

Day 78

Recipes



Day 78 - (High Carb)

If you haven't re-posted your measurements then please re-post them today.

It's key that you follow EVERYTHING to the letter now.

I want you to be super strict for these last few days.

3-4 small feeds today that are only protein/fat and greens

Breakfast:

- Eggs/salmon with asparagus
- Poached eggs and mackerel with spinach
- Egg omelette with peppers, onions etc

Or you could try Breakfast Bread (Recipe Below)

1 x krill oil. Greens drink.

Lunch:

- Any lean meat/chicken/fish with spinach and salad
- Prawn stir-fry with avocado

Or you could try.... Chinese meatballs with a spicy, nutty sauce (Recipe Below)

Dinner:

- Any lean meat/chicken/fish with steamed vegetables

Or you could try Tomato, pepper, mushroom & onion meatza
(Recipe Below)

1 x krill oil.

I want you to be having 2 greens drinks, 2 liquorice teas and 2
tulsi teas today plus water.

Before bed:

3 x Magnesium Capsules

Recipes

Breakfast Bread

1 Cauliflower
1 small Onion, diced
25g Spinach
50g Mixed Nuts
3 Eggs
2 Garlic Cloves, crushed
1 tbsp fresh Parsley, chopped
2 tsp Coconut Oil

Method

1. In a food processor chop white cauliflower head & nuts until it looks like breadcrumbs.
2. In a large non-stick frying pan, stir-fry the cauliflower, onion & garlic for 10 mins.
3. Preheat oven to 180c (160 fan), 350f, gas mark 4.
4. In a bowl beat the eggs. Add spinach, herbs & cauliflower mix to the eggs.
5. Line a baking sheet with greaseproof paper. Spoon on egg mix & make into 6 circles. Bake for 15 mins.

Tomato, pepper, mushroom & onion meatza

500g 5% fat beef mince

1 egg

1 ½ tsps paprika salt and pepper to season

75g Cheddar cheese (use dairy free if preferred), grated

50g red onion, finely chopped or sliced

50g orange bell-pepper, chopped or sliced

50g mushrooms, sliced

2 salad tomatoes, sliced

1 tsp Italian herbs

Method

1. Preheat oven to 200°C/ 400°F.
2. Place the mince and egg in a large bowl. Use your hands to mix thoroughly. Add the paprika, salt and pepper and mix well.
3. Place a sheet of greaseproof paper on an oven tray. Form a circular "pizza" base with the mince mixture on the paper. Press the base gently to around 2cm thickness.
4. Sprinkle the cheese evenly over the base. Distribute the onion, pepper, mushrooms and tomatoes over the cheese.
5. Sprinkle the Italian herbs over the meatza. Cook for around 20-25 minutes until the vegetables are cooked. Slice into 6 pieces and serve.

Chinese Meatballs With A Spicy, Nutty Sauce

1 medium white onion, finely chopped
250g pork mince
½ tsp sea salt
½ tsp ground black pepper
½ tsp Chinese 5 spice
1 tsp coconut oil
3 green finger chillies, finely chopped
2 spring onions, finely chopped
200g tinned chopped tomatoes
150ml boiling water
35g (Organic, no added sugar) peanut butter or almond butter
250g pak choi

Method

1. Preheat oven to 200°C/400°F. Gas Mark 6
2. Place ¼ of the chopped onion in a large bowl, with the pork mince plus 1/4 tsp each of sea salt, ground black pepper and Chinese 5 spice. Mix thoroughly and form into 8 balls.
3. Place the meatballs on a tray and put them into the oven.
4. Melt the coconut oil in a frying pan, add the remaining onion, green chillies and spring onions and fry for 4-5 minutes.

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5. Add the tinned chopped tomatoes and remaining sea salt, ground black pepper and Chinese 5 spice. Stir well and simmer for 5 minutes.
6. Stir in 150ml boiling water to the sauce. Remove the pan from the heat and add the peanut butter, stirring well.
7. Gently steam the pak choi for 3-4 minutes.
8. When the meatballs have had around 15 minutes in the oven, remove from oven and add them to the sauce, mixing well to coat.