



## Fat Adapt Phase Week 1-2 – introduce the following recipes:

- Breakfast recipes (low carb)
- Lunch recipes (low carb)
- Dinner recipes (low carb)
- Snack recipes (low carb)

### Breakfast recipes (low carb)

<p><b>Breakfast - Berry smoothie (v)</b></p> <p><b>Ingredients:</b>            200ml cashew milk            100g mixed berries            100g yoghurt (Skr is a good high protein brand)            1 tbsp. protein powder            1 tbsp. cashew nut butter            1 tsp. acai powder (optional)</p> <p><b>Instructions:</b></p> <ul style="list-style-type: none"> <li>• Blend all ingredients and serve</li> </ul>	<p><b>Low carb</b></p> 
<p><b>Breakfast – Herring, poached eggs and veg</b></p> <p><b>Ingredients:</b>            2 handfuls of green beans            2 eggs            1 smoked herring fillet            1 tbsp. lemon juice</p> <p><b>Instructions:</b></p> <ul style="list-style-type: none"> <li>• Steam the green beans for 5-10 minutes</li> <li>• How to make poached eggs - In a pan, boil water and then allow to simmer on a low temperature (without bubbles). Use a spoon to stir the water in a circular motion, and crack open the eggs into the middle. Allow to cook for 2 minutes</li> <li>• Smoked herring can be heated slightly in the microwave for 30 seconds, or eaten cold</li> <li>• Squeeze lemon juice over your meal from half a fresh lemon</li> </ul>	<p><b>Low carb</b></p> 

## Breakfast - Berry smoothie bowl (v)

Low carb

### Ingredients:

100g blueberries  
100g raspberries (fresh or from frozen)  
100ml almond milk  
1 tbsp. protein powder  
1 tbsp. chia seeds  
1 tbsp. pumpkin seeds  
1 tbsp. sunflower seeds  
1 tbsp. goji berries



### Instructions:

- Set aside a few berries for the topping
- Blend the remaining blueberries, raspberries, almond milk, and protein powder in a blender and fill a bowl
- Serve with the seeds, goji berries and the fresh berries which were set aside

## Breakfast - Poached eggs, salmon & asparagus

Low carb

### Ingredients:

2 medium eggs  
10 spears asparagus  
3 slices of smoked salmon



### Instructions:

- Lightly steam the asparagus for a few minutes
- How to make poached eggs - In a pan, boil water and then allow to simmer on a low temperature (without bubbles). Use a spoon to stir the water in a circular motion, and crack open the eggs into the middle. Allow to cook for 2 minutes
- Serve the steamed asparagus on a plate and top with smoked salmon and poached egg

## Breakfast - Pancakes with yoghurt & blueberries (v)

Low carb

### Ingredients:

1 egg  
 2 tbsp. Skyr yoghurt  
 2 tsp. coconut oil  
 80g almond meal (ground almonds)  
 1 tbsp. ground flaxseeds  
 1 handful of blueberries



### Instructions: (Makes 3-4 small pancakes)

- **\*This recipe can also be prepared the night before\***
- In a bowl, whisk the egg,  $\frac{1}{2}$  the yoghurt and  $\frac{1}{2}$  the melted coconut oil together
- Add the almond meal and flaxseeds into the egg mix and stir
- Lightly oil a non-stick frying pan using the remaining coconut oil and place on medium heat
- Pour the pancake mix into the pan (into 3-4 pancakes) and cook for 3 minutes
- Flip gently and cook for 3 minutes on the other side, or until the underside is lightly browned
- Serve with the remaining yoghurt and blueberries on top

## Breakfast – Cacao & cashew shake (v)

Low carb

### Ingredients:

300ml cashew milk  
 1 tsp. cacao / cocoa powder  
 1 tbsp. cashew nut butter  
 2 tbsp. protein powder  
 1 tsp. xylitol



### Instructions:

- Blend all ingredients in a blender

## Breakfast – Coconut chia pudding (v)

Low carb

### Ingredients:

3 tbsp. chia seeds  
 1 tbsp. protein powder  
 1 tsp. xylitol  
 200ml coconut milk (tinned)  
 1 pinch cinnamon



### Instructions:

- **\*This recipe is to be prepared the night before\***
- Stir all ingredients together and leave to soak overnight (or at least for 1 hour)
- Add an extra pinch of cinnamon when serving, depending on taste preference

## Breakfast - Pear & cinnamon smoothie (v)

Low carb

### Ingredients:

1 pear (kept in the fridge)  
 1 tbsp. protein powder  
 ½ cucumber  
 ½ tsp. matcha green tea powder (optional)  
 1 tbsp. almond butter  
 200ml cashew milk  
 1 tsp xylitol



### Instructions:

- Blend all ingredients and serve cold

## Breakfast - Baked avocado egg

Low carb

### Avocado ingredients:

- 1 medium avocado
- 2 eggs
- 1 rasher of bacon
- 1 large tomato, chopped

### Instructions:

- Pre-heat Oven to 180 deg C
- Slice the avocado in half, discarding the pip
- Crack an egg into each avocado half (if the hole is too small, scoop out some avocado flesh so the egg fits snugly). Try to get the yolk in first, and let the egg whites spill into fill the rest of the hole.
- Bake in the oven for 15 – 20 minutes
- In the meantime, fry the bacon and chop into chunks
- Remove the avocado and egg from the oven, sprinkle with the bacon
- Serve with chopped tomatoes on the side



## Breakfast – Blueberry yoghurt smoothie (v)

Low carb

### Ingredients:

- 200ml coconut milk (tinned)
- 2 tbsp. Greek yoghurt
- 3 handfuls blueberries
- 1 tbsp. protein power
- 1 tsp. xylitol
- 1 handful of fresh mint leaves
- pinch of cinnamon

### Instructions:

- Blend all ingredients and serve
- *Tip - for a cold and refreshing smoothie, try using frozen berries*



## Breakfast - Boiled egg with cheese & ham

Low carb

### Ingredients:

1 egg  
1 tomato  
1 tbsp. olive oil  
2 slices of salami  
2 slices of ham  
2 slices of cheese



### Instructions:

- Boil the egg (approx. 4 minutes from boiling)
- Meanwhile, chop the tomato and drizzle with olive oil
- Add all other ingredients on a plate
- *Tip – this is an easy breakfast to prepare in advance and take away in a Tupperware*

## Lunch recipes (low carb)

## Lunch - Feta salad

Low carb

### Ingredients:

1 avocado, chopped  
2 tomatoes  
2 handfuls of feta cheese  
1 tbsp. olive oil  
1 tbsp. lemon juice  
salt and pepper



### Instructions:

- Assemble the salad by chopping and mixing together the avocado, tomatoes, feta cheese, olive oil, lemon juice, salt and pepper

**Lunch – Shakshuka (v)****Low carb****Ingredients:**

1 tbsp. coconut oil  
 ¼ yellow pepper  
 1 tomato  
 3 eggs  
 1 handful of goat's cheese  
 1 tbsp. chopped fresh parsley

**Instructions:**

- In a frying pan, heat the coconut oil on a medium heat
- Add the chopped pepper and tomato and cook for a few minutes until soft
- Break the eggs into the pan, crumble the goat's cheese over the top and cook on a very low heat until the egg whites are cooked through
- Sprinkle the chopped parsley over the top just before serving

**Lunch - Chicken, mushroom & avocado salad****Low carb****Ingredients:**

1 tbsp. coconut oil  
 button mushrooms, sliced  
 1 clove garlic, crushed  
 bag of salad leaves  
 200g pre-cooked chicken breast slices  
 1 avocado, chopped into bite-size pieces  
 5 cherry tomatoes, halved  
 1 tbsp. olive oil  
 1 tbsp. balsamic vinegar  
 salt and pepper

**Instructions:**

- In a frying pan, melt the coconut oil and sauté the mushrooms with the garlic for 4 or 5 minutes
- Place the salad leaves on a plate, and top with the chicken slices, avocado, tomatoes and mushrooms
- Whisk the olive oil, balsamic vinegar and salt and pepper and drizzle over the top of the salad

## Lunch - Ham, cheese & beetroot salad

Low carb

### Ingredients:

1 handful green beans  
 1 pickled beetroot chopped  
 3 slices Emmental cheese  
 3 slices of ham  
 mixed salad leaves  
 1 tbsp. olive oil  
 1 tbsp. lemon juice



### Instructions:

- Steam the green beans for a few minutes
- Serve the rest of the ingredients on a plate along with the steamed greens, and drizzle with olive oil and lemon juice

## Lunch – Ham & cheese omelette

Low carb

### Ingredients:

1 tbsp. coconut oil  
 1 small red onion, chopped finely  
 ½ red bell pepper, chopped  
 5 cherry tomatoes, sliced in half  
 3 slices of ham, chopped into pieces  
 2 eggs  
 pinch of salt and pepper  
 2 heaped tbsp. grated cheddar  
 1 handful of parsley, chopped



### Instructions:

- Melt the coconut in a frying pan over medium heat
- Add the onion, pepper and tomatoes and fry for 3 to 4 minutes
- Add the ham and cook for a further minute. Remove from pan and set aside
- Beat the eggs with salt and pepper and pour into pan and allow to cook on a low heat without stirring
- Put the cheese in the centre of the omelette and when it is melted, add the vegetables and parsley
- Fold over and gently slide onto a plate



## Lunch - Feta & Kidney Bean Salad (v)

Low carb

### Ingredients:

2 handfuls feta cheese, cubed  
¼ tin kidney beans  
2 tbsp. sunflower seeds  
2 slices of lemon, sliced into smaller pieces  
1 tbsp. chopped chives  
½ bell pepper, chopped



### Instructions:

- Simply mix all ingredients together in a bowl and serve

## Lunch – Chicken & avocado salad

Low carb

### Ingredients:

150g chicken breast  
½ red pepper  
2 handfuls of rocket salad  
1 avocado chopped  
1 handful of feta cheese  
1 tbsp. olive oil  
1 tbsp. fresh lemon juice  
1 tsp. chilli flakes



### Instructions:

- Grill the chicken breast and rip into shreds
- Combine all ingredients into a salad and use the olive oil, fresh lemon juice and chilli flakes as a salad dressing

## Lunch – Tuna salad

Low carb

### Ingredients:

50g romaine lettuce  
6 cherry tomatoes, sliced in half  
½ small red onion, thinly sliced  
½ red pepper, sliced  
½ avocado, chopped  
120g tinned tuna in water, drained  
1 tbsp. extra virgin olive oil  
1 tbsp. lemon juice  
salt and pepper



### Instructions:

- Mix together the all the salad ingredients, and top with the tuna
- In a small bowl, whisk together the olive oil, lemon juice, salt and pepper and drizzle over the salad

## Lunch – Tempeh lettuce wraps (v)

Low carb

### Ingredients:

100g tempeh (fermented soy beans), chopped finely  
1 tbsp. coconut oil  
1 tsp. paprika  
1 avocado  
1 tomato  
1 tbsp. chopped parsley  
2 lettuce leaves



### Instructions:

- In a frying pan on a medium heat, cook the tempeh in coconut oil and paprika for 5 minutes, and set aside
- Chop the avocado, tomato and parsley
- Mix the chopped salad ingredients with the cooked tempeh and serve in lettuce leaves

## Lunch – Haddock fish cakes

Low carb

### Ingredients:

½ red onion  
3 cloves garlic  
1 tbsp. coconut oil  
100g sweet potato  
150g haddock  
2 eggs  
2 tbsp. coconut flour  
mixed green salad leaves  
1 tbsp. walnut oil  
1 tbsp. Greek yoghurt  
1 tbsp. fresh lemon juice  
1 tbsp. wholegrain mustard  
pinch of ground black pepper



### Instructions:

- Chop and fry the onion and garlic in ½ tbsp. coconut oil on a medium heat until soft
- Bake the sweet potato in the oven, or heat in the microwave for a few minutes until the centre is cooked through
- Add the haddock into the frying pan and cook on a low heat for 5-10 minutes, allowing the fish to break into chunks
- In a bowl, mash the potato, including the skin, add the cooked ingredients and the eggs
- Form the mix into burger shapes and lay on a plate covered in the coconut flour, ensuring the fish cakes are covered in the coconut flour
- With the remaining ½ tbsp. coconut oil, fry the fish cakes on a medium heat to allow them to set and slightly crisp on the outside
- While the fish cakes are cooking, prepare a green salad with walnut oil
- Also prepare a tartar sauce by mixing the Greek yoghurt, lemon juice, mustard and ground black pepper
- *Tip – fish cakes are great to have for dinner one evening and then eaten as left overs the next day for lunch*

## Lunch – Egg salad (v)

Low carb

### Ingredients:

3 eggs  
¼ tin chick peas  
¼ cucumber  
mixed green salad  
¼ red onion  
1 tomato  
1 tsp. olive oil



### Instructions:

- Boil the eggs for 3-4 minutes (for soft boiled), or 5 minutes if you prefer hard boiled
- Drain the chick peas and run under water
- Combine all ingredients into your salad
- Dress the salad with olive oil

## Lunch – Courgetti & feta (v)

Low carb

### Ingredients:

1 courgette  
2 handfuls of feta cheese  
10 baby tomatoes  
1 tbsp. pine nuts  
1 tbsp. walnut oil  
juice of ½ lemon  
½ tsp. Italian mixed herbs  
black pepper



### Instructions:

- Using a spiralizer, shred the courgette into thin noodle shapes. If you do not have a spiralizer, you can otherwise use a potato peeler to make thin slices
- Chop the feta cheese into cubes, chop the tomatoes and add to the courgette
- Add the pine nuts, walnut oil and lemon juice and stir
- Season with pepper and mixed herbs

**Lunch – Chicken & apricot salad****Low carb****Ingredients:**

150g chicken breast  
 1 tbsp. fresh chopped parsley  
 1 tbsp. coconut oil  
 2 fresh apricots  
 ¼ cucumber  
 ¼ tin butter beans  
 2 handfuls rocket salad  
 1 tbsp. olive oil

**Instructions:**

- Fry the chicken breast on a medium heat in coconut oil and chopped fresh parsley until cooked through
- Slice the apricots and cucumber, rinse the beans under water and mix all other ingredients together
- Can be prepared in advance and served cold if preferred

**Lunch – Beetroot & goats cheese salad (v)****Low carb****Ingredients:**

1 handful of green beans  
 1 handful of walnuts  
 1 shallot, finely chopped  
 1 tbsp. coconut oil  
 2 cooked beetroot balls, cut into small chunks  
 1 handful goat's cheese  
 1 tbsp. walnut oil

**Instructions:**

- Cook the green beans in boiling water for 8 minutes. Drain and set aside
- Dry toast the walnuts in a not-stick pan and break into small pieces
- Cook the shallot in the coconut oil until soft but not coloured. Take off the heat and add the green beans mixing to coat them in the cooked shallot
- Place the beetroot on a serving plate. Scatter the beans, goat's cheese and walnut on the top and finish with a drizzle of walnut oil

## Dinner recipes (low carb)

### Dinner – Prawn Thai green curry

Low carb

#### Ingredients:

½ aubergine  
 1 handful green beans  
 2 shallots (or ½ onion)  
 1 clove garlic  
 1 chilli  
 1 tbsp. coconut oil  
 200g prawns  
 1 stalk lemon grass  
 1 tbsp. anchovy paste  
 4 kaffir lime leaves  
 1 tbsp. chopped fresh coriander  
 1 tsp. fresh lime juice  
 200g coconut milk  
 1 small handful fresh basil



#### Instructions:

- Slice the aubergine and green beans and steam for 10 minutes
- Finely slice the shallots, garlic and chilli and fry in a pan with the coconut oil and prawns for 3-5 minutes on a medium heat
- Add the lemon grass stalk (halved length ways), anchovy paste, kaffir limes, coriander, fresh lime juice and coconut milk and continue to heat for 5 minutes
- Add the steamed aubergine and green beans to the wet mix and simmer for 10 minutes or until the aubergine is completely soft

**Dinner – Tuna steak and greens****Low carb****Ingredients:**

150g broccoli  
 100g spinach  
 1 tbsp. coconut oil  
 200g tuna steak  
 ½ lemon

**Instructions:**

- Cut the broccoli into chunks and steam for 5-10 minutes
- In a pan, heat up the spinach on a very low heat with ½ tbsp. coconut oil and allow to wilt
- In the meantime, with the other ½ tbsp. coconut oil, fry the tuna steak on a medium heat for a few minutes each side until cooked through
- Squeeze fresh lemon juice over the meal when serving

**Dinner – Steak and roast vegetables****Low carb****Ingredients:**

150g asparagus  
 250g tomatoes on the vine  
 2 tbsp. coconut oil  
 1 tbsp. Worcestershire sauce  
 1 handful of fresh rosemary (or tbsp. dried)  
 200g beef steak

**Instructions:**

- Steam the asparagus (or boil) for 5 minutes, until the stems are slightly soft
- In the oven, roast the tomatoes and asparagus for 30 minutes in 1 tbsp. coconut oil, 1 tbsp. Worcestershire sauce and rosemary
- When the vegetables are almost ready, fry the steak in 1 tbsp. coconut oil for a few minutes each side, depending on how well-done you like it



**Dinner - Courgetti & prawns****Low carb****Ingredients:**

1 medium courgette, spiralized or grated  
 1 tbsp. coconut oil  
 2 garlic cloves, finely chopped  
 150g raw jumbo king prawns  
 1 tbsp. chopped chives  
 3 tbsp. grated parmesan  
 salt and pepper to taste

**Instructions:**

- Cook the courgetti in a pan of boiling water for a couple of minutes. Drain and set aside
- Melt the coconut oil in a frying pan, add the garlic and cook for a few seconds. Add the prawns and stir fry for 4-5 minutes until pink and just cooked through
- Add the courgetti to the frying pan and stir through with most of the parmesan and chives, leaving the rest for sprinkling on the top
- Add salt and pepper to taste

**Dinner – Salmon and asparagus****Low carb****Ingredients:**

2 small salmon fillets  
 10 asparagus  
 1 tbsp. coconut oil  
 ½ yellow pepper  
 1 tbsp. chopped fresh chives  
 1 tbsp. lemon juice

**Instructions:**

- Bake the salmon fillets in the oven wrapped in foil for 15-18 minutes at 180 °C
- Steam or boil the asparagus for a few minutes, until only slightly soft
- In a pan, heat up the coconut oil on a medium heat, add the peppers chopped and fry for approx. 10 minutes, add the asparagus and chopped chives
- Serve with fresh lemon juice over the salmon



## Dinner - Chicken curry

Low carb

### Ingredients (serves 2):

200g chicken breast cut into chunks  
2 tbsp. curry powder  
1 tbsp. coconut oil  
2 small white onions, finely chopped  
4 garlic cloves, sliced  
1 tsp. grated ginger  
1 red chilli, deseeded and finely chopped  
8 tbsp. skyr yoghurt  
2 tbsp. chopped coriander  
4 handfuls of cabbage, shredded



### Instructions:

- Rub the chicken pieces with the curry powder
- Heat half the coconut oil in a pan and sauté the chicken until lightly browned then set aside
- Cook the onions with the rest of coconut oil in the previously used pan until soft and translucent
- Add the garlic, ginger and chili and cook for 2 more minutes
- Add 100ml boiling water to the pan and cook the sauce for 5 minutes
- Add the partially cooked chicken and simmer over low heat until the chicken is cooked through
- Take off the heat, stir in the yoghurt and sprinkle the chopped coriander on top
- Serve over a bed of shredded cabbage
- *Tip – this is a great dish for batch cooking. You can store curry in the freezer for weeks in Tupperware containers*

## Dinner – Tofu curry (v)

Low carb

### Ingredients (serves 2):

200g firm tofu, pat dried and cut into small chunks  
1 tbsp. coconut oil  
2 small onions, finely chopped  
4 garlic cloves, roughly chopped  
1 red chilli, sliced  
2 tbsp. curry powder  
1 tin chopped tomatoes  
3 mushrooms, sliced  
4 broccoli florets  
4 cauliflower florets  
4 tbsp. frozen peas  
1 handful coriander leaves, chopped



### Instructions:

- Fry the tofu in ½ tbsp. coconut oil and set aside
- Cook the onion in ½ tbsp. coconut oil until soft. Add the garlic and chilli and cook for 1 minute
- Add the curry powder and cook for a further minute. Add the tinned tomatoes and bring to the boil
- Add the mushrooms, broccoli and cauliflower florets to the tomato sauce and cook covered until vegetables are tender
- Add the peas and tofu and bring to the boil
- Scatter the chopped coriander and serve
- *Tip – this is a great dish for batch cooking. You can store curry in the freezer for weeks in Tupperware containers*

**Dinner - Chicken & cashew stir fry****Low carb****Ingredients:**

1/2 red onion  
 1 tbsp. coconut oil  
 2 cloves garlic  
 1 chilli  
 150g chicken breast  
 ½ red pepper  
 1 handful of green beans  
 2 tbsp. soy sauce  
 1 handful of cashew nuts  
 1 tsp. fresh ginger  
 1 handful fresh basil

**Instructions:**

- Slice the onion and fry in the coconut oil in a pan on a medium heat until the onions begin to soften
- Add the chopped garlic, chilli and chicken breast and fry for a further 5 minutes
- Slice the pepper and green beans, add to the pan with the soy sauce and fry for 5 minutes
- Add the cashew nuts and continue to fry for 2 minutes
- Lastly grate the ginger and stir through, heating for only 1 additional minute before serving with fresh basil

**Dinner - Cauliflower rice with grilled salmon****Low carb****Ingredients:**

1 salmon fillet  
 pinch of salt and pepper  
 1 tbsp. coconut oil  
 5 chestnut mushrooms, sliced  
 5 cauliflower florets, blended  
 2 spring onions, sliced  
 A few springs of dill, finely chopped

**Instructions:**

- Heat a griddle pan over medium heat and cook the salmon fillet with salt and pepper for approximately 4 minutes on each side, depending on thickness
- In the meantime, heat the coconut oil in a large frying pan and sauté the mushrooms for 5 minutes
- To the frying pan, add the cauliflower and spring onions and stir fry for a further three minutes
- Remove from the heat, stir through the dill and serve with salmon

## Dinner - Chicken and vegetables skewers

Low carb

### Ingredients:

1 tbsp. coconut oil  
 pinch of salt and pepper  
 200g skinless chicken breast, cut into large pieces  
 5 baby plum tomatoes, halved  
 ½ small red onion  
 ½ tsp. paprika  
 ½ tsp. chili powder  
 1 tbsp. finely chopped parsley  
 2 handfuls shredded cabbage  
 ½ fresh lemon



### Instructions:

- Melt the coconut oil in a large bowl and add the salt and pepper
- Add the chicken pieces and toss until the chicken is well coated
- Make a kebab using 1/3 of the chicken, tomatoes and onion
- Add the paprika to another third of the chicken and make another kebab
- Season the last pieces of chicken with chili powder and make the last kebab
- Cook the kebabs under a medium grill for 15-20 minutes, turning from time to time
- Roll the skewer made first through the chopped parsley sprinkled on a plate
- Serve the kebabs on a bed of cabbage and squeeze fresh lemon juice over

## Dinner – Tuna stuffed courgette

Low carb

### Ingredients:

- 1 courgette
- 1/2 can tuna in spring water
- 4 tbsp. Greek yoghurt
- 100g sweetcorn
- 1 handful of grated cheddar cheese
- 5 baby tomatoes
- 1 handful of fresh parsley



### Instructions:

- Bake the courgette on a baking tray in the oven for 15 minutes at 180 °C
- Take the courgette out of the oven (but leave the heat on) and scoop out the centre of the courgette
- Mix the soft courgette centre with the tuna, yoghurt and sweetcorn and put this mix back into the courgette
- Grate the cheddar and place over the top of the courgette
- Bake the courgette for a further 20 minutes
- Serve with chopped baby tomatoes and fresh parsley
- *Tip - these can be made in advance and heated up in the microwave the next day, or eaten cold*

**Dinner – Aubergine egg lasagne (v)****Low carb****Ingredients:**

3 eggs  
 100g soft goat's cheese  
 1 medium courgette  
 1 medium aubergine  
 2 chopped tomatoes  
 1 handful of fresh basil  
 a pinch of ground black pepper

**Instructions:**

- Preheat the oven to 180°C and prepare a baking tray (approx. 10cm x 20cm)
- Whisk the eggs and soft goat's cheese together until you have a smooth consistency
- Thinly slice the courgette and aubergine length ways and start to layer into the baking tray
- In between each layer of courgette and aubergine, pour the egg mix evenly
- Bake in the oven for 40 minutes at 180°C
- While the egg lasagne is baking, start to prepare the tomato base
- Blend or finely chop the tomatoes, basil and ground black pepper. This can be gently heated in a pan or served cold as a tomato salad

**Dinner – Lentil salad & poached egg (v)****Low carb****Ingredients:**

1 Portobello mushroom  
 1 tsp. butter  
 1 egg  
 ¼ tin green lentils  
 1 red chilli  
 1 tbsp. peanuts  
 1 tbsp. sunflower seeds  
 juice of ½ lemon  
 1 handful of rocket leaves  
 1 handful of cress

**Instructions:**

- In a frying pan, fry the chopped Portobello mushroom in the butter for a few minutes until soft
- How to make a poached egg - In a pan, boil water and then allow to simmer on a low temperature (without bubbles). Use a spoon to stir the water in a circular motion, and crack open the egg into the middle. Allow to cook for 2 minutes
- In the meantime, mix the lentils, chopped chilli, peanuts, sunflower seeds, and lemon juice
- Serve the lentil mix with the cooked mushrooms, rocket, cress and poached egg

**Dinner – Fresh vegetable omelette (v)****Low carb****Ingredients:**

2 eggs  
 salt and pepper to taste  
 1 tbsp. coconut oil  
 ¼ red onion, chopped  
 3 chestnut mushrooms, sliced  
 ¼ red pepper  
 1 handful curly parsley

**Instructions:**

- Beat the eggs with salt and pepper
- Heat a non-stick frying pan over a medium heat and add egg mixture
- Stir the eggs with a wooden spatula until they start setting and then allow to cook without stirring
- Add the vegetables and herbs onto half the omelette, fold the other half over it and gently slide onto a plate

**Dinner – Scallop stir fry****Low carb****Ingredients:**

1 tbsp. coconut oil  
 ¼ red onion  
 ¼ broccoli  
 ½ yellow pepper  
 1 chilli  
 2 cloves garlic  
 7 scallops (or other sea food if preferred)  
 1 tbsp. fresh ginger  
 2 tbsp. soy sauce (sugar free)  
 1 tsp. sesame seed oil

**Instructions:**

- In a wok pan, heat the coconut oil on a medium heat and add the chopped onion, finely cut broccoli (to ensure it cooks through), yellow pepper and chilli. Cook for approx. 5 minutes
- Thinly slice the garlic and add to the pan. Also add the scallops. Cook for a further 5 minutes, or until the scallops are cooked through (i.e. less translucent)
- Add the ginger and soy sauce to the pan and cook for a further 2 minutes
- Lastly, just before serving, add the sesame seed oil (this oil is much healthier eaten when not heated)

## Dinner - Lentils with asparagus & feta (v)

Low carb

### Ingredients:

150g cooked red lentils (tinned)  
1 tsp. butter  
2 eggs  
ground black pepper to taste  
½ tsp. mixed herbs  
8 asparagus tips  
1 handful feta cheese, cubed  
4 baby plum tomatoes, halved



### Instructions:

- Heat the lentils in a pan over medium heat with 2 tbsp. water and butter
- Beat the eggs with the black pepper and mixed herbs, add to the lentils and continue to cook for a couple of minutes stirring the egg through
- Cook the asparagus tips in boiling water for 4 minutes and drain
- Serve the lentils topped with the cooked asparagus, feta and tomatoes

## Snack recipes (low carb)

## Snack – Olives & feta cheese (v)

Low carb

### Ingredients:

10 olives  
1 handful of feta cheese

### Instructions:

- Chop the feta into chunks and serve with the olives





## Snack – Smoked salmon

Low carb

### Ingredients:

3 slices smoked salmon  
 juice of ½ lemon  
 1 tbsp. chopped fresh parsley  
 pinch of ground black pepper

### Instructions:

- In a bowl, gently mix the sliced smoked salmon with the fresh lemon juice and chopped parsley
- Serve with ground black pepper to taste



## Snack – Courgette & cream cheese (v)

Low carb

### Ingredients:

½ courgette thinly sliced  
 3 tbsp. full fat cream cheese  
 1 handful of fresh basil leaves  
 1 tbsp. chopped parsley

### Instructions:

- Using a peeler, thinly slice the courgette length ways into strips
- Add the cream cheese to the courgette slices and roll
- Garnish with the fresh basil and parsley



## Snack - Mushrooms with ham & cheese

Low carb

### Ingredients:

3 mushrooms  
30g stilton  
3 slices ham, chopped  
1 handful of cress

### Instructions:

- Remove the stalks from the mushrooms and fill with the stilton and chopped ham
- Heat under the grill for a few minutes until the cheese melts (\*note, this dish can also be eaten cold without grilling)
- Serve with the cress for a refreshing taste



## Snack – Houmous & celery (v)

Low carb

### Ingredients:

2 heaped tbsp. houmous (standard full fat version)  
2 stalks of celery

### Instructions:

- Dip the celery in the houmous and enjoy



## Snack – Egg muffins (v)

Low carb

### Ingredients:

½ courgette  
3 mushrooms  
1 tsp. butter  
2 eggs

### Instructions:

- Preheat the oven to 180°C
- Finely chop the courgette and mushrooms and heat in a frying pan in butter for a few minutes until soft
- Whisk the eggs together in a bowl
- Pour the fried veg mix into the bowl and mix with the eggs
- Pour the mix into a muffin tray and bake at 180°C for 15 minutes
- *Tip – To save on time, egg muffins can be made in bulk and stored in the fridge in tupperware boxes*



## Snack – Smoked salmon & avocado

Low carb

### Ingredients:

1 avocado  
2 slices smoked salmon  
1 tbsp. chopped dill

### Instructions:

- Remove part of the avocado and cut into chunks
- Mix the avocado chunks with chopped smoked salmon and fill the avocado ready to eat
- Serve with chopped herbs such as dill



## Snack – Greek yoghurt & walnuts (v)

Low carb

### Ingredients:

4 tbsp. Greek yoghurt

1 handful of walnut halves

### Instructions:

- Serve yoghurt with walnuts on top

