

# LIFT LEAN INSTRUCTOR

VOLUME 3  
NUTRITION, MEAL  
PLANNING AND RECIPES

LIFT  LEAN™



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**Lift Lean Home Bootcamp**

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**LIFT**  **LEAN**™

**ABC**

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# How the programme works Instructions

## Lift Lean Lifestyle

The Lift Lean Workout is a weights and resistance training class set to timed music designed to fit into the busiest of schedules.

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We use a simple calorie tracking method which is a tried and tested nutrition plan providing the best results. The plan is a long term and easily sustainable method of maintaining your results too meaning you don't just pile the weight back on following the plan.

“It's a flexible way of eating without severe restriction. We teach Lift Leaners how to eat healthily in the week and allow for a little wriggle room at the weekend.” Explains Rachel.

We teach our clients how to balance out their calories, and to make daily habits changes that are sustainable for long term success.

Weight training changes the shape of the body, increasing bone density and muscle mass, also improving mental clarity and reducing mid section weight gain. This type of exercise is often something women shy away from, thinking they may get muscular or bulky, and this is just not the case.

Simply follow the plan in this booklet and use our helpful tips to get the best out of this programme. The meal plans are flexible so mix and match as you like and swap out ingredients that you like.



# SHOPPING LIST

Please ask about any foods not on this list. Choose from the following foods:

## **Proteins**

Beef  
Chicken  
Duck  
Turkey  
Lamb  
Liver  
Kidney  
Veal  
Bacon - very lean  
Shellfish/Shrimp Crab  
Lobster  
Salmon  
Cod  
Plaice Halibut/Turbot Hake  
Bream Prawns  
Eggs Rainbow Trout  
Haddock  
Mackerel Sea Bass

## **Carbohydrates**

Spinach  
Courgette  
Cucumber  
Broccoli  
Rocket  
Aubergine  
Squash  
All leafy greens  
Tomatoes  
Onion  
Kale  
Cabbage  
Celery  
Mushrooms  
Peas  
Green Peppers  
Green Beans  
Purple Sprouting Broccoli  
Broad Beans  
Cauliflower  
Root veg  
Avocado

## **Nuts - Portion carefully**

Almonds  
Macadamia Nuts  
Peanuts  
Pecans  
Hazelnuts

Keep away from too many high sugar fruits unless otherwise instructed.

## **Drink**

Water - minimum 3 litres per day  
Fruit teas  
Licorice and Tulsi tea

**On high protein / Vegetarian / Vegan meal plans you may be given more on your list such as:**

Cottage cheese  
Lentils  
Chickpeas

## **Top Tips on making the most of our programme**

- No snacking- try and cut down snacking.
- Drink plenty of water- aim for 2 litres per day.
- Aim for 5 different veg a day.
- Try and get plenty of sleep and find time to relax.
- Working out first thing in the morning is the best way to boost your mood for the day and ensure no skipping on your workout after a busy day.
- Try a night time routine to wind down and improve sleep and reduce stress.
- I recommend supplementing with a high quality protein powder
- Keep yourself accountable and post in the group.

## **Calories and Tracking**

First up download My Fitness Pal in order to track your food, this is a great habit to be in so you can see what you are eating every day.

Can you work out your TOTAL DAILY ENERGY EXPENDITURE?

<https://tdeecalculator.net/>

Try and stay 200 cals under your TDEE for best results if you are looking for weight loss.

Increase your protein and reduce your carbs.

# Meal Plans and Recipes

## Breakfasts

### Blueberry breakfast bowl

#### Ingredients:

1 firm but ripe red-skinned pear, unpeeled  
2 tbsp oats  
150g pot Greek yoghurt  
3 tbsp coconut milk  
1 tbsp pumpkin seeds  
2 handfuls blueberries

#### Method

Grate the pear into a bowl and add the oats, half the yogurt, the milk and most of the seeds. Leave for 5-10 mins, then check the consistency and dilute with a little more milk or water if it is too thick. Spoon on the remaining yogurt, pile on the berries and remaining seeds, then serve.

### Choco and cherry oat bake

#### Ingredients

75g dried cherries  
1 tbsp chia seeds  
500ml hazelnut milk  
200g jumbo porridge oats  
3 tbsp cocoa powder  
1 tbsp cocoa nibs  
1 tsp baking powder  
1 tsp vanilla extract  
50g blanched hazelnuts  
Greek yogurt

#### Method

Heat the oven to 200C/180C fan/gas 6. Cover the cherries with boiling water and set aside for 10 mins. Meanwhile, mix the chia seeds with 3 tbsp warm water.

Drain the cherries and put in a large bowl with the soaked chia and the remaining ingredients, except the hazelnuts. Tip into a 2-litre ovenproof dish and scatter over the hazelnuts, then bake for 25-30 mins until piping hot in the middle. Serve with yogurt.

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## **Super green smoothie**

Ingredients

1 handful spinach  
100g broccoli florets, roughly chopped  
2 celery sticks  
4 tbsp desiccated coconut  
1 banana  
300ml oat milk / coconut milk  
a scoop of protein or greens powder

Method

Whizz 300ml water and the ingredients in a blender until smooth.

## **Egg salad**

2 large eggs  
1 lemon, juiced  
1 tbsp tahini  
1 tbsp rapeseed oil  
1 red onion, chopped  
3 large garlic cloves, finely chopped  
1 tsp ground cumin  
½ tsp cumin seeds  
400g can borlotti or fava beans, juice reserved  
2 Little Gem lettuces cut into wedges  
2 tomatoes, cut into wedges  
sprinkling of dried chilli flakes and roughly chopped flat-leaf parsley, optional

Method

Bring a pan of water to the boil, lower in the eggs and boil for 8 mins. Drain and run under the cold tap to cool them a little, then peel and halve. Meanwhile, mix 1 tbsp lemon juice and 3 tbsp water with the tahini to make a dressing.

Heat the oil and fry the onion and garlic for 5 mins to soften them. Add the ground cumin and seeds, stir briefly then add the beans and lightly crush some of them as you heat them, adding some of the juice from the can to get a nice creamy consistency but keeping whole beans, too. Taste and add lemon juice and just a little seasoning if you need to.

Spoon the beans on to plates with the lettuce, then add the eggs and tomatoes, with the tahini dressing, chilli and parsley, if using.

## **Mushroom omelette**

Ingredients

- 1 handful button mushrooms
- 2 handfuls spinach
- 3 eggs, whisked
- Himalayan salt



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- Black pepper
- 1 knob grass fed butter

### Method

Cut up the mushrooms and add them along with a small knob of butter to a small frying pan on a low heat and let it get hot. Fry for one minute and add your eggs and move the pan around to spread them out evenly. When the omelette begins to cook and firm up, sprinkle over the spinach. Ease around the edges of the omelette with a spatula, then fold it over in half. When it starts to turn golden brown underneath, remove the pan from the heat and slide the omelette on to a plate.

## Strawberry and almond smoothie

### Ingredients

- 1 small banana
- 7 strawberries, hulled
- 3 tbsp Greek Yoghurt
- 3 tbsp milk or plant based milk
- 2 tbsp ground almond

### Method

Slice the banana into the bowl of a food processor, or a jug if using a hand blender. Add the strawberries, yogurt, milk and ground almonds, and blitz until completely smooth. Pour into a glass and enjoy.

## Choco and Banana Porridge

### Ingredients

- 120g rolled porridge oats
- 4 tsp cocoa powder
- 1 tsp vanilla extract
- 4 bananas, 2 chopped
- 2 x 150ml pots yoghurt
- Milk or plant based milk, to serve (optional)

### Method

Put the oats, cocoa and vanilla in a large bowl and pour over 800ml – 1 litre cold water (depending how thick you like your porridge). Cover the bowl and leave to soak overnight. The next morning, tip the contents into a saucepan with the chopped banana. Cook over a medium heat for 15 mins, stirring frequently, until the oats are cooked. Put half of the mixture in the fridge for the next day. Spoon the rest into two bowls, swirl in 1 pot yogurt and slice over a banana (save the other pot and banana for the next morning). Warm through with a splash of milk to reheat

# Lunch

## Carrot and lentil soup

### Ingredients:

2 tsp cumin seeds  
pinch chilli flakes  
2 tbsp olive oil  
600g carrots, washed and coarsely grated  
140g split red lentils  
1l hot vegetable stock  
125ml milk or dairy free alternative  
plain yogurt

### Method

Heat a large saucepan and dry-fry 2 tsp cumin seeds and a pinch of chilli flakes for 1 min, or until they start to jump around the pan and release their aromas.  
Scoop out about half with a spoon and set aside. Add 2 tbsp olive oil, 600g coarsely grated carrots, 140g split red lentils, 1l hot vegetable stock and 125ml milk to the pan and bring to the boil.  
Simmer for 15 mins until the lentils have swollen and softened.  
Whizz the soup with a stick blender or in a food processor until smooth.  
Season to taste and finish with a dollop of plain yogurt and a sprinkling of the reserved toasted spices.

## Courgette Carbonara

### Ingredients

- 1 courgette, spiralized
- 150g organic bacon
- 2 large eggs
- 1 clove crushed garlic
- Extra virgin olive oil
- 60ml Greek yoghurt
- 1/2 handful fresh parsley

### Method

Spiralize 1 courgette and place to the side. Add the oil, chopped bacon and crushed garlic to a frying pan on a medium heat and cook until the bacon begins to brown, then turn the frying pan heat to low. Add the courgette to the frying pan for 2-3minutes.  
Beat the 2 eggs in a bowl together with the yoghurt and finely chopped parsley.  
Remove the frying pan from the heat and stir in the mixture for a minute. Serve immediately.

## Steak Protein Pot

### Ingredients

250g pack wholegrain rice/ lentils or beans  
2 tbsp chopped sushi ginger  
4 spring onions, finely chopped  
160g broccoli florets, chopped  
225g lean fat-trimmed fillet steak

### Method

Tip the rice or beans into a bowl and stir in the ginger, chopped onion greens and 4 tbsp water. Add the broccoli and the spring onion whites, but keep the onions together, on top, as you will need them in the next step. Cover with cling film, pierce with the tip of a knife and microwave for 5 mins.

Meanwhile heat a pan and sear the steak for 2 mins each side, then set aside. Take the onion whites from the bowl and add to the pan so they char a little in the meat juices while the steak rests.

Tip the rice mixture into 2 large packed lunch pots. Slice the steak, pile the charred onions on top and seal until you're ready to eat.

## Chickpea salad

### Ingredients

- 1 red onion, chopped
- 2 courgettes, thickly sliced
- 375g tomatoes, chopped
- 3 tbsp extra virgin olive oil
- Juice of half lemon
- 3 tbsp chopped fresh mixed herbs • 400g cooked chickpeas
- Himalayan salt and black pepper

### Method

Fry the courgettes, pepper, chickpeas and tomatoes in a pan on medium heat with a tablespoon of coco- nut oil until starting to brown and season with black pepper.

Meanwhile, mix the lemon juice and olive oil to make a dressing. Season with salt and pepper and stir in the herbs.

When the vegetables are cooked, allow them to cool for 5 minutes, then tip into a bowl and pour over the dressing. Toss before serving.

## Black bean and chicken soup

### Ingredients

2 tbsp mild olive oil  
2 fat garlic cloves, crushed  
small bunch coriander stalks finely chopped, leaves picked  
zest 1 lime, then cut into wedges  
2 tsp ground cumin  
1 tsp chilli flakes  
400g can chopped tomatoes

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400g can black beans, rinsed and drained  
600ml chicken stock  
175g kale , thick stalks removed, leaves shredded  
250g leftover roast or ready-cooked chicken  
50g feta , crumbled, to serve

### Method

Heat the oil in a large saucepan, add the garlic, coriander stalks and lime zest, then fry for 2 mins until fragrant. Stir in the cumin and chilli flakes, fry for 1 min more, then tip in the tomatoes, beans and stock. Bring to the boil, then crush the beans against the bottom of the pan a few times using a potato masher. This will thicken the soup a little.

Stir the kale into the soup, simmer for 5 mins or until tender, then tear in the chicken and let it heat through. Season to taste with salt, pepper and juice from half the lime, then serve in shallow bowls, scattered with the feta and a few coriander leaves. Serve the remaining lime in wedges for the table, with the toasted tortillas on the side. The longer you leave the chicken in the pan, the thicker the soup will become, so add a splash more stock if you can't serve the soup straight away.

## Sweet potato pancakes

### Ingredients

325g sweet potatoes, peeled and coarsely grated  
½ tsp vanilla extract  
2 oranges, 1 zested, both cut into segments  
150g ricotta or yoghurt  
2 large eggs

½ tsp baking powder  
2 tsp rapeseed oil  
2 grapefruits, cut into segments  
small handful mint leaves

### Method

Put the sweet potato in a bowl, cover with cling film and cook in the microwave on high for 5 mins (or steam them). Mash the potato with a fork. When cooled a little, beat in the vanilla, orange zest, ricotta, eggs and baking powder to make a batter.

Heat the oil in a non-stick frying pan and fry spoonfuls of the batter for a few mins. Carefully flip the pancakes to cook the other side. When done, set aside on a plate and cook the remaining batter, aiming for eight pancakes in total.

Mix the grapefruit and orange segments with mint and serve with the pancakes.

## Mixed veg stir fry

### Ingredients

Any mixed vegetables

1 handful roasted almonds

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coconut oil

1 bag mixed salad leaves

Method

Lightly fry vegetables in one pan whilst roasting the nuts. Arrange salad and add together!

## Dinner

### Chicken salad

Ingredients

1 tbsp tamari

1 tsp medium curry powder

¼ tsp ground cumin

1 garlic clove, finely grated

1 tsp clear honey

2 skinless chicken breast fillets (or use turkey breast)

1 tbsp crunchy peanut butter

1 tbsp sweet chilli sauce

1 tbsp lime juice

a little sunflower oil, for wiping the pan

2 Little Gem lettuces hearts, cut into wedges

¼ cucumber, halved and sliced

1 banana shallot, halved and thinly sliced

generous handful coriander, chopped

seeds from ½ pomegranate

Method

Pour the tamari into a large dish and stir in the curry powder, cumin, garlic and honey. Mix well. Slice the chicken breasts in half horizontally to make 4 fillets in total, then add to the marinade and mix well to coat. Set aside in the fridge for at least 1 hr, or overnight, to allow the flavours to penetrate the chicken.

Meanwhile, mix the peanut butter with the chilli sauce, lime juice, and 1 tbsp water to make a spoonable sauce. When ready to cook the chicken, wipe a large non-stick frying pan with a little oil. Add the chicken and cook, covered with a lid, for 5-6 mins on a medium heat, turning the fillets over for the last min, until cooked but still moist. Set aside, covered, to rest for a few mins.

While the chicken rests, toss the lettuce wedges with the cucumber, shallot, coriander and pomegranate, and pile onto plates. Spoon over a little sauce. Slice the chicken, pile on top of the salad and spoon over the remaining sauce. Eat while the chicken is still warm.

### **Speedy stir fry**

#### Ingredients

beef steak, sliced handful mange tout  
red pepper, sliced  
florets cauliflower, grated carrot, grated  
red onion, sliced  
spring onions, chopped inch fresh ginger, sliced tbsp Kick Start coconut oil

#### Method

Melt the coconut oil in a hot pan. Add the beef strips and fry until brown, add in the remaining ingredients and fry for 3-4 minutes.

### **Masala frittata**

#### Ingredients

2 tbsp rapeseed oil  
3 onions, 2 ½ thinly sliced, ½ finely chopped  
1 tbsp Madras curry paste  
500g cherry tomatoes, halved  
1 red chilli, deseeded and finely chopped  
small pack coriander, roughly chopped  
8 large eggs, beaten  
1 avocado, stoned, peeled and cubed  
juice 1 lemon

#### Method

Heat the oil in a medium non-stick, ovenproof frying pan. Tip in the sliced onions and cook over a medium heat for about 10 mins until soft and golden. Add the Madras paste and fry for 1 min more, then tip in half the tomatoes and half the chilli. Cook until the mixture is thick and the tomatoes have all burst.

Heat the grill to high. Add half the coriander to the eggs and season, then pour over the spicy onion mixture. Stir gently once or twice, then cook over a low heat for 8-10 mins until almost set. Transfer to the grill for 3-5 mins until set.

To make the salsa, mix the avocado, remaining chilli and tomatoes, chopped onion, remaining coriander and the lemon juice together, then season and serve with the frittata.

### **Vegetable Burrito Bowl**

#### Ingredients

- 3 tbsp cauliflower rice
- 1 roasted red pepper, chopped
- 100g cooked black beans
- 4 cherry tomatoes, chopped
- 1 handful fresh parsley, chopped

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- 1 avocado, diced
- 1/2 lime

### Method

In a bowl, reheat the cauliflower rice. Top with chopped red pepper. Mix together the black beans and chopped tomatoes in a separate bowl, and heat them up together. Pour on top of the cauliflower rice and red pepper. Top with avocado, parsley and a big squeeze of lime.

## Pan fried trout

### Ingredients

- 1 trout fillet
- 1 handful mange tout
- 2 sprigs tenderstem broccoli
  
- 1 clove garlic, chopped
- 1/2 handful fresh parsley
- 25g grass fed butter
- 1 tsp Kick Start coconut oil

### Method

Fry the coconut oil in a pan and once heated on a medium heat add the trout frying from 3-4 minutes each side. Steam the vegetables for 6 minutes or until cooked as you like. In another pan add the butter, garlic and parsley. Add the vegetables ensuring they are coated in the sauce and serve.

## Simple prawn curry

### Ingredients

2 tbsp curry paste  
1 onion, finely sliced  
200g large raw or cooked prawns, defrosted if frozen  
400g can chopped tomato with garlic  
large bunch coriander, leaves and stalks chopped

### Method

Drizzle some oil from the curry paste jar into a wok or large frying pan, gently heat, then add the onion. Sizzle over a low heat for 4 mins until the onion softens, then stir in the paste and cook for a few mins longer. Stir in the prawns and tomatoes, then bring to a simmer. If using raw prawns, simmer until they have changed colour and are cooked through. Season, if you like, then add the coriander just before serving with boiled rice and naan bread.

## Salmon salad

### Ingredients

100g cous cous

1 tbsp olive oil

2 salmon fillets

200g sprouting broccoli

juice 1 lemon

seeds from half a pomegranate

small handful pumpkin seeds

2 handfuls watercress

olive oil

### Method

Heat water in a tier steamer. Season the couscous, then toss with 1 tsp oil. Pour boiling water over the couscous so it covers it by 1cm, then set aside. When the water in the steamer comes to the boil, tip the broccoli into the water, then lay the salmon in the tier above. Cook for 3 mins until the salmon is cooked and the broccoli tender. Drain the broccoli and run it under cold water to cool.

Mix together the remaining oil and lemon juice. Toss the broccoli, pomegranate seeds and pumpkin seeds through the couscous with the lemon dressing. At the last moment, roughly chop the watercress and toss through the couscous. Serve with the salmon, lemon wedges for squeezing over and extra olive oil for drizzling, if you like.



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**HOME  
BOOTCAMP**

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Celery  
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# Meal Plans and Recipes

## Breakfasts

### **Purple breakfast shake**

#### Ingredients

90g banana  
90g blueberries  
1/2 tsp cinnamon  
1 tsp ground flaxseed  
225ml almond milk  
2 tbsp almond butter

#### Method

Blend all ingredients together until smooth.

### **Quinoa porridge**

#### Ingredients

1 handful dates  
1 banana  
coconut oil  
Quinoa  
Almond Milk  
1/2 tsp cinnamon

#### Method

Chop a handful of dates and 1 banana. Add coconut oil to quinoa, almond milk, cinnamon and bring to the boil, simmer until cooked through.

### **Courgette pancakes**

#### Ingredients

- 1 medium size courgette
  - 1 medium size spring onion
- 1 large egg
  - Salt and pepper to taste
  - 2 tbsp coconut oil for frying

#### Method

Grate the courgette into a small bowl.

Finely chop the spring onion and mix with the courgette.

Combine a large egg into the bowl and mix thoroughly, adding salt and pepper to taste.

Heat the oil in frying pan and spoon 3 mounds of the courgette mixture into the pan and fry until lightly browned, pressing down to flatten. Flip the pancake till browned on both sides.

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### **Fruit and nut bowl**

#### Ingredients

- 1 tsp ground cinnamon
  - 1/2 teaspoon ground ginger
- 2 teaspoons coconut oil
  - 100g coconut shredded
  - 1 mango chopped
  - 2 tbsp blueberries
  - 2 tbsp strawberries
  - 12 tbsp chopped pecans
  - 2 tbsp chopped walnuts
  - 2 tbsp flax seeds

#### Method

1. Mix all ingredients together in a bowl and chill before serving.

### **Banana and cinnamon omelette**

#### Ingredients

- 1 chopped banana
- 3 medium free range eggs • 2 tbsp cinnamon
- 1 tbsp coconut oil

#### Method

Heat the coconut oil in pan on a medium heat then add the chopped banana until they soften.

While the banana is warming, beat the 3 eggs in a bowl.

Pour the eggs over the banana.

When the omelette is almost cooked, sprinkle the cinnamon over the top to serve.

### **Asparagus soldiers**

#### Ingredients

- 2 large free range/organic eggs
- 4 asparagus spears
  - 1 tsp of coconut oil
  - Sea salt and black pepper

#### Method

Boil enough water in a pan to cover the eggs by 1 cm.

When the water is boiling, place the eggs gently into the water to avoid cracking - boil for 5 minutes for a soft consistency.

While the eggs are boiling heat the oil in a frying pan and cook the asparagus spears for 2-3 minutes.

Place your eggs in an eggcup and serve asparagus soldiers to dip, season if need be.

### **Cashew granola**

#### Ingredients

- 200g rolled oats (gluten free ) • 10g organic butter, melted
- 120g chopped cashew nuts
- 1 tsp vanilla essence
- 2 tsp minced fresh ginger

#### Method

Pre-heat the oven to 300°F/150°C.

Thoroughly combine rolled oats and melted butter in a mixing bowl. Transfer to a large baking dish and spread out evenly.

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Bake for 45-55 minutes, stirring every ten minutes, until oats are lightly coloured. Add cashews, ginger, and vanilla 20 minutes into the baking time and stir in thoroughly.  
Serve or store in a covered container. Will keep refrigerated for up to 2 weeks.

# Lunch

## Spaghetti Verde

### Ingredients

2 courgettes "Spiralized"  
zest and juice 1/2 a lemon  
1/2 cup pine nuts  
2 handfuls fresh basil  
1/2 tsp chilli flakes  
1 tbsp cold pressed olive oil  
Himalayan salt  
black pepper  
1 tbsp coconut oil

### Method

Spiralize the two courgettes , toss the courgette in the lemon zest and lemon juice with a pinch of salt.

Blend the pine nuts, basil, chilli flakes and olive oil to make a paste. Heat the olive oil in a frying pan and add your pine nut paste and allow to gently soften. Add the courgette. Toss in the pine nut and basil paste, season and then cover and cook for up to 5 mins until cooked through. Serve on a bed of spinach, rocket and watercress.

## Avocado and salmon noodles

### Ingredients

2 medium courgettes  
2 avocados  
8-10 fresh basil leaves  
2 garlic cloves  
juice of half a lemon  
Himalayan pink salt  
black pepper  
3 Tbsp extra virgin olive oil  
2 smoked or grilled salmon fillets  
pine nuts

### Method

Spiralize the courgette and place in a large bowl. Place avocado, basil, garlic, lemon juice, salt, pepper and extra virgin olive oil in a food processor and blend until smooth. Stir the avocado sauce through the zoodles, shred the salmon on top and toss. Transfer to 2 serving bowls, sprinkle with pine nuts.

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### **Scrambled egg and smoked salmon**

#### Ingredients

- 3 large free range eggs
- Sea salt and black pepper to taste
- 1 tsp coconut oil
- 2 spring onions, green tops only, thinly sliced • 2 slices smoked salmon, thinly sliced

#### Method

Combine the eggs and seasoning in a small bowl. Stir briskly with a fork until well blended.

Heat oil in a non-stick frying pan over a medium-low heat. Add spring onions and cook, stirring until softened (about 30 seconds).

Pour the eggs into the pan and cook until they just begin to set, about 10 seconds; stir in the salmon. Cook for about 3-5 minutes, stirring gently from time to time, until the eggs have thickened into soft creamy curds.

Serve immediately.

### **Prawn salad**

#### Ingredients

- 12 large cooked prawns
- 1 mango, peeled and chopped • 1/4 cucumber, finely chopped
- 1/2 avocado, chopped
- 20g unsalted plain cashew nuts • 1 tsp olive oil
- Juice of a half a lime
- Chilli flakes

#### Method

Combine the lime juice, oil and chilli flakes

together.

Mix all other ingredients together in a bowl and dress with the oil mixture.

Serve on a big bed of watercress and spinach

Season if needed.

### **Stuffed peppers**

100g cooked quinoa (follow directions on packet)

- 2 red onions, chopped
- 2 tomatoes, chopped
- 1 red pepper, chopped
- 1 clove garlic, crushed
- 4 tbsp of lemon juice
  - 2 large red peppers
  - 1 tsp of coconut oil
- 1-2 tbsp of extra virgin olive oil

#### Method

Pre-heat the oven to 200oC.

Heat the coconut oil in a pan. Fry off the onions, garlic and chopped pepper for 2 minutes then add in quinoa and cook for further 1 minute.

Cut the tops of the peppers and de-seed.

Stuff the peppers with the warm mixture, place in a dish, cover with foil and cook in the oven for 20-25 minutes.

Drizzle olive oil over the peppers once cooked and serve.



## Lift Lean Lifestyle

### **Greek lamb salad**

#### Ingredients

- 450g of minced lamb
- 3-4 tbsp of finely chopped Greek herbs such as dill, mint, oregano and parsley
- Sea salt to taste
  - 2 hearts Romaine lettuce finely chopped
  - 1-2 tomatoes, chopped
  - 1 large or 2-4 small cucumbers, chopped
  - 1 cup pitted Kalamata or other Greek olives
- 2 tbsp of lemon juice
  - 3-4 tbsp of extra virgin olive oil

#### Method

Saute ground lamb with herbs for 12-15 minutes, or until cooked through. Add salt to taste.

Combine meat with lettuce, tomato, cucumber and olives.

Whisk together with lemon juice and olive oil. Drizzle on top of the salad.

### **Watercress and asparagus soup**

#### Ingredients

- 900ml of vegetable stock
  - 1 small cauliflower, trimmed and roughly chopped
- 350g asparagus spears, trimmed and chopped
  - 4 spring onions
  - 50g watercress
  - 25g fresh mint
  - Sea salt and freshly ground black pepper

#### Method

Put the cauliflower in a large pan and

bring to the boil. Add the asparagus and spring onions, bringing back to the boil and simmer for 3 minutes.

Now take off the boil and stir in the watercress and mint until wilted. Blend the soup in blender or use a hand blender and then re-heat and season.

# Dinner

## Chicken Casserole

4 courgettes, peeled  
2 lbs chicken strips  
coconut oil  
almond milk  
1 Tbsp Himalayan pink salt  
1 Tbsp black pepper  
90g onion, finely chopped  
4 cloves garlic, finely chopped  
300g sliced mushrooms  
1 Tbsp fresh thyme, finely chopped

Spiralize courgettes and set to the side. In a large sauté pan over high heat, melt coconut oil. Season the chicken strips with salt and pepper and cook until lightly browned. Set aside to cool then chop into bite-sized pieces.

In the same sauté pan with the leftover oil and chicken drippings (may need to add more oil), fry the onions, garlic, and mushrooms together. Add enough almond milk to cover the mixture and let it simmer for about 5 minutes, or until thick. When gravy is at desired thickness, mix with the noodles and chopped chicken until well combined. Pour into a casserole dish. Bake at 180c for 25-30 minutes. Top with the fresh parsley.

## Sea bass curry

### Ingredients

1 can chopped tomatoes  
1 onion  
1 or 2 cloves of garlic  
coconut oil  
1 tsp garam masala  
1 tsp turmeric  
1 tsp ground coriander  
1 tsp ground cumin  
1 tsp paprika  
1 tsp dried chilli flakes  
2 sea bass fillets  
1 handful of kale or spinach  
1 cauliflower, grated

### Method

Line a baking tray with foil and put the sea bass on skin side down. Bake in the oven at 180 c while you prepare the curry. In a pan fry onion and garlic in coconut oil. Add tinned tomatoes (or chopped fresh organic ones) Add all the spices (you can alter to taste). Let this simmer down while you add coconut oil to another pan and fry the grated cauliflower. When cauliflower is nearly ready, add the kale or

## Lift Lean Lifestyle

spinach and wilt down. Once this has cooked, flake the oven baked sea bass into the curry and stir through.

### Curried lentils

#### Ingredients

2 medium shallots  
1 can tomato paste  
1 jalapeno pepper  
4 slices peeled ginger  
2 cloves garlic  
2 tsp ground cumin  
2 tsp ground coriander  
2 cups vegetable broth  
1 1/2 cup lentils  
almond milk  
3 cups large cauliflower florets  
1 cup frozen peas  
1 tbsp fresh lime juice  
cooked basmati rice  
1/3 cup chopped shelled unsalted pistachios  
Himalayan salt  
black pepper

#### Method

In a food processor pulse shallots, tomato paste, jalapeno, ginger, garlic, cumin, coriander and 1/2 teaspoon each salt and black pepper until mostly smooth then transfer to 7- to 8- quart slow cooker bowl. To same slow cooker bowl, add broth, lentils, almond milk and 1 cup water, stirring to combine. Place cauliflower on top. Replace lid and cook on high 5 hours or on low 8 hours or until lentils are tender. Into slow cooker bowl, stir peas, lime juice, and 1/4 teaspoon salt. Serve over rice, garnish and pistachios.

### Herby Meatballs and sauce

#### Ingredients

- 500g minced beef
- 1/2 onion
- 1 handful of fresh basil
- 1 handful of fresh parsley
- 2 handfuls of spinach
- 4 medium free range eggs
- 150g almond flour
- 1 tbsp dried oregano
- 4 cloves garlic
- 1 tbsp of Himalayan rock salt or celtic sea salt and freshly ground black pepper to taste

#### Spicy tomato sauce

- 1 large onion, finely chopped
- 2 tsp coconut oil
- Salt and freshly ground black pepper
- 1 garlic clove, peeled and finely chopped • 1 tsp paprika

## Lift Lean Lifestyle

- A pinch of chilli flakes
- 2 x 400g cans of chopped tomatoes
- 1 bay leaf

### Method

Preheat your oven to 180oC.

Blend the onion, herbs, garlic and spinach in a food blender.

Season the mixture to taste with sea salt and freshly ground black pepper.

Make golf ball sized patties out of the mixture and place them individually on a baking tray in a pre-heated oven to cook for about 30 minutes or until browned.

To make the sauce:

Place the onion in a heavy bottomed pan with the coconut oil and season with salt and pepper.

Cover with a lid and fry gently over a low heat until soft and sweet.

Add the garlic, paprika and chilli flakes and fry for a further 30 seconds, stirring constantly.

Add the tomatoes and bring to a simmer for 20 minutes. Liquidise until smooth. Pass the sauce through a sieve, back into the pan. Taste and add seasoning as necessary.

## Chicken and pesto wrap

### Ingredients

- 2 skinless chicken breasts, cut into strips
- 1 small tomato, sliced
- 1 tbsp of fresh oregano leaves
- 1 or 2 large leaves Romano lettuce
- 2 tsp coconut oil

### Dressing

- 1-2 tbsp of plain, active-culture yoghurt
- 1 tbsp coarsely chopped pine nuts or walnuts
- 1 clove garlic, peeled
- 2 tbsp olive oil
- 1 tbsp fresh basil leaves, shredded
- A pinch of sea salt

### Method

Heat the coconut oil in a pan and add the chicken strips and oregano. Cook the chicken thoroughly, then set aside.

Put the pine nuts or walnuts and the garlic into the food blender until finely blended. Add the extra virgin olive oil and pulse several times. Add in the basil, yoghurt, and salt. Pulse until thoroughly mixed.

Lay the lettuce leaf flat on a plate. Cover the whole of the leaf with the dressing and then assemble your chicken and tomato slices. Wrap, secure with a toothpick and serve.

## Thai chicken curry soup

### Ingredients

- 2 tsp coconut oil
- 1 chicken breast, chopped
- 1 onion, finely chopped
- 1 red pepper, chopped
- 2 handfuls of button mushrooms, chopped

## Lift Lean Lifestyle

- 2-3 tbsp curry powder
- 500ml water or chicken stock
- 1 tbsp almond flour, optional, for thickening
- 700ml coconut milk
- 1 tbsp fish sauce, optional
- 1/2 tsp fresh coriander, finely chopped
- Sea salt and freshly ground black pepper to taste

### Method

Add the coconut oil and chicken to a large saucepan over a medium heat. Toss the chicken in the oil and cook for about 2 minutes.

Add the onion, red pepper and mushrooms to the saucepan and cook for a minute. Season to taste with salt and pepper at this point.

Coat the meat and vegetables in the curry powder (add up to 3 tbsp depending on how spicy you want the dish to be). Cook for about 45 seconds.

Add the water or stock, almond flour, coconut milk and fish sauce. Stir well. Allow the soup to simmer for 5-10 minutes, until the vegetables are tender and the chicken is cooked through.

Adjust the seasoning, if needed, and top with the fresh coriander prior to serving.

## Cajun steak salad

### Ingredients

- 1 head Romaine lettuce
  - 8 cherry tomatoes, cut in half
  - 1 cucumber peeled and sliced into thin rounds
- 1 roasted pepper, cut into strips
  - 2 radishes sliced into thin rounds and any other salad vegetable you might like, be creative!
- Few sprinkles of cajun spices according to your taste (chilli, garlic, cayenne, mustard powder)
- Nice piece of rump or sirloin steak
- 1-2 tsp of coconut oil

### Method

Prepare the salad in large bowl and set aside.

Sprinkle the cajun spice mix over the steak on both sides.

Heat the oil in a frying pan or griddle and cook the steak to your liking.

Slice the steak and place slices on top of salad.

Serve immediately.

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Duck  
Turkey  
Lamb  
Liver  
Kidney  
Veal  
Bacon - very lean  
Shellfish/Shrimp Crab  
Lobster  
Salmon  
Cod  
Plaice Halibut/Turbot Hake  
Bream Prawns  
Eggs Rainbow Trout  
Haddock  
Mackerel Sea Bass

## **Carbohydrates**

Spinach  
Courgette  
Cucumber  
Broccoli  
Rocket  
Aubergine  
Squash  
All leafy greens  
Tomatoes  
Onion  
Kale  
Cabbage  
Celery  
Mushrooms  
Peas  
Green Peppers  
Green Beans  
Purple Sprouting Broccoli  
Broad Beans  
Cauliflower  
Root veg  
Avocado

## **Nuts - Portion carefully**

Almonds  
Macadamia Nuts  
Peanuts  
Pecans  
Hazelnuts

Keep away from too many high sugar fruits unless otherwise instructed.

## **Drink**

Water - minimum 3 litres per day  
Fruit teas  
Licorice and Tulsi tea

**On high protein / Vegetarian / Vegan meal plans you may be given more on your list such as:**

Cottage cheese  
Lentils  
Chickpeas



## **Top Tips on making the most of our programme**

- No snacking- try and cut down snacking.
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- Aim for 5 different veg a day.
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# Meal Plans and Recipes

## Breakfasts

### **TOMATO AND BACON STUFFED AVOCADOS**

#### Ingredients

- 1 avocado
- 1 handful spinach
- 2 rashers of organic bacon
- 4 cherry tomatoes
- 1 tsp Kick Start coconut oil

#### Method

Half an avocado and remove the core.

Fry 2 rashers of bacon in coconut oil until crispy. Chop the cherry tomatoes into quarters. Top each avocado half with a layer of spinach followed by the tomatoes and sprinkle over the bacon.

### **SWEET CHIA SMOOTHIE**

#### Ingredients

- 240ml Greek yoghurt
- 200g frozen banana
- 120ml almond milk
- 1 pinch chia seeds

#### Method

Blend the Greek yogurt, frozen banana and almond milk. Sprinkle with chia seeds. You can store the leftover smoothie in the fridge for 2 days.

### **BACON AND EGGS WITH AVOCADO**

#### Ingredients

- 2 rashers of organic bacon
- 2 eggs
- 1 avocado
- Himalayan salt
- Pepper
- Kick Start coconut oil

## Lift Lean Lifestyle

### Method

Fry 2 rashers of bacon in coconut oil for 5 mins or until crispy. Crack 2 eggs, whisk them up and pour into a frying pan with a small amount of coconut oil and stir until cooked through and fluffy. Add a small pinch of Himalayan salt and pepper to taste. Half an avocado and scoop out the inside and chop into chunks. Plate it all up together.

## CHILLED AVOCADO AND CUCUMBER SOUP

### Ingredients

- 1 cucumber, peeled and chopped
- 1 avocado, pitted and chopped
- 2 spring onions, chopped
- 1 tbsp fresh dill
- 1 tsp Himalayan salt
- 1 tsp lemon zest
- 1 lemon squeezed
- 60ml water

### Method

Blend all ingredients together until smooth, add more water if needed, it tastes even better if chilled for 2 hours.

## SPINACH AND ORANGE SMOOTHIE

### Ingredients

- 1 orange, peeled
- 1/2 banana, peeled
- 1 handful fresh spinach
- 60ml almond milk
- 1 tbsp chia seeds
- Ice

### Method

Add all ingredients to a blender with a few ice cubes and blend. Add more almond milk if needed.

## Lift Lean Lifestyle

### **EGGS MARINARA**

#### Ingredients

- 2 eggs
- 1 handful cherry tomatoes
- 1 handful parsley
- Himalayan salt
- 1 tsp Kick Start coconut oil

#### Method

Heat the coconut oil in a saucepan on a medium heat. Crack in 2 eggs and fry until cooked to your desired consistency.

Blend 1 handful of cherry tomatoes and 1 handful of parsley with a sprinkle of Himalayan salt.

Serve the tomato sauce over your eggs.

### **GREEN KALE JUICE**

#### Ingredients

- 240ml green tea, chilled
- 1 handful fresh parsley
- 1 handful kale
- 1/2 cucumber, chopped
- 1/4 pineapple, chopped
- Juice of 1 lemon
- 1 tbsp fresh ginger, grated
- 1/2 avocado, chopped

#### Method

Blend all ingredients together until smooth.

If on detox remove the pineapple.

# Lunch

## COCONUT CHICKEN WITH SPIRALIZED COURGETTE

### Ingredients

- 1 chicken breast, sliced
- 1 yellow pepper
- 1 courgette, spiralized
- 1 avocado
- 1/2 lime
- Himalayan salt
- Black Pepper
- 1 tbsp Kick Start Coconut oil

### Method

Blitz 1 avocado with the juice of half a lime in a blender and set aside. Fry the chicken breast in coconut oil, sprinkle with salt and pepper. Once nearly cooked add in 1 chopped yellow pepper. After 2 minutes add the courgette and cook for a further 1 minute and serve topped with the avocado sauce.

## TUNA SALAD

### Ingredients

- 4 tbsp tuna
- 2 stalks celery, finely chopped
- 1 carrot, finely chopped
- 1/2 red pepper, finely chopped
- 3 tbsp Greek yoghurt
- 1 tbsp fresh lemon juice
- 1/4 tsp black Pepper
- 1 bag mixed salad

### Method

In a bowl, combine tuna, celery, carrot, red pepper, Greek yogurt, lemon juice, and 1/4 teaspoon freshly ground black pepper. Serve with mixed salad.

## Lift Lean Lifestyle

### **OREGANO LEMON CHICKEN**

#### Ingredients

- 1/2 lemon
- 1 pinch dried oregano
- 1 chicken breast, sliced
- 1 carrot, spiralized
- Himalayan salt to taste
- Pepper to taste
- 1 tbsp Kick Start coconut oil

#### Method

Spiralize 1 carrot and sprinkle with black pepper, set aside. Sprinkle 1 chicken breast with oregano and a squeeze of lemon and fry in coconut oil on a medium heat. Once cooked serve the chicken and carrot pasta together.

### **SUPER GREEN SOUP**

#### Ingredients

- 400ml vegetable stock
- 1 tbsp extra virgin olive oil
- 2 garlic cloves, sliced
- 1 inch ginger, sliced
- 1/2 tsp ground coriander
- 1/2 tsp ground turmeric
- Himalayan salt to taste
- 200g courgettes, sliced
- 85g broccoli
- 100g kale, chopped
- 1 lime, zested and juiced
- 1 handful fresh parsley, chopped

## Lift Lean Lifestyle

### Method

Put the oil in a deep pan, add the garlic, ginger, coriander, turmeric and salt, fry on a medium heat for 2 mins, then add 3 tbsp water. Add the courgettes and cook for 3 mins. Add 300ml stock and leave to simmer for 3 mins.

Add the broccoli, kale and lime juice with the rest of the stock. Leave to cook again for another 3-4 mins until all the vegetables are soft. Take off the heat and add the chopped parsley. Pour everything into a blender and blend on high speed until smooth. Garnish with lime zest.

## WHITE BEAN SALAD

### Ingredients

- 1 large bunch asparagus
- 200g tuna
- 400g cannellini beans
- 1 red onion, chopped
- 2 tbsp capers
- 1 tbsp olive oil
- 2 tbsp tarragon, chopped

### Method

Cook the asparagus in a large pan of boiling water for 4-5 mins until tender. Drain well, cool under running water, then cut into finger-length pieces. Toss together the tuna, beans, onion, capers and asparagus in a large serving bowl.

Mix the oil and tarragon together, then pour over the salad. Chill until ready to serve.

## HAM AND BEETROOT SALAD

### Ingredients

- 100g frozen peas
- 175g beetroot
- 2 spring onions, sliced
- 1 tbsp extra virgin olive oil
- Half iceberg lettuce, shredded
- 100g organic sliced cooked ham
- 1 pinch sesame seeds

### Method

Pour boiling water over the peas and leave for 2 mins, then drain well. Chop the beetroot into cubes.

Tip the peas, beetroot and spring onions into a bowl and mix well. Put the lettuce in a bowl then spoon over the beetroot mix. Thinly drizzle the extra virgin olive oil over the salad and top with ham. Sprinkle over sesame seeds.

## **CHICKEN AND AVOCADO SALSA WRAPS**

### Ingredients

- 1 gem lettuce
- 1 chicken breast, sliced
- 1 rasher organic bacon, sliced
- 1/2 cucumber
- 1 avocado, chopped
- 4 cherry tomatoes
- 1 handful parsley
- 1 tbsp Kick Start coconut oil
- Extra virgin olive oil

### Method

In a frying pan add the coconut oil, once melted add in the sliced chicken breast and bacon. Sprinkle over Himalayan salt and black pepper.

Meanwhile, chop up 4 cherry tomatoes and half a cucumber into small chunks. Sprinkle over parsley and a drizzle of olive oil and mix.

Once the chicken and bacon are cooked add a small amount to each separated gem lettuce leaf and sprinkle over the salsa.

# **Dinner**

## **VEGETABLE BURRITO BOWL**

### Ingredients

- 3 tbsp cauliflower rice
- 1 roasted red pepper, chopped
- 100g cooked black beans
- 4 cherry tomatoes, chopped
- 1 handful fresh parsley, chopped
- 1 avocado, diced
- 1/2 lime

### Method

In a bowl, reheat the cauliflower rice. Top with chopped red pepper. Mix together the black beans and chopped tomatoes in a separate bowl, and heat them up together. Pour on top of the cauliflower rice and red pepper. Top with avocado, parsley and a big squeeze of lime.



## Lift Lean Lifestyle

### **BEEF KEBABS**

#### Ingredients

- 1/2 lemon
- 1 tsp black pepper
- 1 tsp Himalayan salt
- 1 beef steak, cut into 1-inch cubes
- 2 green bell peppers, cut into chunks
- 1 red bell pepper, cut into chunks
- 1 large onion, cut into squares

#### Method

Skewer the beef alternated with pieces of onion and pepper. Squeeze over the lemon, black pepper and salt and grill for around 5-6 minutes or until cooked how you like it.

### **CAJUN TURKEY SALAD**

#### Ingredients

- 1 red onion, finely chopped
- 1 tbsp Kick Start coconut oil
- 1 red pepper, diced
- 1 turkey steak
- 2 tsp Cajun seasoning
- 140g fresh pineapple, chopped
- 1/2 green chilli , finely chopped
- Juice 1 lime

#### Method

Dust the turkey steaks with the Cajun spice and fry in a pan with coconut oil for about 4-6 mins on each side until cooked through. Cut the pineapple into small pieces and mix together with the red onion, pepper, green chilli and lime juice. Spoon some salsa over each steak and serve with salad.

### **COURGETTE CARBONARA**

#### Ingredients

- 1 courgette, spiralized
- 150g organic bacon
- 2 large eggs
- 1 clove crushed garlic

## Lift Lean Lifestyle

- Extra virgin olive oil
- 60ml Greek yoghurt
- 1/2 handful fresh parsley

### Method

Spiralize 1 courgette and place to the side. Add the oil, chopped bacon and crushed garlic to a frying pan on a medium heat and cook until the bacon begins to brown, then turn the frying pan heat to low. Add the courgette to the frying pan for 2-3minutes.

Beat the 2 eggs in a bowl together with the yoghurt and finely chopped parsley.

Remove the frying pan from the heat and stir in the mixture for a minute. Serve immediately.

## CHILLI CHICKEN AND SPICY RICE

### Ingredients

- 1 chicken breast, sliced
- 1 cauliflower head
- 1 handful coriander, chopped
- 1 pinch cumin seeds, toasted
- 1 tbsp grass fed butter
- 1 red chilli, chopped
- 1 pinch chilli powder
- 1 clove garlic, sliced
- Kick Start coconut oil
- 1 spring onion, sliced

### Method

Sprinkle your sliced chicken with a small pinch of chilli powder and cumin seeds and fry in coconut oil with the garlic for 10 minutes or until cooked.

Meanwhile to make the rice, pulse the head of a cauliflower in a food processor to make grains the size of rice.

Warm the grass fed butter in a large pan over medium heat. Stir in the cauliflower and red chilli with a little salt. Cover the pan and cook for 5 to 8 minutes, until the cauliflower is as tender as you like.

Pour out the cooked rice and top with chicken, spring onion and coriander.

## TURKEY BURGER

### Ingredients

- 1/4 lb lean ground turkey breast
- 1 spring onion, finely chopped
- 1/2 jalapeño pepper, chopped

## Lift Lean Lifestyle

- 1/2 handful fresh parsley, chopped
- 1 tsp grated fresh ginger
- 1/4 tsp Himalayan salt
- 1/4 tsp red pepper flakes
- 2 tsp extra virgin olive oil
- 1 tomato per burger, chopped in half

### Method

In a medium bowl, combine turkey, spring onions, jalapeño, parsley, ginger, salt, pepper flakes and 1/2 tsp oil. Shape mixture into burgers.

Heat remaining 1 1/2 tsp oil in a pan on medium heat. Add the burgers and cook for 4 minutes per side or until lightly golden and no longer pink in center then remove from the pan.

Pop the beef tomato skin side up onto the pan for a minute to lightly brown then arrange the burgers inside the tomatoes.

Great toppings: Feta cheese, spinach or cucumber.

## DUCK SPRING ROLLS

### Ingredients

- 4 tsp apple cider vinegar
- Himalayan salt
- 5 cabbage leaves
- 1 carrot shredded
- 2 celery stalks, thinly sliced
- 2 duck confit legs warmed and meat shredded
- 1 handful parsley
- 1/2 lime juiced
- 240ml water

### Method

In a large pan, bring the water to a boil, and then turn down to simmer. Add 1 tsp of cider vinegar, and 1 tsp of Himalayan salt. Add the cabbage, cover and steam until tender for about 4 minutes. Remove the cabbage and set aside. In a bowl toss together the carrots, celery, duck, parsley, lime juice and remaining 3 tsp vinegar. Fill the cabbage leaves with the duck mixture, rolling up like a spring roll.

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Salmon  
Cod  
Plaice Halibut/Turbot Hake  
Bream Prawns  
Eggs Rainbow Trout  
Haddock  
Mackerel Sea Bass

## **Carbohydrates**

Spinach  
Courgette  
Cucumber  
Broccoli  
Rocket  
Aubergine  
Squash  
All leafy greens  
Tomatoes  
Onion  
Kale  
Cabbage  
Celery  
Mushrooms  
Peas  
Green Peppers  
Green Beans  
Purple Sprouting Broccoli  
Broad Beans  
Cauliflower  
Root veg  
Avocado

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### Almond pancakes

#### Ingredients

- 1 cup of almond flour
- 2 medium free range eggs
- 3-4 tbsp of coconut milk
- 1 vanilla pod, split and seeds scraped out
- 1 tbsp of ground cinnamon
- 1 tbsp of Coconut oil

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#### Method

1. Mix the eggs, coconut milk and vanilla in a bowl and whisk together.
2. Sift in the almond flour and cinnamon.
3. Heat a teaspoon of coconut oil in a large frying pan over a medium heat. Add a scoop of the pancake batter, swirl the pan to evenly coat the base with the mix.
4. Cook for around 45 seconds until brown and then flip to brown the other side.

### Fruity Crêpes

#### Ingredients

- 150ml coconut milk
- 200ml water
- 2 large free range eggs
- 1 tbsp melted organic butter
- 200g brown rice flour
- 1/2 tsp sea salt
- 1/2 tsp vanilla essence
- Coconut oil to grease the pan

#### Method

1. Combine the wet ingredients in one bowl and mix with a whisk until well blended.
2. In another bowl, combine the dry ingredients and mix well. Combine the dry and wet ingredients to form a thin batter.
3. Heat an 8" pan on medium high heat and add a small amount of coconut oil to the pan.
4. Pour about 4 tbsp of batter into a hot pan. Swirl the pan until the bottom of the pan is covered with batter. Cook the crêpes for 1 minute.
5. Use a thin spatula to loosen the edges and gently flip it over and cook for an additional minute. Transfer it to a plate and fill with your favourite topping i.e. almond butter or bio live



## Lift Lean Lifestyle

yoghurt

with blueberries, to make a great fresh fruit crêpes.

### Special Breakfast Eggs

Ingredients

- 2 organic eggs, beaten
- A handful of frozen or fresh peas
- A handful of (7 or so) chunky and juicy tiger prawns • Himalayan rock salt, ground black pepper
- Handful of chopped coriander
- 1 tsp of coconut oil

Method

1. Heat a frying pan with butter or coconut oil.
2. Add the beaten eggs and let them cook as you scramble them.
3. Add the peas and prawns, salt and pepper to taste.
4. Mix it all well until eggs are cooked.
5. Serve it hot sprinkled with coriander.

### Pineapple and Coconut Smoothie

Ingredients

- 1/2 fresh pineapple, chopped
- 2 bananas
- 400ml of coconut milk
- 1 tsp organic cashew nut butter • 4 ice cubes

Method

1. Add all ingredients to a food blender and blend until smooth.
2. Pour into a large glass and enjoy.

### OMEGA Breakfast

Ingredients

- 2 tsbp of walnuts
- 2 tsbp of pecans
- 1 tsbp cinnamon
- 1 pinch of ginger
- 1 pinch of nutmeg
- 1 tsbp of almond butter • 1 mashed banana
- 2 whole eggs
- 200ml of coconut or almond milk • 2 tsbp of pumpkin seeds
- 1 handful of berries

## Lift Lean Lifestyle

### Method

1. Blend nuts and spices in a food processor to make a grain like consistency and put to one side.
  2. Whisk the eggs and almond milk together then blend with the mashed banana and almond butter.
  3. Stir in the nut and spice mixture and warm on the stove until it reaches your desired consistency.
3. Sprinkle the pumpkin seeds and berries on top and add further almond milk if you wish.

## Inferno Breakfast

### Ingredients

- 2 medium free range eggs • A bed of fresh spinach
- 75g smoked salmon
- 1/2 slice avocado
- 1 sliced apple
- 2 tbsp walnuts
- Extra virgin olive oil and balsamic vinegar to dress

### Method

1. Bring saucepan of water to the boil.
2. Crack in 2 eggs and boil for 60-90 seconds until white.
3. Serve eggs on bed of salad and teared smoked salmon etc.
4. Cover with apple, walnuts and dressing.

## Hot Muesli

### Ingredients

- 50g gluten free oats
- 1 tbsp mixed seeds  
(linseeds, pumpkin, sunflower, sesame)
- 1 tbsp desiccated coconut • 1 tsp cinnamon
- 1 grated apple or pear
- 1 handful of blueberries

### Method

1. Put all ingredients in a bowl and pour over about 100ml boiling water and leave to rest for about 2 minutes.
2. The oats plump up, the berries soften and the mixture is like a hot porridge. Add more or less water to your own preference.

# Lunch

## Huevos Rancheros

So, we skip the cheese, black beans and flour tortillas (sorry!) but this recipe is just as tasty and satisfying.

### Ingredients

- 1 wheat free/gluten free tortilla (or brown rice tortilla)
- 2 organic eggs
- 1/2 ripe avocado, chopped into cubes
- 1 red pepper, deseeded and chopped into small cubes
- 1 big red tomato, peeled and chopped into cubes • 1/2 white onion, finely chopped
- 2 spring onions, finely chopped
- 1 garlic clove, finely chopped
- A sprig of coriander, roughly chopped
- A slice of lime (optional but yummy)
- Himalayan rock salt, ground black pepper and 1 tbsp of coconut oil

### Method

1. Heat a tablespoon of coconut oil in a shallow pan and add the garlic and onion.
2. Sauté until golden and add the chopped tomato and red pepper.
3. Add some salt and pepper.
4. Let it simmer on a medium heat until the pepper has softened and it looks like tomato sauce.
5. Sprinkle the chopped spring onions on top.
6. In another pan with coconut oil, fry two eggs (salt to taste).
7. Place the tortilla on a plate and arrange the avocado strips and the slice of lime on the side.
8. Spoon a few tablespoonfuls of the tomato sauce on the tortilla
9. Arrange the eggs on top of the sauce.
10. Sprinkle with the chopped coriander and serve.

## Kedgeriee

### Ingredients

- 450g smoked haddock fillets • 3 medium boiled eggs
- 2 tbsp parsley
- 150g (raw) brown rice
- 60g butter
- 75ml rice milk

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### Method

1. Place the fish in a large frying pan, cover with water and allow to simmer for 10-12 minutes until fish is tender. Meanwhile cook the rice in a separate saucepan.
2. Drain the fish, remove and discard the skin and bones. Flake the flesh.
3. Chop 2 eggs. Reserve the third to garnish.
4. Mix together the fish, rice, chopped eggs, parsley and rice milk in a large saucepan. Cook, stirring, until heated through and milk has been absorbed.
5. Serve immediately and garnished with parsley and slices of remaining egg.

## Chicken, Quinoa and Mango Salad

### Ingredients

- 100g cooked quinoa
- 1 cooked chicken breast
- 1 mango chopped
- Half a red pepper, chopped
- Half a red onion, peeled and chopped
- 1 handful of mixed spinach, rocket and watercress • 1 handful of fresh mint, chopped
- 2 tsp of fresh lemon juice

### Method

1. Combine all of the ingredients in a bowl (except the chicken) and squeeze the juice from a fresh lemon over the ingredients. Slice up the chicken and mix through.

## Coriander Spiced Vegetable Soup

### Ingredients

- 1 tbsp of coconut oil
- 1 tsp ground cumin
- 1 tsp ground coriander
- 1 medium onion, finely chopped
- 2 celery sticks, cut into 1cm pieces
- 2 garlic cloves, finely chopped
- 1cm piece root ginger, peeled and finely grated
- 1 litre vegetable stock
- 300g carrots, peeled and cut into chunks
- 200g turnips, peeled and cut into chunks
- 1 red pepper, deseeded and cut into chunks
- 150g frozen peas
- Salt and freshly ground black pepper
- A small handful of fresh coriander leaves, roughly chopped

### Method

1. Place a heavy bottomed pan with some coconut oil over a medium-high heat.
2. When hot add the cumin, coriander, onion, celery, garlic, ginger and stir fry for 2-3 minutes.
3. Add the stock, carrots, turnip, red pepper and bring to the boil.

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4. Reduce the heat to medium-low, cover and simmer for 20 minutes, or until the veg is tender.
5. Add the peas and simmer for 3-4 minutes.
6. Season well then remove from the heat.
7. Stir in the fresh coriander and serve in warm bowls.

## Goat's Cheese and Asparagus Frittata

### Ingredients

- 400g asparagus tips
- 1 tbsp olive oil
- 90-100g of goats' cheese, crumbled • 6 large eggs
- 2 tbsp chopped chives

### Method

1. Preheat the grill to medium-high. Place the asparagus in a pan of simmering salted water. Remove after 5 minutes when still tender and bright green. Refresh under a cold tap and cut into 1 cm pieces.
2. Heat oil in frying pan and add the bacon, cook for 3 minutes.
3. Lightly beat the eggs, adding the asparagus, chives and season well.
4. Pour the eggs mixture into the pan. Cook over a gentle heat for 2 minutes and then add cheese, place under the grill for a few minutes or until lightly golden and the top is set.

## Spicy Lentil Pâté with Crudités

### Ingredients

- 100g split red lentils
- 125ml boiling water
- 1 onion, chopped finely
- 1 carrot, roughly grated
- 1-2 garlic cloves, crushed • 1 tsp cumin seeds
- 1 tsp ground cumin
- 1 tsp turmeric
- 1/2 tsp ground coriander
- 50g organic butter
- Salt and pepper to taste

### Method

1. Cook the lentils in boiling water in a small pan for about 20-25 minutes until soft and mashable.
2. At the same time, dry fry the cumin seeds in a frying pan until they start to pop.
3. Add the butter then fry onion, garlic and carrot until soft.

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4. Add in the remaining spices and stir through. When cooked, add the lentils and stir vegetable mix thoroughly.
5. Crudités – Serve with carrot, celery and cucumber sticks.

## Chicken Caesar Salad

### Ingredients

- 1 chicken breast, seasoned
- 1 handful of lettuce leaves
- 1/2 sliced medium cucumber
- 6 cherry tomatoes
- 2 spring onions, sliced
- 4 basil leaves
- 1 tbsp of olive oil
- Juice of 1 lime

### Method

1. Grill the chicken breast until blackened and cooked through.
2. While cooking assemble the salad in a bowl.
3. Make a dressing with the oil, black pepper and lime juice, then dress salad leaves.
4. Slice the chicken and arrange on top of the salad in a bowl.

# Dinner

## Zingy Tuna Steaks

### Ingredients

- 2 x 150g tuna steaks
- Pinch sea salt
- Drizzle extra virgin olive oil
- For the salsa verde
- 1 heaped tsp Dijon mustard
- 150ml fruity, extra virgin olive oil
- 4 anchovy fillets
- 1 handful of fresh flat leaf parsley
- 1 handful of fresh basil
- 1 handful of fresh tarragon
- 1-2 tbsp capers
- 1 garlic clove
- Pinch sea salt
- 1 lemon, juice only

### To serve

- Lemon wedges
- 2 sprigs fresh flat leaf parsley and fresh mint

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### Method

1. Pre-heat the oven to 200°C.
2. For the tuna, season the tuna steaks with the sea salt and drizzle with the olive oil. Rub the salt and oil into the steaks.
3. Heat a heavy-based frying pan until hot. Add a tuna steak to the hot pan and sear until lightly browned. Carefully turn over and sear the other side (this will take about 30 seconds on each side, longer if the tuna is thickly cut). Remove and keep to one side. Repeat with the other tuna steak.
4. Place the tuna steaks in a roasting tray and place in the hot oven for another minute or two (they should still be slightly pink on the inside). Remove and keep warm.
5. For the salsa verde, place the mustard and a few tablespoons of the olive oil in a bowl and whisk to emulsify. Chop the anchovies finely and add to the bowl.
6. Pick the leaves from the herbs (except the basil - you can include the stems in the sauce). Pile the picked herbs onto a chopping board. Sprinkle the capers over the top. Chop the herbs and capers finely with a sharp knife. When finely chopped, add to the bowl with the mustard and oil mixture.
7. Peel the garlic clove. Place it on the chopping board and sprinkle over the sea salt. Crush to a fine paste with a knife blade and add the paste to the bowl and mix. Add some of the remaining olive oil to the bowl. The sauce should have a spooning consistency, so add just enough oil - you may have some left over. Mix thoroughly.
8. Just before serving, add the lemon juice to the sauce (the lemon will cause the herbs to go brown if you add it too early).
9. To serve, place the tuna steaks onto plates. Squeeze over some lemon juice and serve with a wedge of lemon, a dollop of salsa verde and a sprig of parsley each.

## Dhesi Chicken Curry

### Ingredients

- 2 onions, chopped finely
- 150g button mushrooms, wiped and halved
- 1 red pepper, sliced
- 4 cloves of garlic, crushed
- 1 red chilli, chopped
- 1 tbsp ginger powder
- 1 tbsp Himalayan rock salt
- 1 1/2 tbsp Garam masala
- 6-8 medium tomatoes (Blended)
- 1 tbsp turmeric
- Fresh coriander, torn
- 3 chicken thighs
- 4-6 chicken drumsticks
- 1 1/2 tbsp coconut oil

### Method

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1. Add coconut oil to large pan.
2. Once melted add onion and garlic until browned.
3. Stir in the ginger, chillies, tomatoes, tumeric, garam masala and salt. 4. Allow to simmer for 3 minutes.
5. Add chicken and coat with ingredients.
6. Cook on low heat for at least 30–45 minutes.
7. Add the mushrooms and peppers and cook for a further 5 minutes. 8. Finish with a sprinkle of torn coriander.

### Chilli Chicken with Chickpea Mash

#### Ingredients

- 4 skinless chicken breasts • 1 tbsp olive oil
- 8 tsp harissa (chilli) paste

#### Chickpea mash

- 2 tbsp olive oil
- 2 garlic cloves, crushed
- 1 x 400g tin chickpeas (no salt or sugar added) • 4 tbsp rice or almond milk
- 3 tbsp chopped fresh coriander

#### Method

1. Make shallow cuts in each chicken breast. Place chicken in a dish and brush with the olive oil coating both sides of each breast with the harissa paste. Season and cover the dish with foil and marinate in the fridge for at least 30 minutes.
2. Preheat oven to 220°C. Transfer the chicken breasts to a roasting tin and roast for about 20-30 minutes until they are cooked through.
3. Meanwhile make the chickpea mash. Heat the oil in a saucepan and gently fry the garlic for a minute, then add the chickpeas and milk and heat through for a few minutes. Transfer to a blender or food processor and puree till smooth.
4. Season to taste and add the fresh coriander.
5. To serve divide the chickpea mash up between 4 and top with 1 chicken breast and garnish with coriander. Add a portion of green veg or green salad.

### Roasted Fennel, Cherry Tomatoes and Chickpeas

#### Ingredients

- 2 medium fennel buds • 2 sprigs of fresh sage • Juice of half a lemon
- 12 cherry tomatoes
- 400g jar of chickpeas, drained
- Coconut oil
- Sea salt and cracked black pepper

#### Method

1. Oven temperature of 180°C.
2. Cut the fennel bulbs into quarters and place them in a roasting tray with 2 teaspoons of coconut oil, salt and pepper.
3. Roast on the middle shelf of an oven for 25 minutes, turning often, or until charred but not burnt. Remove from the oven, tip into a bowl and keep to one side. Roast the cherry tomatoes for 10 minutes by placing them in a



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roasting tin with a generous pinch of sea salt, no oil needed.

4. Place a large, heavy based, non-stick frying pan on a low heat with teaspoon of coconut oil. When melted squeeze in the lemon juice and add the sage. Cook for 1 minute to allow the flavour of the sage to infuse the oil and then add the roasted tomatoes, 2 generous pinches of pepper and 1 of salt.

5. Cook for 2 minutes, stirring constantly. Then add the fennel and the chickpeas. Cook for a further 3 minutes, stirring often, then serve.

## Rice and Vegetable Stir Fry

### Ingredients

- 200g brown rice cooked as per packet instructions
- 1 tbsp sesame oil
- 1" fresh ginger grated
- 2 garlic cloves crushed
- 3 medium onions quartered
- 2 sprigs rosemary
- 1 tsp Cayenne Pepper
- 2 red peppers diced
- 2 yellow peppers diced
- 75g cashew nuts
- 100g fine green beans
- 100g mange tout
- 1 handful of spinach
- 1 tbsp tamari (gluten free soy sauce) • Spring onions, sliced diagonally
- Juice of 1/2 a lemon
- 1 handful of almond flakes, toasted

### Method

1. Heat the oil in a pan and add the onions, ginger and garlic, cook for 2-3 minutes.
2. Add the rosemary and peppers, then cook for 3-4 minutes.
3. Add in the cashews, beans and mange tout then continue to cook for a further 2-3 minutes, then add rice to the vegetables with soy sauce and spring onions and cook for further 2 minutes.
4. At the last minute throw in the spinach and warm through, then squeeze some lemon juice over the rice and serve in bowls with a sprinkling of toasted almond flakes on top.

## Butternut Squash and Goat's Cheese with Purple Sprouting Broccoli

### Ingredients

- 1 large butternut squash • 2 chicken breasts
- 1 tbsp harrisa paste
- 2 tbsp coconut oil

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- 1 tsp chilli flakes
- 1 tsp cumin seeds
- Sea salt and ground pepper
- 200g purple sprouting broccoli • 100g pumpkin seeds
- 200g goat's cheese roulade

### Method

1. Pre-heat the oven to 200°C. Cut the chicken breast into strips and mix with the harisa paste; leave for 15 minutes for the flavours to marinate.
2. Peel and cut the squash into chunks, toss in oil and then mix in the chilli flakes and cumin seeds. Put the squash in a roasting tin and place in the oven for about 40 minutes until they start to brown at the edges.
3. Roast the chicken breast for around 30 minutes while steaming the broccoli for about 3 minutes.
4. Assemble on a plate and crumble the goat's cheese on top to serve.

## Fat loss Fishcakes

### Ingredients

- 1 rainbow trout
- 100g smoked salmon • 2 large sweet potatoes • 1 portion of soft goat's cheese
- 2 cloves garlic, crushed • 1 red chilli, diced
- 1 beaten egg
- 100g of ground almonds • 6 chives, finely chopped

### Method

1. Wrap rainbow trout in foil and place in the oven for 25 minutes at 200°C.
2. Once the rainbow trout is cooked, leave out to cool.
- 3 Peel and boil the sweet potatoes, once soft mash and place in a bowl to cool. Flake rainbow trout into the mash, watching out for bones. Cut the smoked salmon into small pieces and add to mash. Then add the garlic, chilli and chives.
4. Mix all ingredients together. Place in the fridge for 1-2 hours.
5. Now beat an egg in one bowl, ground almonds in another. Remove the bowl from fridge. Using your hands take handfuls of the mixture and shape into fishcakes. Place the fishcake into the bowl of beaten egg until covered, then into the bowl of ground almonds until completely covered. Repeat this until you have used all of your mixture (4 fishcakes).
6. Place the fishcakes in the oven for 30-45 minutes until golden brown. Serve with baby spinach, rocket and cherry tomato salad then drizzle with balsamic vinegar and olive oil.

**LIFT**  **LEAN™**  
**LIFESTYLE**  
**POWER**

# How the programme works Instructions

## Lift Lean Lifestyle

The Lift Lean Workout is a weights and resistance training class set to timed music designed to fit into the busiest of schedules.

“We have had amazing results with our participants. Strength training using weights, barbells, kettle bells and mini bands plus an easy nutritional protocol works so well together.” Says Lift Lean Creator Rachel Holmes.

We use a simple calorie tracking method which is a tried and tested nutrition plan providing the best results. The plan is a long term and easily sustainable method of maintaining your results too meaning you don't just pile the weight back on following the plan.

“It's a flexible way of eating without severe restriction. We teach Lift Leaners how to eat healthily in the week and allow for a little wriggle room at the weekend.” Explains Rachel.

We teach our clients how to balance out their calories, and to make daily habits changes that are sustainable for long term success.

Weight training changes the shape of the body, increasing bone density and muscle mass, also improving mental clarity and reducing mid section weight gain. This type of exercise is often something women shy away from, thinking they may get muscular or bulky, and this is just not the case.

Simply follow the plan in this booklet and use our helpful tips to get the best out of this programme. The meal plans are flexible so mix and match as you like and swap out ingredients that you like.



# SHOPPING LIST

Please ask about any foods not on this list. Choose from the following foods:

## **Proteins**

Beef  
Chicken  
Duck  
Turkey  
Lamb  
Liver  
Kidney  
Veal  
Bacon - very lean  
Shellfish/Shrimp Crab  
Lobster  
Salmon  
Cod  
Plaice Halibut/Turbot Hake  
Bream Prawns  
Eggs Rainbow Trout  
Haddock  
Mackerel Sea Bass

## **Carbohydrates**

Spinach  
Courgette  
Cucumber  
Broccoli  
Rocket  
Aubergine  
Squash  
All leafy greens  
Tomatoes  
Onion  
Kale  
Cabbage  
Celery  
Mushrooms  
Peas  
Green Peppers  
Green Beans  
Purple Sprouting Broccoli  
Broad Beans  
Cauliflower  
Root veg  
Avocado

## **Nuts - Portion carefully**

Almonds  
Macadamia Nuts  
Peanuts  
Pecans  
Hazelnuts

Keep away from too many high sugar fruits unless otherwise instructed.

## **Drink**

Water - minimum 3 litres per day  
Fruit teas  
Licorice and Tulsi tea

**On high protein / Vegetarian / Vegan meal plans you may be given more on your list such as:**

Cottage cheese  
Lentils  
Chickpeas

## **Top Tips on making the most of our programme**

- No snacking- try and cut down snacking.
- Drink plenty of water- aim for 2 litres per day.
- Aim for 5 different veg a day.
- Try and get plenty of sleep and find time to relax.
- Working out first thing in the morning is the best way to boost your mood for the day and ensure no skipping on your workout after a busy day.
- Try a night time routine to wind down and improve sleep and reduce stress.
- I recommend supplementing with a high quality protein powder
- Keep yourself accountable and post in the group.

## **Calories and Tracking**

First up download My Fitness Pal in order to track your food, this is a great habit to be in so you can see what you are eating every day.

Can you work out your TOTAL DAILY ENERGY EXPENDITURE?

<https://tdeecalculator.net/>

Try and stay 200 cals under your TDEE for best results if you are looking for weight loss.

Increase your protein and reduce your carbs.

# Meal Plans and Recipes

## Breakfasts

### Protein Pancakes

Ingredients:

- 2 bananas, mashed
- 2 eggs, whisked
- 1/2 cup protein powder
- Add in anything you want in the pancakes such as blueberries
- 1 tablespoon butter to grease the pan

How to:

- 1 Mix together bananas, eggs, and protein powder until well combined.
- 2 Place a pan or pancake griddle over medium heat. Grease the pan with a bit of oil.

Once pan is hot, add a large spoonful of the pancake mixture to the pan, about 3-5 inches wide.

- 3 Sprinkle toppings on top of the pancakes.

4 Once the pancakes begin to bubble, flip them. Cook for about 1 minute each side, depending how hot the pan is.

- 5 Re grease the pan, as needed.

That makes 2-3 pancakes- cooking time around 15 mins.

### Chia Fruit and Nut Bowl

You can adapt to whichever fruit/ nuts you like!

Ingredients:

- 50g jumbo porridge oats
- 200ml unsweetened almond [milk](#), coconut milk or cashew milk- whichever you like
- 1/2 tsp vanilla extract
- 2 tbsp natural or Greek yogurt
- 25g chia seeds

FOR THE TOPPING

- 150g punnet [blueberry](#) or your choice of fruit
- 25g flaked almonds or whichever nuts you like
- Honey, to taste (optional)

- 1 Mix all the porridge ingredients in a bowl and leave to soak for at least 20 mins.

Once the oats have softened, stir through half the blueberries. If the porridge is too dry, add a little water.

2 Divide the mixture between 2 bowls and top each with the remaining berries, almonds and honey.

### **Oatmeal Banana Breakfast Bars**

Ingredients:

- 3 large bananas , ripe
  - 3 cups rolled oats
  - 2 teaspoons vanilla extract

How to:

- 1 Preheat oven to 350 degrees f.
- 2 Mash the bananas in a mixing bowl. Mix the oats and vanilla extract into the banana.
- 3 Scoop the dough onto a greased cookie sheet in rounded tablespoons.
- 4 Bake in the oven for **8-10 minutes**. Allow cookies to cool before serving.

### **Avocado and Strawberry Smoothie**

Ingredients:

1/2 avocado, stoned, peeled and cut into chunks  
150g strawberries, halved  
4 tbsp Greek yogurt  
200ml almond/coconut milk  
Lemon or lime juice, to taste Honey, to taste

How to

1. Put all the ingredients in the blender, top up with water, then blitz until smooth.

### **Energy Boosting Green Smoothie**

Ingredients:

1 apple  
1 handful spinach  
1/2 avocado

Water

How to:

Blend all ingredients together until smooth. Keep adding water until the smoothie reaches your desired consistency.



# Lunch

## Easy Burrito Bowl

### Ingredients

- 1 cup uncooked rice
- 1 cup salsa, homemade or store-bought
- 3 cups chopped Romaine lettuce
- 1 (15.25-ounce) can whole kernel corn, drained
- 1 (15-ounce) black beans, drained and rinsed
- 2 tomatoes, diced
- 1 avocado, halved, seeded, peeled and diced
- 2 tablespoons chopped fresh herb leaves

### The sauce:

- 1 cup sour cream
- 1 tablespoon chipotle paste
- 1 clove garlic, pressed
- Juice of 1 lime
- 1/4 teaspoon salt, or more, to taste

### How to:

- 1 To make the chipotle cream sauce, whisk together sour cream, chipotle paste, garlic, lime juice and salt; set aside.
- 2 In a large saucepan of 1 1/2 cups water, cook rice according to package instructions; let cool and stir in salsa; set aside.
- 3 To assemble the bowls, divide rice mixture into serving bowls; top with lettuce, corn, black beans, tomatoes, avocado and cilantro.
- 4 Serve immediately, drizzled with chipotle cream sauce.

## Green Fritters

### Ingredients

140g courgettes, grated

3 medium eggs

85g broccoli florets, finely chopped Small pack of dill, roughly chopped 3 tbsp almond flour

2 tbsp coconut oil, for frying

### How to:

1. Squeeze the courgettes in a clean tea towel and twist it to squeeze out the moisture.
2. Beat the eggs in a bowl, add the broccoli, courgettes and most of the dill, and mix together. Add the flour, mix again and season.
3. Heat the oil in a frying pan. Put a large serving spoon of the mixture in the pan, then add 2 more spoonfuls so you have 3 fritters. Leave for 3-4 mins on a medium heat until golden brown on one side and solid enough for you to flip over, then flip over and leave to go golden on the other side. Repeat to make 3 more fritters. Scatter with the remaining dill to serve.

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### Asparagus Salad

#### Ingredients

1 tbsp extra virgin olive oil  
1 tbsp balsamic vinegar  
200g peeled, cooked beetroot, cut into bite-sized pieces 2 handfuls mixed leaves  
1/4 cucumber, cut into batons  
8 asparagus spears, trimmed  
2 large eggs

#### How to:

1. Pour the olive oil and vinegar into a small bowl, mix well and add in the beetroot. Divide the mixed leaves and cucumber between 2 plates.
2. Blanch the asparagus in a pan of simmering water for 2 mins, then remove and set aside. Crack the eggs into the pan and simmer gently for 3 mins until the whites are cooked and the yolks are just beginning to set. Remove with a slotted spoon and drain.
3. Meanwhile, add the beetroot to the salad plates, pour over the dressing and lightly toss together. Top each plate with asparagus and a poached egg to serve.

### Baby Kale Salad

#### Ingredients:

1 parsnip, peeled and cut into chips  
1/4 tsp coconut oil  
1/4 tsp fresh rosemary, finely chopped  
2 handfuls baby kale  
1 celery stalk, sliced  
1/2 small red onion, sliced  
1 handful cooked chestnuts  
1 tsp olive oil  
1/2 tsp Honey  
1/2 tsp wholegrain mustard  
1/2 tsp white wine vinegar

#### How to:

1. Preheat the oven to 180C.
2. Place the parsnip chips, 1/4 teaspoon of oil and rosemary into a bowl and toss to combine.
3. Place into a roasting tin and cook in the oven for 20-25 minutes.
4. Once cooked, set aside and allow to cool for a few minutes.
5. Prepare the dressing by whisking together the olive oil, honey, mustard and vinegar.
6. Place all of the salad ingredients, including the parsnips and chestnuts into a mixing bowl and drizzle over half of the dressing. Toss to combine.

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7. Season to taste and add additional dressing if desired.

### Stuffed Aubergine

#### Ingredients:

1/2 aubergine  
1 tsp olive oil  
1 pinch Himalayan salt  
1 pinch black pepper  
70g quinoa  
1/2 onion, finely diced  
1 garlic clove, crushed  
1 celery stick, finely diced 1 tsp smoked paprika  
1/2 tsp dried oregano 150g tinned tomatoes

#### How to:

1. Slice the aubergine in half lengthways. Then score diamonds into the flesh, drizzle with the oil, salt and pepper. Roast in the oven for 45 mins until the flesh is soft.
2. While the aubergine is cooking, place the quinoa in 3 times the amount of water and bring to the boil; cook for 7-9 minutes until tender. Drain, sieve and set aside.
3. Place a little oil in a pan and add the onion and garlic, saute for 10 minutes until the onion is translucent.
4. Add the celery, paprika, oregano and tomatoes and simmer for 10 minutes.
5. Add in the cooked quinoa and season. Once the aubergine is cooked, remove from the oven and scoop out the flesh making sure not to pierce the skin. Mix the aubergine flesh with tomato and quinoa and then place the mixture back into the skin to serve.

### Salmon and Sweet Potato Salad

#### Ingredients:

1 small sweet potato, cut into slices  
1 tsp rapeseed oil  
1 pinch Himalayan Pink salt  
1 pinch pepper  
1 salmon fillet  
1 handful rocket  
1 handful basil, finely chopped  
1/4 red onion, finely sliced  
1 tbsp flaked almonds, toasted

#### How to:

1. Place the sweet potato on a baking tray and drizzle with the oil, salt and pepper and place in the oven to cook for 20 minutes until tender.
2. 8 minutes later, place the salmon on a baking tray, sprinkle with salt and pepper and place in the oven for 12 minutes or until thoroughly cooked.

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3. Remove from the salmon from the oven and sprinkle over the chopped rocket and basil.
4. Place the sweet potato in a large mixing bowl and toss together with the red onion, rocket and flaked almonds. Season and serve.

## Courgette Fries

### Ingredients:

2 medium courgettes  
3/4 cup grated parmesan  
1 large egg  
1/4 tsp garlic powder  
1/4 tsp black pepper

### How to:

1. Preheat the oven to 425 degrees F. Line and lightly grease a baking sheet.
2. Cut each courgette in half lengthwise 4 times. Then cut the sticks once crosswise, making 16 sticks from each, approximately 4" long and 1/2" thick.
3. Prepare two shallow bowls - one with eggs and one with a mixture of grated parmesan cheese, garlic powder, and black pepper. Dip each stick in the egg, shake off the excess, then press into the parmesan mixture, coating all sides. Place on the prepared baking sheet in a single layer without touching.
4. Bake for about 15-20 minutes, flipping the fries and rotating the pan halfway through, until golden and crispy.

# Dinner

## Hearty Veg Stew

### Ingredients:

1 tbsp olive oil  
1 onion, chopped  
3 garlic cloves, chopped  
1 tsp smoked paprika  
1/2 tsp cumin  
1 tbsp dried thyme  
3 medium carrots, sliced  
3 medium sticks celery, finely sliced 2 red peppers, chopped  
1 x 400g tin tomatoes  
250ml organic vegetable stock  
2 sprigs fresh thyme  
250g cooked lentils

### How to:

1. Heat the oil in a large frying pan. Add the onions and cook gently for 5-10 minutes until softened. Add the garlic, spices, dried thyme, carrots, celery and peppers to cook for 5 minutes.
2. Add the tomatoes, stock and fresh thyme and cook for 20-25 minutes.
3. Take out the thyme sprigs. Stir in the lentils and bring back to the simmer until cooked. Serve with quinoa.

## Kidney Bean Curry

### Ingredients

1 tbsp coconut oil  
1 onion, finely chopped  
2 garlic cloves, finely chopped  
1 thumb-sized piece of ginger, peeled and finely chopped  
1 small pack coriander, stalks finely chopped, leaves roughly shredded  
1 tsp ground cumin  
1 tsp ground paprika  
2 tsp garam masala  
400g can chopped tomatoes  
400g can kidney beans, in water  
Cooked cauliflower rice, to serve

### How to:

1. Heat the oil in a large frying pan over a low-medium heat. Add the onion and a pinch of salt and cook slowly, stirring occasionally, until softened and just starting to colour. Add the garlic, ginger and coriander stalks and cook for a further 2 mins, until fragrant.
2. Add the spices to the pan and cook for another 1 min, by which point everything should smell aromatic. Tip in the chopped tomatoes and kidney beans in their water, then bring to

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the boil.

3. Turn down the heat and simmer for 15 mins until the curry is nice and thick. Season to taste, then serve with the cauliflower rice and the coriander leaves.

### **Tuna with Asparagus**

Ingredients:

1 tuna steak  
1 tsp sesame oil  
100g baby asparagus  
100g broccoli florets  
1 tsp sesame seeds, toasted Juice of 1/2 lime  
Salt and black pepper to taste

How to:

1. Place the tuna on a baking tray and drizzle with the sesame oil.
2. Grill on each side for 5 minutes. While the tuna is cooking, steam the asparagus and broccoli for 2-3 minutes.
3. Lightly toast the sesame seeds by placing in a small frying pan over a medium heat for 1-2 minutes.
4. Toss the vegetables with the toasted sesame seeds and lime juice and season.
5. Serve all together.

### **Steak and Sweet Potato Fries**

Ingredients:

350g sweet potatoes, peeled and cut into thick chips 1 tbsp cold-pressed rapeseed oil  
2 x 200g sirloin steaks  
50g bag mixed spinach, watercress and rocket salad 2 ripe tomatoes, cut into wedges  
1 cucumber, sliced  
2 spring onions, trimmed and finely sliced  
1/2 x 400g can haricot beans, drained and rinsed For the dressing-  
2 tsp balsamic vinegar  
2 tbsp cold-pressed rapeseed oil  
1/2 small garlic clove, crushed

How to:

1. Heat oven to 200C fan. Half-fill a saucepan with water and bring to the boil. Add the sweet potatoes and cook for 4 mins, then drain and return to the saucepan. Pour over 2 tsp of the oil and season with a little black pepper. Toss until the potatoes are lightly coated.

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2. Tip the potatoes onto a baking tray and cook in the oven for 15 mins, then turn and cook for a further 10 mins or until crisp and golden.

3. While the potatoes are baking, prepare the steak. Trim off any hard fat from the beef, then rub all over with the remaining oil. Season with 1 tsp black pepper. Put a large frying pan over a medium-high heat and, when hot, add the steaks and cook for about 2 mins each side or until done to your liking.

4. Mix the salad leaves, tomatoes, cucumber, spring onions and beans in a bowl. Whisk the vinegar, oil and garlic together. Divide the steak, chips and salad between two plates and pour over the dressing just before serving.

## Beef and Tomato Stew

### Ingredients

400g cubed beef  
2 tins tomatoes, tinned and fresh 1 courgette, chopped  
1/2 broccoli head, chopped  
1/2 aubergine, chopped  
1/2 squash, chopped  
1 onion, sliced  
1 handful mushrooms  
1 stick celery, chopped  
1 tbsp coconut oil

### How to:

1. Heat the oil in a pan and add the beef, onions and mushrooms. Cook until the onions have softened and the beef is sealed.

2. Pour into a slow cooker with all the other ingredients.

3. This can be left to cook all day or on high 4-6 hours. Serve with veg.

## Slow Cooker Chicken Jalfrezi

### Ingredients:

1 tbsp coconut oil  
4 chicken breasts, diced  
1 large onion, chopped  
2 cloves garlic, chopped  
2 fresh green chillies, chopped  
1 (400g) tin passata  
1 tsp ground coriander  
1 tsp ground cumin  
1 tbsp turmeric  
2 red or green peppers, chopped 1/2 tsp chilli powder  
2 tsp garam masala  
2 1/2 tsp curry powder

### How to:

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1. Heat oil in a pan and add the dried spices and chicken to coat.
2. Fry for 4 minutes, stirring to combine.
3. Put all the ingredients in the slow cooker and cook on a low setting for 4-6 hours.
4. Sprinkle on chopped coriander.
5. Serve with cauliflower rice.

## Fish Casserole

### Ingredients:

400g mixed fish (salmon/white fish) 150g roasted red peppers (Antipasto) 36g sun-dried tomato (Antipasto) 250g peppers, chopped  
250g onion, chopped 1tbsp coconut oil  
1tsp dried chili flakes  
3 tsp chilli sauce  
900g spiralized courgette

### How to:

1. Blend the Roasted red peppers and sun-dried tomato to make a pesto - loosen with water if required.
2. Heat coconut oil in pan and fry off the chilli flakes.
3. Add the onion and fry until soft and lightly browned.
4. Add the mixed peppers and continue until starting to soften.
5. Add in the pesto mix with the chilli sauce and stir to combine.
6. Place fish pieces on top of the mix - lid on and simmer until the fish is cooked through.
7. Carefully combine and serve on bed of spiralized courgette.



7 DAY

LIFT LEAN

LIFESTYLE

SHIRRED

LIFT  LEAN™

LIFESTYLE

## 7 Day Lift Lean Lifestyle Shred

### 7 Day Meal Planner

The 7 Day Lift Lean Shred is for regular Lift Leaners who are really looking for to get rid of stubborn fat and are committed to the Kick Start lifestyle. And who want to follow a structured meal plan. This is a very plain eating plan with no frills.

If this plan is not for you follow the Regular Lift Lean Lifestyle Week 1 Plan.

You can mix and match the days

Day 1 - 2 Meals	Day 2- 3 Meals	Day 3 2 Meals	Day 4 3 Meals	Day 5	Day 6	Day 7
2 Meals Only IF for minimum 18 hours	Breakfast	2 Meals Only IF for minimum 18 hours	Breakfast	2 Meals Only IF for minimum 18 hours	2 Meals Only IF for minimum 18 hours	Breakfast
	Fritatta - Eggs & Vegetables + choice of carbs		Meat choice & Vegetables + choice of carbs		Fish Choice & Vegetables + choice of carbs	Organic Bacon Eggs & Vegetables + choice of carbs



Rotate your meats and fishes (protein choices)

Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
Egg with Meat or Fish Choice & Green vegetables	Meat Choice with Green Vegetables	Fish Choice with Green Vegetables	Meat or Fish Choice & Green vegetables	Fish Choice with Green Vegetables	Meat Choice with Green Vegetables	Meat or Fish Choice with Green Vegetables
Dessert o snack						
Fresh or Frozen Fruit with Greek Yoghurt	Fresh or Frozen Fruit with Greek Yoghurt	Fresh or Frozen Fruit with Greek Yoghurt	Fresh or Frozen Fruit with Greek Yoghurt	Fresh or Frozen Fruit with Greek Yoghurt	Fresh or Frozen Fruit with Greek Yoghurt	Fresh or Frozen Fruit with Greek Yoghurt

# Carbohydrates include- Brown rice, Sweet Potatoes, Root Vegetables

For extra energy add fruit - fresh or frozen as a dessert and greek yoghurt.

Drink a minimum of 2 litres of clean water.

Mix up Salads & Veggies at every meal.

Add protein powder as a snack if needed 1 x per day

Track calories - Aiming for 300 under your TDEE and protein of 100 - 150grammes per day.

Use My Fitness Pal

1 x Lift Lean Workout minimum per day.

Increase N.E.A.T - 10k Steps

Daily breathing and meditation practice and coaching 645am on Facebook Live.

# Fasting Guidelines

- 1: Leave a minimum of 18 hours after your final meal before you break your fast.
- 2: Break your fast with a protein shake. Wait 10-15 minute before your meal.
- 3: Eat slowly ensuring you don't overeat after fasting. Take your time.
- 4: Varying your fasting times.
- 5: Keep hydrated at all times.