

Day 58

Recipes



Day 58 - (Moderate Carb)

We're having a moderate carb day today, so eating should look similar to this:

Breakfast suggestions:

- Organic eggs, salmon and asparagus
- Egg omelette with peppers, asparagus
- Vegetable stir-fry
- Steak with avocado and a handful of almonds
- Natural protein smoothie with some spinach blended in and a handful of almonds.

Or you could try.... Beetroot Zinger Smoothie (recipe below
1 x krill oil and greens drink.

Lunch:

- Any lean meat/chicken/fish with lots of spinach, have some onion, beetroot etc. if you want to. (Add natural herbs/spices or even squeeze the juice of a fresh lemon over your food)

Or you could try.... Broccoli and Avocado Salad (recipe below)

Dinner:

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

Or you could try... Fish Fingers and Chips (recipe below)

1 x krill oil

Remember vary your food choices to keep it interesting.

Drink 1-2 cups of Green or Liquorice Tea before lunch and 1-2 cups of Tulsi Tea in the late afternoon/early evening

Make sure you've had your 2 glasses of green life (yum, yum!!)

We must be getting a minimum of 3 litres of water today in total! (This includes your green life and herbal teas)

Before Bed:

Tulsi Tea

Recipes

Beetroot Zinger Smoothie

2 small raw beetroots, peeled and roughly chopped
1 small apple, peeled, quartered and cored
50g blueberries
1 tbsp grated ginger
300ml water

Method

1. Put the beetroot, apple, blueberries and ginger in a blender.
2. Top up with water then blitz until smooth.

Broccoli & avocado Salad

1½ head of broccoli

3 ripe avocados

Handful of fresh coriander

Method

1. Start by slicing the broccoli into small bite-sized pieces. Then steam them in a steamer for about 7 minutes, until cooked but a little crunchy. If you don't have a steamer you can boil the broccoli. Place to one side.
2. Slice the avocados in half, peel the skin and discard the stones. Slice the flesh into small cubes.
3. Chop the coriander into tiny pieces and mix with the avocado and broccoli in a salad bowl.
4. Squeeze lemon juice over and serve.

Fish Fingers & Chips

60g ground almonds

600g cod loin cut into fingers

Pinch of paprika

Pinch of pepper

Method

1. Pre-heat the oven to 180C 350 F Gas Mark 4.
2. Line a baking tray with greaseproof paper.
3. Mix together the almonds, paprika and pepper and place in a shallow dish.
4. Coat each piece of fish and place on the baking tray.
5. Cook in the oven for 20-22 minutes.
6. Serve with sweet potato chips and peas.