

DIET PLAN

Decide how active your day is, how much physical activity you will be undertaking?

Days spent at your desk should consist of a higher consumption of protein, with healthy fats from foods like nuts and avocados.

Days undertaking physical activity should consist of more carbohydrates, bulk meals up with oats, sweet potatoes and white kidney beans.

BREAKFASTS

Polenta (AKA cornmeal) cooked in coconut milk, eat with blue berries and banana.

-Use the dairy alternative coconut milk in cartons, opposed to the tinned product. I suggest, "Koko" coconut milk alternative to dairy. A cooked portion of polenta should be half a cup. Bulk the meal up with the suggested fruits, feel free to be creative with the fruits. Add or try adding almonds or coconut flakes (not to be confused with desiccated coconut). You can use sweetener to taste or Honey.

Rice pudding, cooked with almond milk and coconut flakes topped with fresh mango.

-Use the dairy alternative almond milk in cartons. I suggest "Alpro" Dairy Free Alternative. Add sweet spice or all spice mix at the start of cooking the rice. A cooked portion of rice pudding should be half a cup. Bulk the meal up with the suggested fruits, use sweeteners to taste or Honey.

Porridge oats cooked with almond milk, served with flaked almonds and banana.

-Apply the information given above where appropriate

Muesli and natural yoghurt.

-A portion of muesli should be half a cup. You can add milk if you prefer but natural yoghurt should help to keep you fuller for longer, and can increase metabolism productivity.

Banana milkshake.

-Throw 2 bananas in a blender and blend with milk.... use cows, almond or coconut milk, add cocoa powder to taste if desired or to change it up.

Berry smoothie.

-Put mixed frozen berries in a blender, add half a banana with natural yoghurt and top up with water or fruit juice.... NOT from concentrate. There are a range of ready prepared frozen fruits available in supermarkets.

Blue berries, natural yoghurt with almonds.

Protein muesli.

-Tray bake almond flakes, coconut flakes, chopped dates and milled flax seeds. Add seeds, pumpkin and sunflower.

For a small tray around the size of a sheet of A4 Paper, add 3 table spoons or so of water, to around 1 tbsp of honey and mix into the dry ingredients and bake at around 150f.

The muesli shouldn't sit too deep in the tray and you may need to mix the mixture around half way through baking, to ensure all ingredients are toasted.

The quantity of the dry ingredients in relation to each other, is relevant to your personal preference but you can just add equal amounts of each.

Baking times are also relative, when you are satisfied that everything has gone a dark golden brown and is toasted.... its ready.

LUNCHES.

Soup.

-Home made tomato and basil is easiest, though buying ready made is a great time saver.

I recommend the fresh soups in the fridge section of the supermarket. "Glorious Soup" which is sold in containers or "Covent Garden" sold in cartons.

Tapas.

-Houmous, homemade is a better option.....just blitz chickpeas in the blender with natural yoghurt, a squeeze of lemon, a tiny season of garlic and salt and pepper.

Olives as one dish, tomatoes as another and garlic and herb chicken pieces as an additional..... I suggest buying the ready cooked and prepared chicken pieces.

Create a mediterranean veg tray bake with courgettes, red pepper, aubergines and red onion, just roast in a pan with a drizzle of balsamic vinegar and salt and pepper.

Poached or boiled egg asparagus salad.

-Add greens of your choice, I suggest rocket and spinach.

Honey mustard chicken, with minted asparagus garden peas and tender stem broccoli.

-I suggest buying the ready cooked and prepared chicken pieces, you can buy the plain chicken and add a squeeze of honey, and a spoon of mustard to your personal taste. As for the veg, you can buy the ready prepared Sainsbury's Minted Tender-stem Broccoli & Asparagus.

Pita bread, deli sliced beef with humous and coriander leaves.

-Try and sub mayonnaise for natural yoghurt, add chilli to taste

5 bean curried salad.

-You can buy the 5 bean mix in tins and just add your own seasoning. I would just add natural yoghurt and add some curry powder to the beans, and then mix in some salad leaves, such as spinach and coriander leaves.

DINNER.

Spaghetti bolognaise.

-Substitute the spaghetti with courgette spaghetti, available from Sainsbury's. Use half mince beef and half quorn mince.

Steak and veg stir fry.

-Marinate the whole steak in soy sauce, some chilli flakes and a dash of Worcester Sauce....for as much time as you can allow, even if its just 5-10 minutes. Put oil on your hands and rub it into the steak, veg or sunflower oil will do.... as olive oil has too lower smoking point for frying steak. Cook the steak whole in a pan to preference.... either rare, medium or well done.

Remove steak and cook veg.... Green/spring onions, bean sprouts, mange tout, baby corn, tender stem broccoli, red pepper. Season as preferred, soy sauce and 5 spice seasoning, add spinach (mix in the last 2-3 minutes before ready).... slice steak to serve.

Substitute noodles with bare-naked noodles, which are low calorie, low carb noodles.

Lamb rack with cannellini bean, aka white kidney bean mash.

-Roast the lamb.... white kidney beans can be bought in tins, drain the water and put in a saucepan, add some butter and some milk, plenty of salt and pepper and heat through. Once hot, mash with a masher or use a food processor to mash.

Chicken Thai curry.

-Brown the chicken in a pan, add your curry paste and or fresh ingredients, then the coconut milk. Bulk up the meal with some veg, I suggest bean sprouts and mange tout. Substitute noodles with bare-naked noodles.

Orange and peach duck warm salad.

-Use duck legs, breasts or what ever is your preference and use a basting brush to glaze with orange marmalade. Peel an orange and cut into circles, line your roasting pan with the orange circles and lay your duck legs on top of the orange circles. Cook in an oven and make your salad with sesame seeds, spring onion, spinach, red pepper, rocket leaves, pine nuts and some finely sliced peach slices.

Dress the salad by mixing a drop of Honey and light soy.

SATURDAY NIGHT TREATS.

Chicken and sweet potato wedges.

-You can roast a whole chicken or chicken pieces, or just buy a ready cooked one from the supermarket hot counter. Cut your sweet potato into wedges, put a tea spoon of oil in a food bag, add your wedges to the bag and shake and roll around to cover the wedges in oil. Put the wedges into a foil lined pan and season as desired, herb wedges, spicy wedges or plain.

Tortilla wrap pizza with spinach and goats cheese, topped with Italian ham and rocket leaves.

-Lay a tortilla onto a foil covered backing tray, cover your tortilla base in finely cut tomato slices. I would cover the tortilla from edge to edge, to avoid it burning in the oven, then add goats cheese and season with Italian herbs. Then scatter some spinach leaves and put in the oven until the tomatoes are soft and bubbling, and the cheese has melted.

To serve, top with Italian ham and rocket leaves.

Sunday Roast dinner.

-Substitute potatoes for roasted carrots, parsnips and squash. Be careful with the amount of oil you use, repeat the food bag tip, used for the sweet potato wedges meal suggestion. Make sure you include large servings of veg, like red cabbage, broccoli and cauliflower.

5 bean curried salad.

-You can buy the 5 bean mix in tins and just add your own seasoning. I would just add natural yoghurt and add some curry powder to the beans, and then mix in some salad leaves, such as spinach and coriander leaves.

Chorizo chicken breast or legs.

Cherry tomatoes, spinach and white kidney beans. All the ingredients can go in a casserole dish, with the chicken sat on top of the other ingredients. Add a little stock to prevent drying out in the oven.... Try and add as many fresh herbs where possible, when cooking any meal. In this case, I suggest rosemary and thyme.

Chilli con carne.

-Substitute half mince and half quorn mince. Instead of rice, roast red pepper halves, serve the chilli spooned into the halves, with a salsa salad and mashed seasoned avocado.

Steak and chips.

-Substitute potato chips for roast carrots and parsnips. I suggest using the baby carrots and baby parsnips, and cutting them into halves... lengthways.