

Day 84

Recipes



Day 84 - (Cheat Day)

Congratulations we are now on our last day of our Body Transformation challenge.

Well done everyone!!!

It's time to do your weight, measurements and take those photo's again, make sure you post them into the group so we can help inspire others.

Breakfast:

- Eggs, salmon and asparagus.

Or you can try Oozy Spinach and Chive Omelette (Recipe Below)

1 x krill oil and greens drink.

Lunch:

- Any lean meat/chicken/fish with lightly steamed veg.

Or you could try Fragrant Beef & Olive Picadillo (Recipe Below)

Dinner:

CHEAT MEAL (go ahead, you have well and truly deserved it!!)

Recipes

Oozy spinach & chive omelette

3 eggs 1 egg white
a small pinch of salt and pepper
1 heaped tsp of fresh chives, finely chopped
40g Greek yoghurt (use dairy free if preferred)
1 tsp ghee or coconut oil
30g fresh spinach, finely chopped
20g Cheddar cheese, grated (or use dairy free cheese of your choice)

Method

1. Crack the eggs and egg white into a large jug. Add the salt and pepper, chives and yoghurt and mix thoroughly with a fork.
2. Melt the ghee / oil in a large frying pan over a medium / high heat. Pour the egg mixture into the pan and reduce heat to medium. Tilt the pan gently to cover the base evenly with the mixture.
3. Cook for around 3-4 minutes. When the edges of the omelette start to firm up, sprinkle the spinach and cheese evenly over the omelette. Cook for 2-3 minutes. Slide a slice under the omelette and fold in half. Continue to cook until the omelette is cooked throughout. If you prefer you can transfer the omelette to a heatproof tray and finish cooking under a medium grill. Consume immediately.

Fragrant beef & olive picadillo

1 tbsp cumin seeds
1 tsp ghee or coconut oil
2 small white onions, finely chopped
100g carrot, chopped
1 green bell-pepper, finely diced
4 garlic cloves, finely chopped
500g 5% beef mince
1 tsp ground coriander
1 tsp ground black pepper
1 tsp dried oregano
1 tsp ground red chillis
1 tsp paprika
1 tsp sea salt
200ml beef stock (fresh or made with one organic stock cube)
200g tinned chopped tomatoes
50g pitted green olives, chopped or sliced

Method

1. Place the cumin seeds in a large saucepan over a medium heat and toast gently for 30 seconds.
2. Add the ghee/oil and stir to melt. Add the onions and sauté for 3-4 minutes, stirring occasionally until soft. Add the carrot. Stir well and sauté for 4 minutes, stirring occasionally.

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3. Add the green bell-pepper stir. Add and garlic. Stir and sauté for 4 minutes, stirring occasionally.
4. Add the mince. Using a wooden spoon, break the mince up finely. Cook for 3-4 minutes, stirring occasionally.
5. Add the spices and stir well. Add the stock and tomatoes, stir well and cover. Cook for 10 minutes.
6. Add the olives, stir and cook for 2 minutes. Serve