ tsp. cumin

½ tsp. coriander

½ tsp. turmeric

½ tin plum tomatoes

250ml vegetable stock

200ml light coconut milk

Handful chopped coriander

### Method:

Preheat oven to 200°C/400°F.

First, prepare the aubergine. Add a teaspoon of coconut oil, turmeric and cumin to your chopped aubergine and mix until coated.

Fry the aubergine on a high heat for 10 minutes, flipping to make sure all sides are charred (you may need to do this stage in batches).

Once the aubergine is charred, transfer to a baking dish and bake in the oven for 15 minutes.

Meanwhile, heat a tablespoon of coconut oil in a large, deep pan and fry the red onion for 5 minutes. Then add garlic and ginger and fry for 2 minutes.

Then add the plum tomatoes, break up well with your spoon, and fry for 5 minutes.

Add spices, stir in well and then add a splash of water. Stir again and leave to simmer for 5 minutes until the sauce thickens again.

Now, add in your baked aubergine, stir well and then add the vegetable stock, coconut milk and coriander.

Give it all a good stir and leave to simmer for 15-20 minutes, stirring regularly until your curry thickens.

Serve with 50-100g basmati rice and garnish with coriander.



# Day 4 & Day 11

*Breakfast*

*Apple pie baked oats*

*Lunch*

*Poached Egg Welsh Rarebit*

*Family Dinner*

*Salmon Burgers*

# Breakfast Apple pie baked oats

362

16g

60g

6.2g

Cals Protein

Carbs Fat

30 mins



serves 4

## Ingredients:

4 cooking apples (Granny Smith)

1 splash water

2 tbsp. maple syrup

½ tsp. cinnamon

200 g rolled oats

tsp. baking powder

2 scoops Whey Protein (Vanilla)

1 tsp. baking powder

1 pinch salt

300 ml milk

1 pinch brown sugar (for dusting)

1 pinch cinnamon (for dusting)

## Method :

Preheat oven to 180°C/360°F.

First, peel and core the apples, then dice them into small chunks keeping aside 12 thin slices for toppings later.

Transfer the apple chunks to a saucepan, then add the water, maple syrup, and cinnamon, and cook on a low-medium heat for 10-15 minutes, until the liquid reduces and apples are soft.

Meanwhile, in a large mixing bowl, combine the rolled oats, vanilla protein, baking powder, and salt. Stir in the milk.

Once apples are cooked, divide between 4 oven-proof ramekins, then top with the oat mixture. Add three apple slices on top each one, then sprinkle with brown sugar and a pinch of cinnamon.

If baking all straight away, place the ramekins on a baking tray and bake for 10-12 minutes. Alternatively, you could batch make these baked oats but then cook individually so they're fresh each morning – just cover and keep refrigerated for up to 3 days.



This recipe can be kept in the fridge for a few days, so you can always batch-make your oat base and bake them fresh each morning to minimise the prep needed

# Lunch

## Poached Egg Welsh Rarebit

365      16g      35g      24g

Cals

Protein

Carbs

Fat

15 mins



serves 2

### Ingredients:

2 medium fresh eggs  
100ml semi-skimmed milk  
50ml pale ale  
25g butter

25g plain white flour  
100g grated cheddar  
1 egg yolk  
2 tablespoons wholegrain mustard  
2 slices brown bread

### Method :

Turn on the grill onto medium heat ready for stage 2.

Bring a pan of water to the boil and then reduce heat to simmer. As the water is heating up, warm the milk and ale together in another pan. Melt the butter in a third saucepan, add flour and cook for 2 mins, always stirring.

Whisk the hot milk and ale into the mixture and cook until bubbling, smooth and glossy.

Removed from the heat.

Now pop the bread in a toaster on a low setting before beating the cheese into the flour mix, followed by the Worcestershire Sauce, egg yolk, and mustard.

Spread the cheese mix onto the toast, right to the edges. Place under the grill until golden brown.

Meanwhile, swirl the simmering water with a spoon to create a whirlpool. Crack the eggs into the vortex. Poach the eggs for 2 minutes. Remove and drain with a slotted spoon and set aside on kitchen paper. Retrieve the rarebit from the grill and serve it together with the poached egg on top.



# Family Dinner

## Salmon Burgers

292

29g

7g

17g

Cals

Protein

Carbs

Fat



30 mins



serves 4

### Ingredients:

4 boneless, skinless salmon fillets, cut into chunks

2 tbsp Thai red curry paste

thumb-size piece fresh root ginger, grated

1 tsp soy sauce

1 bunch coriander, half chopped, half leaves picked

1 tsp vegetable oil

lemon wedges, to serve

### For the salad :

2 carrots

half large or 1 small cucumber

2 tbsp white wine vinegar

1 tsp golden caster sugar

### Method :

Tip the salmon into a food processor with the paste, ginger, soy and chopped coriander. Pulse until roughly minced. Tip out the mix and shape into 4 burgers. Heat the oil in a non-stick frying pan, then fry the burgers for 4-5 mins on each side, turning until crisp and cooked through.

Meanwhile, use a swivel peeler to peel strips of carrot and cucumber into a bowl. Toss with the vinegar and sugar until the sugar has dissolved, then toss through the coriander leaves.

Divide the salad between 4 plates. Serve with the burgers and 100g rice.



# Day 5 & Day 12

*Breakfast*

*Chocolate Chia Protein Pudding*

*Lunch*

*Baked eggs with spinach & salmon*

*Family Dinner*

*Lean Turkey Sausage Pasta*



# Breakfast

## Chocolate Chia Protein Pudding

349

Cals

32g

Protein

21g

Carbs

15g

Fat



5 mins



serves 1

### Ingredients:

$\frac{2}{3}$  cup unsweetened almond milk

1 scoop Whey Protein, Chocolate

3 tbsp chia seeds

### Method :

Blend together almond milk, protein powder, and chia seeds until smooth.

Pour into a bowl, cup, or jar and enjoy!

You can also refrigerate for 1-2 hours before eating  
if you prefer your pudding cold.

Optional: Add toppings to mix it up!  
Chopped nuts, shredded coconut, and fruit are all excellent options.

# Lunch

## Baked eggs with spinach & salmon

686

46g

60g

26g

Cals

Protein

Carbs

Fat

15 mins



serves 2

### Ingredients:

Spray olive oil (x 10 sprays)

50g baby spinach leaves, roughly sliced

170g Scottish Salmon Fillets, skinned

2 tbsp reduced fat soured cream

4 large Free Range Eggs

4 tsp Grated Parmigiano Reggiano

4 wholemeal pitta breads, to serve

### Method :

Preheat the oven to 180°C, gas mark 4.

Spray 4 x 11cm brûlée dishes or wide, shallow ovenproof ramekin dishes with oil and place on a baking tray. Sprinkle in the spinach, followed by large flakes of salmon, then dot with the soured cream.

Crack an egg over the top of each one and sprinkle with Parmigiano Reggiano. Season. Bake in the oven for 8-12 minutes, or until the whites are opaque and the yolks are just soft.

Warm the pittas in the oven or toaster during the last minute of cooking and serve cut into triangles to dip.



# Family Dinner

## Lean Turkey Sausage Pasta

527

23g

38g

23g

Cals

Protein

Carbs

Fat

15 mins



serves 4

### Ingredients:

400 g tenderstem broccoli

400 g penne

400 g turkey sausages

3 tbsp. olive oil

120 g pitted olives

2 tsp. pre-crushed garlic

chilli flakes

2 400 g tins of chopped tomatoes

75 g feta cheese

### Method :

Bring a large pot of water to the boil. Chop the broccoli. Add the penne and broccoli to the pot, return to the boil, then reduce heat and leave to simmer for roughly 10 minutes.

The broccoli will end up quite well cooked, but that's what you want for this dish.

Meanwhile, simmer the sausages in oil with 100ml water in a large pan over a medium heat.

Cook until the water evaporates; fry the sausage, turning until well browned.

Remove sausage, let it cool slightly, and cut into slices.

Add the halved olives, garlic and chilli flakes to the empty pan. When the garlic turns golden, stir in the tomato and sausage. Simmer partially covered until the pasta and broccoli are done.

Drain the penne and broccoli, then return to the pot and add the sausage sauce.

Mix well and serve topped with crumbled feta.



# Day 6 & Day 13

*Breakfast*

*Healthy English breakfast*

*Lunch*

*Veggie olive wraps with mustard vinaigrette*

*Family Dinner*

*Easy chicken curry*

# Breakfast

## Healthy English breakfast

370

20g

20g

21g

Cals

Protein

Carbs

Fat

30 mins



serves 4

### Ingredients:

2 tbsp rapeseed oil  
1 small onion, finely sliced  
3 garlic cloves, 1 crushed, 2 whole  
1 heaped tsp sweet smoked paprika  
400g can cannellini beans, drained and rinsed  
½ x 400g can chopped tomatoes with herbs

1 tbsp reduced-salt brown sauce  
300g Portobellini or chestnut mushrooms, halved  
3 thyme sprigs, plus extra to serve  
400g cherry tomatoes on the vine  
8 chipolatas  
4 medium eggs

### Method :

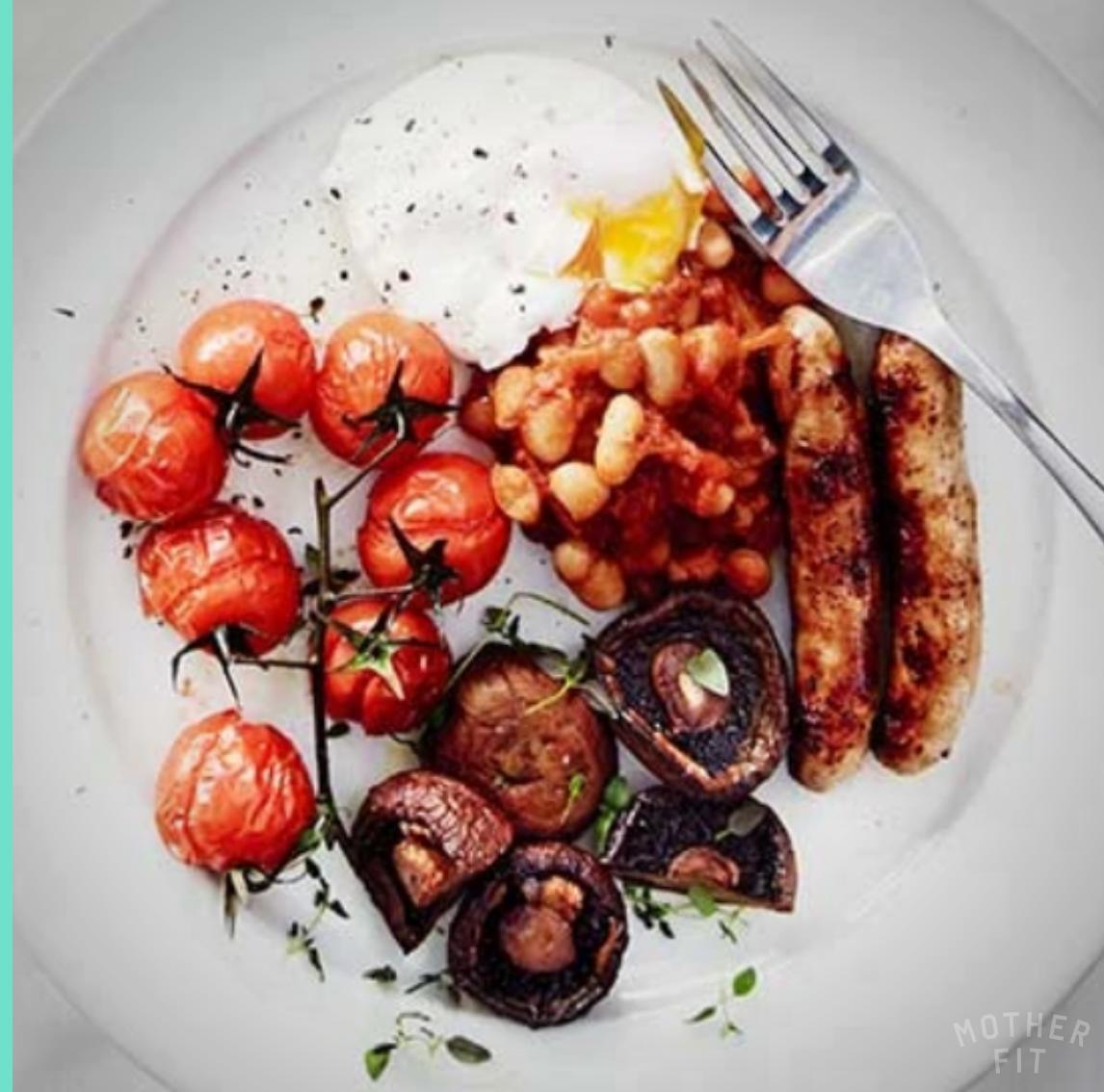
Heat oven to 200C/180C fan/gas 6 and heat 1 tbsp of the oil in a small saucepan. Add the onion and fry over a medium heat for 8-10 mins, or until softened and starting to turn golden brown. Add the crushed garlic and paprika and cook for 1 min more, then add the beans, chopped tomatoes and brown sauce and bring to the boil.

Lower to a simmer and cook for 10-12 mins, stirring occasionally. Cover to keep warm and set aside.

Meanwhile, toss the mushrooms, thyme and cherry tomatoes in a roasting tin with the remaining garlic and oil.

Roast for 12 mins until the mushrooms and tomatoes are soft, then remove from the oven and cover to keep warm. Turn the grill to its highest setting. Put the chipolatas on a foil-lined baking sheet and grill for 4-5 mins on each side, or until golden brown and cooked through.

Crack the eggs into a small bowl. Bring a pan of lightly salted water to the boil and swirl vigorously with a wooden spoon to create a whirlpool. Once the whirlpool has almost subsided, tip in one egg, then lower the heat and gently cook for 3 mins. Scoop out with a slotted spoon, transfer to a plate and repeat with the remaining eggs. Serve the roasted veg with the sausages, eggs and beans, season and scatter with thyme leaves.



# Lunch

## Veggie olive wraps with mustard vinaigrette

281

8g

31g

12g

Cals

Protein

Carbs

Fat

10 mins



serves 1

### Ingredients:

1 carrot , shredded or coarsely grated  
80g wedge red cabbage , finely shredded  
2 spring onions , thinly sliced  
1 courgette , shredded or coarsely grated  
handful basil leaves  
5 green olives , pitted and halved  
½ tsp English mustard powder  
2 tsp extra virgin rapeseed oil  
1 tbsp cider vinegar  
1 large seeded tortilla

### Method :

Mix all the ingredients except for the tortilla and toss well.

Put the tortilla on a sheet of foil and pile the filling along one side of the wrap – it will almost look like too much mixture, but once you start to roll it firmly it will compact. Roll the tortilla from the filling side, folding in the sides as you go. Fold the foil in at the ends to keep stuff inside the wrap.

Cut in half and eat straight away.

If taking to work, leave whole and wrap up like a cracker in baking parchment.



# Family Dinner

## Easy chicken curry

483

27g

36g

24g

Cals

Protein

Carbs

Fat

45 mins



serves 4

### Ingredients:

2 tbsp sunflower oil  
1 onion, thinly sliced  
2 garlic cloves, crushed  
thumb-sized piece of ginger, grated  
6 chicken thighs, boneless and skinless  
3 tbsp medium spice paste (tikka works well)

400g can chopped tomatoes

100g Greek yogurt

1 small bunch of coriander, leaves chopped  
50g ground almonds  
100g basmati rice, to serve

### Method :

Heat the oil in a flameproof casserole dish or large frying pan over a medium heat.  
Add the onion and a generous pinch of salt and fry for 8-10 mins,  
or until the onion has turned golden brown and sticky.  
Add the garlic and ginger, cooking for a further minute.

Chop the chicken into chunky 3cm pieces, add to the pan and fry for 5 mins before stirring through the spice paste and tomatoes, along with 250ml water.  
Bring to the boil, lower to a simmer and cook on a gentle heat uncovered for 25-30 mins or until rich and slightly reduced.  
Stir through the yogurt, coriander and ground almonds, season and serve with 50-100g basmati rice.



# Day 7 & Day 14

*Breakfast*

*Peanut butter smoothie*

*Lunch*

*Chicken & avocado  
sandwich topper*

*Family Dinner*

*Chicken pasta bake*



# Breakfast Peanut butter smoothie

193

4g

26g

7g

Cals

Protein

Carbs

Fat



5 mins



serves 1

## Ingredients:

200ml oat milk  
1 banana, peeled and chopped  
20g peanut butter  
1 tbsp rolled oats  
pinch of cinnamon  
pinch of allspice  
pinch of nutmeg (optional)  
small handful ice cubes

## Method :

Whizz all the ingredients together in a blender (one suitable for crushing ice) until smooth.  
Pour into a tall glass and serve.

# Lunch

## Chicken & avocado sandwich topper

377

25g

36g

15g

Cals

Protein

Carbs

Fat



5 mins



serves 1

### Ingredients:

2 tsp low-fat mayonnaise  
2 slices cooked chicken  
½ small avocado, diced  
squeeze of lemon  
chopped red onion  
coriander leaves  
halved cherry tomatoes

slice wholemeal seeded bread or rye, or wholegrain pitta, to serve

### Method :

Top bread or fill pitta with mayonnaise and chicken then add avocado, lemon, red onion, coriander and cherry tomatoes.



# Family Dinner

## Chicken pasta bake

575

33g

41g

30g

Cals

Protein

Carbs

Fat



45 mins



serves 6

### Ingredients:

4 tbsp olive oil  
1 onion, finely chopped  
2 garlic cloves, crushed  
¼ tsp chilli flakes  
2 x 400g cans chopped tomatoes  
1 tsp caster sugar

6 tbsp mascarpone  
4 skinless chicken breasts, sliced into strips  
300g penne  
70g mature cheddar, grated  
50g grated mozzarella  
½ small bunch of parsley, finely chopped

### Method :

Heat 2 tbsp of the oil in a pan over a medium heat and fry the onion gently for 10-12 mins. Add the garlic and chilli flakes and cook for 1 min. Tip in the tomatoes and sugar and season to taste. Simmer uncovered for 20 mins or until thickened, then stir through the mascarpone.

Heat 1 tbsp of oil in a non-stick frying pan.

Season the chicken and fry for 5-7 mins or until the chicken is cooked through.

Heat the oven to 220C/200C fan/gas 7. Cook the penne following pack instructions. Drain and toss with the remaining oil. Tip the pasta into a medium sized ovenproof dish. Stir in the chicken and pour over the sauce. Top with the cheddar, mozzarella and parsley. Bake for 20 mins or until golden brown and bubbling.



# MOTHER FIT

MIND BODY SOUL

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