

Day 61

Recipes



Day 61 - (High carb)

You're amazing! You are unstoppable!!!!

It's another high carb day today. I also want you to up your water intake too, so ladies you are going to be drinking 3-4 litres and men you're going to be drinking 4-5 litres for the next couple of days.

Herbal teas and greens drink will be part of your water intake.

Breakfast:

- Quinoa or organic porridge with coconut milk and mixed berries

Or you could try.... Banana, Blueberry & Pecan Pancakes (Recipe Below)

1 x krill oil greens drink

Lunch:

- Chicken/fish/lean meat with salad/spinach and quinoa/sweet potato or wholegrain rice.

Or you could try.... Chinese Egg Fried Rice (recipe below)

Dinner:

- Chicken/lean meat/fish with lightly steamed veg and quinoa/sweet potato or wholegrain rice.

Or you could try..... Sweet Potato & Chickpea Stew (recipe below)

1 x krill oil

Before Bed:

Tulsi Tea

Recipes

Banana, Blueberry & Pecan Pancakes

For the Pancakes:

100g oats

good handful of pecan nuts (about 50g), roughly chopped

1 tsp baking powder

a pinch of sea salt

1 ripe banana, peeled and mashed

150ml coconut milk or almond milk

200g punnet of blueberries

To Serve:

2 bananas, peeled and cut into thin slices

a little coconut oil

a few pecan nuts, crumbled

lime wedges

Method

1. Turn the oven to 120C/fan 100C/gas ½.
2. Blitz the oats in a food processor until you have scruffy oat flour.
3. Add the oats to a bowl with the pecans and throw in the baking powder and salt.
4. Mix the mashed banana with the milk (you can do this by blitzing them together in the food processor, if you like).
5. Beat the banana mixture into the flour and leave the batter to sit for a few minutes.

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6. Heat a non-stick pan on a medium heat.
7. Add the banana slices and fry on both sides in the dry pan until brown and caramelised.
8. Keep warm in the oven.
9. Put the pan back on a medium heat and add a little coconut oil or butter.
10. Drop in a healthy tablespoonful of batter for each pancake.
11. Once the sides are cooked and bubbles have risen to the top, scatter over a handful of blueberries and flip the pancake over.
12. Cook for another couple of minutes on the other side. The pancakes will stay a little moist in the middle because of the banana, so don't worry.
13. Keep them warm in the oven while you cook the rest.
14. Serve the pancakes piled with the banana slices.
15. Add some crumbled pecans and a squeeze of lime.

Salmon Stacks

½ tsp Coconut Oil
4 Egg Whites or 2 whole eggs
300g Wholegrain Rice, pre-cooked
½ Yellow Pepper, diced
½ Red Pepper, diced
½ Green Pepper, diced
5 Spring Onions, sliced
75g Closed Cup Mushrooms, diced
75g Frozen Peas, thawed
2 tsp Chinese 5 Spice
2 tsp Double Strength Tamari Sauce (clean alternative to soya sauce)
2 tsp Water
½ tsp Garlic Powder or 1-2 cloves of garlic

Method

1. In a large wok or frying pan heat the oil over a high heat and add the egg whites, stirring frequently until cooked and separated.
2. Add all of the vegetables and stir-fry for about 5 minutes.
3. After 5 minutes, add the garlic cloves (if using) and cook for a further 30 seconds.
4. Add the cooked rice, Chinese 5 spice, garlic powder (if you didn't use garlic cloves), tamari and water and give everything a good stir.

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5. If the rice was cold prior to cooking, cook until the rice is completely heated through.
6. Serve as a main or as a side dish along with some chicken.

Salmon Stacks

2 cans of tinned tomatoes (400ml each)
1 can of coconut milk
2 large sweet potatoes
2 aubergines
1 bag of spinach
1 can of chickpeas (400g)
4 tbsp of tomato puree
4 tbsp of apple cider vinegar
4 tsp of turmeric
4 tsp of cumin
1 tsp of cayenne pepper
4 cloves of garlic
fresh coriander
brown rice or quinoa to serve

Method

1. Cut the sweet potato into small chunks, steam these for 15 minutes.
2. Chop the aubergine into bite sized pieces.
3. Once the sweet potatoes have cooked put the tomato puree, vinegar, garlic, spices and salt in a pot with some olive oil, heat for a minute or two until they're bubbling.
4. At this point add the coconut milk, tomatoes, aubergine, sweet potato, salt and pepper to the pot and allow it to heat until boiling.

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5. Allow the pot to cook for about forty five minutes, at which point add the drained chickpeas and spinach.
6. Let these cook for fifteen minutes.
7. Finely chop the coriander. Then serve the stew with brown rice or quinoa, and sprinkle the coriander on the top.
8. Store any extras in an airtight container in the fridge or freeze.