

Special dietary restrictions (if any): no Garlic

Name: Ciaran Guilfoyle

Lean Mass (*estimated fat-free mass*): 71.6 KG



V4 Personalized Menu

SMALL MEALS

Up to 15g of carbs

BIGGER MEALS.....

Up to 35g of carbs

LAST 3 DAYS.....

Good options for your last 3 days.

Daily Sodium Target: 3.5g

1. **You still need to read the BellyProof Nutritional Guidelines ([Click here](#))**
Not only you need to understand them fully, they also still apply to you. After all, the sourdough pizza, having some wine, changing how much you eat or even eating out, ARE ALL STUFF YOU NEED TO BE AWARE OF.
2. **All the recipes are based on standard portions and we quote the Sodium and Carbs** (apart from dietary fiber or trace quantities of carbs and sodium in some ingredients). On BellyProof v4, you have your targets for water, sodium and carbs intake – but we don't tell you exactly how much to eat.
You can scale the recipes up or down a notch so if you are hungry, have a bit more and if you are too full, you can scale it down and cook less the next time.
For reference: 1 teaspoon of sea salt contains 2.3g of Sodium. Choose your small and big meals for the day, look at the sodium count and add salt to achieve your daily 3.5g sodium goal.
All you need to do is make sure that if you scale, be sure to scale your Carbs and Sodium intake with the recipes and make sure you stay within your limits.
3. You can play with some of the ingredients and spices if you want to change the taste. Just make sure you measure the Carbs and Sodium in those changes (of course, only if it's anything substantial.)
4. This meal plan matches the requirements of the program to the fullest. Anything from it being Gluten Free and PreBiotic to including trace minerals we need in higher quantities such as magnesium and calcium. It's all taken care of.
5. **We take any dietary requirements you may have into account.**

Small Meals

Perfect for home or to take to work

Medium Portion: under 15g of Carbohydrates



Walnut and Pear Salad

Carbs: 14g | Sodium: 0.42g | 3 MINUTES

- 1/2 Pear (10g of carbs)
- 20 Walnut Halves (3g of carbs)
- Lettuce / Green Leaves
- Rocket / Water Cress
- 50g Cucumber = 1/6 of whole cucumber (1g of carbs)
- 30g Blue Cheese (optional and included in the count at 0.4g sodium)
- Olive Oil

Finely chop all ingredients and add to a medium dish. Drizzle with Olive oil and add some salt (For taste, we recommend adding about 1/4 a teaspoon of salt which is 0.6g of sodium, not included in the calculation)





Protein Salad

Carbs: 14g | Sodium: 0.3g | 15 MINUTES

- 2 Hard Boiled Eggs (1g of carbs, 0.1g of sodium)
- 1 Medium Peppers (6g of carbs)
- Lettuce / Green Leaves
- 1 Large Salad Tomato or 7 Cherry Tomatoes (3g of carbs)
- 10 Black Olives (2g of carbs, 0.2g of sodium)
- ¼ cup Cress (1g of carbs)
- Olive oil
- 50g Cucumber = 1/6 of whole cucumber (1g of carbs)
- **Optional:** Add Tuna, Prawns, Chorizo, Bacon or Chicken for extra protein.

Hard boil the eggs (place them in a cold pot of water and slowly bring to boil over 10-15 minutes, wash them with cold water for a 1 minute. The cold water would make it easier to remove shell)

Chop all ingredients and add to a medium dish, drizzle with olive oil and ¼ a teaspoon of sea salt (For taste, we recommend adding about 1/4 a teaspoon of salt which is 0.6g of sodium, not included in the calculation). If adding meat make sure it's cooked.

Cottage Cheese with Blueberries and Chia Seeds

Carbs: 14g | Sodium: 0.7g | 1 MINUTE

- 22g (15 blueberries) Blueberries (3g Carbs)
- 200g Cottage Cheese (7g Carbs and 0.7g sodium)
- 50g (4 tbsp) Chia Seeds (4g Carbs)

Put the cottage cheese in a bowl, add the blueberries and chia seeds and stir well.

This is the only recipe in here high in Lactose. If you are not sensitive to dairy, not only this is not an issue, it is also a great recipe. This recipe includes high amount of prebiotics (food for good gut bacteria) and good amount of Polyphenol content (to promote the self-destruction of fat cells)





Keto Spanish Tortilla

Carbs: 9g | Sodium: 1.3g | 60 MINUTES

- **3 Eggs** (1.5g of carbs, 0.15g of sodium)
- **175g Medium Radishes peeled & very thinly sliced crosswise** (3.5g carbs)
- **30-50g of sliced onions** (we like to use frozen chopped onion / 3-5g carbs)
- **Olive Oil**
- **Parsley**
- **Sea Salt** (1/2 tsp at 1.15g of sodium) **and Pepper**

Heat up a pan with a generous amount of olive oil. Once it begins to simmer, add the chopped onion and radishes and cook on low heat (about 40 minutes) until they are tender and smooth. Half way through, add a bit of pepper to taste and a ¼ of a tsp of sea salt. *The long cooking time on low heat makes the radishes taste similar to potatoes!*

Drain the radishes and onion once cooked, keep about 2-3 tbsp of the olive oil. Leave on the side until it's cooled down (usually 3-4 minutes).

Lightly whisk your eggs with another ¼ tsp of sea salt while the radishes are cooking.

Preheat oven to 350°F/180°C. Take an oven dish / skillet and oil it with the 2-3 tbsp of olive oil you kept. Pour the cold mixture of onion and radishes and add the eggs.

Bake in the oven for 3-5 minutes until the sides begin to set and harden.

Remove from the oven, sprinkle with parsley (optional but recommended) and bake for 10-12 minutes, or until fully set.



Egg and Avocado Carbs: 5g | Sodium: 0.1g | 15 MINUTES

- 2 Hard Boiled Eggs (1g of carbs, 0.1g of sodium)
- 1 Large Avocado (4g of carbs)
- Rocket / Water Cress
- Fresh Baby Spinach
- Sesame (handful)

Hard boil the eggs (place them in a cold pot of water and slowly bring to boil over 10-15 minutes, wash them with cold water for a 1 minute. The cold water would make it easier to remove shell).

Slice the avocado and mix all ingredients in a medium dish.

Keto Grilled Cheese Sandwich Carbs: 10g | Sodium: 0.9g | 30 MINUTES

- 1/2 head small Cauliflower (7g of carbs, 0.1g of sodium)
- 1 medium egg (1g of carbs, 0.1g of sodium)
- 25g Parmesan cheese (1g of carbs, 0.4g of sodium)
- Fresh Baby Spinach
- 56g Cheddar cheese (0.7g of carbs, 0.3g of sodium)
- 0.5g Oregano

Preheat oven to 450F and grate the cauliflower to fine pieces (either by hand or in a food processor). Then Microwave the cauliflower for 2 minutes until soft and tender, stir it well and place for another 3 minutes in the microwave. Stir it and again and place it for another 5 minutes in the microwave. **The cauliflower should now be somewhat moist but look dry and clumped up**, microwave it for another 5 minutes.

Add in egg, parmesan and seasoning. Stir to combine until smooth paste forms. Divide dough into 4 equal parts and place onto large baking sheet lined with parchment paper. Using your knuckles and fingers, shape into square bread slices about 1/2 inch thick. Bake cauliflower bread for about 15-18 minutes or until golden brown.

Remove from oven and let cool a few minutes, then move “cauliflower bread” into a plate. Make 2 cauliflower sandwiches by adding two slices of cheese in between each pair of bread slices. Place sandwiches into toaster oven (or just an over) for a few minutes until cheese is completely melted and bread is toasty.





Gut Health Kefir Yogurt Carbs: 6.5g | Sodium: 0.5g | 1 MINUTES

- **2 Cups of Milk based Kefir** (2g of carbs, 0.4g of Sodium)
- **14g (10 blueberries) Blueberries** (2g Carbs)
- **10 Walnut Halves** (1.5g of carbs)
- **13g (1 tbsp) Chia Seeds** (1g Carbs)
- **Fresh Mint**

Mix all ingredients and enjoy.

If you opt for this recipe, on the day you have it you will not need additional Kefir for probiotics. You can either use store “ready made” Kefir or ferment your own. You can also stir in Glutamine directly in here with no impact to taste.

Smoked Salmon, Rocket and Avo Salad Carbs: 9g | Sodium: 0.8g | 3 MINUTES

- **60g Rocket**
- **100g Cucumber = 1/3 of whole cucumber** (2g of carbs)
- **1 Large Avocado** (4g of carbs)
- **105g Smoked Salmon** (0.8g of sodium)
- **Sesame** (handful)
- **½ Lime** (2.5g of carbs)
- **Olive Oil**

Chop the vegetables and mix everything in a bowl.

(For taste, we recommend adding about 1/4 a teaspoon of salt which is 0.6g of sodium, not included in the calculation).



A Twisted Olly *Please Sir... Can I have some more?*

Carbs: 14.1g | Sodium: 0.1g | 12 MINUTES

- 100g of pak choi (1.2g of carbs)
- 1 teaspoon of chopped ginger (0.4g of carbs)
- 1 medium onion (8g of carbs)
- 5 Large Cup Mushrooms / 40g fresh shiitake mushrooms, thinly sliced (1.8g of carbs)
- 3 baby corn (2.7g of carbs)
- 1-2 tbsp of Turmeric powder
- Olive Oil

Steam the Pak Choi & Baby corns for about 6 minutes.

At the same time, chop all remaining vegetables into thin slices and fry them in Olive Oil, 1-2 table spoons of turmeric powder and the chopped ginger.

Keep stirring in the pan until onions and mushrooms are well cooked and browned. Serve everything together.



Roasty Salad Carbs: 13.6g | Sodium: 1.16g | 7 MINUTES

- 200g of Mushrooms (4.6g of carbs)
- 10 cashew nuts broken into pieces (4.5g of carbs)
- 4 Cherry Tomatoes (2g of carbs)
- a Handful of Spinach (2.5g of carbs)
- ½ a Shallot
- Olive oil

Chop the shallot, mushrooms and the tomatoes into thin slices – with olive oil and ½ tsp of sea salt, pan fry them for 3-5 minutes until smoky. Combine with cashew nuts and spinach and enjoy.

Mediterranean Noodles and Lupini Beans

Carbs: 14.5g | Sodium: 1.6g | 12 MINUTES

- 1 package shirataki noodles (1g of carbs, 0.1g sodium)
- 1/4 cup (50g) Lupini Beans (10g of carbs, 0.2g of sodium)
- 30-50g Fresh Baby Spinach
- 5 Black Olives (1g of carbs, 0.1g of sodium)
- 1 tbsp nutritional yeast (1.5g of carbs)
- 2 pieces of sun dried tomatoes, thinly sliced (1g of carbs)
- 1 tbsp olive oil
- Pepper to taste
- ½ tsp Sea Salt (1.15g of sodium)

Heat olive oil in a pan on medium low heat and add in the beans, olives, tomatoes and spinach.

Cover, and let it cook for a few minutes until the spinach wilts. Thoroughly drain and rinse the Shirataki noodles, and stir them in. Continue to cook, uncovered, until the extra liquid has cooked off. Stir in the nutritional yeast, season with salt and pepper and enjoy!



Indian-Style Cucumber Salad

Carbs: 15.2g | Sodium: 0.6g | 10 MINUTES

- ½ long cucumber (3g of carbs)
- ½ medium red onion, diced (4g of carbs)
- 1 medium tomatoes, deseeded and diced (2.5g of carbs)
- handful fresh coriander leaves, chopped
- ½ red chilli + ½ green chilli: deseeded and diced (1.7g of carbs)
- 1/2 lime (2.5g of carbs)
- 1 tbsp olive oil
- 1 tbsp roasted peanuts, chopped (1.5g of carbs)
- ¼ tsp chilli powder, ¼ tsp ground cumin, ¼ tsp Sea Salt (0.6g of sodium)

Cut everything into fine pieces and mix in a bowl (Cucumber, onion, tomatoes, coriander, red and green chillies) add the lime juice, olive oil and chopped peanuts. Sprinkle in the spices and mix.



Steak Salad Carbs: 9.8g | Sodium: 2.6g | 15 MINUTES

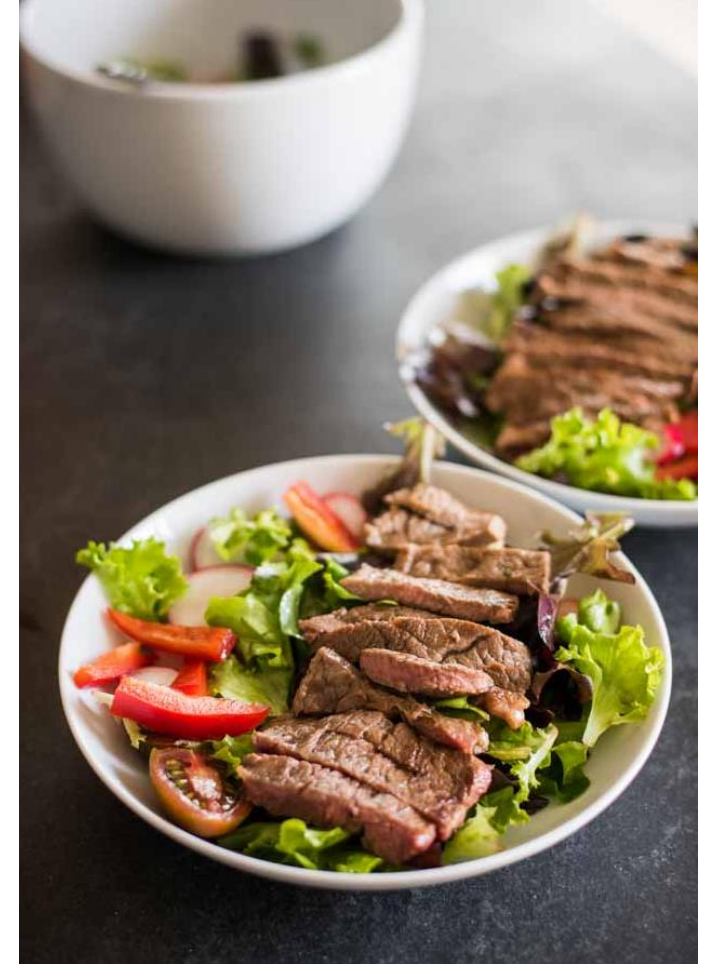
- **1 large handful (about 40g) of chopped lettuce** (0.8g of carbs)
- **7-8 cherry tomatoes, chopped into halves** (3.5g of carbs)
- **2 small radishes, sliced** (0.2g of carbs)
- **1 Tablespoon olive oil**
- **½ Lime** (2.5g of carbs)
- **1/4 lb (100-150g) steak (if not organic, choose the leanest cut you can find)**
- **1/5 cup (40 ml) gluten-free Tamari sauce (soy sauce alternative)** (2.8g of carbs, 2.6g sodium)
- **Olive or avocado oil to cook steak in**

Marinate the steak in the Tamari sauce (*you can usually find Tamari next to the soy sauce or in the free form section in most supermarkets*).

Prepare the salad by mixing the lettuce, tomatoes and radishes with the olive oil and lime juice. Add black pepper to taste (there's a generous amount of salt in the sauce).

Heat up a frying pan. Once hot, place avocado oil (or olive oil) and cook the marinated steak to the level you like (most people like it medium-well in a salad). You can also grill the steak instead if you prefer.

Cut the steak and serve with the salad.



Almond Avocado Fries Carbs: 10.2g | Sodium: 1.16g | 22 MINUTES

- **1 Large Avocado** (4g of carbs)
- **1/4 cup almond milk** (0.2g of carbs)
- **1/2 cup almond flour** (6g of carbs)
- **1 tsp salt, a generous pinch of black pepper**

Preheat oven to 425F and line a baking sheet with parchment paper.

Peel avocado and slice into 7-8 thick slices. Set up an assembly line so that you can dip each avocado slice in the almond milk, then the almond flour and then the salt and pepper.

Bake each piece for around 10 minutes, then flip for another 10 minutes on the other side.

BIGGER MEALS

UNDER 35g of CARBS

Parmigiana

Carbs: 29g | Sodium: 2g | 60 MINUTES

- A handful of chopped onion (estimated 3g of carbs)
- 3 tbsp olive oil
- 1 x 400g cans chopped tomatoes & 1 tbsp tomato purée (13g of carbs)
- 1 and a half aubergines (10g of carbs)
- 43g grated parmesan *or vegetarian alternative* (1.8g of Carbs / 0.7g of Sodium)
- 10g pack basil (leaves torn)
- 1 small egg (beaten)

Heat oven to 200C / fan 180C / gas 6. In a shallow pan, mix together with the onion and 2 tbsp of the olive oil. Cook over a high heat for 3 mins, add the tomatoes, ½ teaspoon of sea salt (**1.15g of sodium**), then simmer for 8 mins, stirring every now and then. Stir in the tomato purée.

*Tip you can simmer it for longer and squish a few of the basil leaves to get more flavour.

Meanwhile, heat a griddle pan until very hot. Cut the aubergines into long, 5mm thick slices and brush with a little olive oil, then add to the pan. Cook over a high heat until well browned and cooked through, about 5-7 mins. Turn them halfway through cooking. Lift onto kitchen paper and do the next batch.

When all the aubergines are cooked, lay a few of them in the bottom of an ovenproof dish, then spoon over some sauce. Sprinkle with Parmesan and basil leaves. Add seasoning, and then repeat this process with the remaining ingredients. Finally, pour the egg over the top, sprinkle over a little more Parmesan, then bake for 20 mins or until the topping is golden.





Picante Chicken & Cauliflower Rice Carbs: 24g | Sodium: 1.8g | 12 MINUTES

- 100g Italian chopped tomatos (3g of Carbs)
- 150g (or more) of chicken breasts chunks
- 1 tbsp Lime Juice (1.2g of Carbs)
- 50-60g of Cup Mushrooms
- 1/2 cup of chopped onions (6g of Carbs)
- Paprika powder (to taste)
- Handful of Basil (leaves torn)
- Handful of Sesame seeds
- Coconut oil
- ½ a medium cauliflower (9g of Carbs, 0.1g of sodium)
- Either ½ a medium Broccoli head / 1 cup (88g) Brussels sprouts (4g of carbs)
- ¾ tsp Sea salt (1.7g of sodium) and some pepper to taste.

Heat a pan with some coconut oil and add the chopped onions and chicken breasts (cut the chicken breasts into bite size pieces), cook the chicken until white and the juices run clear.

Add a bit more coconut oil and add the mushrooms, paprika and chopped tomatoes to the mix. Cook for another few minutes until the tomatoes juice dries and thickens.

Lastly, add lime juice, sesame seeds and basil leaves and stir in for a final 2 minutes.

In a separate pan, fry the cauliflower rice (finely chopped cauliflower in some coconut oil) until browned. Add ¾ teaspoon of sea salt and some pepper to taste. Follow video [here](#)

Steam the green vegetables of choices (Broccoli or Brussels sprouts, or both!). You can drizzle some olive oil and sprinkle some more sesame seeds on these for taste.

Try and do all the above at the same time (2 pans and steaming in a pot / microwave) so it keeps hot. While this sounds complex, it's easy to do and super tasty.

Smoky Mexican Stir Fry Carbs: 29g | Sodium: 2.4g | 12 MINUTES

Smoky Spice mix (This is for 1 person. If cooking for two you will need to double this):

1 tsp sea salt, 1/2 tsp oregano (preferably the Mexican variety), 1 tsp ground cumin

1 tsp ground coriander, 1/2 tsp chili powder, 1/2 tsp ground black pepper, 1/2 tsp paprika

1/2 tsp dried onion powder, 1/2 tsp chipotle chilli powder

- **Chicken / Beef (about 150g or as much as you want)**
- **1 Large Red Pepper** (6g of carbs)
- **50-60g of Cup Mushrooms**
- **1 cup of Broccoli Florets** (3.6g of Carbs)
- **1/2 cup of chopped onions** (6g of Carbs)
- **½ a medium sweet potato** (11g of carbs)
- **2 tbsp Lime Juice** (2.4g of Carbs)
- **Olive oil**

Heat a pan with some olive oil and add the chopped onions and chicken breasts (cut the chicken breasts into bite size portions), cook the chicken until white and the juices run clear.

While it's cooking, you can soften the sweet potato (either steam it or put it in the microwave for 2-3 minutes), then cut it into small cubes.

When the chicken is cooked, add the sweet potato cubes, slices pepper, sliced mushrooms and the broccoli florets into the pan. Cook until it's all well heated, peppers have softened and mushrooms have shrunk. You may need to add a bit of olive oil.

Lastly, pour in the spice mix (this should give it a smoky flavour) and cook for 1-2 minutes while stirring it, then add the lime juice and cook for another minute (this should help caramelize the onions and give it a bit of an edge).



Rob's Chicken Roast

Carbs: 35g | Sodium: 1.3g | 120 MINUTES

We recommend cooking a whole chicken, you won't eat as much but it's cheap and you will be able to add it to other dishes for a few days after it's been cooked and feed an entire family with good quality and inexpensive food. You may put a few potatoes, carrots and parsnips for the Family or for other days (if you want to reheat your meal, it's fine) – **of these, we are quoting the amount you are allowed to stay within your carb limit.** While it may look complex, this recipe takes more timing than skill. It's easily a favourite!

- **1 Medium / Large Chicken** Ideally free range / organic
- **(100g) ½ Medium Potato** (15g of Carbs)
- **1 Large Carrot** (5g of Carbs)
- **1 Small Parsnips** (5g of Carbs)
- **½ a medium Broccoli head** (4g of carbs)
- **1 cup (88g) Brussels sprouts** (4g of carbs)
- **50ml Instant Gravy Standard Portion** (2g of carbs and 0.5g of sodium)
- **Sea Salt and Pepper** (estimated usage of 0.8g of sodium from sea salt in the recipe over chicken and veg)
- **Olive oil**



Place medium chicken in centre of a deep baking tray and drizzle olive oil over the top and allow to disperse around the chicken. Season the top with ½ tsp sea salt and black pepper. Place in centre of pre heated oven (Heat oven to 190C / fan 170C / Gas Mark 5) for 1 hr 30 mins (or to follow instruction label on packaging which sometimes changes per chicken size)

Peel potatoes and quarter. Place in a saucepan and par-boil for 5 mins or until edges start to soften. Drain water and shake vigorously in saucepan with lid on until edges roughen. Top and tail Parsnips and carrots and cut into quarters, lay on a shallow baking tray and drizzle with olive oil, season with sea salt and pepper. **Use about ¼ of a teaspoon of sea salt to cover ½ potato, 1 carrot and 1 parsnips. If you are (as expected) cooking in a larger quantity, multiply the amount of salt accordingly. We factor in ¼ of a teaspoon of sea salt (0.6g sodium)**

After 30 mins of cooking, place the potatoes around the chicken and cover with the oil & juices. Place back in the oven with the carrots and parsnips on the shelf above and continue to cook for 1 hour. This is key to make it all nice and crispy.

While this is cooking, wash and chop a broccoli head into pieces and set aside in a sieve. Wash and trim Brussels sprouts and place in saucepan of cold water. Place broccoli sieve over the saucepan and cover with lid. Boil the water until sprouts soften and broccoli steams. (around 8-10 mins), you can check if they are soft enough with a sharp knife.

After 1 hour 30 mins, remove chicken from oven and pierce chicken with a knife to ensure juices are running clear. Place on side to rest while you plate up the other vegetables. Drain the sprouts and serve along with the broccoli, roasted parsnips and carrots. Carve the chicken into small pieces and plate.

Mix up a standard portion of 50ml instant gravy for chicken **(we factored it in the carbs / sodium count)** and serve.

Beef Steak with Whiskey Mustard Sauce & Sweet Potato Fries

Carbs: 26g | Sodium: 3.2g | 25 MINUTES

- 30g Mustard (1g of carbs, 0.35g of sodium)
- 1 Steak (Sirloin or other preferred cut), usually 300g.
- Olive Oil
- Butter
- 20g Shallots (2.8g of carbs)
- 2.5g Vinegar
- 110g Whiskey
- 1 Medium Sweet Potato (22g of carbs)
- 1.25 tsp Sea Salt
- Paprika

Pat steak dry and sprinkle with 1 teaspoon salt and 3/4 teaspoon pepper. Heat oil in a 12-inch heavy skillet over medium-high heat until it shimmers, then sear steak, turning once, about 8 minutes total for medium-rare.

Let steak rest on a platter, uncovered for 10 minutes. While steak rests, add shallot to skillet and cook, stirring, until softened for about 2 minutes.

Add whiskey and **carefully** ignite with a long kitchen match (**use caution; flames will shoot up**). When flames die down, whisk and mustard and boil until sauce thickens. Add meat juices from platter, then whisk in butter and vinegar. Slice steak and serve with sauce.

Sweet Potato Fries

Cut the sweet potato into chips. If you need to soften it first, you can steam it or put it in the microwave for a few minutes.

Drizzle some olive oil on sweet potato and sprinkle with a bit of paprika to taste and 1/4 teaspoon of sea salt. Place in a baking tray over a baking sheet and space the chips out in the tray. Bake for about 20 minutes (200C / fan 180C / gas 6) and turn them occasionally, until they are golden.



Coconut Curry Chicken

Carbs: 24g | Sodium: 0.8g | 80 MINUTES

- 2 raw Boneless/Skinless Chicken Thighs
- 1/2 can (about 200g) of Coconut Milk (10g of carbs)
- 1/2 cup chicken broth (14g of carbs, 0.2g sodium)
- 1 tbsp coconut oil
- 3/4 tsp curry powder
- 1/2 tsp grated ginger
- 1/4 tsp Cinnamon
- 1/4 tsp salt (0.6g sodium)
- 1/4 medium Red Onion

Finely chop onion and grate ginger root. Chop chicken into bite-size cubes.

Heat the coconut oil on medium-high heat skillet or pot (you will be simmering this for 30-60 minutes so you want a pot that can hold a good amount of liquid.) and add the chicken. Cook it for a few minutes until the meat is almost white.

Add onion, ginger, curry powder, and cinnamon to the pan with the chicken and cook for 2-3 minutes, careful not to burn the spices.

Add coconut milk and broth and stir. Simmer for 40-60 minutes until desired consistency is achieved. The sauce should be thick as shown in the pictures. If your sauce is not thick enough, let it cook longer to reduce the volume.

Tip: If you refrigerate your coconut milk overnight you can easily separate the cream from the water before adding it to the skillet.





Salmon Curry

Carbs: 24g | Sodium: 0.9g | 15 MINUTES

- 250g salmon filet skinned and sliced into bite size pieces
- 1 inch piece of ginger peeled and sliced
- ½ medium onion (4g of carbs)
- 1 large tomatoes peeled and chopped (3g of carbs)
- ½ cup chicken stock (14g of carbs, 0.2g sodium)
- ½ lime (2.5g of carbs)
- 1 tsp almond butter (1g of carbs)
- ½ tsp fish sauce
- 1 tbsp coconut oil or ghee
- Curry Spice Mix: 1 tsp paprika, 1 tsp turmeric, 1/2 tsp coriander, ½ tsp cumin, ½ tsp cinnamon, ¼ teaspoon mustard powder, ¼ teaspoon black pepper, ¼ teaspoon red pepper flakes. ¼ teaspoon salt (0.6g sodium)

In a small bowl mix spices from spice mixture and place on the side

Place the onion and ginger in a food processor and pulse until you get a paste.

Heat coconut oil or ghee in a medium sized pan over medium heat and add onion and ginger paste and sauté until slightly translucent.

Add spice mixture to the paste and mix to prevent burning. Sauté for 2 minutes or until mixture begins to become very fragrant.

Deglaze the pan with chicken stock scraping the bottom of the pan to release any stuck bits and then add fish sauce, lime juice from ½ a lime, almond butter and tomato and bring to a simmer. Once simmering add cubed salmon and reduce the heat, cover and cook for 10-15 minutes or until salmon flakes with a fork.

Serve with sauce and chopped fresh cilantro on top.

Spicy Chicken and Sweet Potato Mix

Carbs: 34.2g | Sodium: 1.3g | 25-30 MINUTES

- 250g. boneless skinless chicken breasts, cut into small pieces
- 1 tbsp Cajun seasoning mix (0.1g of sodium)
- ½ tsp Sodium (1.15g of sodium)
- a few tablespoons of olive oil
- 1 small sweet potatoes, peeled and diced
- 2 cups broccoli florets / broccolini (23g of Carbs)
- 1 Medium Avocado (6g of Carbs)
- ½ lime / 1 tbsp lime juice (1.2g of Carbs)
- ½ medium onion – sliced (4g of Carbs)

Parboil / Microwave the sweet potato until soft (a few minutes). As you do, prepare the spice mix and add ¼ tsp of salt.

Fry the chicken with a bit of olive oil for a few minutes until well cooked and mix it with the sliced onion, sweet potato and spice mix. Fry it further until well cooked for another 5-6 minutes. Drizzle about ¼ of a lime / ½ tbsp. of lime juice on the mix.

Note: you can also bake the above in the oven for 15-20 minutes, it takes longer but it's ok if you prefer it baked.

Broccoli / Broccolini: steam (over the hob / in a microwave / steamer) for about 6 minutes or until soft.

Avocado: slice into big chunks and drizzle with remaining lime juice, salt and a bit of freshly cracked black pepper.





Caprese chicken with Spinach and Tomato Salad

Carbs: 12g | Sodium: 2.4g | 25 MINUTES

- Olive oil
- 1/2 lb Chicken breast
- 2/3 tsp Salt
- Pepper to taste
- 32 g Balsamic vinegar (5g of carbs)
- 2.6 g Basil
- 57 g Mozzarella cheese (1.5g of carbs, 0.5g of sodium)
- Spinach
- 1 Large Salad Tomato or 7 Cherry Tomatoes (3g of carbs)
- 10 Black Olives (2g of carbs, 0.2g of sodium)

Preheat skillet with oil. Season chicken with salt and pepper and cook until golden and cooked through (about 6 minutes per side). Transfer to a plate.

Add balsamic vinegar to skillet to deglaze. Let simmer until soft, 5 to 7 minutes. Stir in basil. Return chicken to skillet and season with salt. Top with a slice of mozzarella and cover with lid to melt cheese.

Bacon-Wrapped Trout with Rosemary

Carbs: 17g | Sodium: 1.5g | 15 MINUTES

- 6 strip Bacon (0.2g of sodium)
- Medium Trout (0.2g of sodium)
- 1 Small Lemon (6g of carbs)
- 13g Rosemary
- ½ a medium Broccoli head (4g of carbs)
- 6-7 Cashew Nuts (6g of carbs)
- ½ tsp of Sea Salt and Pepper to taste (1.15g of sodium)

Preheat broiler. Put fish in a shallow baking pan (1 inch deep) or a large heavy ovenproof skillet, then pat dry and season cavity with salt and pepper. Put rosemary inside cavity and season outside of fish with salt and pepper, then wrap bacon slices around fish.

Broil fish 5 to 7 inches from heat until skin of fish and bacon are crisp, about 5 minutes. Turn fish over gently with a spatula and broil 2 more minutes. Add lemon slices to pan in 1 layer alongside fish and continue to broil until fish is just cooked through and rest of bacon is crisp for 3 more minutes. Serve with steamed broccoli with crushed Cashew Nuts.



Thai Yellow Seafood Curry Carbs: 32g | Sodium: 1.8g | 15-30 MINUTES

- The following spices: 1 tsp coriander seeds, 1/2 tsp cumin seeds, 1/4 tsp mustard seeds, 1/2 tbsp chopped fresh ginger, 1/4 tsp cayenne pepper, 1/4 tsp paprika, 1/4 tsp turmeric (1g of Carbs)
- 1 Green Chillis (3.5g of Carbs)
- ½ Medium Onion (4g of Carbs)
- 1 Small Tomato (2.5g of Carbs)
- 200-250g of white fish / shellfish (cod, Pollock, prawns etc..)
- 1 tsp tamarind concentrate (4g of Carbs)
- ½ cup of coconut milk (4g of Carbs)
- 3/4 tsp salt (1.7g sodium)
- Olive Oil
- 20g (uncooked) Rice *brown / jasmine due to lower carbs* (13g of Carbs) – if you want more rice than this, you can opt for cauliflower rice from one of the other recipes.

Cut the fish into large bite-sized chunks. Finely dice the chilis and onion (leave on the side)

Warm a small skillet/frying pan over a medium heat and toast the whole spices (coriander, cumin and mustard seeds) for a couple minutes until fragrant. ***The mustard seeds may start to pop which is a sign to stop.***

Roughly chop the ginger and crush with ¼ tsp salt to a relatively smooth paste. Add the toasted spices and crush. Add the remaining powdered spices and mix to a relatively smooth paste.

Separately - warm the oil in a medium-large skillet or other shallow pan over a medium heat. Cook the onion in the oil for a few minutes until it has softened. Add the spice paste and stir through. Cook for a 1-2 minutes and then add the tomato and chilli and let the liquid almost disappear (a minute).

Add the tamarind and coconut milk to the pan, mix through. then put the fish chunks in and cook until cooked through (usually a few minutes). Serve over rice.

Brown Rice (You can also follow instructions on the bag)

Rinse the rice in cold water while boiling up some water on the side (about ½ a cup of water, it should cover the rice). Place the rice into the boiling water and close the lid partially (leaving a small space for steam to escape). Cook for about 30 minutes (or 15 minutes for jasmine rice) until soft enough, leave another 5 minutes (lid fully close). Sprinkle ½ tsp of salt ([we factored it into the count](#)) and serve together.





Roasted Medley Carbs: 35g | Sodium: 1.16g | 25-30 MINUTES

- **1 Medium Zucchini** (4g of Carbs)
- **1/2 Medium Sweet Potato** (12g of Carbs)
- **1 large carrot** (5g of Carbs)
- **1 medium Green / Red Pepper** (4g of Carbs)
- **3 Shallots** (10g of Carbs)
- **Turmeric**
- **Olive Oil**
- **½ teaspoon salt** (1.16g of Sodium)
- **Handful of Basil or Rosemary (choose one)**

Pre-heat oven to 200 degrees Celsius / 400 Fahrenheit / Gas Mark 6.

Medium slice all vegetables and lay on a baking tray. You want it to be a thin layer so use a big tray and lay them flat so that they don't stack up too much.

Drizzle a generous amount of olive oil on top of the vegetables, sprinkle a generous amount of turmeric spice (to taste – but consider this is super healthy it's a good way to get it into your system). Lastly top up with the salt and a handful of either Basil or Rosemary (other herbs work too but this seems to be a winning combination).

Bake until slightly crispy / brown for about 25 minutes.

This yields 2 super-sized portions so you only eat half and keep the other half for another day. Some people even divide it to three portions.

Jacob Cheeky Veg Soup

The whole thing: **Carbs: 58g | Sodium: 3.06g | 25-30 MINUTES**

Per Portion (1/2) you get **Carbs: 29g | Sodium: 1.53g**

- **1 tablespoon olive oil**
- **1 leek** (12g of Carbs)
- **1/2 teaspoon of salt** (1.16g of Sodium)
- **1/2 long red chilli** (1.5g of Carbs)
- **2 celery sticks** (1.2g of Carbs)
- **2 medium carrots** (8g of Carbs)
- **6 large button mushrooms** (2g of Carbs)
- **3-4 oz. / 100 grams cavolo nero kale / dark kale** (1g of Carbs)
- **1 medium zucchini** (4g of Carbs)
- **1 can of chopped tomatoes** (7.2g of Carbs)
- **2 vegetable stock cubes** (1.9g of Sodium)
- **1-2 bay leaves**
- **50g of (Fusilli or Penne) Gluten Free Pasta** (21g of Carbs)
- **3 Glasses of water**
- **Handful Chopped parsley (optional as garnish or just cooked with everything else)**

Note: Try and get these organic (including the chopped tomatoes and optional Parsley).

Chop all vegetables into chunky pieces. Add the rest of the ingredients and stir.

Cooking it in an Instant Pot (pressure cooker): All ingredients goes in at once - Cook on high pressure for 10-12 minutes.

On the hob: Add everything (apart from the GF pasta and the Parsley), bring to boil (about 4-5 minutes) and then simmer for about 50 minutes. Add the Gluten Free Pasta and Parsley and continue to simmer for another 15 minutes.



“Here in the UK it’s always so damn cold. This one is a personal favourite – warm, filling and easy to cook in bulk.” Jacob

Salmon Kebabs with Spicy Quinoa

Carbs: 34g | Sodium: 2.4g | 15 MINUTES

- 200g boneless, skinless wild salmon fillet
- 1 zucchini (4g of carbs)
- 1 large red onion (7g of carbs)
- 1 tbsp finely chopped Cilantro
- 2 tsp cumin
- ¼ cup extra-virgin olive oil
- 1 tbsp lime juice (1g of carbs)
- ½ tsp ground black pepper
- 35g of rinsed and drained quinoa (22g of carbs)
- 1 tsp of each of the following: ground ginger, ground cumin, ground coriander, ground turmeric
- Olive oil
- Sea Salt (we factor about 1 tsp salt at 2.3g sodium)



Salmon

Cut the salmon into bite size chunks and slice the onion and zucchini. Place all three in a shallow baking dish and sprinkle with ½ tsp salt and some pepper to taste). Whisk together cilantro, cumin, olive oil and lime juice in a small bowl. Pour mixture over salmon and vegetables, toss and marinate 15 to 30 minutes.

If using wooden skewers, this is the time to soak them in cold water for 30 minutes to prevent burning later on.

After you let the mixture set into the meat and vegetables, prepare a grill (or broiler) on medium to high-heat. Assemble and Grill kebabs, turning once and glaze with any leftover marinade until salmon is cooked through and vegetables are tender, about 7 to 9 minutes. Squeeze lime juice over kebab before serving.

Quinoa

Get your water boiling while you get the rest of the recipe moving forward. Using a larger sized saucepan brown spices (1 tsp of: **ground ginger, ground cumin, ground coriander, ground turmeric**) in oil.

Add quinoa (rinse first) and stir well. Add boiling water; simmer until water is absorbed. This grain expand roughly 4 times its original size.



HANG ON

ALMOST THERE

LAST 3 DAYS OF THE BELLYPROOF PROGRAM

As you still have a choice of meals, **please do your very best to match the sodium intakes indicated (daily total)**

Day 3 (2 days before last): Total Sodium 3g, Total Carbs 146g (additional 86g to the daily limit)

Day 2 (1 day before last): Total Sodium 2.1g, Total Carbs 219g (additional 159g to the daily limit)

Day 1 (last day) as instructed on the webpage.

On both day 3 and day 2, aim to add: **86g** to your bigger meal (ideally the evening meal):

258g Gluten Free Fusilli Pasta (you can add 1-2 tbsp pesto sauce)

Simply put in boiling water for 9-10 minutes until soft.

OR

232.2g of French Fries (must make your own, pay attention to sodium)

Cut potatoes into desired chunks, sprinkle with olive oil, pepper and some salt (use the remaining sodium allowance for the day) and bake in the oven on high heat for 30-35 minutes or until crispy.

On day 2 (one day before the last), please consume the following (in addition) during the day – ideally around 1 hour after the exercise.

Adjustment figure: 73g

- **163.4 grams of Dried Apricots**

This would be 73g of sugar: 30% Fructose, 70% Glucose – Perfect!

We are strategically refuelling muscle glycogen storages over liver glycogen at this point.



BellyProof

