

Day 60

Recipes



Day 60 - (Moderate carb)

We're having another moderate carb day today.

As usual, your post-workout meal only will contain slow release Carbohydrates, so things like quinoa, sweet potato, porridge oats, wholegrain rice, parsnips, turnip etc. You can combine these choices in your meal. You should be getting use to this now guys.

You can add fruits , to your snack option today also.

Drink 2/3 litres water, greens drink, Green/Liquorice, Tulsi Teas throughout the day as usual.

Today's nutrition plan and choices for each meal:

REMEMBER ONE MEAL WILL BE YOUR POST-WORKOUT MEAL!

Post-workout meal choices - have this meal AFTER your workout. Choose one option from the list below and replace your breakfast, lunch or dinner meal with this choice depending on the time of day you train today. Follow the options given for your other meals and snacks or you can create your own fat burning meal using your recipes.

Post-workout meal options:

- Porridge oats with mixed berries, cinnamon or coco nibs.
- Steak, sweet potato wedges seasoned with rosemary, garlic and pepper, and steamed green vegetables
- Fish served with a side of mashed sweet potatoes, green vegetables with a freshly squeezed lemon over your meal.
- Salmon/egg, green leaf mixed salad with peppers, onions, avocado and quinoa. Add lemon juice to your salads as it helps reduce insulin response by up to 25%.

Breakfast choices:

- Porridge oats with mixed berries, cinnamon or coco nibs.
- Chicken & egg omelette with peppers, onions etc.
- Steak and nuts breakfast (6-10 nuts) - almonds, macadamia, hazelnuts, walnuts, or cashews
- Salmon, eggs and asparagus

Or you can try.....Berry Buckwheat Breakfast (Recipe Below)

1 x krill oil and greens drink

Lunch choices:

- Tuna salad, dressed with balsamic vinegar
- Lemon and herb salmon fillet with steamed green veg
- Any lean meat with salad with green leafy vegetables, tomato, peppers, onion and cucumber

Or you could try.....Tuna Steaks with Cucumber Relish (recipe below)

Dinner:

- Prawns with steamed vegetables
- Chicken stir-fry
- Any lean meat with lightly steamed veg

Or you could try.... Beef Burgers (recipe below)

1 x krill oil

Before Bed:

Tulsi Tea

Recipes

Berry Buckwheat Breakfast

80g cherries,
pitted
1 tbsp chia seeds
1 tbsp honey
1 tsp desiccated coconut
50g uncooked buckwheat grains
40ml full fat coconut milk or almond milk

REQUIRES OVERNIGHT PREPARATION

Method

1. The night before: Place the buckwheat in a bowl and cover with cold water. Soak overnight. Mash the cherries in a bowl to release their juices. Mix in the chia and honey. Refrigerate for one hour or overnight.
2. The next morning: Drain the buckwheat in a sieve and rinse well. Place in a bowl and mix with the coconut milk.
3. Place the desiccated coconut in a frying pan over a medium heat. Toast gently for 3-4 minutes. Remove from heat and set aside.
4. Spoon the buckwheat into a serving bowl, and layer with the cherries. Top with the toasted coconut.

Store any leftovers in an airtight container and refrigerate for up to 2 days.

Tuna Steaks with Cucumber Relish

3 tbsp coconut oil

4 tuna steak, about 140g/5oz each

For the relish

½ cucumber

2 spring onion, finely chopped

1 medium tomato, finely chopped

½ large red chili, seeded and finely chopped

1 tbsp coconut oil

2 tbsp chopped parsley

1 tbsp lime or lemon juice

Method

1. Put the oil into a food bag and add the tuna steaks.
2. Rub well together and leave for 30 mins while you make the relish.
3. Peel the cucumber, halve lengthways and scoop out the seeds.
4. Chop the flesh into a small dice.
5. Mix with the rest of the ingredients, seasoning to taste.
6. Set aside.
7. To griddle: heat the pan to hot, and then cook the steaks, turning after 2 mins, and cooking for another 2 mins each side depending on the thickness of the steaks. Meaty fish is best served slightly 'pink'.
8. Remove the steaks from the heat allow to stand for 3-5 mins, then spoon over the relish and serve.

Veg or salad Beef Burgers

1 lb minced beef
8 Portobello mushrooms, stem removed
8 bacon strips, cooked
1 egg
4 tomato slices
4 onion slices
Fresh lettuce
2 tbsp coconut oil
Sea salt and freshly ground black pepper

Method

1. Preheat your grill to medium-high.
2. In a bowl, combine the minced beef, egg, and season with salt and pepper to taste.
3. Shape the ground beef into 4 large patties.
4. Rub the portobello mushroom with oil and season to taste.
5. Grill the burgers, covered, for 4 to 7 minutes on each side.
6. Grill the portobello mushroom for 4 to 6 minutes on each side at the same time.
7. Serve the burger on the portobello mushrooms topped with bacon, tomato, onion, and lettuce.
8. Serve with a crisp green salad