



Metabolism Boost Week 5-6 - introduce the following recipes:

- Feast day breakfast recipes (high carb)
- Feast day lunch recipes (high carb)
- Feast day snack recipes (high carb)
- Feast day dinner recipes (high carb)

Feast day breakfast recipes (high carb)

Breakfast – Banana & almond butter on rye bread (v)		High carb
Ingredients: 1 slice rye bread 2 tsp. almond butter 1 banana 1 handful of raisins		
Instructions: <ul style="list-style-type: none">• Toast the rye bread, spread with almond butter and add sliced banana on top• Have raisins on the side		

Breakfast - Blueberry oat porridge (v)		High carb
Ingredients: 100ml oat milk 50g oats 1 tbsp. honey 100g blueberries 1 tbsp. protein powder 1 handful of walnut halves 2 heaped tbsp. sunflower seeds		
Instructions: <ul style="list-style-type: none">• In a pan, gently heat the oat milk on a medium heat for a few minutes• Add the oats, honey and blueberries (saving a few to add as a topping) and heat for a further few minutes until the oats have absorbed the oat milk and the blueberries are soft		

- Take the porridge off the heat and stir in the protein powder
- Serve in a bowl and add the walnut halves, sunflower seeds and remaining blueberries on top

Breakfast - Raspberry chia pudding (v)

High carb

Ingredients:

100g raspberries
300ml rice milk (sugar free)
4 prunes
1 tbsp. protein powder
2 tbsp. chia seeds

Instructions:

- ***This recipe is to be prepared the night before***
- Blend half the raspberries (saving the best ones for the topping), rice milk and prunes
- Stir the protein powder and chia seeds into the mixed ingredients
- Pour the mix into a container such as a tupperware or jar and cover with a lid (or Clingfilm if using a bowl)
- Leave to soak overnight, allowing for the chia seeds to expand



Breakfast - Chocolate porridge (v)

High carb

Ingredients:

300ml oat milk
 3 tbsp. oats
 2 tbsp. chia seeds
 100g apple puree (ready bought is ok)
 1 tbsp. cocoa
 1 tbsp. protein power
 1 tbsp. hazelnut butter
 4 dates chopped
 ½ apple chopped
 1 handful blueberries
 1 handful walnut halves



Instructions:

- In a pan, gently heat up the oat milk, oats and chia seeds, stirring regularly for 5 minutes on a low heat
- Add the apple puree, cocoa, protein powder, hazelnut butter and dates and continue to stir in the pan on a low heat until warm
- Serve the chocolate porridge with chopped apple, blueberries and walnuts
- *Tip - this breakfast can also be prepared the night before, or even simply soaked overnight in the fridge in an air tight container*

Breakfast - Eggs and smoked salmon on rye bread

High carb

Ingredients:

2 eggs
 50ml milk / oat milk
 1 tsp. butter
 2 slices rye bread
 3 slices of smoked salmon
 1 spring onion
 chopped fresh parsley



Instructions:

- Using a fork, whisk the eggs with the milk
- Fry the eggs on a medium heat in the butter until cooked to your preferred consistency
- Toast the rye bread
- Serve the scrambled eggs over the toast with the smoked salmon and finely chopped spring onion and parsley

Breakfast - Raspberry & almond pancakes (v)

High carb

Ingredients:

2 eggs
 200g raspberries
 80g oats
 1 tbsp. protein powder
 1 tsp. coconut oil
 1 tbsp. maple syrup
 1 tbsp. flaked almonds



Instructions:

- Blend the eggs, 100g of raspberries, oats and protein powder in a food processor for a thick yet runny consistency
- Heat the coconut oil in a frying pan on a medium heat
- Split the pancake mixture into 6 equal parts and pour onto the pan to make 6 small pancakes
- Fry the pancakes on a medium heat for approx. 3-5 minutes until they are holding together, and then turn them over gently to cook the other side for a further 3 minutes
- While the pancakes are cooking, add the remaining 100g raspberries and a dash of water to a small pan, and cook on a low heat, stirring occasionally for a stewed berry mix. Add the maple syrup when cooked
- Serve the pancakes with the stewed raspberries in between each layer, and the almond flakes on the top

Breakfast - Berry & banana smoothie (v)

High carb

Ingredients:

300ml rice / oat milk
 100g mixed berries
 1 banana
 1 tbsp. protein powder
 4 dates



Instructions:

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

Breakfast - Apple chia porridge (v)

High carb

Ingredients:

1 apple, grated
 1 tbsp. protein powder
 2 tbsp. chia seeds
 3 tbsp. oats
 1 tbsp. almond butter
 pinch of cinnamon
 300 ml oat milk



Instructions:

- ***This recipe is to be prepared the night before***
- Grate the apple, or finely chop
- Mix the grated apple with the protein powder until most of the mix is absorbed
- Add in the chia seeds, oats, almond butter and cinnamon and stir
- Pour the oat milk over the mix and stir again until thoroughly mixed through
- Cover the bowl with a plate or cling film and leave in the fridge over night
- *Tip - Can be eaten cold or warmed gently in microwave (note: do not over heat, as the fats in nuts and seeds are healthier when served cold or warm, not hot)*

Breakfast - Poached eggs & avocado on rye bread (v)

High carb

Ingredients:

2 eggs
 2 slices rye bread
 1 avocado
 1 handful of rocket leaves
 1 tbsp. pumpkin seeds
 1 tbsp. sunflower seeds



Instructions:

- 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
- In the meantime, toast the rye bread
- Add the sliced avocado on top on the toast and serve with the rocket, poached eggs and seeds

Breakfast - Raspberry & flaxseed porridge (v)

High carb

Ingredients:

150g raspberries (fresh or from frozen)
200ml oat milk
50g oats
1 tbsp. ground flaxseeds
1 tbsp. protein powder



Instructions:

- In a pan with a dash of water, stew the berries on a low heat until soft
- Add the oat milk and oats and continue to cook on a low heat for a few minutes
- Take off the heat and stir in the ground flaxseeds and protein powder and serve

Breakfast - Banana smoothie (v)

High carb

Smoothie ingredients:

1 tbsp. protein powder
1 tbsp. almond Butter
2 tbsp. shredded coconut
300 ml oat milk
1 frozen banana

Instructions:

- Place all ingredients in a blender and blend until smooth



Feast day lunch recipes (high carb)

Lunch – Mixed bean salad (v)

High carb

Ingredients:

2 tsp. olive oil
 1 tbsp. lemon juice
 salt and pepper to taste
 1 tin mixed beans in water, drained and rinsed
 ½ yellow pepper
 ½ red onion, finely chopped
 1 celery stalk, finely chopped
 1 tbsp. chopped parsley



Instructions:

- Mix the olive oil, lemon juice, salt and pepper to make a dressing
- Mix the beans, vegetables and herbs with the dressing and serve

Lunch – Cottage cheese on toast & salad (v)

High carb

Ingredients:

2 slices wholemeal bread
 4 tbsp. cottage cheese
 1 handful of chopped chives
 salt and pepper
 mixed green salad leaves
 2 pickled beetroots
 1 tbsp. olive oil
 1 tbsp. balsamic vinegar



Instructions:

- Toast the wholemeal bread
- Mix the cottage cheese with the chives and salt and pepper to taste
- Serve the cottage cheese on top of the toast
- Serve with a green side salad with sliced beetroot, olive oil and balsamic dressing

Lunch – Chick pea & halloumi salad (v)

High carb

Ingredients:

1 tbsp. lemon juice
 1 tbsp olive oil
 pinch of ground black pepper
 4 slices halloumi cheese, cut into small chunks
 ½ tin of black beans, drained and rinsed
 ½ tin of chickpeas, drained and rinsed
 1 spring onion, sliced
 ¼ green pepper, cut into small chunks
 5 cherry tomatoes
 1 tbsp. raisins
 1 tbsp. finely chopped parsley



Instructions:

- Combine the lemon juice, olive oil and pepper to make a dressing
- Grill the halloumi for a few minutes until slightly golden and chop into chunks
- Mix the halloumi, pulses, vegetables and herbs with the dressing and serve

Feast day dinner recipes (high carb)

Dinner – Beef stew

High carb

Ingredients (serves 4):

9 cloves garlic
 600g new potatoes
 1 green pepper
 2 onions
 4 celery sticks
 4 carrots
 800g beef chunks
 8 tbsp. tomato puree
 2 tbsp. butter
 1 handful of sage leaves



Instructions:

- Thinly slice the garlic and chop all other vegetables into chunks
- In a pan, add all veg, beef chunks, tomato puree, butter and sage, and cover with boiling water
- In the oven, heat the casserole dish with a covered lid on a low heat of 160 °C for 3 hours
- *Tip - this is a great dish for batch cooking. Store in the fridge for later on in the week. Potatoes don't store too well in the freezer though!*

Dinner – Salmon and roast vegetables

High carb

Ingredients:

2 tbsp. coconut oil
 ½ red pepper
 ½ yellow pepper
 3 florets of broccoli
 200g new potatoes
 ½ courgette
 1 handful of fresh rosemary (or dried)
 10 black pepper corns
 1 salmon fillet



Instructions:

- Cut the vegetables into chunks and add to a baking tray with rosemary and pepper corns
- (run the broccoli under the tap to moisten beforehand if you prefer soft broccoli rather than crunchy). Bake in the oven for 20 minutes
- Wrap the salmon fillet in foil and add to the oven
- Continue to bake the vegetables and salmon for a further 20 minutes (so 40 minutes total for the vegetables)

Dinner – Chili con carne

High carb

Ingredients (serves 4):

6 large handfuls brown rice
 1 red onion
 1 red pepper
 1 tbsp. coconut oil
 4 cloves garlic
 2 chillies
 400g lean beef mince
 2 tsp. ground cumin
 1 can kidney beans
 1 can baked beans
 1 can chopped tomatoes
 4 heaped tbsp. tomato puree
 2 handfuls of cheddar grated
 2 tbsp. fresh coriander chopped



Instructions:

- In a pan add the brown rice, cover with double the amount of water and boil for 25 minutes with a lid on
- Fry on a medium/high heat, the chopped onion and chopped pepper in coconut oil for a few minutes, until soft
- Add the sliced garlic, chillies and mince meat. Keep on a medium heat until the meat is

cooked through and then add in the ground cumin

- Rinse the kidney beans, and add to the pan
- Add the can of chopped tomatoes and tomato puree, and stir through
- Leave to simmer on a low/medium heat for about 10 minutes (with a lid on to keep in the moisture)
- For the rice, drain any excess water and let to sit for a few minutes before serving
- Serve the rice and chilli with grated cheese and coriander as toppings
- *Tip - this is a great dish for batch cooking. You can store chilli in the freezer for weeks in Tupperware containers*

Dinner – Sweet potato with spicy chicken

High carb

Ingredients:

- 1 sweet potato
- 150g chicken pieces
- 1 tbsp. coconut oil
- 1 tsp. hot curry powder
- 2 tbsp. Skyr (high protein) yoghurt
- 1 handful fresh parsley
- 1 handful fresh spinach

Instructions:

- Microwave the sweet potato for 4-6 minutes depending on the size
- In the meantime, fry the chicken pieces in the coconut oil and hot curry powder until the chicken is fully cooked through
- Take off the heat and stir in the yoghurt and fresh parsley until mixed well with the coconut oil
- Serve the chicken over the sweet potato and have with a side of fresh spinach



Dinner – Sweet potato with seed mix (v) High carb

Ingredients:

- 1 tbsp. coconut oil
- 1 shallot, finely chopped
- 1 tsp. ground cumin
- 1 handful of wild rice
- 1 sweet potato
- 1 tbsp. pumpkin seeds
- 1 tbsp. sunflower seeds
- 1 tbsp. dried cranberries
- 1 tbsp. lemon juice



Instructions:

- Heat the coconut oil in a pan and cook the shallot until it begins to soften. Add the cumin powder and cook for another minute
- Add the wild rice to the onion, cover with 1 cup of boiling water and simmer for 25-30 minutes stirring occasionally
- Microwave the sweet potato for 4-6 minutes depending on the size
- Dry toast the pumpkin seeds in a non-stick pan, tossing them occasionally
- Combine the cooked rice with the cranberries and lemon juice and serve over the halved baked sweet potato. Sprinkle the seeds on top
- *Tip – add a dollop of houmous or grated cheese for extra protein!*

Feast day snack recipes (high carb)

Snack – Parma ham with fig & honey High carb

Ingredients:

- 3 figs (fresh or dried)
- 1 tsp. honey
- 4 slices prosciutto ham

Instructions:

- Halve the figs, drizzle with honey, and wrap with prosciutto ham



Snack – Apple & almond butter (v)

High carb

Ingredients:

- 1 apple
- 2 tbsp. almond butter

Instructions:

- Slice the apple and spread with almond butter

