

NUTRITION PACK

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RECIPE KEY

Look for these helpful icons throughout the pack.

- GF Gluten Free
- DE Dairy Free
- Low Carb (under 20g serving)
- MP Meal Prep/Freezer Friendly
- HP High Protein (over 20g per serving)
- V Vegetarian
- Quick (under 30 mins)
- N Contains Nuts



WEEKLY MEAL PLANNER

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY SUNDAY BREAKFAST BREAKFAST BREAKFAST BREAKFAST BREAKFAST BREAKFAST BREAKFAST Huevos Bancheros Almond Banana Almond Banana Sweet Potato **Huevos Bancheros** Sweet Potato Raspberry Protein **Pancakes Pancakes Pancakes Pancakes** smoothies **LUNCH** LUNCH LUNCH **LUNCH LUNCH LUNCH** Chicken, Orange Chicken, Orange Coconut Banana Leftover Slow Leftover Moroccan Mushroom soup Mushroom soup Cooker Chicken Cod & Bulgur and Walnut Salad and Walnut Salad Millet Custard Salad **Fajitas SNACK** SNACK SNACK SNACK SNACK **SNACK** E.g. Raspberry Protein Smoothie. Turmeric Golden Latte, portion of fruit Latte, portion of fruit Latte, portion of fruit Latte, portion of Latte, portion of Latte, portion of Latte, portion of

DINNER

fruit or nuts

Leftover Slow cooker Cauliflower Tikka Masala

DINNER

or nuts

Honey & Lime Glazed Salmon with Pineapple rice

DINNER

fruit or nuts

Leftover Honey & Lime Glazed Salmon with Pineapple rice

DINNER

fruit or nuts

Slow Cooker Chicken Fajitas

DINNER

fruit or nuts

Moroccan Cod & **Bulgur Salad**

DINNER

or nuts

Meal Out – Enjoy!

DINNER

or nuts

LUNCH

SNACK

Slow cooker Cauliflower Tikka Masala

WEEKLY SHOPPING LIST

FRUIT & VEGETABLES

Y MEAT, DAIRY & NON-DAIRY

GRAINS, SEEDS & SPICES

CANS, CONDIMENTS & MISC

Fresh	Fish & Seafood	Grains
4x white onion	○ 10 oz. (300g) cod	almond flour
rocket	4x salmon fillets	buckwheat flor
iceberg lettuce	Meats	bulgur groats
1x tomato	3 slices smoked bacon	white rice
cherry tomatoes	2.5 lb. (1100g) chicken breast	o millet
1x avocado	Dairy	Nuts & Seeds
1x mango	oream fraiche	opecans
ginger	Non-Dairy	cashews
2x passionfruit	○ 5x eggs	Fresh Herbs
○ 3x banana	coconut milk	parsley
 3x sweet potato 	almond milk	coriander
○ 4x bell pepper	0	Spices
1x red onion	0	osmoked paprik
2x garlic		ourry powder
1x cucumber		osweet paprika
4x lemon	0	ochili powder
2x orange	0	ground cumin
1x leek	0	turmeric
2x lime	0	onion powder
1 lb. (500g) mushrooms	0	garlic powder
1x carrot	0	cinnamon
1x parsnip	O	ground ginger
1x white potato	0	saffron
1x pomegranate		Other
1x cauliflower	0	osmall tortillas
Frozen	0	ovanilla extract
○ raspberries		0

Grains
almond flour
obuckwheat flour
o bulgur groats
white rice
○ millet
Nuts & Seeds
opecans
cashews
Fresh Herbs
oparsley
ocoriander occionate
Spices
osmoked paprika
ocurry powder
osweet paprika
O chili powder
ground cumin
○ turmeric
onion powder
ogarlic powder
cinnamon
ground ginger
saffron
Other
osmall tortillas
Overella avitra et

Oils
olive oil
occonut oil
Cans & Condiments
1x kidney beans in chili sauce
green olives
mustard
○ 1x can pineapple
1x can coconut milk
osoy sauce
smooth almond butter
Sweeteners
honey
○ maple syrup
Other
ovegetable stock cubes
whey or pea protein
0
0
0
0
0



HUEVOS RANCHEROS





Nutrition per 434 kcal 18q Fats 42q Carbs 17g Protein





WHAT YOU NEED

- 3 slices smoked bacon, cut into strips
- 1/2 small onion, chopped
- 7/8 cups (150g) red kidney beans in chilli sauce
- smoked paprika
- 1 tsp. oil
- 2 eggs
- 10 cherry tomatoes, halved
- 1/2 avocado, sliced
- 2 small tortillas
- Smoked paprika

WHAT YOU NEED TO DO

Cut the bacon into strips and fry on a dry frying pan then transfer to a plate and set aside.

In the same pan sauté the chopped onion for 2-3 mins, then add beans and warm up for 1-2 mins. Crush the beans slightly with a fork.

Heat the tsp. of butter in a clean pan and fry the fry the eggs. In the meantime, slightly fry the tomatoes and heat tortillas according to instructions on the packaging.

Assemble the tortillas by arranging the bean paste, fried eggs, bacon and tomatoes. Add sliced avocado slices, sprinkle with coriander, season with salt and pepper and smoked paprika.





ALMOND BANANA PANCAKES









WHAT YOU NEED

- 5/8 cup (125g) mango, cubes
- · 2 passion fruit
- 4 tbsp. water
- ½ cup (60g) almond flour
- 1 ripe banana
- 1 medium egg
- 1 tsp oil

WHAT YOU NEED TO DO

Put the mango pieces, and passion fruit flesh in a saucepan and add the water. Heat for 10 minutes on low heat until fruit is softened. Stir frequently. Put the fruit aside and let it cool.

In the meantime, mix the almond flour, ripe banana and the egg in the blender or food processor until smooth.

Heat the oil in a large non-stick pan scoop 6 pieces of batter into the pan with a tablespoon.

Fry the pancakes for about 3 mins. until browned and done on both sides. Turn them carefully, as the batter is not very firm.

Serve with the fruit spread made earlier.





SWEET POTATO PANCAKES



Serves: 4 Prep: 10 mins Cook: 10-15 mins



Nutrition per serving: 199 kcal 9g Fats 25g Carbs 5g Protein





WHAT YOU NEED

- 2 cups (300g) sweet potato, grated
- 1/2 small onion, grated
- 1 clove garlic, crushed
- 2 eggs
- 3 heaped tbsp. buckwheat flour
- 2 tbsp. coconut oil
- 1/2 tsp. sweet paprika

WHAT YOU NEED TO DO

Place the grated sweet potato and onion in a large bowl. Add in the crushed garlic, eggs, flour, season with salt and pepper, as well as the paprika. Mix thoroughly.

Heat the coconut oil in a pan, and add a heaped tbsp. of the better per 1 pancake (makes around 16). Fry for around 3 minutes on medium heat, then flip and fry for another 1-2 mins.

Serve with your favourite toppings (see ideas below).

Serving suggestions:

- tomato / cream / lamb's lettuce or parsley / onion
- · sliced cherry tomatoes / feta cheese / rocket / onion
- hummus / avocado / tomato / onion





MUSHROOM SOUP



Prep: 10 mins Cook: 35 mins



Nutrition per serving: 204 kcal 11g Fats 23g Carbs 6g Protein





WHAT YOU NEED

- 2 tbsp. coconut oil
- · 1 onion, sliced
- 1/2 leek, chopped
- 5 1/3 cups (500g) mushrooms, sliced
- 1 small carrot, chopped
- 1 small parsnip, chopped
- 1 small potato, peeled, cubed
- 2 ½ cups (600ml) vegetable stock
- scant ½ cup (100ml) cream fraiche

WHAT YOU NEED TO DO

In a large pot heat the oil, and sauté the chopped onion and sliced leek for about 3 mins.

Next, add washed and sliced mushrooms and fry for another 10 minutes stirring now and then.

Add the carrot, parsnip and potato. Mix well and cook for 3-4 mins. Season with salt and pepper.

Pour in the hot vegetable stock and bring to the boil. Simmer, covered for about 15 mins. until the vegetables are soft.

Mix with a hand blender until smooth, add cream at the end and serve.





SLOW COOKER CHICKEN FAJITAS



Prep: 10 mins Cook: 3-4hrs



Nutrition per serving: 183 kcal 3g Fats 12g Carbs 28g Protein





WHAT YOU NEED

- 2 lb (900g) chicken breasts
- · 4 bell peppers, sliced
- 1 red onion, sliced
- 2 tbsp. honey
- 1 tbsp. olive oil
- 1 lime, juice
- 1 tbsp. chilli powder
- 1 tbsp. cumin
- 1 tbsp. paprika
- 1 tsp salt
- · 1 tsp onion powder
- 1 tsp garlic powder
- 1 cup chopped tomatoes

WHAT YOU NEED TO DO

Place half of the sliced peppers and onion in the slow cooker. Layer the chicken and coat with honey, olive oil, lime juice, all the seasoning and chopped tomatoes.

Lastly, add the remaining peppers and onions and cook for 4 hours on high.

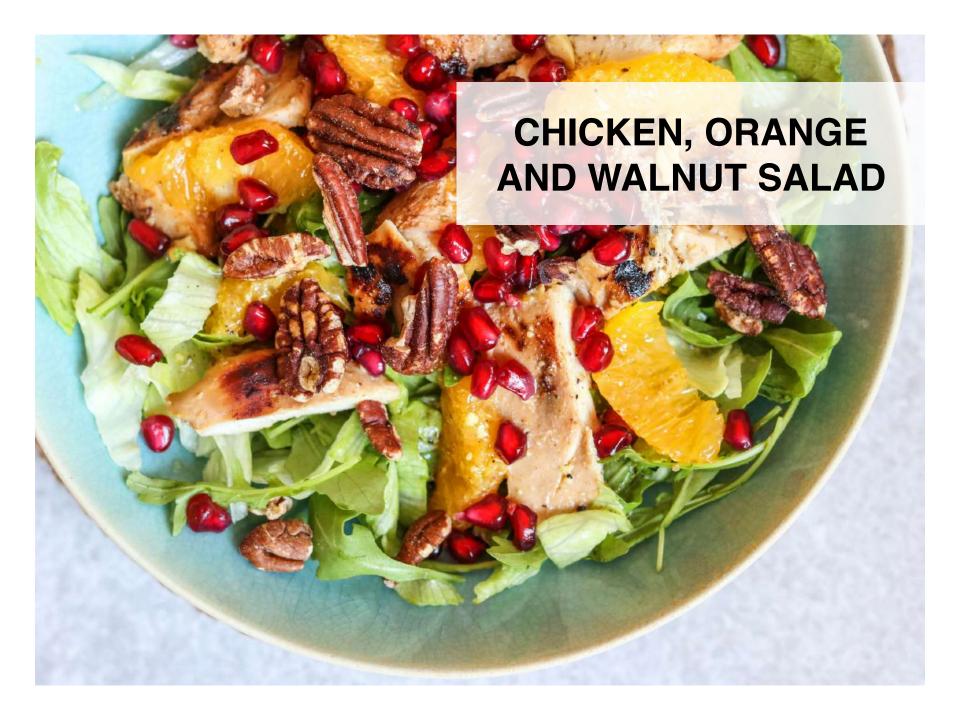
Remove the chicken and shred it with a fork, then return it in in the slow-cooked, mix well and cook for another 10 mins. on low.

Assemble fajitas and enjoy.

Suggested serving (not included in nutrition info):

• tortillas, cream, guacamole, coriander





CHICKEN, ORANGE AND WALNUT SALAD









WHAT YOU NEED

Dressing:

- · 3 tbsp. of honey
- · 2 tbsp. mustard
- 1 tbsp. olive oil
- 1 tbsp. lemon juice
- 2 tbsp. orange juice
- 1/3 tsp. cinnamon

Salad:

- 7 oz. (200g) chicken breast
- 4 handfuls rocket
- 1/4 iceberg lettuce
- 1 orange
- 1/3 pomegranate fruit, seeds
- ¼ cup (30g) pecans, roasted

WHAT YOU NEED TO DO

Peel orange and, cut out the pulp and set aside. Squeeze the juice from the rest of the orange and keep it for the sauce.

Mix the ingredients of the dressing in a cup, season with salt and pepper.

Cut the chicken breast into 4 smaller pieces, season with salt, coat with olive oil and place on a hot grill pan — grill for 4 minutes on both sides.

Drizzle the chicken pieces with a tbsp. of dressing and continue to grill for about 1.5 minutes on a slightly lower heat, turn over, drizzle with another tbsp. of dressing and grill for another minute, then remove from the pan and set aside. Once cooled slightly slice into pieces.

Mix the salad leaves and divide it between two plates, then top with the orange and chicken. Sprinkle with the pomegranate seeds and roasted pecans. Drizzle with the remaining dressing and serve.





MOROCCAN COD & BULGUR SALAD



Prep: 5 + 30 mins Cook: 15-25 mins



Nutrition per serving: 447 kcal 18g Fats 42g Carbs 34g Protein





WHAT YOU NEED

- 10 oz. (300g) cod fillets
- 1 tbsp. lemon juice
- · 2 cloves garlic, crushed
- ½ tsp. turmeric
- ½ tsp. paprika
- ½ tsp. cumin
- pinch of saffron
- 2 tbsp. olive oil
- Scant ½ cup (100g) of bulgur groats
- 1 tomato, chopped
- 1/4 onion, chopped
- · 15 green olives, halved
- 3 sprigs of parsley, chopped
- lemon wedges, to serve

WHAT YOU NEED TO DO

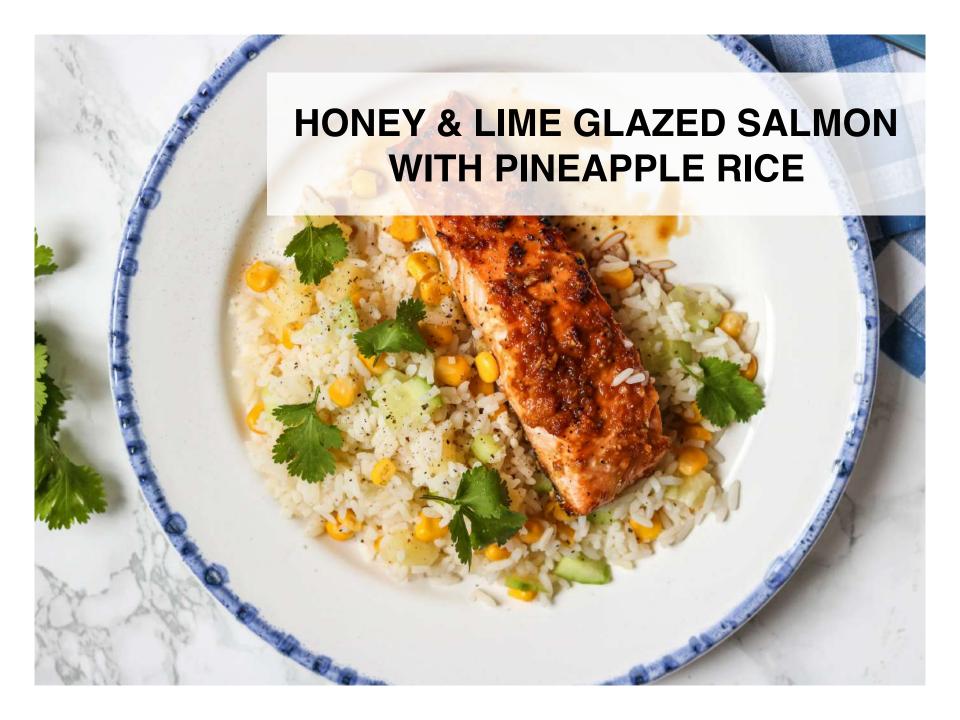
Drizzle the cod fillets with lemon juice. Then season with salt & pepper, rub with the garlic, and the rest of the spices, coat with 1 tbsp. of oil. Leave for half an hour to marinade, if you have time.

Cook the bulgur in salted water (about 15 minutes) and once cooked set aside. Place the chopped tomato in a salad bowl, add in the chopped onion, olives and parsley. Season with salt & pepper, mix and set aside.

Heat the pan, and fry the cod for about 3-4 minutes each side, until cooked throughout, then remove from the pan.

Heat the cooked bulgur on the same pan, with the remaining juices, then divide between plates. Serve with the cod and top with the earlier prepared tomato salad. Serve with lemon wedges.





HONEY & LIME GLAZED SALMON WITH PINEAPPLE RICE





68g Carbs 35g Protein





WHAT YOU NEED

• 1.3 lb (600g) salmon, 4 fillets

Marinade:

- 3 tbsp. honey
- · 3 tbsp. lime juice
- · 3 tbsp. soy sauce
- 1 tbsp. olive oil
- · 3 tbsp. ginger, grated
- 2 garlic cloves, crushed

Pineapple Rice:

- 2/3 cup (150g) rice
- ¾ cup (200g) sweetcorn
- 1 ¼ cups (250g) pineapple, chopped
- 1 1/3 cup (200g) cucumber, chopped
- 1 lime, juiced
- · 2 tbsp. honey
- 1/2 cup coriander leaves (or mint)

WHAT YOU NEED TO DO

Cut the skin off the salmon fillets. Rinse and dry.

Mix the ingredients of the marinade and coast the pieces of salmon. Place in a casserole for marinating for about 1 hour.

Cook the rice in lightly salted water, then spread on a large plate to cool.

Drain the sweetcorn and add to the rice. Peel and cut the pineapple into small chunks and the cucumber into small cubes. Add to the salad bowl, season with a pinch of salt, lime juice and honey. Add coriander leaves (or mint) and mix well.

Preheat the oven to 410F (210C). Bake the marinated salmon for 18 minutes, until cooked throughout.

Serve salmon with the earlier prepared pineapple rice.





SLOW COOKER CAULIFLOWER TIKKA MASALA



Serves: 4 Prep: 10 mins Cook: 3-4hrs



Nutrition per serving: 226 kcal 14g Fats 22g Carbs 7g Protein





WHAT YOU NEED

- 1 tbsp. coconut oil
- 1 small cauliflower head, cut into florets (about 4 cups florets)
- 1 medium onion, diced
- 3 cloves garlic, crushed
- 1 tbsp. ginger, grated
- 3 tbsp. curry powder
- 3 ½ cups (800g) can diced tomatoes with their juice (about 3 cups)
- 1 tbsp. honey
- 1/2 cup (120ml) full-fat coconut milk (canned)
- · Handful fresh parsley
- 1/3 cup (50g) cashews roasted

WHAT YOU NEED TO DO

Add the coconut oil, cauliflower, onion, garlic, ginger, curry powder to the slow cooker. Season with salt and pepper.

Pour in the diced tomatoes and honey stir to mix everything.

Cook on high for about 3-4 hours or the cauliflower is tender.

Add the coconut milk, and stir well. Cook for another 3-5 mins on low until warmed through.

Serve topped with chopped coriander and roasted cashews, accompanied by rice (not included in nutrition info).





COCONUT-BANANA MILLET CUSTARD









WHAT YOU NEED

- 1/3 cup (75g) raw millet
- 1 cup (240ml) coconut milk
- 1 tbsp. honey
- 1 banana
- 1 tbsp. of lemon juice

WHAT YOU NEED TO DO

Before cooking the millet rinse it thoroughly in hot water, then bring to the boil with 1/2 cup of coconut milk and 1/4 a cup of water. Simmer for about 15 mins, until the liquids are completely absorbed.

Place the soft groats in the blender or food processor, add the remaining coconut milk, honey, peeled banana and lemon juice. Mix for a perfectly smooth mousse (about 1-2 minutes of high-speed mixing).

To obtain a very smooth consistency, you might need to mix it for a longer period of time, so be patient.

Serve warm or cold.

Serving suggestions:

 maple syrup, passion fruit, pomegranate seeds, mixed berries, jam.





GOLDEN TURMERIC LATTE



Serves: 2 Prep: 5 mins Cook: 5 mins



Nutrition per serving: 53 kcal 2g Fats 7g Carbs 1g Protein





WHAT YOU NEED

- 1 ½ cup (350ml) almond milk
- 1/4 tsp. ground turmeric
- 1/4 tsp. cinnamon
- 1/4 tsp. ground ginger
- ½ tsp. vanilla extract
- 1 tbsp. Maple syrup

WHAT YOU NEED TO DO

Place all the ingredients in a saucepan and continuously stir over low heat.

Once hot, pour into cups and top additional cinnamon to serve. Adjust sweetness if necessary.





RASPBERRY PROTEIN SMOOTHIE



Prep: 5 mins Cook: 0 mins



Nutrition per serving: 331 kcal 12g Fats 25g Carbs 29g Protein





WHAT YOU NEED

- ½ ripe banana
- 1 cup (125g) frozen raspberries
- 1 cup (240ml) almond milk
- 2 tbsp. vanilla whey or pea protein
- 1 tbsp. smooth almond butter
- handful ice cubes

WHAT YOU NEED TO DO

Place all ingredients in a high-speed blender and blitz until smooth.

