

**FEEL GREAT &  
SHIFT WEIGHT**

**3 WEEK RESET**

**WORKBOOK & RECIPES**



# WELCOME



A very warm welcome to my 21 day energy building and weight loss reset program

This self guided 21 day plan has been carefully designed to help you:

- \*Re-establish healthy habits
- \*Stimulate metabolism for weight loss & fat burning
  - \*Increase energy
- \*Support the digestive system
- \*Support the immune system

The foods recommended are all chosen specifically so that they are:

- \*Well balanced
- \*Lower in carb (not no carb!) but higher in fibre
  - \*Naturally high in protein
- \*Contain essential fats and not saturated ones
  - \*Naturally low in sugars
- \*Predominantly gluten and dairy free
  - \*Quick and easy to make

Enjoy the program!

Janet x

# THE RULES



Please follow these main rules for the 21 day program. Ideally follow this plan at least 90% of the time over the next 3 weeks:

1. Eat 3 meals a day, ideally spaced a minimum of 4 hours apart. Snack only if the gap between lunch and dinner is more than 4-5 hours (that's quite a danger time when you'll be hungry and it's easy to give in to your cravings). Dinner is the last food eaten in the day.
2. Have a 12-14 hours gap between the last meal of one day and the first the next morning. During fasting time you can drink water & herbal teas
3. Keep hydrated - aim for approximately 2 litres of water daily
4. Have protein with EVERY meal and snack (it keeps you feeling fuller)
5. Have some fruits or vegetables with EVERY meal and snack
6. Aim for 7-8 hours of quality sleep every night
7. Reduce or avoid alcohol (it's only for 3 weeks!)
8. Limit your caffeine intake -it affects sleep and can inhibit the absorption of some key nutrients.
9. Limit sugar AND artificial sweeteners
10. Keep active! Go for 150 minutes of moderate exercise weekly or 20 minutes each day
11. To reduce stress levels spend 15 minutes every day doing mindful breathing, yoga, reading a book or spending time in nature

# PORTION GUIDELINES

## PROTEIN

A must with every meal as this sets the body to digest slowly and not spike blood glucose. Proteins are meat, fish, eggs, beans and pulses.

A portion is a palm sized piece

## CARBOHYDRATES

These are important but also important to have in moderation as they are converted to sugars and can have a tendency to spike blood glucose

Aim for complex carbs such as oats, rice, starchy vegetables

Avoid refined carbs such as breads, biscuits, sweets and crisps

## FATS

We do need a little fat but the right kind!

Fats in oily fish, olive oil, nuts and seeds are great but only 1-2 times daily maximum.

A portion is 25g nuts, 15ml oil or 120g salmon

## VEGETABLES

A portion of a vegetable is 80g. There are 2 kinds to consider

- Limit starchy veg to 2 portions daily: These are the root veg e.g. sweet potatoes, beetroot, carrots, swede, parsnips etc
- Aim for 3-5 portions of non starchy daily: These grow above ground e.g. green leafy veg, salad vegetables, aubergines etc

## FRUITS

Full of nutrients but have a tendency to be high in sugar. Portions are 80g which is equivalent to a medium apple or banana

Limit to 2 portions of fruit per day



# IMPORTANT INFORMATION

This reset program is not intended to be completed by anyone who:

- Is underweight
- Has an active or a history of eating disorders
- Is under 18
- Has a health condition that requires a specialised diet

You are not guaranteed to lose weight on this eating program although often people do.

You should not feel overly hungry if you follow this eating plan as you should be eating 3 meals per day and 1 snack if needed.

You may find that you get a little headachy for a few days but this should pass especially if you are drinking 2-2.5 litres of water.

If at any point in the program you feel unwell please contact Janet at [info@appletozinc.co.uk](mailto:info@appletozinc.co.uk) or see your GP



# BEFORE YOU START LET'S RATE CURRENT HEALTH

## HEALTH SCORE

Rate the statements below then add up the total score:

1 = disagree and 5 = agree

Tired most of the time	1	2	3	4	5
Overweight	1	2	3	4	5
Prone to hormonal symptoms	1	2	3	4	5
Have dark circles or bags under eyes	1	2	3	4	5
Poor memory or concentration	1	2	3	4	5
Often feeling anxious or stressed	1	2	3	4	5
Very dry skin in need of daily moisturiser	1	2	3	4	5
Often constipated (rarely going once a day)	1	2	3	4	5
Difficulty sleeping	1	2	3	4	5
Low or depressed	1	2	3	4	5
Prone to indigestion or bloating after food	1	2	3	4	5

**HEALTH SCORE TOTAL**

You can use this score to help you with your health goal setting  
Ideally you are aiming at a total score of 15 or below



# AND NOW RATE ENERGY & BLOOD SUGAR CONTROL

## ENERGY & BLOOD SUGAR CONTROL SCORE

Rate the statements below then add up the total score:

1 = disagree and 5 = agree

I often have mood swings	1	2	3	4	5
I often have difficulty concentrating	1	2	3	4	5
I get dizzy or irritable if I go over 4 hours without food	1	2	3	4	5
I often over react to stress	1	2	3	4	5
I often crave something sweet especially after a meal	1	2	3	4	5
I have less energy than I used to have	1	2	3	4	5
I feel too tired to exercise	1	2	3	4	5
I'm gaining weight or struggling to lose any	1	2	3	4	5
I often get energy slumps especially mid afternoon	1	2	3	4	5
I need caffeine, nicotine or sugar to help get me going	1	2	3	4	5
I often crave chocolates and carbs (bread, pasta)	1	2	3	4	5

**ENERGY SCORE TOTAL**

You can use this score to help you with your health goal setting  
Ideally you are aiming at a total score of 15 or below



# NEXT TO SET SOME GOALS

Research has shown that we are 80% more likely to achieve our goals, if we make them SMARTER, write them down and make a contract with ourselves to achieve them

SMARTER goals are:

Specific - Measurable - Achievable - Realistic Timely - Exciting - Rewarding

What are your SMARTER Goals for your:

Overall health?

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Weight (if appropriate)?

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Fitness?

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Wellbeing?

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Lifestyle/other?

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Consider answering the follow questions in relation to each of your goals to ensure that they are SMARTER goals:

What is your specific goal?

What measurement will you use to confirm you have achieved the goal?

Are you being realistic? Is it fully achievable?

What is your deadline for achieving this goal?

How excited/motivated are you on a scale of 1-10 about achieving it?

How will you be rewarded when you achieve the goal?





# YOUR STARTING STATS & GOALS

write out your MAIN GOAL for the next 21 days  
(based on the goal setting exercise previously)

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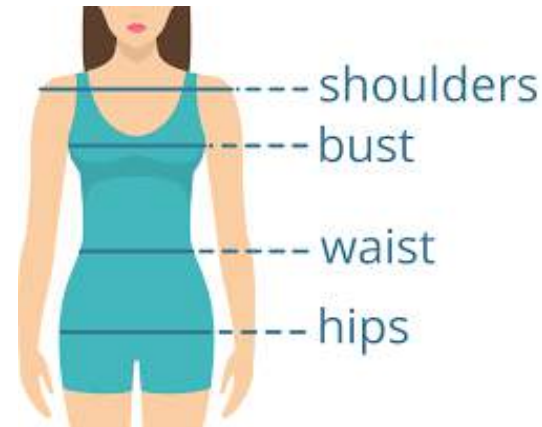
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TODAYS DATE \_\_\_\_\_  
current weight \_\_\_\_\_  
waist measurement \_\_\_\_\_  
hip measurement \_\_\_\_\_  
bust measurement \_\_\_\_\_  
health scores \_\_\_\_\_  
energy score \_\_\_\_\_



# NEXT IS TO PLAN MEALS

Using the recipes in the next section select what you would like to eat over the next week and complete this meal plan. Aim to do this 1 week at a time using the following templates

DAY	BREAKFAST	LUNCH	DINNER	SNACK
MONDAY				
TUESDAY				
WEDNESDAY				
THURSDAY				
FRIDAY				
SATURDAY				
SUNDAY				

Now you know the meals you just need to make sure that you have the right ingredients in the house. Use the meals you've entered onto your meal plan to start to populate the shopping list on the next page.



# SHOPPING LIST - WEEK 1

CHILLED FOODS	FROZEN FOODS	FRUITS & VEGETABLES	CUPBOARD FOODS	HOUSEHOLD GOODS & TOILETRIES

# MEAL PLANNER - WEEK 2

DAY	BREAKFAST	LUNCH	DINNER	SNACKS
MONDAY				
TUESDAY				
WEDNESDAY				
THURSDAY				
FRIDAY				
SATURDAY				
SUNDAY				



# SHOPPING LIST - WEEK 2

CHILLED FOODS	FROZEN FOODS	FRUITS & VEGETABLES	CUPBOARD FOODS	HOUSEHOLD GOODS & TOILETRIES

# MEAL PLANNER - WEEK 3

DAY	BREAKFAST	LUNCH	DINNER	SNACKS
MONDAY				
TUESDAY				
WEDNESDAY				
THURSDAY				
FRIDAY				
SATURDAY				
SUNDAY				



# SHOPPING LIST - WEEK 3

CHILLED FOODS	FROZEN FOODS	FRUITS & VEGETABLES	CUPBOARD FOODS	HOUSEHOLD GOODS & TOILETRIES



**SOMETIMES THE SMALLEST  
STEP IN THE RIGHT  
DIRECTION ENDS UP BEING  
THE THE BIGGEST STEP OF  
YOUR LIFE  
TIPTOE IF YOU MUST  
BUT TAKE A STEP!**

Dorothy Spring



# SUGGESTED STORE CUPBOARD TO HELP ACROSS THE 3 WEEKS



Almond or Cashew Milk  
Peanut Butter and / or Almond Butter  
Oats  
Medjool Dates  
Pumpkin Seeds  
Sunflower Seeds  
Flaxseeds  
Chia Seeds  
Raw Cacao / Cocoa Powder  
Plain nuts (almonds, cashews pecans etc)  
Maple Syrup  
Raw honey  
Pea Protein Powder (Pulsin\*)  
Eggs  
Tinned Tuna / salmon  
Tinned Tomatoes  
Tinned Beans (black, kidney, chickpeas etc)  
Tinned Lentils  
Stock (chicken / vegetable)  
Spices (cumin, cinnamon, paprika etc)  
Dried herbs (oregano, thyme etc)  
Tomato Puree  
Chilli puree  
Ginger puree

Light coconut milk  
Rice  
Quinoa  
Tamari / soy sauce  
Extra Virgin Olive oil  
Coconut Oil  
Almond Flour / ground almonds  
Buckwheat or plain flour

## IN THE FREEZER

Frozen Berries  
Frozen Pineapple or Mango  
Frozen Vegetables  
Frozen chopped spinach  
Frozen chopped onion

\*Pulsin pea protein can be purchased via [www.naturaldispensary.co.uk](http://www.naturaldispensary.co.uk). Register Janet Padfield as your practitioner, pop the APPLES10 code into the promocode box at checkout for 10% discount

# BREAKFAST RECIPES

Porridge (Ve / gf / df)

Overnight oats (V / gf)

Banana pancakes (V / gf / df)

Granola, yog & fruit (V / gf)

Choc & Nut Smoothie (Ve / gf / df)

Yog Bowl (V / gf)

Eggs (V / df / gf)

**BREAKFAST IS AN IMPORTANT MEAL AND SETS THE TONE FOR THE REST OF THE DAY. TAKE TIME TO HAVE YOUR BREAKFAST AND TRY TO NOT KEEP HAVING THE SAME THINGS EVERY DAY. VARIETY IS KEY!**



# PORRIDGE

gf

df

Serves 1

## BASE

35g oats

1 tablespoon pea protein powder

250ml-300ml almond, coconut, oat, hemp or cows milk

## TOPPING

Stewed apple / nuts / seeds / berries / banana / nut butter

Mix the base ingredients and heat gently in the microwave or over a low heat on the hob until the oats are soft and the milk mostly absorbed (you may need to add a little more liquid) - don't over cook the oats!

Get creative with the toppings. I love stewed apple with nuts but you could go for almond butter and banana or raspberries and pumpkin seeds etc

**OATS ARE A HIGH FIBRE SLOW RELEASE COMPLEX CARB. ADDING IN THE PROTEIN POWDER REALLY HELPS WITH BLOOD GLUCOSE CONTROL AND FEELING FULL**





# OVERNIGHT OATS

Serves 1



BASE 40g

oats, quinoa flakes or buckwheat flakes

LIQUID 150ml

almond, coconut, oat, hemp or cows milk

PROTEIN

1 tbsp protein powder, 100g plain Greek yoghurt, 20g chopped nuts

SEEDS 1 tbsp

chia, flaxseed or pumpkin seeds

TOPPINGS (choose 1)

1 handful of fresh or frozen berries

1 chopped apple, pear, peach etc

2 chopped plums or apricots





# PANCAKES



Serves 1



## INGREDIENTS

- 1 Banana
- 2 Eggs
- 30g oats (blended to a powder)

## METHOD

1. Mash the egg and banana together and stir through the powdered oats (or pop it all in a blender and mix to a batter)
2. Heat a little oil in a non stick frying pan.
3. Pour a little batter at a time into the frying pan (approx 2" circles)
4. Cook for a couple of minutes until set on the bottom and bubbles appear on the surface, then flip and cook the other side
5. Create a pancake stack (I like to use a tiny smear of peanut or almond butter between layers) and add berries

**EGGS ARE HIGH IN PROTEIN AND COUPLED WITH THE FIBRE IN OATS & BANANAS, THIS BREAKFAST REALLY HELPS WITH FEELING FULL AND BOOSTED ENERGY**



# GRANOLA

Makes 16-18 portions

gf

df

## INGREDIENTS

- 4 tablespoons coconut oil, melted.
- 1 tablespoon maple syrup or raw honey
- 150g coconut flakes.
- 200g gluten free oats
- 250g unsalted mixed nuts, roughly chopped.
- 2 tablespoons chia seeds or pumpkin seeds.
- 1 teaspoon ground cinnamon,

## METHOD

1. Preheat oven to 120 and line a baking tray with greaseproof paper
  2. Combine all the ingredients and spread it evenly on the baking tray
  3. Cook for 15-20 minutes until golden and turn half way through the baking time
- Remove from the oven, cool and store in an air tight container to keep it crispy

SERVE WITH COCONUT OR NATURAL YOGHURT & FRUIT

**GET CREATIVE WITH THIS BY HAVING THE NUTS AND SEEDS THAT YOU PREFER. IT IS HIGH IN "GOOD FATS" SO STICK TO THE PORTION GUIDE EVEN THOUGH IT'S SO TASTY!**



# NUTTY CHOC SMOOTHIE

Serves 1

gf

df

300ml almond, cashew or oat milk

1 ripe banana

1 tablespoon protein powder (I use Pulsin Pea Protein)

1 medjool date with stone removed

2 ice cubes

1 teaspoon cashew or hazelnut butter

1 teaspoon almond butter

1 teaspoon raw cacao powder (optional)

Pop it all in a high powder blender until smooth

Drink it VERY slowly - it should take around 15-30 minutes to drink

\*if needing to be nut free go for tahini instead of the nut butters and opt for soy or oat milk

**PROTEIN POWDER IS A MUST TO HELP KEEP YOU FULL UNTIL LUNCH. YOU'LL NOTICE TOO THAT IT ONLY HAS ONE FRUIT...THE VERY FRUITY SMOOTHIES CAN BE SUPER HIGH SUGAR"**



# NUTTY YOG BOWL

SERVES 1



## BASE

100gr natural yoghurt or coconut or soy yoghurt

1 tsp pea protein (optional but recommended if using plant based yoghurt)

1 heaped tsp nut butter or tahini

## TOPPINGS (choose 2 or 3)

Home made granola / coconut flakes / seeds / extra fruit /

1 teaspoon honey or maple syrup

## METHOD

1. mix the base ingredients together in a bowl and flatten
2. next to the toppings - make it look as fancy as you can with adding lots of different fruits in a pattern

**THESE CAN LOOK SO PRETTY AND ARE VERY "INSTAGRAM-ABLE"**







# EGGS MANY WAYS

gf

df

**HAVE THEM POACHED, SOFT BOILED OR SCRAMBLED HOWEVER YOU LIKE THEM, ADD SOME VEG AND YOU HAVE A WINNING BREAKFAST**

## SCRAMBLED IDEAS

**SPINACH AND FETA** 2 large eggs, smidge of cold water, 1tsp coconut oil, pinch of salt, twist of black pepper. Wilt a generous handful of spinach in a teaspoon of coconut oil and a splash of water. Crumble a tablespoon of feta.

**PARMESAN AND PESTO** 2 large eggs, smidge of cold water, 1tsp coconut oil, pinch of salt, twist of black pepper. Grate 2 teaspoons of parmesan and use 1 tablespoon of pesto.

**TOMATOES AND RED PEPPER** 2 large eggs, smidge of cold water, 1tsp coconut oil, pinch of salt, twist of black pepper. Chop up 4-6 cherry tomatoes or 1 larger tomato, together with a few slices of red pepper and sauté in 1 teaspoon coconut oil for 2–3 mins.

# LUNCH RECIPES

Soup ( Ve / gf / df)  
Goodness bowl (V / gf)  
Quinoa Bowl ( Ve / gf / df)  
Pea Pancakes (V / gf / df)  
Beans on Sweet Potato (Ve / gf / df)  
Fish Pate & Crackers (gf)

**TAKE TIME OVER LUNCH AND NEVER EAT AT YOUR DESK. USE LUNCH AS AN OPPORTUNITY TO STRETCH YOUR LEGS AND EAT WITH FRIENDS OR FAMILY OR SIMPLY LISTENING TO THE RADIO**

# SOUPER SOUP



## HOW TO MAKE A HEALTHY HEARTY SOUP

### 1. THE BASE

2 STICKS CELERY, 1 ONION AND 2 CARROTS ARE A GREAT BASE. SAUTE IN OIL GENTLY UNTIL SOFT



### 2. ADD FLAVOUR

WHATEVER YOU FANCY - GARLIC, PAPRIKA, CHILLI, TURMERIC...THERE ARE ENDLESS OPTIONS



### 3. PROTEIN POWER

2 TINS OF BEANS OR LENTILS OR 400G LEFTOVER ROAST CHICKEN...WHATEVER PROTEIN YOU FANCY!



### 4. ADD IN VEG

AIM FOR AT LEAST 2 DIFFERENT VEG TO GIVE YOU PLENTY OF FIBRE - AIM FOR 4 HANDFULS



### 5. ADD THE LIQUID

APPROX 1 LITRE - USE A VEGETABLE, FISH OR MEAT STOCK (HOMEMADE IS BEST BUT THERE ARE LOTS OF GREAT BRANDS IN THE SUPERMARKETS). OR A MIX OF TINNED TOMATO & STOCK THE STOCK NEEDS TO COVER ALL THE OTHER INGREDIENTS



LET IT BUBBLE FOR 20-30 MINS, SEASON AND SERVE THIS WOULD SERVE 4 PORTIONS. IF NEEDED YOU CAN ADD RICE, ORZO PASTA OR NOODLES OR JUST SERVE WITH BREAD



# GOODNESS / BUDDHA BOWL

serves 1

gf

df

PICK A PROTEIN (100g)

Chicken, prawns, mackerel, salmon, firm tofu, chickpeas, cooked lentils

PICK A GREEN LEAFY VEGETABLE (large handful)

Rocket, watercress, spinach, lettuce

PICK YOUR VEGETABLES (80g)

Carrot, beetroot, tomatoes, peppers, onion, cucumber, cooked / raw broccoli, radish, celery

PICK A PORTION FROM A JAR OF ROAST ANTIPASTI (1 tbsp)

Roasted peppers, roasted artichoke, roasted aubergine, sundried tomatoes, olives

PICK A CARBOHYDRATE:

Wholegrain rice (40g dry weight), quinoa (50g dry weight), sweet potato wedges (½ small), roasted butternut squash (50g)

PICK A HEALTHY FAT

25g hummus, ½ smashed avocado, 1 tbsp chopped nuts, 1 tbsp seeds

PICK A DRESSING:

1 tbsp balsamic vinegar, 2 tbsp olive oil, 1 tsp wholegrain mustard and ½ chopped garlic clove

1 tbsp no added sugar peanut butter, 1 tsp tamari, ½ tsp smoked paprika, 1 tsp sesame oil

2 tbsp tamari, 2 tbsp sesame seeds, 2 tbsp sesame oil, juice of ½ lime, ¼ tsp of chilli flakes and 1 tsp honey

1. Simply layer the ingredients into a bowl.
2. Mix up the dressing and drizzle over



# QUINOA BOWL

SERVES 2

## BASE

1 pouch cooked quinoa (from shops near the beans and rice)  
or cook your own quinoa if you want

gf

## TOPPINGS (select 1 protein, and several of the vegetables

4-6 Falafels / 100g chicken / 100g salmon / 25g halloumi / 25g feta / 100g chickpeas / tablespoon pomegranate seeds / coriander / parsley / diced peppers / corn / diced onion / avocado etc

## DRESSINGS (3 to 1 ratio of oil to vinegar/juice)

Lemon juice, oil and chilli

Tahini, lemon juice, apple cider vinegar, garlic  
another of your choice!

## INSTRUCTIONS

1. Cook quinoa following pack instructions, then drain well and set aside or just use one of the ready cooked pouches if short on time
2. To assemble, be creative - 125g cooked quinoa as the base, top with your chosen protein, herbs, veg etc and finish with a dressing if desired

**QUINOA IS ACTUALLY A SEED AND NOT A GRAIN WHICH IS WHY IT'S SO HIGH IN PROTEIN AND IS A FILLING OPTION**





# BAKED BEANS ON JACKET

SERVES 2



## INGREDIENTS

1/2 tbsp of oil  
1/2 onion, finely diced  
2 garlic cloves, minced  
1.5 tbsp of tomato purée  
1 tsp smoked paprika  
1/2 tsp dried oregano or thyme  
1/2 tbsp of coconut sugar  
1 tbsp of soy sauce or tamari  
400g of tinned cannellini or  
haricot beans drained  
100-150ml of passata  
black pepper

## METHOD

Heat the oil in a saucepan, and add the onion and garlic. Cook over a medium heat for 5 minutes until soft and translucent. Add the tomato purée, paprika, thyme, sugar and soy sauce, and cook for a couple more minutes. Add the beans and passata, and simmer for at least 5 minutes, until the mixture is piping hot and the sauce has thickened a little. Season generously with black pepper on a small baked sweet potato

**MAKING YOUR OWN BEANS ARE REALLY WORTH IT....BUT YOU CAN SUBSTITUTE WITH A REDUCED SUGAR AND SALT OPTION FROM THE SUPERMARKET!**





# PEA PANCAKES

## INGREDIENTS (SERVES 2)

200g frozen peas

2 spring onions, roughly chopped

½ tsp chilli flakes (optional)

2 garlic cloves, peeled

70g buckwheat, almond or spelt flour

3 large eggs

Salt and pepper

Coconut oil for frying

1 large avocado

½ lime, juiced

1 tsp apple cider vinegar

1. Blanch the peas in a bowl of boiling water for 1 minute, then drain.
2. Blitz the peas, spring onions, chilli flakes, garlic, flour & 1 of the eggs in a blender with a pinch of salt & pepper until chunky but combined.
3. Heat ½ tsp coconut oil in a small frying pan. Using your hands or a spoon, add a palm sized ball of mixture to the pan and cook for a few minutes until golden. Carefully flip it over and cook on the other side
4. Repeat until all the mixture has gone - this should make 4 fritters.
5. Cut the avocado in half, remove the stone and skin and mash the flesh in a bowl with a fork. Add the lime juice and a good pinch of salt. Mix together and set to the side.
6. Boil a small saucepan of water, enough to ensure the water is at least 4cm deep. Add the apple cider vinegar to the water. When at a high simmer, crack the eggs individually into the pan, a little apart, poaching for 2-3 minutes, or a few minutes longer for hard yolks. Remove with a slotted spoon.
7. To serve, place one fritter per plate, top with half the mashed avocado and sandwich together with another fritter. Top each stack with a poached egg



**PEAS ARE HIGH IN PROTEIN!**



# FISH PATE

Ingredients

serves 2 3

150g tinned tuna, salmon or mackerel

120g full fat soft cheese

Squeeze of lemon juice

Salt

Black Pepper

gf

Using a fork, flake the fish into a bowl,

Add in the soft cheese and lemon juice.

Season with salt and a generous helping of black pepper.

Serve with a large green salad, vegetable sticks or seeded crackers

**SO SIMPLE BUT SOOOOO GOOD! FILLING, FRESH TASTING AND GOOD ENOUGH WHEN ENTERTAINING**







## Ingredients

- 90g mix of seeds e.g sunflower, pumpkin, chia flax etc)
- 100g spelt or buckwheat flour
- 40ml olive oil or melted coconut oil
- 1 teaspoon dried rosemary or thyme
- 1 teaspoon garlic salts
- 60ml water
- Salt and pepper

1. Mix the seeds, herbs, garlic salts and flour together and season with black pepper
2. Next add in the oil and water and mix well.
3. Lay the mix between 2 sheets of parchment paper and squash down with a rolling pin
4. Take off the top layer of parchment and score the crackers into whatever shape you choose
5. Place carefully on a baking tray and bake for 15 - 20 minutes at 180C
6. Can be stored in an air tight container

**SIMPLE TO MAKE AND HIGH IN "GOOD FATS" SO BE CAREFUL WITH THE NUMBER YOU HAVE!**



# DINNER RECIPES

Black bean burger (V / gf )  
Butternut, lentil & coconut curry (Ve / gf / df)  
Spicy lentils and peppers (Ve / gf / df)  
Lamb & Spinach Curry (gf / df)  
Kentucky Style Chicken (gf / df)  
Butter Chicken (gf / df)  
Chicken Kebabs (gf / df)  
Chicken Tray Bake (gf / df)  
Salmon Burger (gf / df)  
Thai salmon and prawns (gf / df)

Or go for your own style to include:  
palm sized portion of protein (meat/fish/beans)  
+ scant fist of any carb (potatoes, rice)  
+ half a plate of vegetables or salad

**AVOID TV DINNERS - AIM TO SIT TO A TABLE AND CHEW WELL. ALLOW YOUR BRAIN TO REGISTER WHAT YOU ARE EATING AND ENJOY IT!**

# BLACK BEAN BURGERS

## INGREDIENTS (Serves 4)

- 1 tbsp olive oil
- 1 medium onion, finely chopped
- 2 garlic cloves, finely chopped
- 2 tins of black beans
- 75g flour (if gf opt for buckwheat)
- 2 tsp dried oregano
- 1 small jar sun dried tomatoes, chopped
- 1 teaspoon of chilli puree (if you like some heat)
- 100g feta, chopped (omit if dairy free)
- Black pepper

gf

Preheat the oven to fan 180°C/Gas mark 6.

Heat the oil in a pan over a medium heat and gently sauté the onion until translucent. Stir in the garlic for 30 seconds and then add in the drained black beans.

Keep squishing and mashing the beans with the back of a wooden spoon so that all the moisture evaporates and the beans look quite crushed. Turn off the hob and add the flour. Stir well coating the beans in flour.

Next add in the chopped sun dried tomatoes (it's okay if a bit of oil goes in too), the chilli paste (if using), the oregano and black pepper and mix well. Add in the crumbled feta if using and mix again

Once cooled slightly, form the mixture into 4 burgers using your hands. Lay the burgers on a lined baking tray and flatten the burgers to 2-3cm thickness and bake for 45-50 minutes turning half way through

SERVE WITH HOMEMADE WEDGES & SALAD AND YOU CAN EVEN ADD A POACHED EGG ON TOP OF THE BURGER!



# BUTTERNUT, LENTIL & COCONUT CURRY

df

gf

## INGREDIENTS (Serves 4)

- 1 tbsp vegetable oil
- 2 onions, finely sliced
- 2 green chillies, finely sliced
- 100g fresh root ginger, grated
- 28g pack coriander, stalks finely chopped, leaves torn
- 200g baby leaf greens or spinach, stalks finely chopped, leaves shredded
- 1 tbsp mild curry powder
- 150g red split lentils
- 500ml coconut water
- 500g butternut squash cubed

Heat the oil in a large, heavy-based pan and fry the onions over a medium-high heat until soft and slightly browned, about 8-10 minutes. Stir in the chillies, ginger and the stalks from the coriander and greens. Fry for 2-3 minutes; add the curry powder and cook for 1 minute more. Stir in the lentils, coconut water and 250ml water and squash. Simmer, uncovered, for 20 minutes until the squash is just tender; add water to loosen, if needed. Add the shredded greens, cover and steam for 3-5 minutes, until soft. Mix in the coriander leaves. Serve with a few tablespoons of rice.



# SPICY LENTILS & PEPPERS

INGREDIENTS (Serves 4)



1 small-medium butternut squash (about 950g/2lb 2oz)

1 red onion, halved and thickly sliced

3 peppers

(a mix of red, orange

and yellow from a pack), deseeded and cut into 1cm or ½ in-wide strips

2 garlic cloves, finely chopped

3 tbsp olive oil

3 tbsp curry paste

2 x 400g cans Puy lentils, drained and rinsed

150ml hot vegetable stock

large handful coriander, chopped (optional)

Heat oven to 200C/180C fan/gas 6. Using a sharp knife, peel the butternut squash. Cut it in half lengthways, scoop out the seeds, then cut into 1cm-thick slices widthways across the squash.

Put the squash slices in a large roasting tin with the onion, peppers and garlic. Mix the oil with the curry paste and drizzle over the vegetables.

Toss well to coat in the curry mix and season.

Roast for 30 mins until the vegetables are beginning to soften. Add the lentils and stock to the roasting tin and mix.

Return to the oven for a further 5-10 mins until the vegetables are tender.

Stir in the coriander and serve straight away.

# LAMB & SPINACH CURRY



## INGREDIENTS (Serves 4)

1 red onion	½ tsp ground cinnamon
4 garlic cloves	2 cardamom pods
600g lamb shoulder	2 tins chopped tomatoes
2 tbsp coconut / olive oil	1 tin coconut milk
1 tsp cayenne	200g fresh spinach
3 tsp ground coriander	200g frozen peas
3 tsp ground cumin	½ lemon
1 tsp turmeric	Salt and pepper

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1. Finely slice the onion, crush and finely chop the garlic and on a separate board, cut the lamb into cubes.
2. Heat the oil in a large saucepan on a medium heat and cook the onion for 4-5 mins until browned. Then add the garlic, cayenne, coriander, cumin, turmeric, cinnamon and cardamom and a couple twists of black pepper. Add 4 tbsp of water and fry for a few mins until fragrant.
3. Add the lamb to the saucepan with a big pinch of salt and brown for 3-4 mins, adding water if it gets dry to prevent the spices from burning.
4. Add the tomatoes & bring curry to a simmer. Cook for 45 mins, stirring every 15 mins.
5. Add the coconut milk, stir well & cook for a further 45mins, again stirring every 15 mins.
6. Add the spinach and the peas and stir again until the spinach wilts.
7. Take the pan off the heat and stir in the lemon juice. Serve with cauliflower rice or a side of steamed vegetables.



# KENTUCKY STYLE CHICKEN

INGREDIENTS (Serves 4)

150g ground almonds,

2 eggs

8 chicken thighs or 4 chicken breasts (skinless & boneless)

1 tablespoon of melted coconut oil or olive oil

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Spice Mix

2 tablespoon smoked sweet paprika

1 teaspoon of ground cumin

1 teaspoon of garlic salts

1 teaspoon of dried thyme or

1 teaspoon of dried oregano

1 teaspoon dried rosemary

Preheat the oven to fan 180°C/Gas mark 6 and line a baking tray with baking parchment.

Mix the ground almonds and ingredients for the spice mix in a bowl. In a second bowl, beat the eggs.

Dip the chicken pieces, one at a time, in the egg, then coat in the mix of ground almonds and spices and lay on the baking tray.

Use a spoon to drizzle the coconut oil over the pieces.

Bake for 20-30 minutes until golden (and cooked through

SERVE WITH SALAD

# CHICKEN KEBABS

## INGREDIENTS (Serves 2)

200g skinless chicken breast fillet, cubed  
1 red peppers, deseeded and cubed  
1 green peppers, deseeded and cubed  
1 small-sized courgette, sliced  
Finely grated zest & juice from 1 large lemon  
1tbsp olive oil, plus extra for brushing  
1 small garlic clove, peeled and crushed  
Salt and freshly ground black pepper  
1tbsp freshly chopped parsley

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Place the chicken, peppers and courgettes in a large shallow non-metallic dish. Mix together the lemon zest and juice with the oil and garlic and pour over the chicken and vegetables.

Cover and leave to marinate for 1 hr at room temperature

Thread the chicken peppers and courgettes onto 8 metal skewers (or if wooden make sure the wood has been soaked in water for 30 mins).

Season with salt and black pepper.

Cook the kebabs under a grill for 12-15mins, turning frequently until the chicken is cooked through and the peppers and courgettes and lightly charred. Brush with a little olive oil once or twice during cooking to prevent the chicken from drying out. Serve sprinkled with the chopped parsley.

SERVE WITH SALAD & WEDGES



# BUTTER CHICKEN

## INGREDIENTS (Serves 4)

1 tsp olive oil

4 skinless, boneless chicken  
breasts, cut into cubes

1 onion finely chopped

3 garlic cloves, minced

1 tbsp fresh ginger, grated

2 tsp garam masala,

1 tsp turmeric

1 tsp paprika, 1 tsp ground coriander

$\frac{1}{4}$  tsp cinnamon

680ml jar tomato passata

2 tbsp almond butter

pinch salt and pepper

bunch chopped fresh coriander

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1. Heat the oil in a large frying pan and brown the chicken,  
3 to 5 mins. Transfer to a plate.

2. Add the onion, garlic, ginger and spices to pan. Cook, stirring  
often, until the onion starts to soften, about 3 mins.

3. Return the chicken and juices to pan. Stir in the passata.

Scrape up and stir in any brown bits from the bottom of the pan.

4. Simmer until slightly thickened, about 5 mins.

5. Add almond butter, season with salt and pepper and stir well.

6. Sprinkle with coriander.

7. Serve with cauliflower or brown rice or some green vegetables.



# CHICKEN & VEG TRAYBAKE

INGREDIENTS (Serves 4)

- 1-2 large peppers
- ½ butternut squash
- 8 skinned and boned chicken thighs
- 100g pitted black olives
- 4 cloves garlic
- 1 tbsp fresh rosemary
- 2 tbsp olive oil
- 2 tbsp balsamic vinegar
- Salt & pepper



BE CREATIVE - USE ANY VEG YOU FANCY !!

1. Preheat the oven to 180C.
2. Slice the peppers and peel and dice the butternut squash.
3. Add the chicken thighs, peppers and butternut squash to a large baking dish. Add the olives.
4. Crush and finely chop the garlic and chop up the rosemary. Add both to a small bowl with the olive oil and balsamic vinegar and mix well. Add this on top of the chicken and vegetable mix.
5. Using your hands, massage the marinade into the chicken and vegetables. Season with salt and pepper and place in the oven for 45-50 mins, stirring once.
6. Serve when the chicken is cooked through and the butternut squash is tender.
7. Delicious served with some steamed broccoli, green beans or simply a side salad.

# THAI SALMON & PRAWN BAKE

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gf

INGREDIENTS (Serves 4)

2 cloves garlic crushed

2cm ginger grated or a squirt of ginger puree

1 tin light coconut milk (400g)

1 tbspn coconut sugar

2 tspn Thai 7 Spice

1 teaspoon fish sauce

Juice of 1 lime

2 boneless salmon fillets

200g raw prawns

1 packet mange tout

1 packet pak choi washed and roughly chopped

Mix together the garlic, ginger, coconut milk, sugar, spice, fish sauce, lime and coriander in a bowl and set aside

Lay the veg on the base of a large baking tray

Place the salmon fillets and prawns over the top

Pour over the thai sauce

Cover with parchment paper and bake for 30 minutes

SERVE WITH CAULIFLOWER RICE OR PLAIN RICE

# SALMON BURGER

dfgf

INGREDIENTS (Serves 4)

400g -500g salmon

1 tbsp pesto

1 egg

65g ground almond

squeeze of lemon juice

Mix all of the ingredients in a food processor until a rough paste  
Shape 4 burger patties and place in a heavy based frying pan  
Gently cook for 5 minutes before slipping over and cooking for 5  
minutes on the other side.

Serve with home made wedges and salad

# SNACK RECIPES

Energy Balls ( Ve / gf / df)  
Rosemary spiced Pecans (Ve / gf / df)  
Fit Fudge ( Ve / gf / df)  
Beetroot Hummus & veg (Ve / gf / df)

or

just 30g nuts and a piece of fruit  
or 1 hard boiled egg + 5 cherry tomatoes

**SNACK ONLY IF HUNGRY AND NOT OUT OF HABIT. TRY A GLASS OF WATER  
FIRST IN CASE YOU WERE JUST HUNGRY AND HAVE A SNACK IF YOU DO  
STILL NEED IT. NO MORE THAN 1 SNACK A DAY THOUGH**



# ENERGY BALLS

Makes 12-15 portions

## INGREDIENTS

125g oats

400g medjool dates

1 tablespoons raw cacao powder

40g dark chocolate chips

100g peanut or almond butter

Place the oats, nut butter and dates into a food processor and pulsing until they are nicely mixed.

Add the raw cacao powder and mix again.

Finally add the chocolate chips and pulse gently so they are just mixed in.

If needed to help bind the ingredients add 1 tablespoon of hot water

Take a tablespoon of the mixture and roll into a ball.

Continue doing this until the mixture has finished.

Place the rolled balls into the freezer for around 1 hour, then remove and store in an airtight container in the fridge.

1-2 balls per day **MAXIMUM!**

df



# BEETROOT HUMMUS



gf

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Serves 4-5

1 tin of chickpeas

1 small clove of garlic

1 tablespoon tahini

1 lemon

Extra virgin olive oil

Sea salt

1 medium cooked beetroot

1. Drain and tip the chickpeas into a food processor.
2. Peel and add the garlic, then add the tahini, a good few squeezes of lemon juice and 1 tablespoon of olive oil.
3. Season with a pinch of sea salt, then pop the lid on and blitz.
4. Use a spatula to scrape the hummus down the sides of the bowl, add the beetroot then blitz again until smooth.
5. Taste and add more lemon juice or a splash of water /oil to loosen, if needed, then transfer to a serving bowl.
6. Serve with sliced crudités, such as cucumber, peppers and celery.

# FIT FUDGE



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Ingredients:

85g pecans

85g walnuts

85g almonds

1 tsp ground cinnamon

50g 'No sugar' cranberries

150g pitted dates

200g DF dark chocolate

75g light tahini

Zest from 1 orange

Juice from 1 / 2 orange

1. In high speed processor grind nuts until fine.
2. Add cinnamon and cranberries.
3. Put chocolate in pan with tahini and melt over low heat
4. Place dates and melted chocolate in processor, add the orange juice and zest and process to form a thick paste like consistency.
5. Place all the mixture in a lined 20cm shallow square tin and press down firmly.
6. Chill for 3-4 hours until hard.
7. Cut into very small 2.5 cm squares.
8. 1 snack portion = 2 squares.



# ROSEMARY SPICED PECANS



Ingredients: (serves 6-8)

- 1 tbsp coconut oil
- 1 tsp salt
- 2 tbsp fresh rosemary
- 1 tsp smoked paprika
- 200g pecans

1. Preheat the oven to 160C/ Gas mark 3.
2. Melt the coconut oil over a low heat.
3. Finely chop the rosemary.  
Toss with the salt and paprika in a bowl and pour the oil on top.
4. Massage the spices into the pecan nuts.
5. Spread the nuts onto a roasting tray and pop them in the oven for 25 mins. Halfway through cooking give the nuts a stir so that they cook evenly.
6. Cool before eating



**THIS IS NOT A DIET. IT'S A  
LIFESTYLE CHANGE**

**WHEN YOU'VE  
COMPLETED THE 21 DAYS  
GO ON TO THE LAST FEW  
PAGES**

# ASSESSING PROGRESS

## RATE CURRENT HEALTH

### HEALTH SCORE

Rate the statements below then add up the total score:

1 = disagree and 5 = agree

Tired most of the time	1	2	3	4	5
Overweight	1	2	3	4	5
Prone to hormonal symptoms	1	2	3	4	5
Have dark circles or bags under eyes	1	2	3	4	5
Poor memory or concentration	1	2	3	4	5
Often feeling anxious or stressed	1	2	3	4	5
Very dry skin in need of daily moisturiser	1	2	3	4	5
Often constipated (rarely going once a day)	1	2	3	4	5
Difficulty sleeping	1	2	3	4	5
Low or depressed	1	2	3	4	5
Prone to indigestion or bloating after food	1	2	3	4	5

**HEALTH SCORE TOTAL**

You can use this score to help you with your health goal setting  
Ideally you are aiming at a total score of 15 or below



# AND NOW RATE ENERGY & BLOOD SUGAR CONTROL

## ENERGY & BLOOD SUGAR CONTROL SCORE

Rate the statements below then add up the total score:

1 = disagree and 5 = agree

I often have mood swings	1	2	3	4	5
I often have difficulty concentrating	1	2	3	4	5
I get dizzy or irritable if I go over 4 hours without food	1	2	3	4	5
I often over react to stress	1	2	3	4	5
I often crave something sweet especially after a meal	1	2	3	4	5
I have less energy than I used to have	1	2	3	4	5
I feel too tired to exercise	1	2	3	4	5
I'm gaining weight or struggling to lose any	1	2	3	4	5
I often get energy slumps especially mid afternoon	1	2	3	4	5
I need caffeine, nicotine or sugar to help get me going	1	2	3	4	5
I often crave chocolates and carbs (bread, pasta)	1	2	3	4	5

**ENERGY SCORE TOTAL**

You can use this score to help you with your health goal setting  
Ideally you are aiming at a total score of 15 or below



# YOUR ENDING STATS & ONGOING GOALS

WHAT'S YOUR NEW GOAL - How have you done and which elements do you want to continue? Remember to make it a SMARTER goal

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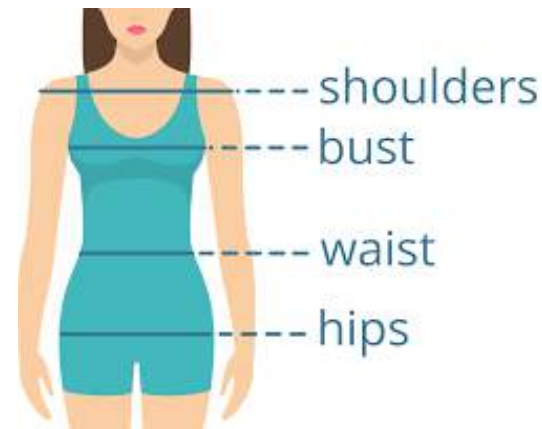
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TODAYS DATE \_\_\_\_\_  
current weight \_\_\_\_\_  
waist measurement \_\_\_\_\_  
hip measurement \_\_\_\_\_  
bust measurement \_\_\_\_\_  
health scores \_\_\_\_\_  
energy score \_\_\_\_\_



How do these compare to your starting statistics? Write a brief reflection

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