

Day 81

Recipes



Day 81 - (High Carb)

You only have a few days left now guys. Let's see if you can make them count. Super-strict now. Follow everything to the letter. You've all worked far too hard to let this go.

You're doing amazing!

Last 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.

Remember, it's 2 greens drinks for the next few days.

Breakfast:

- Quinoa or organic porridge with coconut milk and mixed berries
- Or you could try Mango & grape smoothie (Recipe Below)
- Or Almond Pancakes (Recipe Below)

1 x krill oil and greens drink.

Lunch:

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

Dinner:

- Chicken/lean meat/fish with lightly steamed veg and quinoa/ sweet potato or wholegrain rice.
- Or you could try Lentil, sweet potato & coriander stew (Recipe Below)

1 x krill oil and greens drink.

Before bed:

3 x Magnesium Capsules

Recipes

Mango and Grape Smoothie

70g mango
50g green or black grapes
120ml cold filtered or mineral water
handful of lettuce leaves (any variety)
50g ripe banana
1 tsp chlorella powder (optional)
juice of ½ a lime or lemon
2 ice cubes

Method

Place all of the ingredients in a blender and pulse until creamy.
Consume

Almond Pancakes

3 ripe Bananas
4 Eggs, beaten
1 tbsp Vanilla Extract
10g Coconut Oil
250g Almond Flour
200g Mixed Berries

Method

1. Preheat oven to 180c (160 fan), 375f, gas mark 4. Grease 2 baking trays with a little coconut oil & line with greaseproof paper. Pop them into the oven.
2. In bowl roughly mash the bananas, whisk in the eggs & vanilla. Next beat in the almond flour.
3. Spoon 2 tbsp of the batter onto the trays to make one pancake. Bake for 10 mins & serve warm with the berries

Lentil, Sweet Potato & Coriander Stew

2 tbsp coconut oil
1 red onion, chopped finely
1 carrot, chopped finely
1 garlic clove, chopped finely
1 tsp ground coriander
1 tsp celery salt
1/2 tsp ground cumin
350g red lentils, soaked overnight
1 bay leaf
1 litre spring water
2 medium sized sweet potatoes, peeled and diced
1 tin tomatoes juice of half a lemon handful coriander, chopped finely
1/2 tsp salt
1/2 tsp black pepper

Method

1. In a large saucepan, heat the oil over a medium heat.
2. Add the onion and carrots. Cook, stirring occasionally, until softened.
3. Add the garlic, ground coriander, celery salt and cumin and cook for 30 seconds.

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4. Add the lentils, water and the bay leaf. Bring to a boil, and then reduce to a simmer. Cover and cook for 10 minutes.
5. Add the potatoes and cook for a further 10-15 minutes or until the potatoes are just tender. Stir in the tomatoes and cook for several minutes until warmed through. Remove the bay leaf.
6. Stir in the lemon juice, coriander, salt and pepper.