



30-Day Diet Plan

Written by
Anthea McCourtie from You Nutritional Therapy

In collaboration with...

Vicky Pattison!

30-Day Diet Plan Shopping List

<p>Eggs</p> <p>Oily fish – salmon, tuna, mackerel, sardines (tinned)</p> <p>White fish – eg Pollock, cod, haddock</p> <p>Chicken</p> <p>Turkey</p> <p>Beef – steak, and lean mince</p> <p>Natural yoghurt (probiotic, live)</p> <p>Lentils (pre-cooked)</p> <p>Hummus</p> <p>Brown rice</p> <p>Oats</p> <p>Oat cakes</p> <p>Buckwheat (soba) noodles*</p> <p>Quinoa*</p> <p>Rye bread *</p> <p>Apples</p> <p>Banana</p> <p>Berries – blueberries (frozen)</p> <p>Cherries (frozen)</p> <p>Lemons</p> <p>Lime</p> <p>Nectarines</p> <p>Oranges</p>	<p>Coconut oil</p> <p>Olive oil</p> <p>Hemp or flax oil (not for cooking)*</p> <p>Almonds</p> <p>Brazil nuts</p> <p>Cashew nuts</p> <p>Almond butter*</p> <p>Cashew butter*</p> <p>Chia seeds*</p> <p>Flax seeds (ground)*</p> <p>Hemp seeds*</p> <p>Sunflower seeds</p> <p>Pumpkin seeds</p> <p>Almond milk</p> <p>Sea salt</p> <p>Spices – inc turmeric, cinnamon, ginger</p> <p>Fresh ginger (frozen)</p> <p>Herbs – parsley, coriander, thyme, rosemary</p> <p>Tamari soy sauce</p> <p>Stock cubes</p> <p>Garlic</p> <p>Chilli</p> <p>Wholegrain mustard</p> <p>Basil pesto</p> <p>Fajita seasoning</p>	<p>Kale</p> <p>Broccoli</p> <p>Cauliflower</p> <p>Green beans</p> <p>Carrots</p> <p>Sweet potato</p> <p>Butternut squash</p> <p>Courgette</p> <p>Spinach</p> <p>Avocado</p> <p>Beetroot</p> <p>Lettuce</p> <p>Spring onion</p> <p>Onion</p> <p>Cucumber</p> <p>Tomato (cherry and normal)</p> <p>Shiitake mushrooms</p> <p>Black olives</p> <p>Tomato and basil pasta sauce</p> <p>Raw cacao powder*</p> <p>Coconut water</p> <p>Mini:Whey -Chocolate Mint and Strawberry flavours</p> <p>Mini: Shakes – Caramel Macchiato, Chocolate Silk, Strawberries & Cream and Vanilla flavours</p>
<p><u>Equipment</u></p> <p>Blender</p> <p>Saucepans and frying pan</p> <p>Steamer (this can be one for the hob)</p> <p>Baking trays</p> <p>Measuring cups</p> <p>Measuring spoons</p> <p><u>Storage and Transport</u></p> <p>You may need to transport your lunch (and sometimes breakfasts) to work, so it may be worthwhile investing in some decent Tupperware containers.</p> <p>Go for a range of different sizes – that way you can pack your snacks too - and where possible choose non-BPA plastic to reduce potential toxins leaching into food.</p>		

Day 1

On rising: Juice of ½ lemon squeezed in 1 mug of warm water

Breakfast: **Cherry Choc Protein Smoothie** – blend ½ cup frozen cherries, 1 **Chocolate Silk Mini:Shake**, ½ banana, ½ avocado, 1 tbsp almond butter, 1 tbsp raw cacao powder, with 1½ cups coconut water in a blender until smooth. Take with 1x **Mini: Vitamins**, 1x **Mini: SuperGreen** and 1x **Mini: Burn**

Raw cacao powder contains less sugar than cocoa and contains antioxidants to help combat free radicals.

Mid-morning:

1 medium sized apple with 5 Brazil nuts

Lunch:

Frittata

(makes 2 servings)

6 medium eggs, 1 garlic clove (crushed), 1 courgette (chopped), ½ red pepper (chopped), 1 handful cherry tomatoes (halved), 1 handful shiitake mushrooms (chopped), 1 tbsp coconut oil, pinch of sea salt and pepper

Heat the coconut oil in a large non-stick frying pan. Add the crushed garlic, mushrooms and courgette and stir fry over a medium heat for a few minutes or until the vegetables soften. Meanwhile whisk the eggs in a bowl. Add the red peppers to the pan and fry for a minute. Add the tomatoes, distributing evenly around the pan. Pour the eggs over the mixture, tilting the pan if necessary to get even coverage. Sprinkle salt and pepper over the top. Once the frittata is nearly set put under a heated grill to finish cooking the top. Once set, cut the frittata into quarters using a spatula and serve 2 quarters for lunch.

Take with 2x **Mini: Collagen** and 1x **Mini: Burn**

Frittatas are a really easy way to pack in a lot of vegetables, and eggs are a great source of protein.

Mid-afternoon:

Mini: Bar

Dinner:

Mustard salmon fillet with cauliflower mash

(cauliflower mash makes 3-4 portions)

1 salmon fillet, 1 tsp wholegrain mustard, 1 whole cauliflower (broken into florets), 1 tsp coconut oil, 1 garlic clove (crushed), 1 tbsp coconut milk, 1 chopped carrot

Preheat the grill to a medium heat. Meanwhile steam the cauliflower until tender with a fork. Steam or cook the carrots separately. Spread the top of the salmon fillet with the mustard and place under the grill until cooked through. Once the cauliflower is cooked through, place in a bowl, add the coconut milk, coconut oil and garlic, then mash through or use a hand blender until smooth. Serve up a portion of the cauliflower mash with the cooked salmon and carrots. (Cool and refrigerate the leftover mash)

Cauliflower mash is an easy lower carbohydrate alternative to mashed potato – and tastes great!

Post Workout: Take 2x **Mini: Tone**

Before Bed: Take 2x **Mini: Detox**

Day 2

On rising: Juice of ½ lemon squeezed in 1 mug of warm water

Breakfast: 125g natural, live yoghurt with 1 small handful of blueberries and 1 tbsp hemp seeds.

Take with 1x **Mini: Vitamins**, 1x **Mini: SuperGreen** and 1x **Mini: Burn**

Live, natural yoghurt contains probiotic (friendly) bacteria that are good for your digestive system, and can prevent bloating.

Mid-morning:

1 pear plus a small handful of pumpkin seeds

Pumpkin seeds contain a good balance of essential fatty acids and zinc – all good nutrients for your skin.

Lunch:

Frittata

One portion (made from Day 1)

Take with 2x **Mini: Collagen** and 1x **Mini: Burn**

Mid-afternoon:

2 oat cakes, spread with 1 tbsp hummus

Chickpeas in hummus are a good source of fibre and manganese, an important nutrient for energy production.

Dinner:

Grilled chicken and pesto with cauliflower mash

1 breast of chicken, lemon juice, 1 portion of cauliflower mash (from Day 1), 1 heaped tbsp basil pesto (look for a good quality brand, such as Sacca or Zest), 1 portion of green peas (these can be frozen)

Squeeze a little lemon juice over the chicken breast and grill under a medium heat until cooked through. Meanwhile steam the green peas until cooked. Heat a portion of the cauliflower mash in a small saucepan, stirring well until heated through. Place the mash in the middle of the plate, layer with slices of the chicken and surround with the green peas. Finally add the pesto on top of the chicken and feel free to get it mixed up with the mash too!

Post Workout: Take 2x **Mini: Tone**

Before Bed: Take 2x **Mini: Detox**

Day 3

On rising: Juice of ½ lemon squeezed in 1 mug of warm water

Breakfast: 2 slices of toasted rye bread, topped with scrambled eggs (whisk two eggs with a splash of almond milk). Heat 1 tsp coconut oil in a small frying pan over a medium heat, pour in the egg mixture and keep stirring until cooked and scrambled). Top with ½ sliced avocado and 1 tomato.

Take with 1x **Mini: Vitamins**, 1x **Mini: SuperGreen** and 1x **Mini: Burn**

In comparison to wheat, rye bread can help to keep you feeling satisfied for longer, due to its higher fibre content, and can keep blood sugar (and energy) levels more stable.

Mid-morning:

1 nectarine with 5 Brazil nuts

Lunch:

Tuna, roasted vegetables and quinoa salad

(makes 2 servings)

½ cup quinoa (rinsed, or use 1 cup of cooked quinoa), 1 tin of tuna (drained), 1 carrot, 1 courgette, 1 red pepper, 2 handfuls of rocket, 1 tbsp olive oil. For the dressing: 1 tbsp oil (olive, flax or hemp), 1 tsp balsamic vinegar

Preheat oven to 220C. Chop the roasting vegetables and coat in 1 tbsp olive oil. Spread over a large baking tray and roast for 20-30 minutes until vegetables are roasted. Meanwhile bring the quinoa to boil in 1 cup of boiling water. Once the water is bubbling, reduce heat to low, cover and simmer for 10-12 minutes. Mix all ingredients together, and add the tuna. Just before serving drizzle over the oil and balsamic vinegar.

Take with 2x **Mini: Collagen** and 1x **Mini: Burn**

Quinoa is a non gluten grain that is a good source of plant protein as well as energy releasing minerals, such as manganese and magnesium.

Mid-afternoon:

Mini: Bar

Dinner:

Lemon and thyme chicken with cauliflower mash

1 chicken breast, black pepper, sea salt, 1 garlic clove (crushed), zest and juice from ½ lemon, 2 sprigs of fresh thyme, 1 portion of cauliflower mash (from Day 1), 1 handful of broccoli.

Preheat the oven to 200C. Season the chicken with black pepper and sea salt. Place in a small oven proof dish, adding the garlic, lemon zest and juice, and thyme. Cook in the oven for 30 to 40 minutes. Meanwhile steam the broccoli and heat a portion of the cauliflower mash gently in a small saucepan, stirring well until heated through.

Post Workout: Take 2x **Mini: Tone**

Before Bed: Take 2x **Mini: Detox**

Day 4

On rising: Juice of ½ lemon squeezed in 1 mug of warm water

Breakfast: **Caramel Macchiato Protein Smoothie** – blend ½ avocado, ½ banana, 1 **Caramel Macchiato Mini: Shake**, 1-2 chopped dates, 1 tbsp ground flax seeds with 1- 1½ cups of almond milk.

Take with 1x **Mini: Vitamins**, 1x **Mini: SuperGreen** and 1x **Mini: Burn**

Flaxseeds are packed with omega 3 essential fatty acids and are a great source of fibre to help support digestion.

Mid-morning:

5 cherry tomatoes and 2 tbsp hummus (for dipping)

Lunch:

Tuna, roasted vegetables and quinoa salad

One portion (made from Day 3)

Take with 2x **Mini: Collagen** and 1x **Mini: Burn**

Hemp and flax oils should never be heated as they can oxidise and produce harmful compounds. Keep them stored in the fridge.

Mid-afternoon:

1 small handful of sunflower seeds

Dinner:

Turkey stir fry with soba noodles

(makes 2 servings)

2 tsp coconut oil, 1 garlic clove, 1 tsp chopped ginger (you can buy this frozen in pieces), 1 tsp chopped chilli (optional – you can also buy these frozen in packs), turkey breast (approx 200g) sliced into 1 inch pieces, 1 carrot (thinly sliced - lengthways), 1 courgette (thinly sliced – lengthways), 1 red pepper (thinly sliced), 1 handful of kale, a few dashes of tamari soy sauce, 100g soba (buckwheat) noodles

Cook soba noodles as per pack instructions. Heat the coconut oil in a large wok. Add the garlic, ginger and chilli (if using). Add the chicken pieces until cooked through. Stir, then add in the carrot, courgette and red pepper for a few minutes. Add the kale and a few dashes of the soy sauce, then stir until the kale has wilted.

Serve half of the stir fry, alongside half of the soba noodles. Allow the other portion to cool before refrigerating.

Garlic, ginger, and chilli all have immune boosting properties and alongside the tamari soy sauce they pack this dish full of flavour without the sugar often found in packaged stir fry sauces.

Post Workout: Take 2x **Mini: Tone**

Before Bed: Take 2x **Mini: Detox**

Day 5

On rising: Juice of ½ lemon squeezed in 1 mug of warm water

Many people find that warm water with lemon juice helps to give your digestive system a kick start for the day.

Breakfast: **Spinach Omelette** – Lightly beat 2 eggs. Heat 1 tsp of coconut oil in a frying pan over a medium heat. Pour over eggs and lightly stir until the eggs are nearly set. Add a small handful of chopped spinach in a thick line down the centre then fold over the edges. Flip over the folded omelette and cook for another minute before serving with a slice of toasted rye bread.

Take with 1x **Mini: Vitamins**, 1x **Mini: SuperGreen** and 1x **Mini: Burn**

Mid-morning:

1 apple, cut into quarters, spread with 1 tbsp almond butter

Lunch:

Turkey stir fry with soba noodles

(from Day 4 dinner). Reheat if needed before serving.

Take with 2x **Mini: Collagen** and 1x **Mini: Burn**

Soba noodles, made from buckwheat, are a lower calorie alternative to wheat noodles and contain more of the energy boosting mineral, manganese.

Mid-afternoon:

1 nectarine with 1 small handful of pumpkin seeds.

Dinner:

Lean Beef Mince, Tomato Sauce and Vegetable Pasta

(Beef mince makes 4 portions, which can be packed and frozen in individual portions once cooled)

500g lean beef mince (5-10% fat), 1 onion (diced), 1 tsp coconut oil, 1 large jar tomato and basil pasta sauce (eg. Seeds of Change), 1 large carrot, 1 courgette, a dash of olive oil, pinch of sea salt

Heat the oil in a large frying pan and add the onion. Heat for a few minutes until soft, then add the beef mince, break up and stir for a few minutes, until almost cooked through. Pour in the sauce, lower the heat, cover and cook for 20 minutes. Whilst this is cooking, peel the carrot and courgette – discard the peel and then continue peeling into strips onto a plate. Alternatively you can use a spiralizer. This will be the “pasta”. Pour over a little olive oil and a small pinch of sea salt and massage in to soften the vegetables. Pour a portion of the mince and sauce over the vegetable pasta and serve.

Raw vegetables boost antioxidant levels as well as providing a lower starchy carbohydrate alternative to pasta

Post Workout: Take 2x **Mini: Tone**

Before Bed: Take 2x **Mini: Detox**

Day 6

On rising: Juice of ½ lemon squeezed in 1 mug of warm water

Breakfast: **Peaches, Strawberries and Cream Protein Smoothie** – blend 1 peach, ½ cup frozen raspberries, 1 **Strawberries & Cream Mini:Shake**, 1 tbsp chia seeds, 1 handful of spinach with 1 cup of water
Take with 1x **Mini: Vitamins**, 1x **Mini: SuperGreen** and 1x **Mini: Burn**

Mid-morning:

Mini: Bar

Lunch:

Smoked mackerel and raw kale salad

(Kale salad makes 3-4 servings)

1 bag of curly kale, 1 avocado (peeled and chopped), juice of ½ lemon, 1 pinch sea salt, 2 tomatoes (quartered)
1 large carrot (grated), 60g black olives (chopped), 1 handful of mixed seeds (sesame, sunflower, pumpkin, hemp)

Wash and pat dry the kale, then place in a large mixing bowl. Add the lemon juice, salt and avocado to the bowl. Rub the avocado into the kale, making sure to massage it in. Add the grated carrot, olives, seeds and tomatoes (mix with your hands if you need to). This can be kept in a large container in the fridge and will last for approximately four days. When serving add the fillet of smoked mackerel (skin peeled off and torn into chunks) and a good dash of hemp or flax oil to the salad.

Take with 2x **Mini: Collagen** and 1x **Mini: Burn**

As an oily fish mackerel is a great source of omega 3 fatty acids, which are great for healthy looking skin and hair.

Mid-afternoon:

1 pear with 5 Brazil nuts

Dinner:

Rosemary and balsamic chicken with quinoa

(makes 2 portions of quinoa)

1 chicken breast, olive oil, 1 clove of garlic (crushed), 1 tsp rosemary leaves (chopped), 1 tbsp balsamic vinegar, ½ cup quinoa (rinsed), 1 handful of broccoli florets, 1 sliced carrot.

Preheat oven to 200C. Place chicken breast in an oven proof dish and pour a dash of olive oil over it. Press the crushed garlic and rosemary into the chicken and roast in the dish for 20-25 minutes, or until the chicken is cooked through. Sprinkle the balsamic vinegar over the cooked chicken. Meanwhile bring the quinoa to the boil in a saucepan with 1 cup of boiled water, lower heat and simmer with the lid for 10-12 minutes. Steam the vegetables. Serve the chicken with the steamed vegetables and half of the quinoa. Allow the other half to cool and refrigerate.

Post Workout: Take 2x **Mini: Tone**

Before Bed: Take 2x **Mini: Detox**

Day 7

<p>On rising: Juice of ½ lemon squeezed in 1 mug of warm water</p> <p>Breakfast: 125g natural, live yoghurt with ¼ cup blueberries (these can be frozen) and ¼ cup oats. Place all ingredients into a jar or container, mix and refrigerate overnight.</p> <p>Take with 1x Mini: Vitamins, 1x Mini: SuperGreen and 1x Mini: Burn</p>
<p>Mid-morning:</p> <p>2 whole/ brown rice cakes spread with 1 tbsp cashew butter and topped with 1 sliced banana</p>
<p>Lunch:</p> <p>Bacon, avocado and quinoa salad</p> <p>2 rashers of thick, good quality bacon, 1 avocado (sliced), 1 tomato sliced, 2 spring onions (sliced), 1 handful of wild rocket, one portion of cooked quinoa (from Day 6), 1 tbsp hemp or flax oil, 1 tsp apple cider vinegar</p> <p>Grill the bacon rashers until cooked through then slice into strips. Add to remaining salad ingredients, mix together and drizzle over oil and vinegar before serving.</p> <p>Take with 2x Mini: Collagen and 1x Mini: Burn</p> <p><i>Wild rocket and apple cider vinegar are both good ingredients to support digestion.</i></p>
<p>Mid-afternoon:</p> <p>1 small handful of sunflower seeds.</p>
<p>Dinner:</p> <p>Grilled salmon with raw kale salad</p> <p>1 salmon fillet, lemon juice, raw kale salad (from Day 6)</p> <p>Grill salmon fillet (with a little lemon juice squeezed on top) under a medium heat until cooked through. Flake and mix into a portion of the kale salad.</p> <p><i>Kale is full of compounds to support detoxification, as well as bone healthy nutrients such as calcium, magnesium and vitamin K.</i></p>
<p>Post Workout: Take 2x Mini: Tone</p> <p>Before Bed: Take 2x Mini: Detox</p>

Day 8

On rising: Juice of ½ lemon squeezed in 1 mug of warm water

Breakfast: **Chocolate Mint Smoothie** – blend ½ avocado (or 1 banana), 1 scoop **Mint Chocolate Mini: Whey**, 1 handful of spinach, 1 tbsp flax seeds, 1 tbsp raw cacao powder, 1 cup of unsweetened almond milk (or more if needed).

Take with 1x **Mini: Vitamins**, 1x **Mini: SuperGreen** and 1x **Mini: Burn**

Whey protein is an easily absorbed form of protein to help to keep you fuller for longer.

Mid-morning:

5 cherry tomatoes and 2 tbsp hummus (for dipping)

Lunch:

Sardines and raw kale salad

1 small (120g) tin of sardines in olive oil (drained), 1 serving of raw kale salad (from Day 6)

Take with 2x **Mini: Collagen** and 1x **Mini: Burn**

Tinned sardines are a really easy way to add in some omega 3 fatty acid and protein to a salad.

Mid-afternoon:

2 oat cakes with 1 tbsp cashew butter

Dinner:

Chicken kebabs with almond satay sauce

2-3 chicken thighs (roughly 100g of boneless meat, cut into kebab sized pieces), 1 red pepper (cut into 1 inch pieces), 1 courgette (sliced into ½ inch pieces), 1 handful of wild rocket and ½ chopped green pepper. For the sauce: 1 handful of fresh coriander (stalks and all), 2cm piece of fresh ginger, peeled and roughly chopped, 1 clove of fresh garlic, 4 tbsp almond butter, 1 tbsp tamari soy sauce, Juice of 1-2 limes, 1 tbsp water

To make the sauce place ingredients into a blender and process until smooth (you may need to add more water). Meanwhile preheat the grill to a medium heat and alternate chicken and vegetable pieces onto skewers. Grill until the chicken is cooked through. Serve on a plate with the rocket and pepper, and pour over a couple of tbsp of the satay sauce. Leftover almond satay sauce can be refrigerated in a jar.

Coriander is a great herb to support detoxification as well as adding flavour to your food.

Post Workout: Take 2x **Mini: Tone**

Before Bed: Take 2x **Mini: Detox**

Day 9

On rising: Juice of ½ lemon squeezed in 1 mug of warm water

Breakfast: As per Day 3

Take with 1x **Mini: Vitamins**, 1x **Mini: SuperGreen** and 1x **Mini: Burn**

Mid-morning:

1 apple and 5 Brazil nuts

Lunch:

Turkey burger and lettuce wrap

(makes 4 burgers, which can be cooled and frozen in individual portions)

500g turkey mince, ½ finely chopped onion, 1 small egg (lightly beaten) 1 tsp paprika, ½ tsp sea salt, ½ tsp ground black pepper, ½ tsp ground coriander, pinch of cayenne pepper.

For the wrap: 1 large Chinese lettuce leaf, 1 slice tomato, 1 tsp chopped coriander, 1 tbsp hummus, 2 sliced spring onions, ½ red pepper (chopped)

Preheat a grill to a medium heat. Mix turkey and spices together with your hands in a large bowl and form into 4 burger sized patties. Place under grill and cook (approx 5-6 minutes each side) until cooked through.

Spread the lettuce leaf with the hummus, add the burger, sliced tomato, coriander and wrap up. Serve with the spring onions, red pepper and a dash of hemp or flax oil.

Take with 2x **Mini: Collagen** and 1x **Mini: Burn**

Wrapping in a lettuce leaf helps to cut the starchy carbohydrate and calorie content of this lunch.

Mid-afternoon:

Mini: Bar

Dinner:

White fish with spring greens and almond satay sauce

1 fillet of Pollock or cod, 2 handfuls of spring greens, 1 thinly sliced carrot and 2-3 tbsp almond satay sauce (from Day 8).

Bake the white fish in a parcel of greaseproof paper lined baking foil (just fold the edges over tightly) and bake in the oven for 15-20 minutes at 200C. Meanwhile heat a little coconut oil in a large frying pan and when heated, add the spring greens and carrot and stir fry for a few minutes. Add the cooked fish, and stir in until the fish is flaked and then add in a couple of tbsp of the almond satay sauce.

White fish is a great lean protein source and for convenience you can buy fillets frozen.

Post Workout: Take 2x **Mini: Tone**

Before Bed: Take 2x **Mini: Detox**

Day 10

On rising: Juice of ½ lemon squeezed in 1 mug of warm water

Breakfast: As per Day 7. Use mashed banana in place of blueberries.

Take with 1x **Mini: Vitamins**, 1x **Mini: SuperGreen** and 1x **Mini: Burn**

Oats are a good source of fibre to keep you feeling full as well as being rich in minerals

Mid-morning:

1 packet of kale crisps

(You can buy these in many shops now but to make your own, take one bag of kale and add the juice of ½ lemon, a pinch of sea salt and a dash of olive oil. Spread thinly over a baking tray and roast in a low temperature -approx 140C or as low as the oven will allow, for approx 35 minutes, turning occasionally, until crispy and cooked through. This makes 3 portions)

Lunch:

Lettuce, chicken almond and vegetable wrap

2-3 Chinese lettuce leaves, 2 tbsp almond satay sauce (from Day 8 if you have any left over) or use 2 tbsp almond butter, 100g cooked chicken breast (cut into small sized pieces), 1 cooked beetroot (diced), ½ yellow pepper (chopped)

Spread the almond satay or butter over the lettuce leaves. Add in the chicken pieces and vegetables and wrap up the leaves.

Take with 2x **Mini: Collagen** and 1x **Mini: Burn**

Mid-afternoon:

1 small handful of pumpkin seeds

Dinner:

Prawn stir fry with soba noodles

As per day 4 – but use 100g prawns instead of turkey.

Post Workout: Take 2x **Mini: Tone**

Before Bed: Take 2x **Mini: Detox**

Day 11

On rising: Juice of ½ lemon squeezed in 1 mug of warm water

Breakfast: **Cherry Choc Protein Smoothie**— as per Day 1

Take with 1x **Mini: Vitamins**, 1x **Mini: SuperGreen** and 1x **Mini: Burn**

Avocado and almond butter are both rich sources of vitamin E, which is an important antioxidant for healthy skin.

Mid-morning:

1 packet of roasted soy nuts

Soy nuts are a good protein packed snack, which can help to maintain steady energy levels.

Lunch:

Prawn stir fry with soba noodles

(from Day 10 dinner). Reheat if needed before serving.

Take with 2x **Mini: Collagen** and 1x **Mini: Burn**

Mid-afternoon:

1 packet of kale crisps or portion of homemade kale crisps (from Day 10)

Dinner:

Almond and herb crusted plaice fillet

1 plaice fillet (washed and patted dry), 1 tsp coconut oil, 1 small egg (lightly beaten), 1 handful of broccoli florets, 1 handful of peas. For the crust: 2 tbsp ground almonds, zest of 1 lemon, 2 tsp chopped parsley (you can use frozen herbs), 1 tsp garlic powder, 1 pinch of sea salt.

Steam the broccoli and peas. Meanwhile spread the crust ingredients thinly over a plate. In a shallow bowl pour in the beaten egg and coat the plaice fillet in the egg. Then remove the fillet from the bowl and dip into the almond crust ingredients, ensuring that it is well covered. Heat the coconut oil in a pan and add the fillet, cooking for a few minutes each side. Serve with the broccoli and peas.

Lemon zest contains compounds that can help with detoxification.

Post Workout: Take 2x **Mini: Tone**

Before Bed: Take 2x **Mini: Detox**

Day 12

<p>On rising: Juice of ½ lemon squeezed in 1 mug of warm water</p> <p>Breakfast: Banana protein pancakes – blend 1 large banana with 1 egg and ½ portion Vanilla Mini: Shake (this is approx ¼ cup). Heat 1 tsp coconut oil in a small frying pan over a low to medium heat. Pour the banana mix into small (2-3 diameter) circles. If you have egg rings, then pour the pancake mixture into them to help retain the shape. Cook for a few minutes on each side.</p> <p>Take with 1x Mini: Vitamins, 1x Mini: SuperGreen and 1x Mini: Burn</p>
<p>Mid-morning:</p> <p>1 nectarine and 1 small handful of sunflower seeds</p> <p><i>Combining fruit and seeds or nuts helps to even out blood sugar levels and keep your energy stable.</i></p>
<p>Lunch:</p> <p>Rye bread and hummus sandwich</p> <p>2 slices of toasted rye bread, 2 tbsp hummus, 1 sliced tomato, ½ slice cucumber, ¼ sliced red pepper</p> <p>Take with 2x Mini: Collagen and 1x Mini: Burn</p> <p><i>Combining a grain (rye) with a legume (chickpeas) gives you a full range of amino acids – the building blocks of protein.</i></p>
<p>Mid-afternoon:</p> <p>100g plain, live yoghurt with 1 scoop of Mini:Whey (either flavour) and 1 tsp shelled hemp seeds</p>
<p>Dinner:</p> <p>Rosemary and balsamic chicken with quinoa</p> <p>As per Day 6</p> <p><i>Broccoli is a great source of vitamin C and beneficial detoxification compounds.</i></p>
<p>Post Workout: Take 2x Mini: Tone</p> <p>Before Bed: Take 2x Mini: Detox</p>

Day 13

<p>On rising: Juice of ½ lemon squeezed in 1 mug of warm water</p> <p>Breakfast: Spinach Omelette – As per Day 5</p> <p>Take with 1x Mini: Vitamins, 1x Mini: SuperGreen and 1x Mini: Burn</p>
<p>Mid-morning:</p> <p>1 packet of kale crisps or portion of homemade kale crisps (from Day 10)</p>
<p>Lunch:</p> <p>Chicken and brown rice salad</p> <p>100g chopped cooked chicken, ¼ cup cooked brown rice, 2 lettuce leaves (chopped), 1 cooked beetroot (diced), 1 tomato (sliced). For the dressing: 1 tbsp hemp or flax oil, juice of ½ lemon, 1 tsp apple cider vinegar.</p> <p>Mix salad ingredients together and pour over dressing ingredients before serving.</p> <p>Take with 2x Mini: Collagen and 1x Mini: Burn</p>
<p>Mid-afternoon:</p> <p>½ avocado (stone scooped out), filled with 1 heaped tbsp of hummus or almond butter.</p>
<p>Dinner:</p> <p>White fish, pesto and vegetable pasta</p> <p>1 fillet (approx 100g) of white fish, such as Pollock or cod, 1 large tbsp of pesto, 1 carrot, 1 courgette</p> <p>Bake the white fish in a parcel baking foil lined with greaseproof paper (just fold the edges over tightly) and bake in the oven for 15-20 minutes at 200C.</p> <p>Prepare vegetable pasta as per Day 5. Once the fish has cooked, flake into pieces, add the pesto and mix together.</p> <p><i>Olive oil in pesto is one of the healthy fats to include in your diet and is rich in vitamin E</i></p>
<p>Post Workout: Take 2x Mini: Tone</p> <p>Before Bed: Take 2x Mini: Detox</p>

Day 14

<p>On rising: Juice of ½ lemon squeezed in 1 mug of warm water</p> <p>Breakfast: As per Day 7.</p> <p>Take with 1x Mini: Vitamins, 1x Mini: SuperGreen and 1x Mini: Burn</p>
<p>Mid-morning:</p> <p>1 apple and 5 Brazil nuts</p>
<p>Lunch:</p> <p>Frittata (makes 2 servings) As per Day 1 Take with 2x Mini: Collagen and 1x Mini: Burn</p>
<p>Mid-afternoon:</p> <p>2 whole/ brown rice cakes spread with 1 tbsp cashew butter and topped with 1 sliced banana</p>
<p>Dinner:</p> <p>Lean beef mince and wholegrain pasta 1 portion of lean beef mince (defrost a frozen batch from Day 5), 1 handful of broccoli florets, 1 sliced carrot and 1 handful of green beans, ½ cup brown rice or whole wheat pasta.</p> <p>Gently heat the beef mince in a saucepan and steam the vegetables. Mean while cook pasta as per instructions. Serve half the pasta with the mince and vegetables. Allow the other half to cool and refrigerate.</p> <p><i>Brown rice pasta is a lower glycaemic load, gluten free alternative to the traditional white variety. If you tolerate wheat well then you can always opt for a whole wheat version.</i></p>
<p>Post Workout: Take 2x Mini: Tone Before Bed: Take 2x Mini: Detox</p>

Day 15

<p>On rising: Juice of ½ lemon squeezed in 1 mug of warm water</p> <p>Breakfast: Coconut, Banana and Chia Pot - Put 2 tbsp of whole chia seeds into a bowl. Pour over ½ cup low fat coconut milk and mix in 1 mashed banana. Mix together and refrigerate for a few hours or overnight. Afterwards the seeds will have swollen and absorbed some of the liquid.</p> <p>Take with 1x Mini: Vitamins, 1x Mini: SuperGreen and 1x Mini: Burn</p> <p><i>Chia seeds are packed with fibre, omega 3 fatty acids and important minerals such as calcium for bone health.</i></p>
<p>Mid-morning:</p> <p>2 oat cakes, spread with 1 tbsp hummus</p>
<p>Lunch:</p> <p>Frittata</p> <p>One portion (made from Day 1)</p> <p>Take with 2x Mini: Collagen and 1x Mini: Burn</p>
<p>Mid-afternoon:</p> <p>Mini: Bar</p>
<p>Dinner:</p> <p>Baked trout fillets with a herby vinaigrette, brown rice and vegetables</p> <p>1 trout fillet, ¼ cup brown rice, 1 handful of green beans, 1 portion of broccoli. For the vinaigrette: juice of ½ lemon, 1 tsp wholegrain mustard, 1 tbsp chopped parsley, 1 garlic clove (crushed), ¼ cup olive oil.</p> <p>Preheat grill to a medium high heat, leaving enough room for a baking dish underneath. Place the brown rice into a saucepan, cover with ½ cup of boiling water, cover and simmer for 20-25 minutes, or as per packet instructions. Steam the green beans, and broccoli. Mix the vinaigrette ingredients together. Place the trout fillet into a pyrex dish and cover with half of the vinaigrette (save the remainder in a glass jar and refrigerate). Place dish under the grill and heat for 5 minutes or until cooked through. Serve with brown rice and vegetables.</p> <p><i>Herbs can really add flavour to your meals without relying on processed salt or sugar in many dressings. Buying frozen packets of chopped herbs can save a lot of time in the kitchen too.</i></p>
<p>Post Workout: Take 2x Mini: Tone</p> <p>Before Bed: Take 2x Mini: Detox</p>

Day 16

<p>On rising: Juice of ½ lemon squeezed in 1 mug of warm water</p> <p>Breakfast: Caramel Macchiato Protein Smoothie – as per Day 4 Take with 1x Mini: Vitamins, 1x Mini: SuperGreen and 1x Mini: Burn</p>
<p>Mid-morning: 1 packet of roasted soy nuts</p>
<p>Lunch: Turkey burger, roasted pepper sauce and lettuce wrap 1 turkey burger (defrost a frozen burger from Day 9), 1 Chinese lettuce leave, 6 cherry tomatoes. For the sauce: 2 avocados, 200g roasted red peppers (drained from a jar), 1 tsp garlic powder, 1 tsp onion powder, ½ tsp black pepper, 1 large pinch of sea salt, juice of ½ lemon.</p> <p>In a blender process the sauce ingredients. Spread 1-2 tbsp over the lettuce, place the bun on top and serve with the tomatoes. Refrigerate the remaining sauce in a jar. Take with 2x Mini: Collagen and 1x Mini: Burn</p> <p><i>Roasted pepper and avocado gives a creamy sauce, full of healthy fats and vitamin E.</i></p>
<p>Mid-afternoon: 1 small handful of pumpkin seeds</p>
<p>Dinner: Tuna steak with an oriental marinade 1 tuna steak, 1 pak choi (sliced), 1 carrot (thinly sliced), 1 small handful of green beans (chopped), 1 portion (50g) soba noodles. For the marinade: 2 tsp olive oil, 1 tbsp tamari soy sauce, 1 tsp grated fresh ginger, 1 small garlic clove (crushed), juice of ½ lime</p> <p>Mix together the marinade ingredients and pour over the tuna. Cover and refrigerate for between 10 minutes and 2 hours. When ready preheat the grill to a medium high heat. Cook the soba noodles and put the vegetables into the steamer (add the pak choi last as this cooks quickly). Take the tuna out of the marinade and grill for a few minutes each side.</p> <p><i>As well as adding flavour ginger is a really useful spice to include in your diet to support digestion and help to reduce inflammation.</i></p>
<p>Post Workout: Take 2x Mini: Tone Before Bed: Take 2x Mini: Detox</p>

Day 17

<p>On rising: Juice of ½ lemon squeezed in 1 mug of warm water</p> <p>Breakfast: Chocolate Mint Smoothie – as per Day 8</p> <p>Take with 1x Mini: Vitamins, 1x Mini: SuperGreen and 1x Mini: Burn</p>
<p>Mid-morning:</p> <p>1 pear with 5 Brazil nuts</p>
<p>Lunch:</p> <p>Smoked mackerel and quinoa salad</p> <p>1 fillet of smoked mackerel (peeled and broken into chunks), ½ cup of cooked quinoa, 1 cooked beetroot (diced), ½ yellow pepper, 1 handful of wild rocket. For the dressing: use the herby vinaigrette from Day 15.</p> <p>Mix salad ingredients together and pour over just before serving.</p> <p>Take with 2x Mini: Collagen and 1x Mini: Burn</p> <p><i>Beetroot is a great source of antioxidants and the nitrates in it are also thought to boost performance in the gym.</i></p>
<p>Mid-afternoon:</p> <p>1 chopped carrot and 2 tbsp hummus</p>
<p>Dinner:</p> <p>Chicken fajitas in lettuce wraps</p> <p>2 chicken breasts or large boneless thighs (cut into bite sized pieces), 1 packet fajita seasoning, 1-2 tsp coconut oil, ½ red onion (sliced), ½ green pepper (sliced), ½ red pepper (sliced) Roasted red pepper sauce from Day 16, 3-4 Chinese lettuce leaves.</p> <p>Heat the coconut oil in a large frying pan. Rub a little oil into the chicken with a generous pinch of the fajita seasoning. Fry the chicken until cooked through, then remove from the pan. Add a little more oil to the pan if needed, then fry the onion and peppers with a little more of the seasoning. Once soft, add the chicken back to the pan and heat through. Spread the lettuce leaves with the roasted red pepper sauce and spoon in half the chicken and pepper mix. Refrigerate the remainder of the mix once cooled.</p> <p><i>Opting for lettuce instead of wheat or corn wraps helps to cut back on the starchy carbohydrate content of this meal.</i></p>
<p>Post Workout: Take 2x Mini: Tone</p> <p>Before Bed: Take 2x Mini: Detox</p>

Day 18

<p>On rising: Juice of ½ lemon squeezed in 1 mug of warm water</p> <p>Breakfast: 125g plain, live yoghurt with 1 scoop of Strawberry Mini:Whey, 1 tsp ground flax seeds and ¼ cup blueberries.</p> <p>Take with 1x Mini: Vitamins, 1x Mini: SuperGreen and 1x Mini: Burn</p>
<p>Mid-morning:</p> <p>1 apple, cut into quarters, spread with 1 tbsp almond butter</p>
<p>Lunch:</p> <p>Chicken fajitas in lettuce wraps</p> <p>3-4 Chinese lettuce leaves, remaining chicken and pepper mix (from Day 17), 2-3 tbsp roasted pepper sauce (from Day 16)</p> <p>Prepare lettuce wraps as per Day 17.</p> <p>Take with 2x Mini: Collagen and 1x Mini: Burn</p>
<p>Mid-afternoon:</p> <p>Mini: Bar</p>
<p>Dinner:</p> <p>Lemon and thyme chicken with mashed sweet potato</p> <p>-chicken ingredients and vegetables as per Day 3, 1 sweet potato, 1 extra pinch of thyme.</p> <p>Prepare chicken and steam vegetables as per Day 3. For the sweet potato mash: preheat the oven to 200C. Prick the sweet potato a few times with a fork and bake on a tray for 45 minutes. Once cooked remove from the oven and allow it to cool slightly. Peel the skin off and mash in a bowl with the extra thyme. Serve the chicken with the mash and vegetables.</p> <p><i>Sweet potato is a great source of vitamins A and C for skin health as well as other antioxidants, plus B vitamins for energy.</i></p>
<p>Post Workout: Take 2x Mini: Tone</p> <p>Before Bed: Take 2x Mini: Detox</p>

Day 19

<p>On rising: Juice of ½ lemon squeezed in 1 mug of warm water</p> <p>Breakfast: Coconut, Banana and Chia Pot – as per Day 15. Take with 1x Mini: Vitamins, 1x Mini: SuperGreen and 1x Mini: Burn</p>
<p>Mid-morning: 1 nectarine and 1 small handful of sunflower seeds</p> <p><i>Nectarines are a source of vitamin C and other skin healthy antioxidants.</i></p>
<p>Lunch: Sardine stuffed roast peppers (makes 2 servings) 1 small (120g) tin of sardines in olive oil (drained), 2 red peppers (tops sliced off and seeds removed), olive oil, ½ cup cooked lentils, 4 spring onions (sliced), 1 cooked beetroot (finely diced)</p> <p>Preheat the oven to 200C. Lightly rub the peppers in a little oil and stand as upright as possible in a muffin tray (place the “tops” on the tray also). Roast for 20-25 minutes until lightly charred. Chop the sardines and mix with the lentils and other vegetables. Stuff into the peppers and allow the filling to spill over the sides into the containers if necessary. Drizzle a little balsamic vinegar over before adding the “tops” and serving. Take with 2x Mini: Collagen and 1x Mini: Burn</p> <p><i>Lentils are high in fibre and protein to keep you feeling full, as well as providing a good source of protein. You can buy them precooked, in packets from many shops for convenience.</i></p>
<p>Mid-afternoon: 2 oat cakes spread with 1 tbsp almond butter</p>
<p>Dinner: Lean beef mince and vegetable pasta As per Day 5</p>
<p>Post Workout: Take 2x Mini: Tone Before Bed: Take 2x Mini: Detox</p>

Day 20

<p>On rising: Juice of ½ lemon squeezed in 1 mug of warm water</p> <p>Breakfast: As per Day 7</p> <p>Take with 1x Mini: Vitamins, 1x Mini: SuperGreen and 1x Mini: Burn</p>
<p>Mid-morning:</p> <p>1 small handful of pumpkin seeds</p>
<p>Lunch:</p> <p>Sardine stuffed roast peppers</p> <p>One portion (made from Day 19)</p> <p>Take with 2x Mini: Collagen and 1x Mini: Burn</p>
<p>Mid-afternoon:</p> <p>½ avocado (stone scooped out), filled with 1 heaped tbsp of hummus or almond butter.</p>
<p>Dinner:</p> <p>Pan-fried mackerel with mashed butternut squash</p> <p>2 tsp coconut oil, 1 (uncooked and unsmoked) mackerel fillet, 2 bay leaves, 1 garlic clove (thinly sliced), ½ cup diced butternut squash, 1 handful of green beans and 1handful of broccoli.</p> <p>Steam and mash ½ cup butternut squash with 1 tsp coconut oil. Steam the green beans and broccoli. Heat 1 tsp oil in pan and scatter over the bay leaves and garlic clove. Add the mackerel fillet, skin side down and cook for a couple of minutes on each side. Serve the mackerel with the mashed butternut squash and steamed vegetables.</p> <p><i>Butternut squash is a lower glycaemic load vegetable than regular potatoes and contains beta carotene antioxidants as well as the energy releasing minerals magnesium and manganese.</i></p>
<p>Post Workout: Take 2x Mini: Tone</p> <p>Before Bed: Take 2x Mini: Detox</p>

Day 21

<p>On rising: Juice of ½ lemon squeezed in 1 mug of warm water</p> <p>Breakfast: Peaches, Strawberries and Cream Protein Smoothie – as per Day 6 Take with 1x Mini: Vitamins, 1x Mini: SuperGreen and 1x Mini: Burn</p>
<p>Mid-morning: 1 packet of kale crisps (or make as per Day 10)</p>
<p>Lunch: Roasted sweet potato with feta 1 medium sweet potato, 50g feta cheese in cubes, 1 tsp chives (chopped), ¼ cucumber (chopped)</p> <p>Preheat the oven to 200C. Prick the sweet potato a few times with a fork and bake on a tray for 45 minutes. Once cool enough to touch cut a slit cross ways and fluff some of the inside with a fork. Fill with the feta cubes and sprinkle with the chives, and serve with the cucumber</p> <p>Take with 2x Mini: Collagen and 1x Mini: Burn</p>
<p>Mid-afternoon: 5 cherry tomatoes and 2 tbsp hummus (for dipping).</p>
<p>Dinner: Almond and herb crusted plaice fillet with cauliflower mash (As per Day 11) Make up the cauliflower mash (as per Day 1). Allow the remaining cauliflower mash to cool and refrigerate.</p> <p><i>Ground almonds are a low glycaemic load, gluten free alternative to breadcrumbs in many recipes, giving less refined carbohydrates and more protein than wheat.</i></p>
<p>Post Workout: Take 2x Mini: Tone Before Bed: Take 2x Mini: Detox</p>

Day 22

<p>On rising: Juice of ½ lemon squeezed in 1 mug of warm water</p> <p>Breakfast: As per Day 3</p> <p>Take with 1x Mini: Vitamins, 1x Mini: SuperGreen and 1x Mini: Burn</p>
<p>Mid-morning:</p> <p>1 small handful of sunflower seeds</p>
<p>Lunch:</p> <p>Tuna, roasted vegetables and quinoa salad (makes 2 servings)</p> <p>As per Day 3</p> <p>Take with 2x Mini: Collagen and 1x Mini: Burn</p>
<p>Mid-afternoon:</p> <p>1 packet or portion of kale crisps</p>
<p>Dinner:</p> <p>Grilled steak with cauliflower mash</p> <p>1 sirloin steak portion (approx 125g), 1 pinch of black pepper, 1 pinch of garlic powder, 1 pinch of onion powder, 1 small pinch of sea salt, 1 portion of cauliflower mash (from Day 21) 1 handful of broccoli florets, 1 handful of green beans.</p> <p>Preheat the grill to a medium high heat. Rub the seasoning into the steak. Steam the broccoli and green beans and heat the cauliflower mash gently in a saucepan. Grill the steak for a few minutes on each side (depending on preference). Once cooked to your liking, slice the steak and serve with the mash and other vegetables.</p> <p><i>Cauliflower contains sulphur compounds to help boost detoxification and good levels of vitamin C.</i></p>
<p>Post Workout: Take 2x Mini: Tone</p> <p>Before Bed: Take 2x Mini: Detox</p>

Day 23

<p>On rising: Juice of ½ lemon squeezed in 1 mug of warm water</p> <p>Breakfast: Cherry Choc Protein Smoothie – as per Day 1 Take with 1x Mini: Vitamins, 1x Mini: SuperGreen and 1x Mini: Burn</p> <p><i>Spinach is a great source of magnesium - not just needed for energy but also muscle relaxation – which is great if you've been putting the work in at the gym!</i></p>
<p>Mid-morning: 1 pear and 6 almonds</p>
<p>Lunch: Tuna, roasted vegetables and quinoa salad One portion (made from Day 22) Take with 2x Mini: Collagen and 1x Mini: Burn</p> <p><i>Hemp and flax oils are a great source of omega 3 essential fatty acids.</i></p>
<p>Mid-afternoon: Mini: Bar</p>
<p>Dinner: Mustard salmon fillet with cauliflower mash As per Day 1</p>
<p>Post Workout: Take 2x Mini: Tone Before Bed: Take 2x Mini: Detox</p>

Day 24

<p>On rising: Juice of ½ lemon squeezed in 1 mug of warm water</p> <p>Breakfast: Spinach Omelette – as per Day 5</p> <p>Take with 1x Mini: Vitamins, 1x Mini: SuperGreen and 1x Mini: Burn</p>
<p>Mid-morning:</p> <p>1 apple, cut into quarters, spread with 1 tbsp almond butter</p>
<p>Lunch:</p> <p>Chicken and brown rice salad</p> <p>As per Day 13</p> <p>Take with 2x Mini: Collagen and 1x Mini: Burn</p> <p><i>Brown rice has a lower glycaemic load than white rice, so it helps to stabilise blood sugar and energy levels. Its B vitamin and manganese content can help to boost energy too.</i></p>
<p>Mid-afternoon:</p> <p>1 packet of roasted soy nuts</p>
<p>Dinner:</p> <p>Prawn stir fry with soba noodles</p> <p>(makes 2 portions)</p> <p>As per Day 4 – but use 100g prawns instead of turkey</p> <p><i>Prawns are also a great source of the antioxidant mineral selenium, as well as being a good protein food.</i></p>
<p>Post Workout: Take 2x Mini: Tone</p> <p>Before Bed: Take 2x Mini: Detox</p>

Day 25

<p>On rising: Juice of ½ lemon squeezed in 1 mug of warm water</p> <p>Breakfast: As per Day 7</p> <p>Take with 1x Mini: Vitamins, 1x Mini: SuperGreen and 1x Mini: Burn</p>
<p>Mid-morning:</p> <p>2 whole/ brown rice cakes spread with 1 tbsp cashew butter and topped with 1 sliced banana</p>
<p>Lunch:</p> <p>Prawn stir fry with soba noodles (from Day 24 dinner) Reheat if needed before serving. Take with 2x Mini: Collagen and 1x Mini: Burn</p>
<p>Mid-afternoon:</p> <p>1 packet of roasted soy nuts</p>
<p>Dinner:</p> <p>Roasted turkey stuffed red pepper (makes 2 portions) 2 red peppers (tops sliced off and seeds removed), olive oil, 250g turkey mince, 1 tsp coconut oil, ½ onion (diced), 1 clove of garlic (crushed), 1 handful chopped herbs (eg. Parsley, oregano, coriander), 10 cherry tomatoes (halved), balsamic vinegar, 2 handfuls of rocket</p> <p>Preheat the oven to 200C. Lightly rub the peppers in a little oil and stand as upright as possible in a muffin tray (place the “tops” on the tray also). Roast for 20-25 minutes until lightly charred. Meanwhile heat a little coconut oil in a frying pan, then fry the onion and garlic for a few minutes until soft. Add the turkey mince and cook through. Finally add the herbs and cherry tomatoes and continue cooking for a couple of minutes. Add a couple of dashes of balsamic vinegar. Scoop the turkey mixture into the peppers and add the “tops”. Serve one on a bed of rocket. Allow the other portion to cool and refrigerate.</p> <p><i>Red pepper is a great source of collagen boosting vitamin C, as well as the carotenoid antioxidants.</i></p>
<p>Post Workout: Take 2x Mini: Tone</p> <p>Before Bed: Take 2x Mini: Detox</p>

Day 26

<p>On rising: Juice of ½ lemon squeezed in 1 mug of warm water</p> <p>Breakfast: Coconut, Banana and Chia Pot – as per Day 15. Take with 1x Mini: Vitamins, 1x Mini: SuperGreen and 1x Mini: Burn</p>
<p>Mid-morning: 2 oat cakes spread with 1 tbsp almond butter</p>
<p>Lunch: Roasted turkey stuffed red pepper (from Day 25 dinner) Reheat if needed before serving. Serve on a bed of wild rocket – add more balsamic vinegar or a dash of hemp or flax oil before serving. Take with 2x Mini: Collagen and 1x Mini: Burn</p>
<p>Mid-afternoon: Mini: Bar</p>
<p>Dinner: Kedgerree (makes 2 portions) 1 tsp coconut oil, 1 tbsp butter, ½ onion (finely chopped), seeds from a cardamom pod, ¼ tsp turmeric, 1 pinch of cinnamon powder, ¼ tsp curry powder, 100g basmati rice, 250ml fish or chicken stock, 200g smoked haddock fillet, 1 large egg, 1 tbsp chopped parsley, 1 tbsp chopped coriander, 1 handful of peas, 1 chopped carrot.</p> <p>Heat the oil and butter in a large frying pan. Add the onion and cook for 5 minutes until soft, then stir in the spices and cook for another minute. Add the rice to the pan and coat in the oil and butter. Pour in the stock, bring to the boil, then reduce the heat, cover with the lid and simmer for 12 minutes. Meanwhile in another pan bring some water to the boil, add the haddock and simmer for about 4 minutes until the fish is cooked. Remove from the water to a plate, allowing it to cool. Hard boil the egg for about 8 minutes. Steam the peas and chopped carrot. Flake the haddock then peel and chop the egg once cooled. Add the fish and egg to the main frying pan, stir and heat through, adding in the herbs. Serve one portion with the steamed vegetables.</p> <p>Allow the other portion to cool and refrigerate.</p> <p><i>Turmeric contains antioxidants and anti-inflammatory compounds, whilst cinnamon can help to control fluctuations in blood sugar levels.</i></p>
<p>Post Workout: Take 2x Mini: Tone Before Bed: Take 2x Mini: Detox</p>

Day 27

<p>On rising: Juice of ½ lemon squeezed in 1 mug of warm water</p> <p>Breakfast: Chocolate Mint Smoothie – as per Day 8</p> <p>Take with 1x Mini: Vitamins, 1x Mini: SuperGreen and 1x Mini: Burn</p>
<p>Mid-morning:</p> <p>1 nectarine and 5 Brazil nuts</p> <p><i>Brazil nuts are rich in the antioxidant mineral selenium, which can help to protect skin from free radical damage.</i></p>
<p>Lunch:</p> <p>Kedgerree</p> <p>One portion(from Day 26 dinner)</p> <p>Reheat if needed before serving. Serve on a bed of chopped spinach, ½ grated carrot and 1 sliced tomato.</p> <p>Take with 2x Mini: Collagen and 1x Mini: Burn</p>
<p>Mid-afternoon:</p> <p>1 small handful of pumpkin seeds</p>
<p>Dinner:</p> <p>Lean beef mince and vegetable pasta</p> <p>As per Day 5</p>
<p>Post Workout: Take 2x Mini: Tone</p> <p>Before Bed: Take 2x Mini: Detox</p>

Day 28

<p>On rising: Juice of ½ lemon squeezed in 1 mug of warm water</p> <p>Breakfast: Banana protein pancakes – as per Day 12</p> <p>Take with 1x Mini: Vitamins, 1x Mini: SuperGreen and 1x Mini: Burn</p>
<p>Mid-morning:</p> <p>1 small handful of sunflower seeds</p>
<p>Lunch:</p> <p>Turkey burger and lettuce wrap</p> <p>Defrost and serve as per Day 9</p> <p>Take with 2x Mini: Collagen and 1x Mini: Burn</p>
<p>Mid-afternoon:</p> <p>1 apple, cut into quarters, spread with 1 tbsp almond butter</p>
<p>Dinner:</p> <p>Tuna steak with an oriental marinade</p> <p>As per Day 16</p> <p><i>Steaming vegetables can help to retain more of the nutrients that are often lost in the water they are boiled in.</i></p>
<p>Post Workout: Take 2x Mini: Tone</p> <p>Before Bed: Take 2x Mini: Detox</p>

Day 29

<p>On rising: Juice of ½ lemon squeezed in 1 mug of warm water</p> <p>Breakfast: 125g plain, live yoghurt with 1 scoop of Strawberry Mini: Whey, 1 tsp flax seeds and ¼ cup blueberries. Take with 1x Mini: Vitamins, 1x Mini: SuperGreen and 1x Mini: Burn</p> <p><i>Blueberries are a low sugar fruit and are full of antioxidants to help combat free radicals</i></p>
<p>Mid-morning: 1 chopped carrot and 2 tbsp hummus (for dipping)</p>
<p>Lunch: Baked avocado with smoked salmon and eggs 1 large avocado (cut in half with the stone removed), 2 slices of smoked salmon, 2 eggs, 1 tbsp chopped dill leaves, 6 cherry tomatoes, 1 handful of chopped spinach.</p> <p>Preheat the oven to 220C. Scoop out some of the avocado flesh around the holes (to make larger for the eggs). Place the avocados in a baking tray (or a loaf tray to help keep them upright). Place a thin layer of smoked salmon over the hole in each half and press down. Pour the eggs into each hole and sprinkle over the dill. Once cooked serve with the cherry tomatoes and chopped spinach.</p> <p>Take with 2x Mini: Collagen and 1x Mini: Burn</p> <p><i>As well as being good quality protein, eggs are also a powerhouse of other nutrients, especially the B vitamins and selenium.</i></p>
<p>Mid-afternoon: Mini: Bar</p>
<p>Dinner: Lemon and thyme chicken As per Day 3</p>
<p>Post Workout: Take 2x Mini: Tone Before Bed: Take 2x Mini: Detox</p>

Day 30

<p>On rising: Juice of ½ lemon squeezed in 1 mug of warm water</p> <p>Breakfast: Cherry Choc Protein Smoothie – as per Day 1</p> <p>Take with 1x Mini: Vitamins, 1x Mini: SuperGreen and 1x Mini: Burn</p>
<p>Mid-morning:</p> <p>1 pear with 5 Brazil nuts</p>
<p>Lunch:</p> <p>Smoked mackerel and quinoa salad</p> <p>As per Day 17</p> <p>Take with 2x Mini: Collagen and 1x Mini: Burn</p>
<p>Mid-afternoon:</p> <p>1 small handful of pumpkin seeds</p>
<p>Dinner:</p> <p>Rosemary and balsamic chicken</p> <p>Prepare and cook chicken and vegetables as per Day 6. Steam an additional portion of vegetables, such as green beans.</p> <p><i>Green beans are a good source of fibre, vitamin C and vitamin K to support bone health.</i></p>
<p>Post Workout: Take 2x Mini: Tone</p> <p>Before Bed: Take 2x Mini: Detox</p>