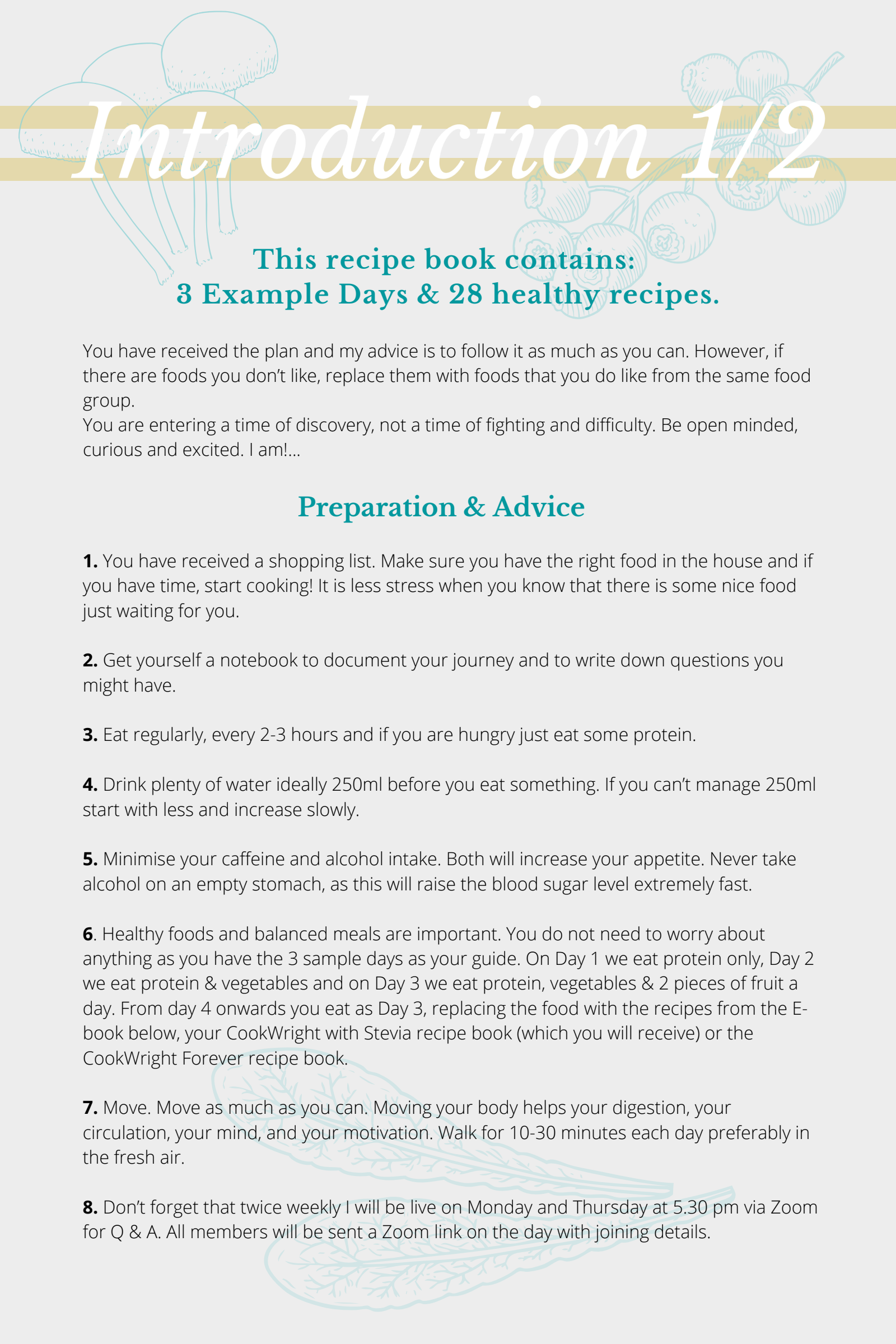




Eat Wright Forever

21-DAY TURNAROUND
RECIPE BOOK



Introduction 1/2

**This recipe book contains:
3 Example Days & 28 healthy recipes.**

You have received the plan and my advice is to follow it as much as you can. However, if there are foods you don't like, replace them with foods that you do like from the same food group.

You are entering a time of discovery, not a time of fighting and difficulty. Be open minded, curious and excited. I am!...

Preparation & Advice

- 1.** You have received a shopping list. Make sure you have the right food in the house and if you have time, start cooking! It is less stress when you know that there is some nice food just waiting for you.
- 2.** Get yourself a notebook to document your journey and to write down questions you might have.
- 3.** Eat regularly, every 2-3 hours and if you are hungry just eat some protein.
- 4.** Drink plenty of water ideally 250ml before you eat something. If you can't manage 250ml start with less and increase slowly.
- 5.** Minimise your caffeine and alcohol intake. Both will increase your appetite. Never take alcohol on an empty stomach, as this will raise the blood sugar level extremely fast.
- 6.** Healthy foods and balanced meals are important. You do not need to worry about anything as you have the 3 sample days as your guide. On Day 1 we eat protein only, Day 2 we eat protein & vegetables and on Day 3 we eat protein, vegetables & 2 pieces of fruit a day. From day 4 onwards you eat as Day 3, replacing the food with the recipes from the E-book below, your CookWright with Stevia recipe book (which you will receive) or the CookWright Forever recipe book.
- 7.** Move. Move as much as you can. Moving your body helps your digestion, your circulation, your mind, and your motivation. Walk for 10-30 minutes each day preferably in the fresh air.
- 8.** Don't forget that twice weekly I will be live on Monday and Thursday at 5.30 pm via Zoom for Q & A. All members will be sent a Zoom link on the day with joining details.

A light blue line drawing of mushrooms on the left and a cluster of berries on the right, both positioned behind a yellow horizontal band that serves as a background for the title.

Introduction 2/2

Preparation & Advice

In this 21-day plan we are not counting calories, but we are aiming to eat:

- Healthy carbohydrates
- Lean protein
- Good fats

These provide the energy the body needs next to, of course, fresh air and water. Calories are a measure of the amount of energy in food. This is determined by a chemical process in laboratories. However, calories in food are used in different ways by different people, depending on their metabolism and activity levels. You can have 7 Magnum ice creams and reach 2000 calories (for a woman the daily average recommended intake) but anyone can see that this is not particularly healthy, as there is hardly any nutritional value.

With this plan come 28 recipes to try: 7 breakfasts, 7 snacks, 7 lunches and 7 dinners.

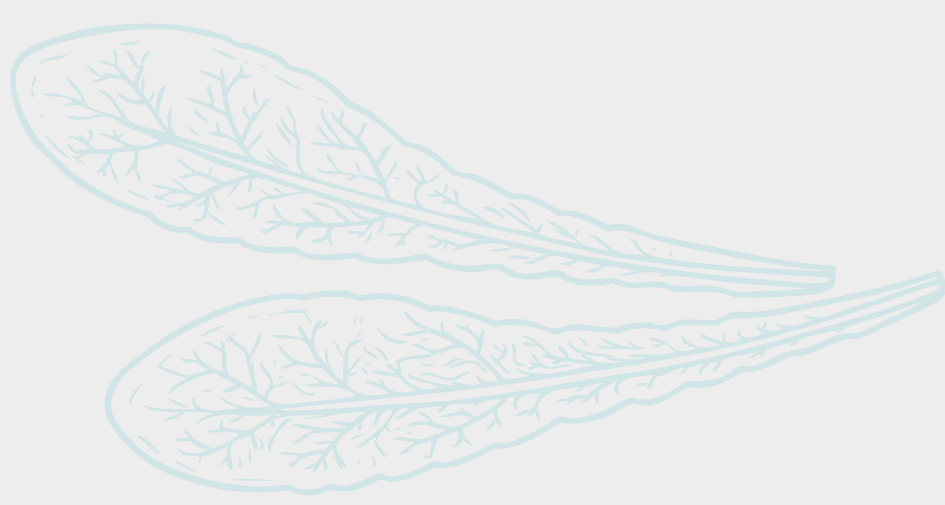
Let's go!

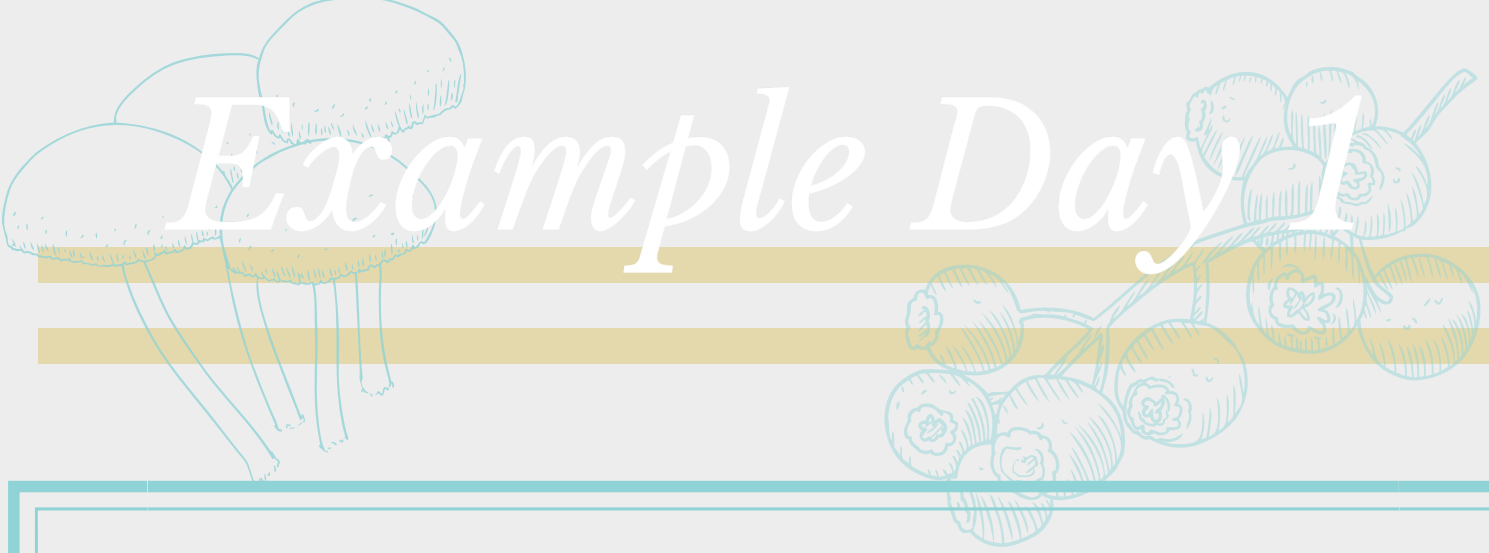
This is all I want to share for now.

I am ready as you are and am looking forward to working with you in the coming weeks.

Please share as much as you like, ask whatever you want (as long as it is food related!) and rest assured it is my priority to support you through these three weeks.

Leonie x

A light blue line drawing of two elongated leaves with detailed vein patterns, positioned at the bottom of the page.



Example Day 1

eat protein every 2-3 hours

On Empty Stomach - Drink 400ml water

Breakfast - 200g yoghurt + 2 tbsp fibre
+ 1 tbsp olive oil

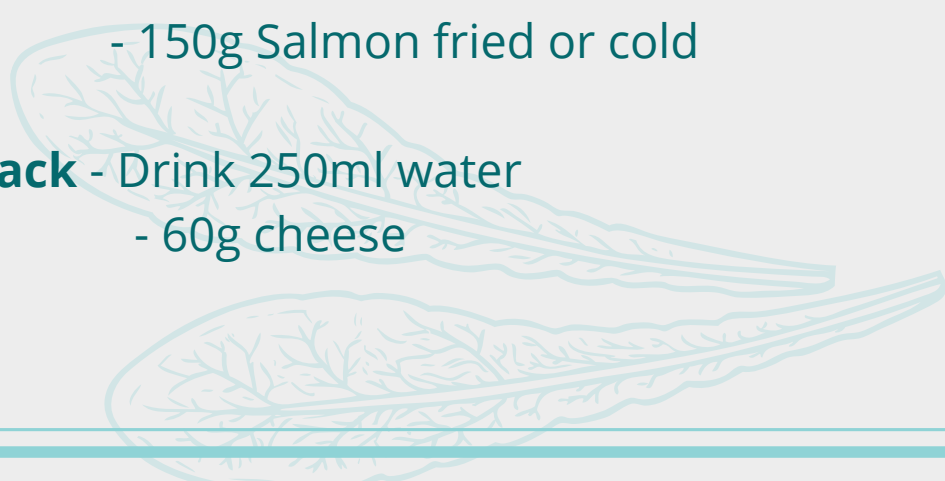
Snack - Drink 250ml water
- boiled egg + herbs

Lunch - Drink 250ml water
- 100g chicken

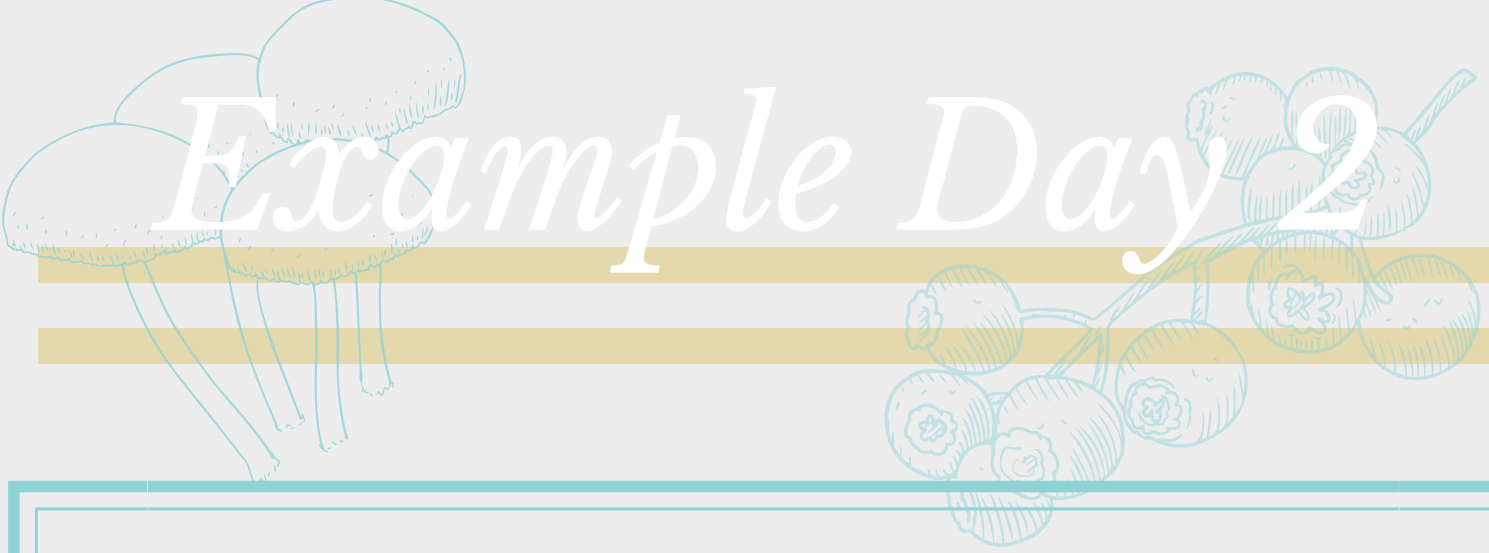
Snack - Drink 250ml water
- Chia nut bread (Stevia Book, p.46) or
Stone age bread (E-book, p16)
- Cappuccino (Stevia Book, p.13)

Dinner - Drink 250ml water
- 150g Salmon fried or cold

Snack - Drink 250ml water
- 60g cheese



Example Day 2



eat protein every 2-3 hours & 2 vegetables

On Empty Stomach - Drink 400ml water

Breakfast - 3 Gluten-free oat cakes + 60g cheese

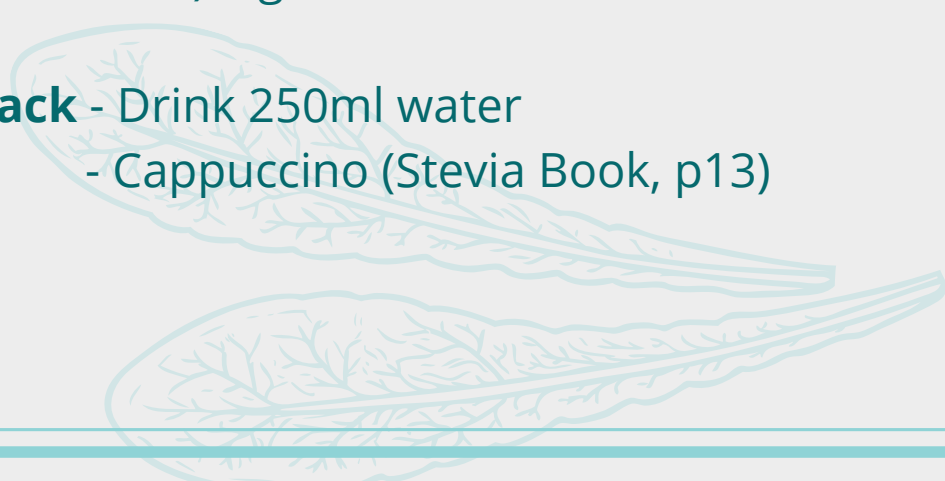
Snack - Drink 250ml water
- 200g yoghurt + 2 tbsp fibre

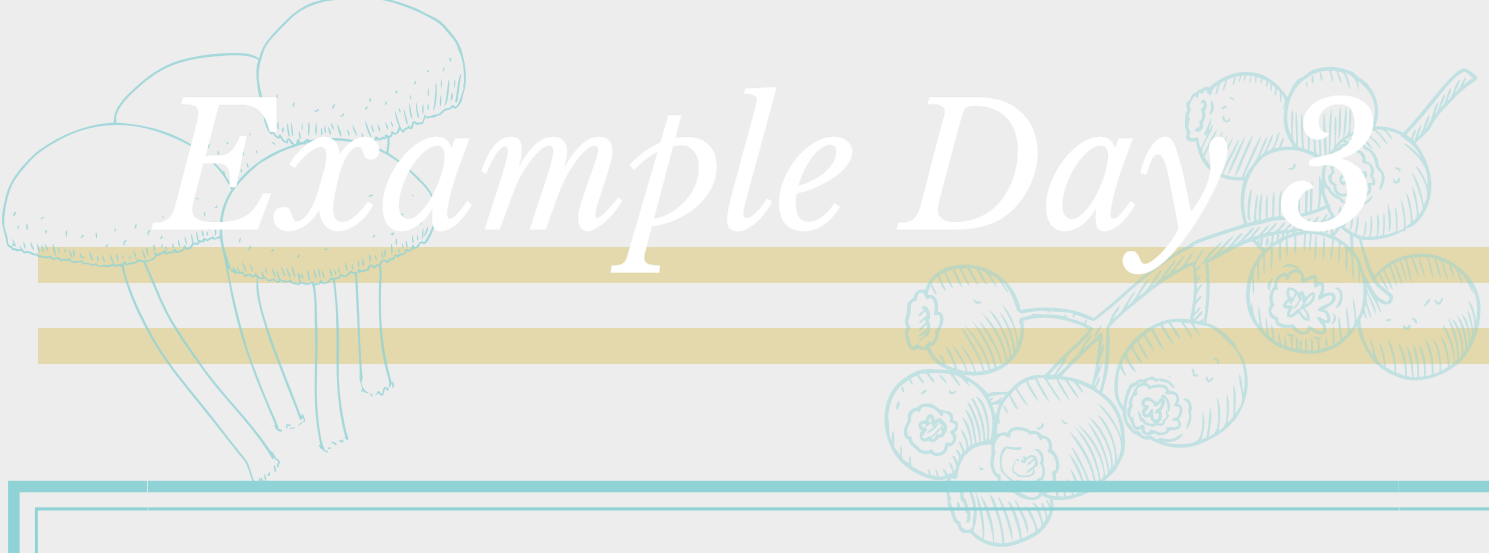
Lunch - Drink 250ml water
- 1/2 avocado + 150g prawns

Snack - Drink 250ml water
- 30g nuts

Dinner - Drink 250ml water
- 100g chicken, fish or minced beef (5% fat) + green beans

Snack - Drink 250ml water
- Cappuccino (Stevia Book, p13)





Example Day 3

eat protein every 2-3 hours & vegetables & 2 fruit portions

On Empty Stomach - Drink 400ml water

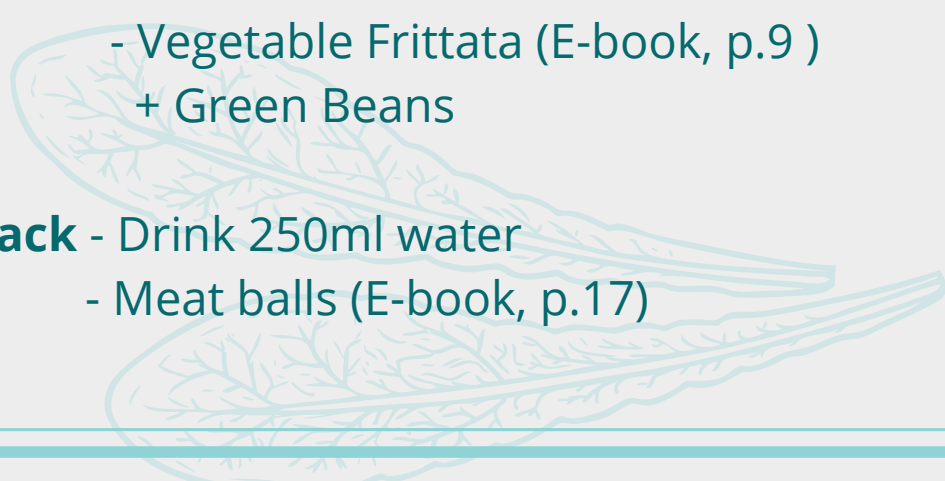
Breakfast - 200g Yoghurt + 2 tbsp fibre + 1 tbsp
+ extra virgin olive oil

Snack - Drink 250ml water
- 125g strawberries + 100g cottage cheese

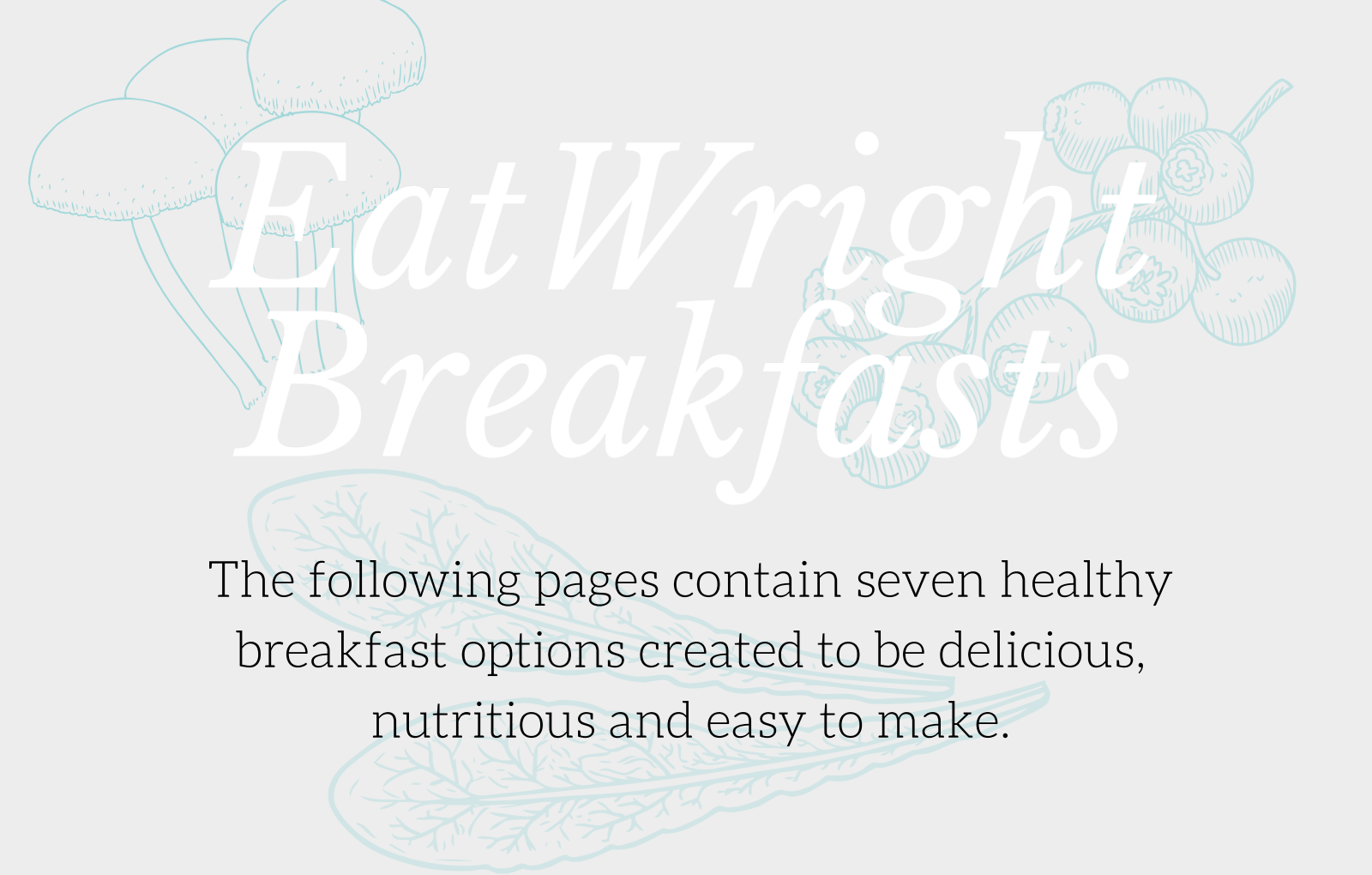
Lunch - Drink 250ml water
- 1 slice Chia But bread (Stevia book, p.46) or
Stone age bread (E-book, p16)
- 1 medium tomato & 30g cheese

Snack - Drink 250ml water
- Frogspawn shake (Stevia book, p.7)

Dinner - Drink 250ml water
- Vegetable Frittata (E-book, p.9)
+ Green Beans



Snack - Drink 250ml water
- Meat balls (E-book, p.17)



EatWright Breakfasts

The following pages contain seven healthy breakfast options created to be delicious, nutritious and easy to make.

BANANA PANCAKE

Serves 1

INGREDIENTS

1 large, organic egg
1 small or ½ a large ripe banana
1 tbsp desiccated coconut
1 tsp extra virgin olive oil or coconut oil

METHOD

In a bowl mash the banana with a fork.
Crack egg & add to the mashed banana.
Beat with a fork until well mixed.
Add desiccated coconut & stir well.
Add olive oil to a small non-stick frying pan & heat on a low setting.
Add banana mixture to the pan & cook on a low heat.
When cooked on one side turn over cook until ready.

NUTRITION PORTIONS

Carbohydrates: 14 Protein: 1 Fruit: 1



YOGHURT OPTIONS

Serves 1

INGREDIENTS

200g Greek Yoghurt 0% fat
Mix with: 125g berries of your choice
or ½ apple with a tsp of cinnamon
or 30g nuts like pecan nuts, Brazil nuts, walnuts, almonds
or hazelnuts
and/or 2 tbsp chia seeds
or 2 tbsp milled flaxseed

METHOD

In a bowl mix together yoghurt with:
your choice of fruit & add chia seeds or flaxseed
or chia seeds and/or flaxseed only.
or your choice of nuts.

NUTRITION PORTIONS

Carbohydrates: 17 Protein: 1 Fruit



PORRIDGE

Serves 1

INGREDIENTS

25g buckwheat flakes or gluten-free oats
150ml unsweetened almond milk or water
15g mixed nuts, chopped
½ tsp or more mixed spice or cinnamon
1 tsp desiccated coconut
125g fruit of your choice, berries, ½ banana, an apple, kiwi, satsuma

METHOD

Mix buckwheat flakes or oats with almond milk or water.
Add spice of your choice.
Pour mixture into a saucepan
Bring to the boil, reduce heat & simmer for 3-4 minutes, stirring occasionally.
When ready mix in the nuts & desiccated coconut.
Serve with a fruit of your choice

NUTRITION PORTIONS

Carbohydrates: 18 Protein: 1½ Fruit: 1

FULL ENGLISH

Serves 2

INGREDIENTS

METHOD

6 asparagus spears, trimmed
14 vine-ripened baby tomatoes
2 Portobello mushrooms or 10 medium size button mushrooms
3 large, organic eggs
1 ½ tbsp fresh chives, finely cut
100g smoked salmon
Ground black pepper & Himalayan salt
· tbsp extra virgin olive oil

Preheat oven to 180C/350F/Gas Mark 4.
Clean asparagus & remove tough part of the stalk by bending the asparagus until it snaps and discard.
Place asparagus, tomatoes on their vines & mushrooms on a baking tray.
Drizzle with half the olive oil and bake for 20 minutes.
Lightly beat eggs with chives & salt & pepper to taste.
Heat 1/2 tbsp olive oil in a frying pan.
Add the eggs, cook over a low heat, stirring constantly until almost set.
Serve at once with smoked salmon, asparagus, tomatoes and mushrooms.

NUTRITION PORTIONS

Carbohydrates: 11 Protein: 1½ Vegetable: 1½

SERVE WITH
Stone Age Bread



VEGETABLE FRITTATA

Serves 1

INGREDIENTS

METHOD

2 large, organic eggs
1 small onion, finely cut
6 medium mushrooms, cut into slices
6 cherry tomatoes, cut in half
50g cooked fresh spinach, finely chopped
30g low-fat cheese, grated
1 tbsp Italian dried herbs
Ground black pepper & Himalayan salt
1 tbsp extra virgin olive oil

Preheat the grill to 180°C/350°F/Gas mark 5.
Heat oil in a non-stick, ovenproof frying pan over a medium heat.
When hot, add onion & mushrooms & cook, stirring, for 5 minutes or until softened.
Add tomatoes & spinach & cook, stirring, for 2 minutes.
Whisk eggs, herbs, pepper & salt together in a large bowl.
Pour eggs over vegetables & cook over medium heat for about 8 minutes.
When eggs are set, sprinkle with cheese, & place under a hot grill, for 1-2 minutes until the top is golden brown.
Cut in half & slide on to a warmed plate & serve.

NUTRITION PORTIONS

Carbohydrates: 9 Protein: 2½ Vegetable: 1

COURGETTE BREAKFAST BOWL

Serves 2

INGREDIENTS

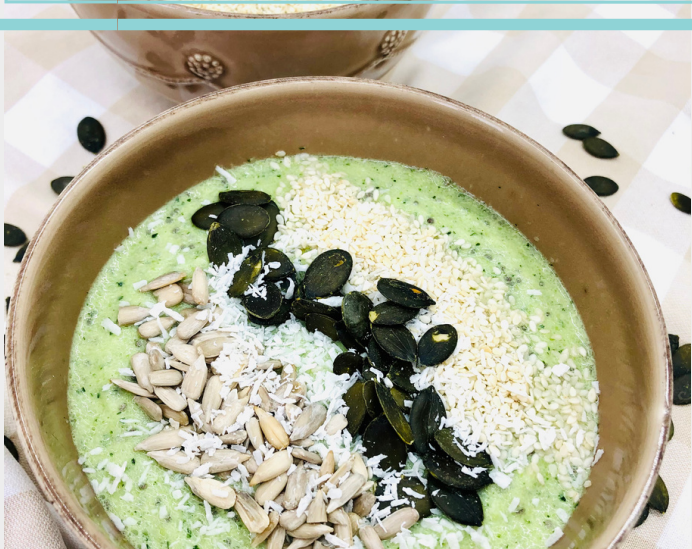
350-400g courgettes, cut into 1 cm squares
200g Kefir or 0% fat Greek yoghurt
½ tsp vanilla bean essence
·2 tsp MCT oil, 100% pure Medium-Chain Triglycerides or extra virgin olive oil
5-8 drops pure liquid Stevia, optional
2 tbsp chia seeds
2 tbsp garnish of your choice: desiccated coconut, pumpkin, sunflower or sesame seeds or a mix

METHOD

Place courgettes, kefir or yoghurt, vanilla essence and MCT-oil in a blender on the highest speed. Blend for a couple of minutes. The higher the speed the creamer the consistency.
If you want you can add the Stevia drops to taste.
Divide the mixture over two bowls and add 1 tbsp chia seeds to each bowl. Stir well and leave to stand for 10 minutes to thicken.
If you prefer a cold pudding place it in the fridge.
Garnish with desiccated coconut or seeds of your choice or a mix.

NUTRITION PORTIONS

Carbohydrates: 9 Protein: 1½ Vegetable: 1



SCRAMBLED EGGS WITH AVOCADO

Serves 1

INGREDIENTS

2 large, organic eggs
1 tsp dill or chives, finely chopped
Half an avocado, skin removed sliced
Himalayan salt & ground black ground pepper to taste
½ tbsp extra virgin olive oil

METHOD

Lightly beat eggs with dill or chives, & add salt & pepper to taste.
Heat olive oil on a low heat in a non-stick frying pan.
Add egg mixture.
Cook over a low heat, stirring constantly with a wooden spoon or spatula until almost set.
Serve at once with the sliced avocado on the side or the scrambled eggs on top.

NUTRITION PORTIONS

Carbohydrates: 4 Protein: 2 Fruit: 1

SERVE WITH

Optional: Stone Age Bread

EatWright Lunches

The following pages contain seven healthy lunch options created to be delicious, nutritious and easy to make.

MEDITERRANEAN CHICKEN SALAD

Serves 1

INGREDIENTS

100g mixed lettuce leaves
100g cooked or roasted chicken, cut or torn into pieces
1 large tomato, sliced
7 sundried tomatoes
4 green olives
2 tbsp extra virgin olive oil
1 tbsp balsamic vinegar
½ tbsp dried Italian herbs
2 drops pure liquid Stevia

METHOD

Arrange salad leaves in a big bowl or deep plate.
Garnish with tomato, sundried tomatoes & green olives.
Arrange chicken over the salad.
For the dressing: mix olive oil, balsamic vinegar, Stevia & Italian herbs & drizzle over the salad.

NUTRITION PORTIONS

Carbohydrates: 11 Protein: 1 Vegetable: 1½



COURGETTE FRITTERS WITH SALMON

Serves 2

INGREDIENTS

- ½ courgette, grated
- 1 large, organic egg
- 25g smoked salmon, cut into small pieces
- 1 tbsp finely chopped mint leaves
- 3 tbsp extra virgin olive oil
- 50g Greek yoghurt 0% fat
- Ground black pepper & Himalayan salt

METHOD

Dry grated courgette with paper towels.
Whisk egg with salt & pepper to taste.
Mix courgette, salmon & ¾ of the mint leaves through the egg mixture.
Heat olive oil in a frying pan & spoon 6 little heaps of mixture into the pan.
Press flat with the round side of a spoon & fry on a high setting for 4-6 minutes till brown on both sides.
Once cooked, remove fritters from pan & drain on paper towels. repeat.
For the dip, mix yoghurt with rest of mint & add salt & pepper to taste.

NUTRITION PORTIONS

Carbohydrates: 1½ Protein: 1/4 Vegetable: 1



TUNA SALAD

Serves 1

INGREDIENTS

- 100g of mixed lettuce leaves
- 150g tuna in spring water
- 6-8 cherry tomatoes, cut in half
- 2-3 spring onions, finely chopped
- 2 tbsp extra virgin olive oil
- 1 tsp balsamic vinegar
- 6 drops pure liquid Stevia
- Himalayan salt & ground black pepper

METHOD

Place lettuce leaves on a large serving or deep plate. Drain the tuna, coarsely flake it with a fork & place on top of the lettuce.
Arrange tomatoes & spring onions over the tuna.
Make the dressing by combining olive oil, balsamic vinegar & Stevia,, add salt & pepper to taste

NUTRITION PORTIONS

Carbohydrates: 5 Protein: 1 Vegetable: 1

MACKEREL SALAD

Serves 1

INGREDIENTS

- 00g mixed lettuce leaves
- 150g steamed or smoked mackerel
- 4 slices of cucumber
- 2 radishes, sliced
- 1 tbsp mayonnaise (home-made) or ready made without sugar
- Himalayan salt & ground black pepper

METHOD

- Arrange salad leaves in a large bowl or deep plate.
- Arrange the mackerel on top of the lettuce leaves.
- Garnish salad with the cucumber slices & radishes.
- Drizzle with mayonnaise.
- Add salt and pepper to taste.

NUTRITION PORTIONS

Carbohydrates: 6 Protein: 1 Vegetable: 1



LEEK WITH NUTS & TOMATOES

Serves 2

INGREDIENTS

- 3 small leeks, use the white part only & cut into thick rings
- 60g hazelnuts, roasted & finely chopped
- 4 tomatoes, sliced
- ½-1 tbsp Balsamic vinegar, to taste
- Himalayan salt & ground black pepper
- 2 tbsp extra virgin olive oil

METHOD

- Divide sliced tomatoes over two plates.
- Heat 1 tbsp olive oil in a frying pan, add leeks & fry, over a medium heat, for 4-5 minutes until leeks are just beginning to colour.
- Spread cooked leek over the tomatoes.
- Sprinkle with balsamic vinegar & rest of olive oil.
- Garnish with the hazelnuts.
- Add salt and pepper to taste.

NUTRITION PORTIONS

Carbohydrates: 15 Protein: 1 Vegetable: 1

TIP

Use mix as omelette topping

MOZZARELLA & AVOCADO SALAD

Serves 1

INGREDIENTS

- 100g mixed lettuce leaves
- 6 small vine tomatoes
- ½ avocado, cut in thin slices
- 60g mozzarella light cheese, cut in slices
- 1 tsp dried Italian herbs
- 1 ½ tbsp extra virgin olive oil
- ½ tbsp balsamic vinegar
- 4 drops pure liquid Stevia
- Ground black pepper & Himalayan salt

METHOD

Arrange lettuce leaves in a deep plate or bowl.
Add tomatoes, avocado & mozzarella.
Make the dressing: combine Italian herbs, olive oil, balsamic vinegar, Stevia & pepper and salt to taste.

NUTRITION PORTIONS

Carbohydrates: 8 Protein: 1 Vegetable: 1



BALKAN SALAD

Serves 6

INGREDIENTS

- 1 large red, 1 large green & 1 large yellow pepper, cored, seeded cut into 1 cm squares
- ½ large cucumber, washed
- 2 medium tomatoes, cut in 1cm squares
- 1-2 garlic cloves, finely cut
- 200g Feta cheese, cut into 1cm squares
- Himalayan salt & ground black pepper
- 1 tbsp Balsamic vinegar
- 1 ½ tbsp olive oil

METHOD

Place peppers into a large salad bowl, add a little salt & mix well. Leave to stand for 2 hours for the peppers to become soft.
Cut the cucumber lengthwise. Remove the seeds & liquid with a teaspoon. Cut into 1cm squares.
Add cucumber to the peppers & mix well.
Add garlic & tomatoes to the pepper & cucumber mix.
Add the feta cheese to the mixture.
Season with pepper, salt, vinegar & olive oil.
Mix well & leave to stand for half an hour.

NUTRITION PORTIONS

Carbohydrates: 6 Protein: 1/3 Vegetable: 1

Eat Wright Snacks

The following pages contain seven healthy snacking options created to be delicious, nutritious and easy to make.

SALMON FRITTATA

Serves 2

INGREDIENTS

100g tinned salmon
2 triangles of laughing cow cheese
light
1 large, organic egg
50ml unsweetened soy or almond
milk
1 tbsp extra virgin olive oil
1 tsp fresh or dried dill
Ground black pepper to taste

METHOD

Preheat oven to 200 C/400F/Gas mark 6.
Take a small oven proof dish & grease with a little
olive oil.
Crumble salmon & cheese into the dish.
Sprinkle with pepper & dill.
Beat egg with 50ml soy/almond milk & pour over
salmon mixture.
Place dish in preheated oven & cook for 15 -18
minutes until golden.

Tip: Can be eaten hot or cold

NUTRITION PORTIONS

Carbohydrates: 0 Protein: 1½



STONE AGE BREAD

INGREDIENTS

- 100g pumpkin seeds
- 100g sunflower seeds
- 100g sesame seeds
- 100g linseeds
- 100g almonds
- 100g walnuts
- 5 large, organic eggs
- 100ml extra virgin olive oil
- 1-2 tsp Himalayan salt

METHOD

- Preheat oven to 160C/320F/Gas mark 3
- Chop almonds & walnuts.
- Mix all ingredients together in a large bowl.
- Pour batter into a 30cm greased loaf tin with some parchment covering the bottom of the tin. It's a good idea to use the same oil as used in the batter to grease the pan.
- Press the batter down into the tin using your fingers.
- Bake the bread in oven for 1 hour.
- Flip out of tin & leave to cool on wire rack.

NUTRITION PORTIONS

Carbohydrates: 5 Protein: 1

SERVE WITH

Topping of your choice



FISH PATE

Serves 2

INGREDIENTS

- 100g tinned tuna in spring water, tinned salmon in olive oil and tinned mackerel or 175g smoked trout or 175g smoked mackerel
- 60g low fat, plain cottage cheese
- 1 ½ tbsp freshly squeezed lemon juice
- Ground black pepper & Himalayan salt to taste

METHOD

- When using smoked trout or mackerel: remove skin & bones. When using tinned tuna, salmon or mackerel: remove from the tin.
- Place all ingredients in a food processor bowl or use a hand blender
- Pulse until smooth and well blended.
- Scoop mixture into a serving bowl & serve with gluten-free oat cakes, EatWright crackers or stone age bread.

NUTRITION PORTIONS

Carbohydrates: 5 Protein: 1

MEAT BALLS

MAKES 8-10

INGREDIENTS

200g lean mince beef (5% fat)
1 large, organic egg
Spices of your choice, like ground paprika, cumin, chilli powder
10g gluten-free oats
1 tbsp extra virgin olive oil
Himalayan salt & ground black pepper.

METHOD

In a bowl mix all ingredients together & shape into golf size balls
Heat olive oil, in a pan with lid, over a medium heat & fry meat balls by turning them around until browned.
Leave to cook with lid on pan for around 15-20 minutes.
Once ready eat either hot or cold.
When eaten cold leave to cool down on kitchen towel.

NUTRITION PORTIONS

Carbohydrates: 0 Protein: 1

SERVE WITH

EatWright Tomato Sauce



CHEESE SCONES

MAKES 10-12

INGREDIENTS

1 large, organic egg
100ml Greek yoghurt (0% fat)
1 tsp (gluten-free) baking powder
10g coconut or almond flour
12g plant based protein powder or ground gluten-free oats
100g Emmental cheese or any other low-fat mature cheese, grated
Himalayan salt & ground black pepper
Assorted seeds like pumpkin, caraway, flaxseed, sesame seeds ...

METHOD

Preheat oven to 180C/350F/Gas mark 4.
Line a baking tray with parchment paper.
In a large bowl whisk the egg with the yoghurt.
Add baking powder, flour, plant based protein powder/oats, pinch of salt & pepper & grated cheese.
When batter is smooth, drop 10-12 scoops of batter on the baking sheet.
Sprinkle scones with seeds & bake for 15 minutes or until lightly golden.
Leave to cool and serve on a wire rack.

NUTRITION PORTIONS

Carbohydrates: 0.2 Protein: ½

GUACAMOLE

Serves 2

INGREDIENTS

- 1 large, ripe avocado
- 1/4 small red onion, finely chopped
- Juice of half a lime
- 1 tbsp fresh coriander, finely chopped

METHOD

Cut avocado in half lengthwise & twist the halves to separate.
Embed a sharp knife into the stone & pull out.
Scoop flesh out with a spoon & put in a bowl.
Roughly mash with for or use (hand) blender.
Add onion, lime juice & coriander & mix well.
Keep in airtight container in the fridge.

NUTRITION PORTIONS

Carbohydrates: 5 Protein: 1 Vegetable: 1

SERVE WITH

Crackers or crudité



QUICK SNACKS - 7 OPTIONS

1 Apple & 30g mixed nuts (almonds, walnuts, pecan, Brazil or hazelnuts)
Carbs: 13 Prot: 1 Fruit: 1

2 large, organic eggs, boiled
1 tsp mustard Carbs: 0 Prot: 1

1 small banana with almond butter
Carbs: 13 Prot: 1 Fruit:1

30g nuts, almonds, walnuts, pecan, Brazil or hazelnuts Carbs: 7 Prot: 1

100g plain low-fat cottage cheese with 125g fruit or 1/2 banana or 1/2 mango Carbs: 13 Prot: 1 Fruit: 1

Healthy Cappuccino (p 13 of CookWright Stevia book) Carbs: 0 Prot: ½

100g chicken pieces, cut into cubes 1 ½ cm square. Add spices/herbs of your choice like curry powder. Fry in 1 tbsp extra virgin olive oil until cooked. Eat hot or cold. Carbs: 0 Prot: 1

EatWright Dinners

The following pages contain seven healthy dinner options created to be delicious, nutritious and easy to make.

LEEK & MINCE BAKE

Serves 2

INGREDIENTS

200g leek, trimmed & cut in small rings
125g mushrooms, thinly sliced
25g onion, finely chopped
1 large, organic eggs
60g low fat grated cheese
200g lean minced beef (5% fat)
Himalayan salt & ground black pepper to taste
2 tbsp fresh thyme

METHOD

Preheat the oven 200°C/400F/Gas mark 6.
Heat a large frying pan, add minced beef & cook, stirring, for 5 minutes until brown, discard any surplus fat.
Add onion, mushrooms, leek & herbs & cook stirring for 5 minutes.
When vegetables are softened, add half the grated cheese & stir in one egg.
Arrange mixture in a buttered oven proof dish, whisk the second egg & pour over the mixture.
Sprinkle with the rest of the grated cheese & bake in the oven for 30-35 minutes until cooked.

NUTRITION PORTIONS

Carbohydrates: 5½ Protein: 1½ Vegetable: 1

SERVE WITH
Mixed Salad



COD WITH SPICY TOMATO SAUCE

Serves 2

INGREDIENTS

METHOD

- 2 pieces of cod,150g each
- 2tomatoes cubed
- 2 tbsp tomato puree
- 1 tsp soy sauce, natural, unsweetened
- 1 garlic clove, crushed
- 1 small red pepper, finely chopped
- 2 tbsp olive oil
- Himalayan salt & ground black pepper
- 50ml water

Heat 1 tbsp of olive oil in a heavy based frying pan on a low heat.
Add crushed garlic and tomatoes.
Cook for a couple of minutes, add tomato puree, soy sauce & red pepper.
Cover & cook for 15-20 minutes, stir every now and then.
When the sauce thickens add a little of water.
Dry the fish with kitchen towel & brush fish with remaining olive oil and season.
On a low heat, fry the fish (approx' 8 minutes) till cooked.
Serve the fish and sauce on warm plates.

NUTRITION PORTIONS

Carbohydrates: 6 Protein: 1½ Vegetable: 1

SERVE WITH

Green Salad or French Beans



PRAWN & VEGETABLE STIR-FRY

Serves 2

INGREDIENTS

METHOD

- 100g Green Pak Choy, shredded
- 100g bean sprouts
- 100g white cabbage, shredded
- 1 large red pepper, cored, deseeded & sliced thinly
- 300g cooked king prawns
- 2 tbsp chopped fresh coriander
- 1 garlic clove, crushed
- 4 cm piece of fresh root ginger, peeled & finely chopped
- 2 tbsp olive oil

Heat olive oil in a wok or frying pan, add ginger & garlic and stir-fry for 2 minutes.
Add cabbage & red pepper and stir-fry for 3-4 minutes until hot.
Stir in the beansprouts and the Pak Choy.
Add prawns & simmer for a further 3-4 minutes to heat through.
Garnish with coriander and serve immediately.

NUTRITION PORTIONS

SERVE WITH

Carbohydrates: 9½ Protein: 1½ Vegetable: 1½

Courgettifs

THAI FISH STIR-FRY

Serves 2

INGREDIENTS

METHOD

- 1 tsp tomato puree
- Dash of soy sauce (low salt)
- 1 tsp Sambal Oelek (hot chilli paste)
- 1 garlic clove, crushed
- A quarter of a Pak Choy stalk
- 1 medium tomato, cut into small cubes
- 1 broccoli head, florets only
- 1 tbsp coconut olive oil or ghee
- 300g salmon fillet, cut into pieces
- 1 tsp fresh lemon juice
- 1 small red onion, finely cut
- Himalayan salt & ground black pepper

Marinate salmon fillet in lemon juice, cover & leave in fridge for couple of hours.
Cut white part of Pak Choi in pieces & tear the green part
Heat oil in a wok or large frying pan & briefly stir-fry onion, white part of Pak Choy, broccoli & sambal over a medium heat.
Add crushed garlic, pepper & salt to taste.
Take salmon, discard lemon juice & add to the wok.
Stir-fry salmon until cooked, add green part of Pak Choy & tomato cubes & stir-fry for 1 minute.
Add tomato puree & soy sauce & cook for 5 minutes.

NUTRITION PORTIONS

Carbohydrates: 5 Protein: 1 Vegetable: 1

SERVE WITH

Cauliflower rice or Courgetti



COURGETTE FRITTATA

Serves 2

INGREDIENTS

METHOD

- 175g courgettes, thickly sliced
- 6 large organic eggs
- 2 tbsp extra virgin olive oil or butter
- 75g onion, finely chopped
- 1 garlic clove, finely chopped
- Himalayan salt & ground black pepper

Preheat grill to 180°C/350°F/Gas mark 5.
Blanch courgettes for 3 mins . Drain & rinse under cold running water.
Heat olive oil in a non-stick, ovenproof frying pan.
Add onion & garlic & cook for 1-2 minutes on a low heat.
Whisk eggs with salt & pepper to taste.
Add courgettes to onion & garlic & pour in eggs.
Cook over medium heat for about 10 minutes.
When eggs are set, place frying pan under grill, 10 cm (4ins) from the heat for 1-2 minutes until the top is golden brown & firm when pressed.
Cut frittata into 6 wedges & serve hot or cold.

NUTRITION PORTIONS

Carbohydrates: 1½ Protein: 1 Vegetable: 1

SERVE WITH

Green Salad or French Beans

STIR-FRIED CHICKEN

Serves 2

INGREDIENTS

METHOD

2 tbsp extra virgin olive oil
2cm fresh root ginger, finely chopped
1 garlic cloves, finely chopped
1 red pepper, deseeded & chopped
200g chicken fillet cut into 5mm strips or cubes
1 red onions, cut in half & sliced
½ small Pak Choy cut into strips (±200g)
1-2 tbsp soy sauce
Himalayan salt & ground black pepper.

Heat olive oil in a large pan or wok, add ginger, garlic & red pepper & stir-fry for 2 minutes
Add chicken & stir-fry for another 3-4 minutes.
Add onions & white, hard parts of the Pak-Choy & stir-fry for 3-4 minutes.
Add green parts of the Pak Choy & stir-fry on a high heat until the Pak-Choy has wilted .
Finally add soy sauce & salt & pepper to taste & heat for 1-2 minutes

NUTRITION PORTIONS

Carbohydrates: 5 Protein: 1 Vegetable: 1

SERVE WITH

Cauliflower rice or Courgetti



TANDOORI CHICKEN

Serves 2

INGREDIENTS

METHOD

1 tbsp coconut oil/ghee
250g chicken breast, cut into 5mm squares
1 medium size onions, roughly chopped
½ orange & ½ red pepper, cut in squares
2 tomatoes, chopped
3cm fresh root ginger, finely chopped
1 garlic cloves, finely cut
1 tbsp chilli powder
1 tbsp tandoori curry powder
1 tsp garam masala
75g Greek 0% fat yoghurt

Heat coconut oil in a large frying pan or wok.
Add garlic & ginger & stir-fry over a medium heat for 1 minute.
Add onions, peppers, chilli & curry powder & garam masala, stir & fry for 4 minutes.
Add tomatoes & chicken & cook for 20-25 minutes, stirring occasionally.
Finally, add yoghurt just before serving.

NUTRITION PORTIONS

Carbohydrates: 9 Protein: 1½ Vegetable: 1

SERVE WITH

Green Salad / Cauliflower rice



Golden Rules

For Continued Health & Vitality

- Keep to your new exercise regime. It not only helps to keep your weight stable but is also good for a fitter, cleaner and more flexible body. It keeps your mind fresh and clear.
- Eat as much unprocessed and complete food as you can and restrict sugar and other processed carbohydrates.
- Eat unsaturated fats every day and moderate your intake of saturated fats.
- Eat most of your carbohydrates during the day and limit this at night as much as possible.
- Eat plenty of different kinds of vegetables and fruits every day.
- Keep drinking 2-2.5 litres of water or herbal tea a day. It cleanses your body and prevents the retention of fluid.
- Keep reading the labels carefully. Don't be led by special offers and advertisements without checking the nutrition labels first. You know what you eat!
- Have a protein only day regularly, once a week if you can. It helps you to be aware and in charge of your eating habits. It also helps to reduce your appetite. Many people choose to have a protein only day after the weekend or when they have been out. This is an excellent habit.
- Be careful of caffeine and alcohol intake. Both will increase your appetite. Never take alcohol on an empty stomach, as this will raise the blood sugar level extremely fast.
- Listen to your body. You have learned a lot about yourself in the last weeks and you have experienced all the positive results of this. Don't be led by advice from others, your body has a lot to say.
- Be aware of your possibilities and overcome your obstacles. You are the proof of this and have created a sound base for a healthy future full of possibilities.

Enjoy life as much as you can and be on the lookout for all the good things.

IF YOU KNOW WHAT YOU EAT, YOU WILL NEVER HAVE TO DIET AGAIN!

