

Week 1: Meal Plans

Day 1

Breakfast: Lemon cleanse, 1 glass of room temperature water with 1 lemon, followed by Boost juice, 6 carrots, 3 apples, small piece of ginger. Serves 2

Snack: 1 apple, 1 tbsp of raw nuts or seeds

Lunch: Pureraw greek Yogurt pot and 1 pint water

Pre Workout Snack: 1 handful of blueberries, slice of turkey

Post Workout Snack: Protein Shake (300ml coconut milk, 1 scoop hemp, 1/4 banana)

Dinner: Homemade carrot soup (see recipe)

Day 2

Breakfast Lemon cleanse, 1 glass of room temperature water with a squeeze 1 lemon, 2 poached eggs, 2 grilled turkey steaks

Snack: 1 apple, 6 almonds

Lunch: Tandoori chicken with 2 tbsp quinoa (see recipe)

Snack: 1 tsp almond butter handful almonds

Dinner: Chicken Vegetable stir fry: 1/2 cup of each: mangetout, onion, baby spinach, beansprouts, green beans, 1 clove garlic and chilli flakes, 1/2 teaspoon soya sauce

Day 3

Breakfast: Lemon cleanse, 1 glass of room temperature water with 1 lemon with 3 egg white omlette **Snack:** tin tuna, 2 scallions, 1/4 cucumber

Lunch: Chicken salad (grated carrot, 1/2 beetroot grated, sunflower seeds, breast of chicken, cherry tomatoes, olive oil, squeeze lemon, diced chilli)

Dinner: Chicken Enchiladas

Day 4

Breakfast: Lemon cleanse, 1 glass of room temperature water with a squeeze of lemon, followed 2 poached eggs and 2 grilled tomatoes

Snack: 1 apple, handful of raw nuts or seeds

Lunch: Grilled butternut squash, 1/2 cup cooked quinoa, chopped red pepper, salmon fillet grilled

Dinner: Chicken or vegetable stew, loads of veg, make enough for day 6 dinner

Day 5

Breakfast: Lemon cleanse, 1 glass of room temperature water with 1 lemon, followed by 3 egg white omlette with mushrooms, scallions, chives and 2 grilled turkey slices

Lunch: 2 turkey slices and 2 slices avocado, 1/2 cup cooked quinoa

Dinner: Veggie chilli (see recipe) after workout

Day 6

Dinner: Ratatouille

Breakfast: Lemon cleanse, 1 glass of room temperature water with 1 lemon followed with Pure Veggie omelette (see recipe)

Lunch: 1 tin Tuna, 2 slices avocado, peppers, mixed salad, seeds, cherry tomatoes

Pre Workout Snack: 1 handful of blueberries, (3 dessertspoons) 50g FAGE 0% fat greek yogurt.

Dinner: Chicken or vegetable stew

Day 7

Breakfast

Lemon cleanse, 1 glass of room temperature water with a squeeze 1 lemon.

2 poached eggs, grilled tomato, 1 slice spelt bread

Snack: 1 apple, 6 almonds

Lunch: Turkey steak, wholemeal pitta, baby spinach, grated carrot, boiled egg, red onion

Dinner: Chicken Vegetable stir fry, 1/2 cup of each: mangetout, onion, baby spinach, beansprouts, green beans, 1 clove garlic and chilli flakes, 1/2 teaspoon soya sauce.

1 grilled chicken breast, gently stir fry veg, add garlic, chilli & soya.

For vegetarians replace chicken with chickpeas & kidney beans

WEEK 1: RECIPES

Tandoori Chicken serves 1

1tbsp fat free fage greek yogurt
1tsp tikka masala paste
Squeeze of lemon juice
1 skinless breast of chicken or tofu chunks
As much salad as you want

Preheat the oven 200 degrees. Combine the yogurt, tikka massala and lemon juice. Coat the chicken or tofu with the mixture and refrigerate for 20 min. Place the chicken on a tray and bake for 20 minutes, or until cooked. Serve with quiona (3 dessertspoons)

Spicy Carrot Soup serves 6

1 tbsp oil
1 large onion
675g carrots
1 tsp coriander
1 tsp cumin
1 tsp chilli powder
900ml bouillon stock

Black pepper Add onions and carrots to saucepan and gentle cook for 5 minutes, then add spices. Stir in stock and gentle cook for 45 minutes. Pour the soup in blender, serve with a spoon of greek yogurt.

Ratatouille serves 4

Olive oil
1 onion chopped
1 garlic clove crushed
1 tin chopped tomatoes
1 tin chick peas
2 courgettes
1 aubergine diced
2 red peppers sliced
1 tsp mixed dried herbs

Fry onions for 5 minutes add garlic add remaining veg, mixed herbs. Simmer for 15-20 minutes. Until thick, serve with 1 medium sweet potato per person

Chicken Enchiladas Treat Day

Serves 4
450g chicken breast cut in strips
250g onions, finely diced
1 red pepper, sliced
1 yellow pepper, sliced & 1 green pepper, sliced
2x400g can of peeled plum tomatoes
50g low fat mozzarella cheese 8 small tortilla
1 tsp bouillon stock
2tbsp soy sauce
1tbsp olive oil

Method:

Heat oil in a large non-stick pan. Add the onion and chicken breast strips and fry for few minutes until chicken is lightly browned. Add tomatoes, peppers, soy sauce, stock cube and chili powder. Simmer uncovered for approximately 25 mins until a thick sauce is formed. Spoon the mixture into the middle of a tortilla and roll. Place into oven tray. Repeat this with the remaining 7 tortillas. Sprinkle with low fat mozzarella cheese and place in oven at 200°C for 5-10mins until the cheese is slightly crispy.



Pure Omelet serves 1

3 egg whites (Two chicks) you can get a carton in Dunnes next to milk.
1 whole egg
50g asparagus tips
1 red pepper
1/2 courgette Handful of spinach

Tuna/Chicken/Tofu Pasta serves 2

Olive oil 1/2 teaspoon
1 onion, chopped
1 garlic clove crushed 1tsp pesto
100g wholemeal pasta or gluten free pasta
1 courgette diced
2 red peppers sliced

Cook chicken pieces until golden then fry onions for 5 minutes add garlic add remaining veg and dash of low salt soya sauce. Cook pasta in water for 10-12 min Add pesto to pasta and serve vegetables on top

Chicken or Vegetable Stew serves 4

2 cloves of garlic
2 onions chopped
2 cauliflower heads chopped
1 litre veg stock (OPTIONAL)
3 carrots
1 head of broccoli
4 breasts of chicken
2 sticks of celery

Add 1 litre of stock to saucepan, place 4 chicken breasts and slowly simmer, add all veg and simmer 20 minutes, until veg tender. Serve with 1 medium sweet potato

Vegetable Chilli serves 2

1 tsp olive oil
1 onion chopped
1 garlic clove crushed
1 red chilli
1 celery stick
1 pepper
1 tin red kidney beans
250ml pasata

Method: Place onion in pan and gentle cook for 5 minutes. Add garlic and cook for 1 minute. Add remaining ingredients and simmer for 15-20 minutes.