

Day 79

Recipes



Day 79 - (Low Carb)

We're nearly there now guys!!

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

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 couldBreakfast Steak (Recipe Below)

1 x krill oil. Greens drink.

Post-workout shake:

Mixed berries with small banana in some water

Lunch:

- Meat/chicken/fish with lots of spinach and salad.

Dinner:

- Meat/chicken/fish with lightly steamed vegetables

1 x krill oil.

Drink 1 cup of Green Tea/Liquorice Tea before lunch and drink 1 cup of Tulsi Tea in the late afternoon/early evening. 2 Greens drinks plus plain water.

Before bed:

3 x Magnesium Capsules

Recipes

Breakfast Steak

125g thin Rump Steak
150g Tomatoes
1 organic egg
1 tbsp Coconut Oil
3 tbsp fresh Basil,
chopped
1 tbsp fresh Parsley, chopped
Salt & Pepper to own taste

Method

1. Skin & chop the tomatoes.
2. In a frying pan, heat the oil and add the steak. Quickly fry for 2-3 mins until browned on both sides, remove & place to one side. Allow to rest.
3. Meanwhile, poach or scramble the egg
4. Next add the chopped tomatoes and cook for 3-5 mins. Add seasoning & herbs. Serve immediately with the steak and egg.