

Day 80

Recipes



Day 80 - (Low/ Moderate Carb)

Day 17, stay strong now guys!!

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

We are having a low/moderate carb day, so you can have cabs within 30-40 mins of your workout – carbs: porridge, sweet potato, wholegrain rice or quinoa.

Breakfast:

- Porridge with coconut/almond milk, berries/cocoa nibs or cinnamon
- Eggs/salmon with asparagus
- Poached eggs and mackerel with spinach
- Egg omelette with peppers
- Steak and nuts
- Steak and eggs

1 x krill oil. Greens drink.

Lunch:

- Any lean meat/chicken/fish with lots of spinach and salad.

If you had a low carb breakfast you could try.... Chilled Stuffed Squash (Recipe Below)

Dinner:

Any lean meat/chicken/fish with lightly steamed vegetables

If you had a a low carb breakfast and lunch you could try
Easy Lamb Stew (Recipe Below)

1 x krill oil.

Drink 1-2 cups of Green/Liquorice Tea before lunch and drink 1 cup of Tulsi Tea in the late afternoon/early evening.

Before bed:

3 x Magnesium Capsules

Recipes

Chillied Stuffed Squash

2 Butternut Squash
500g mince beef
3 garlic cloves, minced
1 Spanish onion, chopped
1 red bell pepper, seeded and chopped
1 teaspoon ground cinnamon
1 teaspoon mild curry powder
¼ teaspoon sea salt
¼ teaspoon mixed spice
2 tbsp tomato puree
3 mild green chillies, chopped
¼ tsp chilli powder

Method

1. Preheat the oven to 400 F. 200C Gas Mark 6 Wash the squash and slice each in half, lengthwise. Scoop out all of the seeds. Place the squash halves, cut side up, on a baking tray and bake in the oven for 20-30 minutes, until tender.
2. Chop the onion and garlic into small pieces add to the minced beef in a large pot and brown.
3. Drain the mince and add the chopped pepper and continue cooking on a medium heat stir often and the rest of the ingredients continue cooking for 10 minutes.

RECIPE CONTINUED ON NEXT PAGE

4. Fill each squash with the minced beef.
5. Serve with boiled or roasted veg

Easy lamb stew

2 tsps ghee or coconut oil
300g white onion, finely chopped
350g carrot, peeled and sliced
500g stewing lamb, visible fat removed, diced 2 cloves garlic,
finely chopped
1 sprig fresh rosemary
500ml lamb or vegetable stock, made with one organic stock
cube 3
60g white sweet potato, peeled and chopped
salt and pepper to season

Method

1. Melt the ghee / oil in a large saucepan over a medium heat. Add the onion and sauté gently for 3-4 minutes, stirring.
2. Add the carrot and sauté for 3-4 minutes, stirring occasionally.
3. Add the lamb, stir well and cook for 4 minutes. Stir occasionally to seal on all sides.
4. Add the garlic and rosemary and fry gently for 2 minutes, stirring.
5. Add the potatoes and stock and stir well. Season with salt and pepper. Bring to the boil then reduce to a simmer. Cover and cook for 30 minutes.

RECIPE CONTINUED ON NEXT PAGE

If the mixture is too dry or thick, add some boiling water. Stir well and cook for one hour, or until the lamb is tender (checking the thickness of the stew halfway through cooking time).