

Day 63

Recipes



Day 63 - (Mini Fast)

I want you to take your measurements first thing again today guys if you haven't already done so and post them into the group so we can all motivate each other and help us to keep on track.

We're doing a mini fast today, so no food until 11-12 o'clock.

Only water, green/herbal teas allowed until fast has finished.

Break the fast with a greens drink and a low carb meal, so chicken/fish with green veg and 1 x krill oil.

Or you could try Chicken with Lemon and Olives (recipe below)

Meal 2 - A low carb meal, chicken/fish with green veg or salad and 1 x krill oil.

Or you could try Spinach & Kale Soup (recipe below)

You know the rules by now so stick with it.

You've only got 7 days to go - stay strong guys!!!

Or you could trySpinach & Kale Soup (recipe below)

You're going to do the fitness test again today and post your improvements into the group.

Recipes

Chicken with Lemon & Olives

Coconut oil for frying
1 onion, finely chopped
8 free-range, skinless, boneless chicken thighs
2 cloves of garlic, crushed
1 lemon, cut into slices
2 preserved lemons, pulp removed and rind cut into thin slices
1 tsp ground ginger
1 tsp ground coriander
1 tsp ground cumin
1 tbsps ground turmeric
Sea salt
Freshly ground black pepper
500ml chicken stock, preferably homemade
150g pitted green olives
Large handful of fresh parsley, finely chopped

Method

1. Heat the oil in a large non-stick casserole or frying pan.
2. Add the onion and a pinch of salt and sauté for 5 minutes.
3. Add the spices to the pan and fry for a further 2-3 minutes.
4. Add the chicken pieces. Brown the chicken all over.
5. Add the garlic and fry for 2 minutes.

RECIPE CONTINUED ON NEXT PAGE

6. Add the fresh lemon slices, the preserved lemons and the chicken stock, season with salt and freshly ground black pepper.
7. Bring to the boil then reduce to a simmer and cook for 25-30 minutes until the stock has reduced.
8. Add the olives and half of the fresh parsley and cook for a further 5 minutes.
9. Garnish with the remaining fresh parsley before serving.

Spinach & Kale Soup

1 head of cavolo nero (black kale)
200g young spinach, washed
2 medium onions, finely diced
1 clove of garlic, finely sliced
1 litre vegetable or chicken stock
1 tbsp coconut oil
25g butter
sea salt
black pepper, freshly ground
pinch of nutmeg, freshly grated

Method

1. Remove the outer few leaves of the kale and discard.
2. Cut out the thick central stalks from the remaining leaves, roll the leaves and finely shred them.
3. Heat a little coconut oil in a deep pan and add the butter.
4. When it begins to foam slightly, add the onion.
5. Sweat for 2-3 minutes before adding the garlic. Sweat for a further 2 minutes.
6. Add most of the spinach and kale to the pan, reserving a small amount of each to add at the end - about $\frac{1}{8}$.
7. Gently sauté until the spinach and kale begin to cook down, and add the stock.
8. Bring to the boil and simmer for 5 minutes.

RECIPE CONTINUED ON NEXT PAGE

9. Transfer the hot mixture to a blender and blend until smooth.
10. Add the reserved raw kale and spinach and blend until smooth and incorporated - adding the raw ingredients gives a brighter, more vibrant colour and fresh taste to the dish.
11. Transfer back to the pan and season well with salt and pepper.
12. Add a pinch of fresh nutmeg and serve.

Note: You could cheat and buy a bag of chopped kale