

NUTRITION PACK

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RECIPE KEY

Look for these helpful icons throughout the file.

Gluten Free

GF

Dairy Free

DF

Low Carb (under 20g serving)

Meal Prep/Freezer Friendly

High Protein (over 20g per serving)

HP

Vegetarian

0

Quick (under 30 mins)

N

Contains Nuts



WEEKLY MEAL PLANNER

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY BREAKFAST BREAKFAST BREAKFAST BREAKFAST BREAKFAST BREAKFAST Omelet With Green Power Chocolate Green Power **Bounty Oats Bounty Oats** Cottage Cheese Smoothie Cottage Cheese With Dark Smoothie With Dark Millet & Basil Chocolate Chocolate Pudding **LUNCH LUNCH LUNCH LUNCH LUNCH** LUNCH Goats Cheese. Easy Greek Leftover Baked Goats Cheese. Easy Greek Leftover Turkey Zoodle Salad Zoodle Salad Pear & Salmon With Pear & & Broccoli Walnut Salad Zoodles & Walnut Salad Stir Fry Quinoa SNACK SNACK SNACK SNACK SNACK **SNACK** E.g. Green Power E.g. Green Power E.g. Green Power E.g. Green Power E.g. protein bar, E.g. protein bar. Smoothie Or handful of nuts, rice Smoothie Or Smoothie Or Smoothie Or handful of nuts, rice cakes with peanut Zucchini Fries

DINNER

Baked Sweet Potato with Feta, Pesto. and Pomegranate

DINNER

butter, fruit, super

shake

Baked Salmon With Zoodles & Quinoa

Zucchini Fries

DINNER

Spicy Fried Rice

With Prawns

Zucchini Fries

DINNER

Spicy Fried Rice With Prawns

Zucchini Fries

DINNER

Turkey & Broccoli

Stir Fry

cakes with peanut butter, fruit, super shake

SNACK

SUNDAY

BREAKFAST

Omelet With

& Basil

LUNCH

Chocolate

Millet

Pudding

E.g. protein bar, handful of nuts, rice cakes with peanut butter, fruit, super shake

DINNER

Meal Out – Enjoy!

DINNER

Baked Sweet Potato with Feta, Pesto. and Pomegranate

WEEKLY SHOPPING LIST

FRUIT & VEGETABLES

MEAT, DAIRY & NON-DAIRY

GRAINS, SEEDS & SPICES

CANS, CONDIMENTS & MISC

Fresh	Fish & Seafood
opack raspberries	7 oz. shrimps (200g)
1x pear	4.5 oz. salmon (250g)
2x lemon	Meats
1x pomegranate	7 oz. Turkey Fillets (200g)
○ 1x kiwi	 1x whole free range chicken
2x packs cherry tomatoes	Dairy
bag mixed salad leaves	7 oz. cottage cheese (200g)
obag spinach	occonut milk
2x cucumbers	6.3 oz. goats cheese (180g)
spring onion	3.5 oz. feta cheese (100g)
1x garlic	Non-Dairy
large fresh ginger	○ 7x eggs
○ 1.7 lb sweet potato (800g)	0
1 lb broccoli (500g)	0
○ 3x zucchini	0
1x onion	
○ 2x leeks	
1x carrot	0
1x bunch celery	
2x lemon grass	0
Herbs	0
1x bunch basil	0
1x bunch coriander	0
1x bunch mint	0
1x bunch thyme	0

Grains
oats
○ 3.5 oz. walnuts (30g)
o basmati rice
 black rice noodles
o millet
o quinoa
 desiccated coconut
Spices
○ laurel leaves
oregano
o cumin
○ chili flakes
○ cinnamon
sweet paprika
o hot paprika
o turmeric
 black peppercorns
Other
 natural cocoa powder
breadcrumbs
0
0
0
0
0
0
0

Oils
olive oil
coconut oil
sesame oil
Cans & Condiments
pineapple
pesto
black olives
soy sauce/tamari
rice vinegar
sundried tomatoes
Sweeteners
honey
Other
dark chocolate
apple juice
apple juice



OMELET WITH COTTAGE CHEESE & BASIL



Prep: 10 mins Cook: 10 mins



Nutrition per serving: 200 kcal 14g Fats 3g Carbs 15g Protein











WHAT YOU NEED

- 6 large eggs
- · 4 tbsp. water
- 1 tbsp. oil or butter
- bunch fresh basil
- 200g cottage cheese
- 12 cherry tomatoes

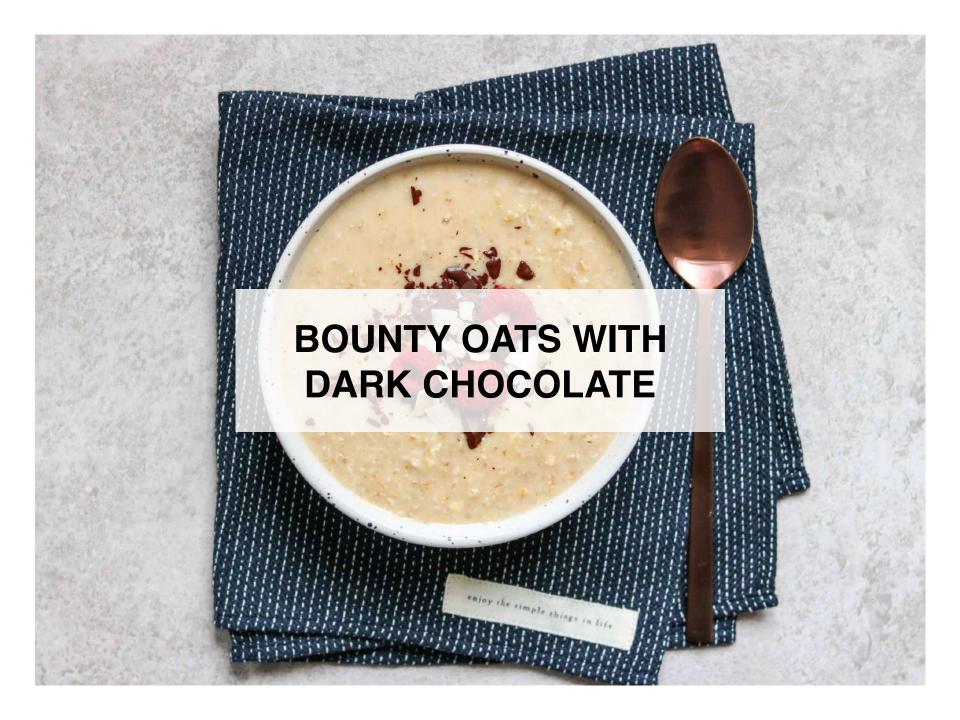
WHAT YOU NEED TO DO

Beat the eggs with the water and season with salt and pepper.

Heat ¼ oil in a frying pan and bake 1 thin omelet, repeat until you have 4 omelets. Keep them warm under aluminium foil.

Chop the basil finely and mix with the cottage cheese. Season with freshly ground pepper.

Cut the tomatoes into quarters. Divide the cottage cheese and tomato over the omelets and roll them up. Cut diagonally and serve immediately.

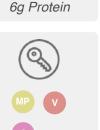


BOUNTY OATS WITH DARK CHOCOLATE





36g Carbs





WHAT YOU NEED

- 1 cup oats (90g/3.17 oz.)
- · 2 tbsp. desiccated coconut
- 6.7 fl. oz. (200ml) coconut milk
- 2 tbsp. coconut sugar or honey
- 1.7 oz. (50g) dark chocolate, chopped
- · handful raspberries

WHAT YOU NEED TO DO

Place the oats in a saucepan and add 1 ½ glasses of water and the desiccated coconut. Bring to boil then reduce heat, and cook covered for about 10 minutes, in the meantime stir 2 - 3 times.

Remove the lid, add coconut milk and sugar. Mix and remove from the heat.

Divide between bowls, sprinkle with chopped chocolate and top raspberries to serve.





GOATS CHEESE, PEAR & WALNUT SALAD



Prep: 10 mins Cook: 0 mins



Nutrition per serving: 379 kcal 28g Fats 26g Carbs 10g Protein





WHAT YOU NEED

- 3.5 oz. (100g) mix salad leaves
- 1 ripe pear
- · 2 tbsp. lemon juice
- 3.5 oz. (100g) goats cheese
- 1.1 oz. (30g) walnuts
- 1 tbsp. honey
- 1 tbsp. olive oil

WHAT YOU NEED TO DO

Divide the salad leaves onto 2 plates.

Peel the pear, and cut into quarters, cut out the seed nests, cut the quarters into bite-size pieces. Transfer into a bowl and drizzle with lemon juice. Take the pears out of the lemon juice and add them to the salad leaves.

In the bowl with lemon juice, add honey, olive oil, and salt, to taste. Mix well and set aside.

Crumble the goat cheese over the salads and top with chopped walnuts. Drizzle with the earlier made dressing and serve.





EASY GREEK ZOODLE SALAD









WHAT YOU NEED

For the salad:

- 1 cucumber
- 8.8 oz. (250g) cherry tomatoes
- · 2 spring onions
- 3.5 oz. (100g) feta cheese
- 1.1 oz. (30g) black olives

For the dressing:

- 1 tsp. dried oregano
- 1 tbsp. lemon juice
- · 2 tbsp. olive oil
- 1 large garlic clove, crushed

WHAT YOU NEED TO DO

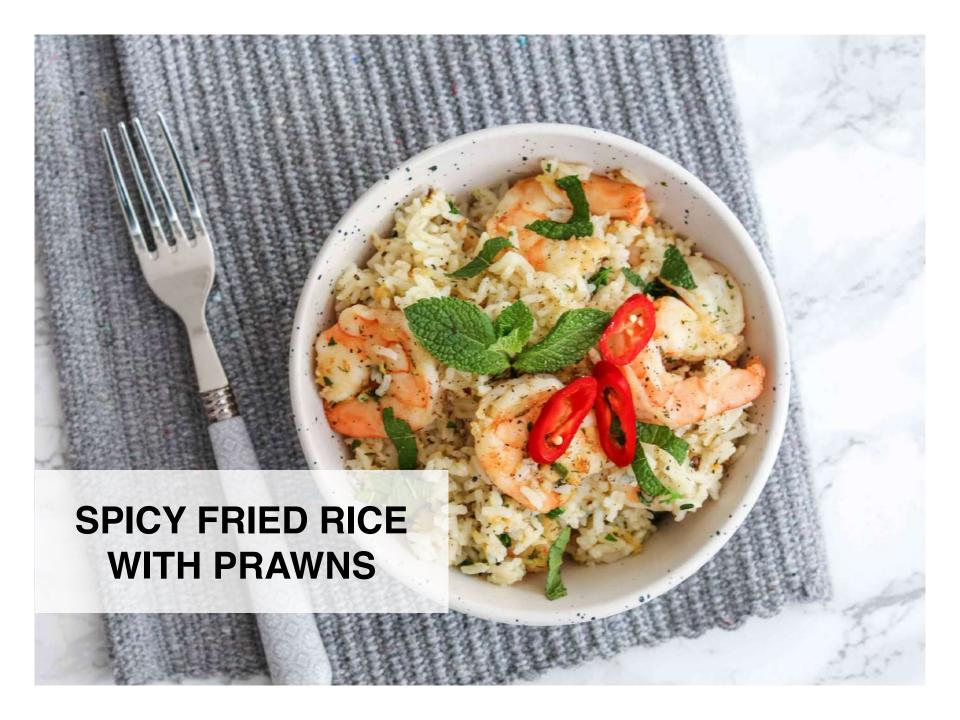
Cut the ends of the cucumber and spiralize it into a bowl. Cut the cucumber "noodles" in 2-3 parts, to shorten them.

Cut the cherry tomatoes in halves, chop the spring onions, and cut the feta into cubes. Add everything to the cucumber.

In a cup or small bowl, mix the ingredients of the dressing, then drizzle over the salad and mix gently. Divide between two plates and serve.

This salad is also a perfect side for grilled meats.





SPICY FRIED RICE WITH PRAWNS



Prep: 10 mins Cook: 15 mins



serving: 372 kcal 11q Fats 52q Carbs 18g Protein







WHAT YOU NEED

- 7 oz. (200g) basmati rice
- · 2 tbsp. coconut oil
- 1 tbsp. crushed garlic
- 2 tbsp. grated ginger
- 7 oz. (200g) prawns
- 1 tsp. cumin
- 1 tsp. chili flakes
- pinch cinnamon
- handful coriander
- handful mint

WHAT YOU NEED TO DO

Cook the rice following the instructions on the packaging, taking care not to overcook it. Strain and put on a large plate or tray, to cool (you can prepare earlier).

In the meantime, heat the coconut oil in a large pan, gently fry the ginger and garlic. Add the prawns and season with cumin, cinnamon, chili flakes, and freshly ground pepper. Briefly fry, for about 2 minutes, string every now and. Season with salt, to taste.

Remove the shrimp from the pan, but add in the rice and fry for 3 to 4 minutes until it heats up and starts to brown. Add the prawns and mix well.

Divide onto the plates and garnish with mint and coriander, to serve.



BAKED SWEET POTATO WITH FETA, PESTO AND POMEGRANATE



Prep: 5 mins Cook: 30-45 mins



Nutrition per serving: 283 kcal 12g Fats 42g Carbs 7g Protein





WHAT YOU NEED

- 1.7 lbs. (800g) sweet potato
- 1 tbsp. olive oil
- 2.8 oz. (80g) feta cheese
- seeds of ½ pomegranate
- 1.7 oz. (50g) pesto (homemade or store bought)

WHAT YOU NEED TO DO

Heat the oven to 390F (200C). Wash the potatoes and cut them into 4 slices. Season with salt, pepper, and rub with olive oil.

Arrange on a baking tray and bake in the oven for about 30-45 minutes, until soft (the fork should smoothly enter the flesh). Thinner slices will be ready earlier.

Once cooked, spread the pesto over the potato slices, sprinkle with crumbled feta cheese and pomegranate seeds. If necessary, season with salt and pepper, to taste.



TURKEY &. BROCCOLI STIR FRY



Nutrition per serving: 494 kcal

16g Fats 56g Carbs 42g Protein





WHAT YOU NEED

- 100g black rice noodles
- 200g turkey fillet, chopped
- 500g broccoli, diced into florets
- 1 tbsp. olive oil
- 4 tbsp. soy or tamari sauce
- 2 tsp. sesame oil
- 1 tbsp. rice vinegar
- 1 tbsp. grated ginger
- · 2 tbsp. spring onion, chopped
- · handful coriander, to serve

WHAT YOU NEED TO DO

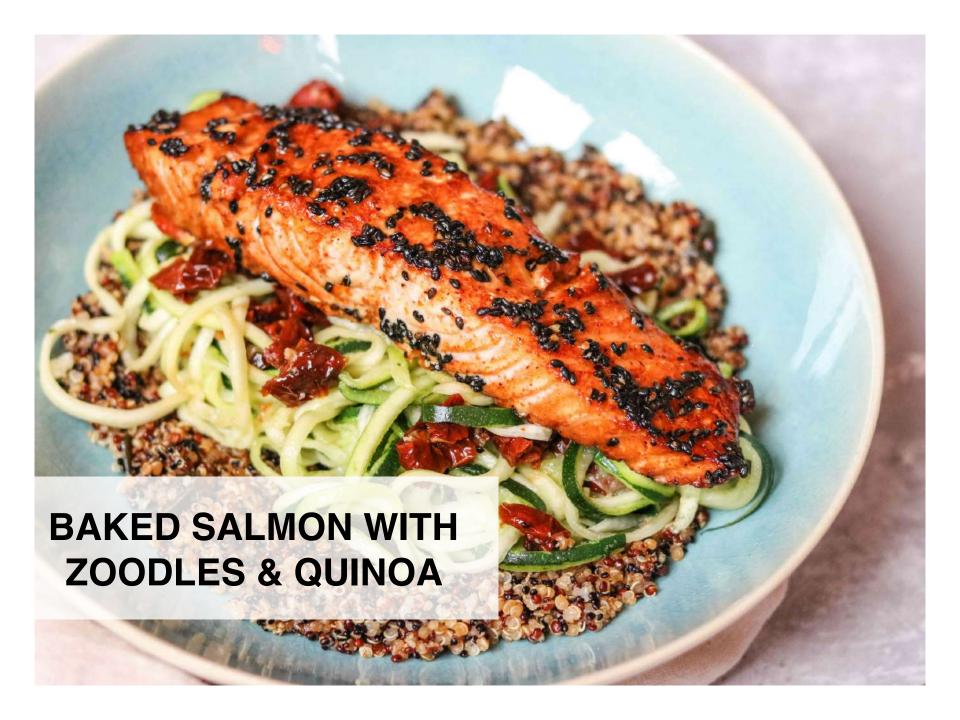
Cook the noodles according to the instructions on the packaging. Strain and rinse with cold water, then set aside.

In a wok or deep pan heat the olive oil and fry the turkey for about 3-4 minutes. Add in the broccoli florets and fry for another 1-2 minutes. Next, pour half a cup of water and 3 tbsp. of soy sauce, then cook until all the water evaporates and the broccoli is tender (about 10 mins).

In the meantime, mix together the remaining soy sauce, sesame oil, vinegar, grated ginger, and mix well.

Once turkey and broccoli are ready, add in the earlier cooked noodles and heat it for a 2 - 3 minutes. Take off the heat, pour in the sauce and gently mix.

Serve with chopped spring onions and coriander leaves.



BAKED SALMON WITH ZOODLES & QUINOA









WHAT YOU NEED

- 2 salmon fillets (4.4 oz. /125g each)
- 100g quinoa, cooked
- 1 zucchini
- 1/2 tbsp. olive oil
- 1 garlic clove, crushed
- 70g sundried tomatoes, rinsed, chopped

Salmon Marinade:

- 2 tbsp. tamari
- ½ tbsp. olive oil
- ½ tsp. sweet paprika
- ½ tsp. hot paprika
- 1 tbsp. rice vinegar
- 1 tsp honev
- 1 tbsp. black sesame seeds
- · chilli flakes, to taste

WHAT YOU NEED TO DO

Mix together the ingredients of the marinade and cover the salmon to marinate for about 1 hour.

While the salmon is marinating, cook the quinoa and spiralize the zucchini.

Heat the oil in the pan, add the crushed garlic and fry for 1-2 minutes. Add in the zoodles and stir occasionally until it softens, but still firm, for about 3-4 minutes. Towards the end add the chopped tomatoes, and season with salt and pepper, to taste.

Heat the oven to 480F (250C) and place the salmon on a baking tray or casserole dish. Bake for about 7 minutes.

Remove the salmon from the oven to rest for a moment, and in the meantime pour in the salmon juices into the quinoa, mixing well.

Divide the quinoa and zoodles between two plates, then place the salmon on top, sprinkle with chili flakes, to serve.





IMMUNITY BOOSTER CHICKEN BROTH



Serves: 4 Prep: 20 mins Cook: 2 hrs



Nutrition per serving: 130 kcal 9g Fats 0g Carbs 12g Protein





WHAT YOU NEED

- 1 onion
- 4 garlic cloves
- 2 leeks
- 1 carrot
- 4 stalks of celery
- 2 stalks lemon grass
- 1 tsp. black peppercorns
- 4.7 inch (12cm) ginger
- · 1 tbsp. peanut oil
- 1½ tsp. ground turmeric
- 1 free-range chicken
- · 3 litres of tap water
- · 4 sprigs thyme
- 2 laurel leaves

WHAT YOU NEED TO DO

Halve the onion and heat a dry non-stick frying pan. Cook the onion, cut side down for 8 minutes on medium heat (the bottom of the onion may become browned).

Meanwhile, chop the leeks, carrots, celery, and lemongrass into 1 inch (3cm) pieces. Crush the peppercorns with a spoon and peel the ginger and cut into slices.

Heat the oil in a large soup pot and fry the ground turmeric 30 sec. Place the chicken in the pot and pour in the water, then bring to the boil. Scoop off any foam with a spoon.

Next, add in all the vegetables, pepper, thyme, bay leaves and half of the lemongrass, and half of the ginger and gently simmer for 2 hours on low heat. Scrape off any foam with a spoon.

Take the chicken out of the broth and set aside and strain the broth. Allow the broth to cool to room temperature, and then place in the refrigerator so that the fat solidifies, and you can scoop it out with a spoon.

In the meantime, remove the skin and meat from the chicken so that you can use it in other dishes, like pasta, salads or stews.

Put the pot with the broth back on the heat. At this point add the rest of the ginger and lemongrass and let it simmer for 45 minutes on low heat.

Remove the ginger and lemongrass, before serving or allow to cool to room temperature and freeze.





ZUCCHINI FRIES



Serves: 4 Prep: 20 mins Cook: 15 mins



Nutrition per serving: 177 kcal 12g Fats 14g Carbs 5g Protein











WHAT YOU NEED

- 1.1 lbs. (500g) zucchini
- 1 clove garlic, crushed
- 1 egg
- · 1 tsp. plant milk
- 4 tbsp. breadcrumbs
- 1 tsp. dried oregano
- · 1 tsp. dried thyme
- 3 tbsp. olive oil

WHAT YOU NEED TO DO

Preheat oven to 430F (220C). Cut zucchini into fry-like pieces.

Crack the egg into a bowl and whisk with the milk. Season with salt, pepper, add the crushed garlic, oregano, and thyme, mix well. On a separate plate, have your breadcrumbs ready.

Grease a large baking tray with 1 tbsp of olive oil.

Dip the zucchini in the egg, then roll in the breadcrumbs and place on the baking tray. Place the tray in the preheated oven and bake for 15 minutes. Turn the fries 2-3 times during this time, drizzling them with the remaining 2 tbsp of olive oil.

Season with salt and serve.





CHOCOLATE MILLET PUDDING



Nutrition per serving: 212 kcal 3g Fats 40g Carbs 6g Protein





WHAT YOU NEED

- ½ cup millet (3.5 oz./100g)
- 2 cups plant milk (475ml)
 + more if necessary
- 2 tbsp natural cocoa powder
- 2 tbsp honey
- handful berries

WHAT YOU NEED TO DO

Put the millet in a saucepan, add the milk, cover and bring to boil. Reduce the heat and cook covered for about 15 minutes until the millet is soft and absorbs all the liquid.

Add in the cocoa powder and honey. Mix thoroughly until the cocoa dissolves.

Blend in a feed processor or blender until smooth for about 2 minutes. At this point, you can add more milk to achieve the desired consistency.

Serve hot or cold, topped with berries.





GREEN POWER SMOOTHIE



Serves: 2 Prep: 5 mins Cook: 0 mins



Nutrition per serving: 136 kcal 1g Fats 34g Carbs 1g Protein











WHAT YOU NEED

- 1 kiwi, peeled
- 4 big handfuls spinach
- 1/4 cucumber
- 1 stalk celery
- 1 cup (235ml) 100% apple juice
- 2 pineapple rings
- 2 tsp. honey

WHAT YOU NEED TO DO

Add all ingredients into a blender and blitz until smooth.

Serve immediately.

