

Day 57

Recipes



Day 57 - (Low Carb)

It's another low carb day today, so eating is going to look something like this.

Breakfast:

- Egg omelette with peppers, asparagus and spinach cooked in coconut oil
- Salmon, eggs and asparagus
- Any lean meat with egg and almonds

Or you could try..... Green Smoothie (recipe below)

1 x Krill oils and greens drink.

Lunch:

- Any lean meat/chicken/fish with salad or veg

Or you could try.... Cod, Salsa & Guacamole (recipe below)

Remember - use spices, herbs, etc. to spice up your meals and also rotate your meats/veg, so you are not eating the same thing every day.

Dinner:

- Any lean meat/chicken/fish with vegetable stir-fry.

Or you could try... Spicy Pan-Fried Salmon (recipe below)

1 x krill oil.

You must be drinking 2-3 litres of bottled or filtered water today.

Drink 2 cups of Green/Liquorice Tea before lunch and 2 cups of Tulsi Tea in the late afternoon /early evening.

Remember:

You are not eating for pleasure, you're eating for results!! But there is no harm in preparing clean healthy, fat burning food.

Recipes

Green Smoothie

¼ Cucumber (skin left on)
½ handful Spinach or Other Leafy Green
½ Avocado
1 Celery stalk
2 sprigs Fresh Mint
1 Kiwifruit
1 cup Purified Water
½ an apple
Squirt of lemon

Method

Cod, Salsa & Guacamole

Fish (try cod or sea bass)
Coconut oil, to pan fry
Fresh salad leaves, chopped
2 handfuls Cherry Tomatoes, chopped
4 Spring Onions, chopped
1 Avocado, mashed
1 Chilli, diced
1 handful of Fresh Mint, chopped
1 Green Pepper, diced
2 Limes, juiced

Method

1. Make your salsa by chopping the tomatoes, pepper, half the chilli and the chopped mint.
2. Add the juice of 1 lime and mix.
3. Make your guacamole - I made a basic one by adding avocado, half the chilli, spring onions and juice of 1 lime, then mixing.
4. On a plate, lay out your salad.
5. Now take some coconut oil. Heat up in a pan.
6. Once warm, fry the fish on each side for 5 minutes each.
7. Now assemble and serve.

Spicy Pan Fried Salmon

3 salmon fillets

½ tsp ginger

½ tsp cinnamon

½ tsp cumin

½ tsp thyme

½ tsp smoked paprika

Salt and pepper to taste

Method

1. Combine all of the herbs, spices, salt and pepper.
2. Spread and rub over the salmon fillets and cover both sides.
3. Heat a frying pan over a medium flame.
4. Place the salmon in the pan and for 2-4 minutes each side until the fish is cooked and the spicy coating is charring in places.
5. Serve with a chopped salad and sprinkle with lemon juice.
6. A tomato salsa will go well with this too.