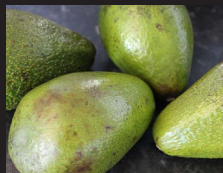
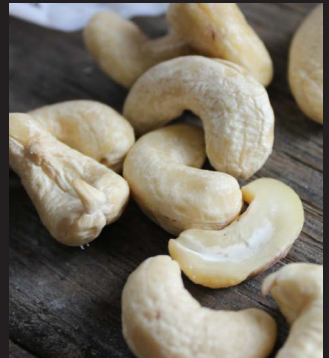
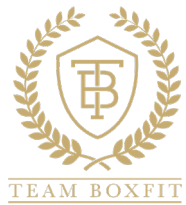


7 DAY MEAL PLAN



WWW.BOXFIT4ALL.CO.UK



Medical Disclaimer

Always consult your medical practitioner, registered dietician or nutritionist before making any significant changes to your diet – particularly if you are an adolescent, pregnant, breastfeeding or have / develop a medical condition.

Whilst our meal plans can help most people lose weight as part of a calorie controlled diet and active lifestyle, they have not been specifically designed for you and individual results will vary.

Where calorie and macronutrient information is provided, it is calculated using common databases. Exact values will vary, however, and so the values will only be approximations for your finished dish.

Image credit:

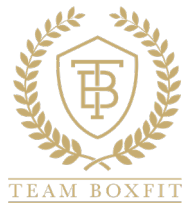
Cover (top): Victoria Shibut©123RF.com

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Welcome...



Welcome to our 7 Day Meal Plan.

This book will be your bible over the coming weeks! In case you didn't know, nutrition will count for about 80% of your results. That's right 80%! There is an important lesson to be learned from the story below...

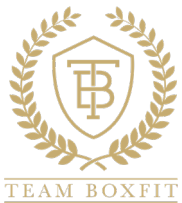
You see I used to have a client, let's call her Lisa. Now Lisa trained very hard and never missed a training session and so with all this effort and dedication to her training she thought that the scales and the measuring tape would really be moving in the right direction at her weights and measurement day.

I will never forget the look on her face when she found out that she lost only 1lb and half an inch from her waist. She was disappointed and so was I. "You have read the information on the importance of nutrition and you have been using the recipe book I gave you?," I asked. It turned out she never read it because she thought she already knew about nutrition and that her personal trainer wasn't going to know more than she did.

Sometimes we learn the hard way! I'm pleased to say that once Lisa had become fully aware of the importance of nutrition for fat loss, we were able to make some important changes. 28 days later she was 14lbs down and almost 2 dress sizes smaller.

As the saying goes, "**When the student is ready, the teacher will appear**".

And you are ready! That's why you are reading this!



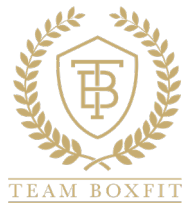
Below we have included the key principles that work for nutrition for health and fat loss. If anything you read, see or hear deviates from any of the six principles below, chances are you can dismiss it immediately as a short term fad diet. This is a way of eating that will enable you to achieve both fast and permanent results in a way that is 100% sustainable. You see this change has to be permanent so it has to be both straightforward and above all enjoyable. The good news is that our meal plan will show you how quick, easy and tasty eating this way is.

Follow these principles and you will get results...

1. Eating fewer calories than you burn (calorie deficit)
2. Eat more vegetables and fruits because they are rich in antioxidants and micro-nutrients (vitamins and minerals)
3. Eat plenty of protein for repair and maintenance of lean tissue, and to keep you feeling full (protein satisfies the appetite more than any other macronutrient)
4. Eat enough healthy fats from oily fish, nuts, avocados, coconut and olive oils (healthy fats are an essential part of a balanced diet)
5. Drink plenty of water to naturally detoxify the body, keeping the brain and body hydrated so it can function properly (green and herbal teas count towards this water intake)
6. Limit processed foods and artificial sweeteners and preservatives

Now go and learn, cook, and experience the benefits that our meal plan has to offer – enjoy!

How to use this Meal Plan



Before you embark on your 7 day journey, please get in touch with us so that we can establish a suitable daily calorie intake for you.

On each recipe page there is a black box which tells you the total number of servings the recipe makes. This information will help you to portion your meal correctly according to the meal plan instruction.

Example: Day Two - Meal 3, Chicken and Vegetable Soup.

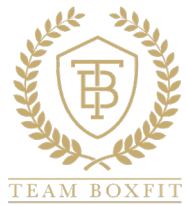
If you are following the 1400 calorie meal plan you will need to divide the finished soup into four portions and consume one quarter for Meal 3, as its total yield is 4 servings and you'll be consuming 1 serving. If you are following the 2200 calorie meal plan you will be consuming half of the total yield (or 2 servings).

Some of the recipes in this meal plan require whey protein. **If you are lactose intolerant you may need to look at an ultra low lactose variety or even a different protein altogether; something like a pea or rice protein.** As with all supplements we recommend you choose a good quality whey protein. The highest quality are low temperature cross-flow and micro-filtrated whey proteins.

ALLERGIES

Please be aware of any foods which feature within this book that you may be allergic / intolerant to. It may be possible to substitute some ingredients. e.g. if you have a peanut allergy then replace peanut butter with almond or cashew butter. This can be purchased in health stores and some major supermarkets.

Need more than 2200 calories a day?



As you will see, 2200 Kcal is the maximum daily calorie allowance in this book. If your daily requirements are above this level then there are several ways which you increase this.

Firstly the calorie totals do not include any PERI workout nutrition. These are supplements that can be taken before, during and after training. So by simply adding a protein and carbohydrate shake post training, you could add more calories to your daily intake.

An example:

35g Whey Protein

PLUS

**40g Carbohydrate Powder
(dextrose, vitargo, cyclic dextrin)**



This would add approximately an additional 320 Kcal to your intake.

Another way to increase your daily calories would be to add snacks.

For example, 25g of almonds, which contain healthy sources of fats would add approximately 150 Kcal to your intake.



So by simply adding a post workout shake and a handful of almonds we have increased the daily total by 470 Kcal.

Boiled eggs can also make a great snack and are usually around 70 Kcal per large egg.



Fruit is another option, with a medium banana adding another 100 Kcal.





Another way to add calories is to add to the meal quantities, so for example instead of 70g of rice you might have 100g.

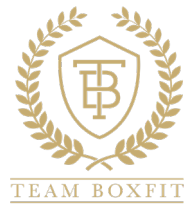
This leads on to a point that we'd like to get across... whilst this book is an excellent tool that allows a consistent nutritional intake, it is certainly a good idea to do some self-learning about nutrition so that you are able to eat more flexibly and enjoy foods that you want to eat when you fancy them.

So when using the meal plan as a base then adding in extra foods to meet any additional calorie requirements, we recommend you use an app to input your extra foods so that you gain awareness of the nutritional values in the foods you are adding.

That way you can follow this meal plan and bump up your calories via any of the methods we've mentioned to allow you to customise your nutrition to your individual needs, because at the end of the day we are all different, we have different metabolisms, food preferences and requirements based on our goals and activity levels.

We hope you enjoy using this book and that you will have fun learning a bit more about nutrition in the process of customising them to your own individual needs!

About the Shopping List

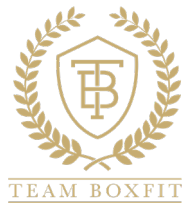


On the next few pages are the shopping lists...

On first glance the shopping list may look rather long. However, as you scan down the list you'll probably notice you already have a good number of the items in your kitchen, especially in the Dry Goods and Spices and Seasonings sections.

Many of the items on the shopping list will also last you a good few weeks or even months, so if you decide to follow the plan for more than one week then you won't need to purchase all of the ingredients a second time.

Shopping List



1400 Calories

fruit and veg

8 unwaxed lemons
2 limes
1 medium sized kiwi fruit
140g blueberries (fresh or frozen)
20g raspberries (fresh or frozen)
350g mixed berries (fresh or frozen)
70g frozen mixed berries
25g dark cherries (fresh or frozen)
4 medium sized bananas
1 large orange
300g chopped frozen vegetables (broccoli, carrots, sweetcorn, beans, etc)
42 cherry tomatoes
1 small salad tomato
1 beef tomato
½ a large red cabbage
½ a large white cabbage
8 medium sized white onions
3 small red onions
100g beansprouts
13 green chilli peppers
1 red chilli pepper
1-2 mild chilli peppers (any colour)
40g tenderstem broccoli
1 large sized broccoli head
30g baby sweetcorn
1 medium sized cauliflower head
4 medium carrots
3 small carrots
90g mixed salad leaves
4 large sticks celery
1 medium avocado
3 large garlic bulbs
70g fresh ginger
2 medium sized mushrooms

30g mushrooms (any variety)

13 spring onions

100g fresh coconut

3 large sweet potatoes

1 small pack fresh parsley

2 large packs fresh coriander

1 yellow bell pepper

3 red bell peppers

2 green bell peppers

1 bell pepper (any colour)

1 small pack radish

240g baby leaf spinach

1 small bag peas (fresh or frozen)

40g curly kale

dairy / dairy alternatives

10g low fat cheddar cheese or dairy free semi hard cheese*

40g low fat ricotta cheese or dairy free soft white cheese*

fish

80g smoked mackerel

170g fresh salmon fillet

400g raw peeled tiger prawns or white fish

1kg white fish fillets

meat and poultry

450g extra lean pork mince

500g extra lean beef mince

2 rashers unsmoked back bacon

40g unprocessed lean ham

2.35kg chicken breast

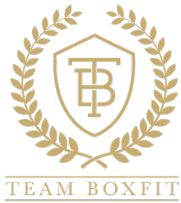
150g fresh turkey breast

400g peeled tiger prawns or white fish

1kg white fish fillets, cut into chunks

* found in health stores and some major supermarkets

Shopping List



1400 Calories

spices / seasonings

- 1 pot Himalayan pink salt*
- 1 packet cumin seeds
- 1 pot paprika
- 1 packet dried oregano
- 1 pot sea salt flakes
- 1 pot black pepper
- 1 pot ground cumin
- 1 pot cayenne pepper
- 1 packet curry powder
- 1 pot garam masala
- 1 packet meat masala
- 1 pot ground turmeric
- 1 packet dried thyme
- 1 pot Thai 7 spice seasoning
- 1 pot cinnamon

nuts and seeds

- 1 small bag whole almonds
- 1 small bag brazil nuts
- 1 small bag cashew nuts
- 1 small bag ground almonds
- 50g flaxseed

dry goods

- 3 x 400g tin chopped tomatoes
- 1 x 400g plum tomatoes
- 1 x 400g tin kidney beans
- 1 x 100g tinned mixed beans
- 1 x 100ml tin coconut milk
- 60g pack brown basmati rice
- 30g organic raisins
- 20g pitted dates

- 1 small pack unsweetened coconut flakes
- 50g low fat mayonnaise
- 1 tube tomato purée
- 1 packet organic chicken stock cubes**
- 1 small pot acacia honey
- 75g peanut butter (no added sugar)
- 1 small pack rough oatmeal oatcakes**
- 1 sachet sugar free strawberry or raspberry jelly
- 1 small pot stevia
- 1 pot baking soda
- 1 small bottle vanilla extract
- 115g coconut flour*
- 40g dairy free dark chocolate (minimum 70% cocoa)
- 39 medium eggs
- 210g porridge oats**
- 1 bottle olive oil
- 1 small jar coconut oil*
- 1 bottle fish sauce (nam pla)
- 1 bottle light soy sauce (or use tamari)
- 1 small pack rice noodles
- 1 small tub (150g) vanilla or strawberry flavoured whey protein*
- 1 small tub (150g) chocolate flavoured whey protein*
- 1 pack of green tea

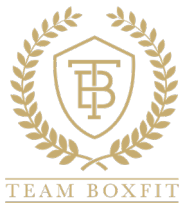
dips / antipasti

- 1 small pot artichoke antipasti
- 1 small pot sun-dried tomatoes
- 120g low fat humous

* found in health stores and some major supermarkets

** gluten-free versions available online or in health stores

Shopping List



1800 Calories

fruit and veg

8 unwaxed lemons
2 limes
1 medium sized kiwi fruit
160g blueberries (fresh or frozen)
20g raspberries (fresh or frozen)
380g mixed berries (fresh or frozen)
70g frozen mixed berries
30g dark cherries (fresh or frozen)
4 medium sized bananas
1 large orange
300g chopped frozen vegetables (broccoli, carrots, sweetcorn, beans, etc)
47 cherry tomatoes
1 small salad tomato
1 beef tomato
½ a large red cabbage
½ a large white cabbage
8 medium sized white onions
3 small red onions
100g beansprouts
13 green chilli peppers
1 red chilli pepper
1-2 mild chilli peppers (any colour)
60g tenderstem broccoli
1 large sized broccoli head
50g baby sweetcorn
1 medium sized cauliflower head
4 medium carrots
3 small carrots
110g mixed salad leaves
4 large sticks celery
1 large avocado
3 large garlic bulbs
70g fresh ginger
2 medium sized mushrooms

30g mushrooms (any variety)
13 spring onions
100g fresh coconut
3 large sweet potatoes
1 small pack fresh parsley
2 large packs fresh coriander
1 yellow bell pepper
3 red bell peppers
2 green bell peppers
1 bell pepper (any colour)
1 small pack radish
270g baby leaf spinach
1 small bag peas (fresh or frozen)
50g curly kale

dairy / dairy alternatives

10g low fat cheddar cheese or dairy free semi hard cheese*
40g low fat ricotta cheese or dairy free soft white cheese*

fish

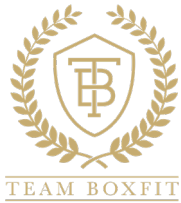
100g smoked mackerel
180g fresh salmon fillet
400g raw peeled tiger prawns or white fish
1kg white fish fillets

meat and poultry

450g extra lean pork mince
500g extra lean beef mince
2 rashers unsmoked back bacon
40g unprocessed lean ham
2.55kg chicken breast
150g fresh turkey breast
400g peeled tiger prawns or white fish
1kg white fish fillets, cut into chunks

* found in health stores and some major supermarkets

Shopping List



1800 Calories

spices / seasonings

- 1 pot Himalayan pink salt*
- 1 packet cumin seeds
- 1 pot paprika
- 1 packet dried oregano
- 1 pot sea salt flakes
- 1 pot black pepper
- 1 pot ground cumin
- 1 pot cayenne pepper
- 1 packet curry powder
- 1 pot garam masala
- 1 packet meat masala
- 1 pot ground turmeric
- 1 packet dried thyme
- 1 pot Thai 7 spice seasoning
- 1 pot cinnamon

nuts and seeds

- 1 small bag whole almonds
- 1 small bag brazil nuts
- 1 small bag cashew nuts
- 1 small bag ground almonds
- 50g flaxseed

dry goods

- 3 x 400g tin chopped tomatoes
- 1 x 400g plum tomatoes
- 1 x 400g tin kidney beans
- 1 x 100g tinned mixed beans
- 1 x 100ml tin coconut milk
- 80g pack brown basmati rice
- 30g organic raisins
- 20g pitted dates

- 1 small pack unsweetened coconut flakes
- 50g low fat mayonnaise
- 1 tube tomato purée
- 1 packet organic chicken stock cubes**
- 1 small pot acacia honey
- 80g peanut butter (no added sugar)
- 1 small pack rough oatmeal oatcakes**
- 1 sachet sugar free strawberry or raspberry jelly
- 1 small pot stevia
- 1 pot baking soda
- 1 small bottle vanilla extract
- 115g coconut flour*
- 50g dairy free dark chocolate (minimum 70% cocoa)
- 39 medium eggs
- 215g porridge oats**
- 1 bottle olive oil
- 1 small jar coconut oil*
- 1 bottle fish sauce (nam pla)
- 1 bottle light soy sauce (or use tamari)
- 1 small pack rice noodles
- 1 small tub (150g) vanilla or strawberry flavoured whey protein*
- 1 small tub (150g) chocolate flavoured whey protein*
- 1 pack of green tea

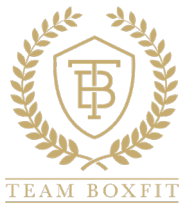
dips / antipasti

- 1 small pot artichoke antipasti
- 1 small pot sun-dried tomatoes
- 160g low fat humous

* found in health stores and some major supermarkets

** gluten-free versions available online or in health stores

Shopping List



2200 Calories

fruit and veg

8 unwaxed lemons
2 limes
1 medium sized kiwi fruit
200g blueberries (fresh or frozen)
30g raspberries (fresh or frozen)
400g mixed berries (fresh or frozen)
70g frozen mixed berries
40g dark cherries (fresh or frozen)
4 medium sized bananas
1 large orange
300g chopped frozen vegetables (broccoli, carrots, sweetcorn, beans, etc)
57 cherry tomatoes
1 small salad tomato
1 beef tomato
½ a large red cabbage
½ a large white cabbage
8 medium sized white onions
3 small red onions
100g beansprouts
13 green chilli peppers
1 red chilli pepper
1-2 mild chilli peppers (any colour)
60g tenderstem broccoli
1 large sized broccoli head
50g baby sweetcorn
1 medium sized cauliflower head
4 medium carrots
3 small carrots
120g mixed salad leaves
5 large sticks celery
1 large avocado
3 large garlic bulbs
70g fresh ginger
2 medium sized mushrooms

30g mushrooms (any variety)
13 spring onions
100g fresh coconut
3 large sweet potatoes
1 small pack fresh parsley
2 large packs fresh coriander
1 yellow bell pepper
3 red bell peppers
2 green bell peppers
1 bell pepper (any colour)
1 small pack radish
300g baby leaf spinach
1 small bag peas (fresh or frozen)
60g curly kale

dairy / dairy alternatives

10g low fat cheddar cheese or dairy free semi hard cheese*
40g low fat ricotta cheese or dairy free soft white cheese*

fish

120g smoked mackerel
200g fresh salmon fillet
400g raw peeled tiger prawns or white fish
1kg white fish fillets

meat and poultry

450g extra lean pork mince
500g extra lean beef mince
2 rashers unsmoked back bacon
40g unprocessed lean ham
2.7kg chicken breast
175g fresh turkey breast
400g peeled tiger prawns or white fish
1kg white fish fillets, cut into chunks

* found in health stores and some major supermarkets

Shopping List



2200 Calories

spices / seasonings

- 1 pot Himalayan pink salt*
- 1 packet cumin seeds
- 1 pot paprika
- 1 packet dried oregano
- 1 pot sea salt flakes
- 1 pot black pepper
- 1 pot ground cumin
- 1 pot cayenne pepper
- 1 packet curry powder
- 1 pot garam masala
- 1 packet meat masala
- 1 pot ground turmeric
- 1 packet dried thyme
- 1 pot Thai 7 spice seasoning
- 1 pot cinnamon

nuts and seeds

- 1 small bag whole almonds
- 1 small bag brazil nuts
- 1 small bag cashew nuts
- 1 small bag ground almonds
- 50g flaxseed

dry goods

- 3 x 400g tin chopped tomatoes
- 1 x 400g plum tomatoes
- 1 x 400g tin kidney beans
- 1 x 100g tinned mixed beans
- 1 x 100ml tin coconut milk
- 100g pack brown basmati rice
- 30g organic raisins
- 20g pitted dates
- 1 small pack unsweetened coconut flakes

- 50g low fat mayonnaise
- 1 tube tomato purée
- 1 packet organic chicken stock cubes**
- 1 small pot acacia honey
- 90g peanut butter (no added sugar)
- 1 small pack rough oatmeal oatcakes**
- 1 sachet sugar free strawberry or raspberry jelly
- 1 small pot stevia
- 1 pot baking soda
- 1 small bottle vanilla extract
- 115g coconut flour*
- 50g dairy free dark chocolate (minimum 70% cocoa)
- 39 medium eggs
- 225g porridge oats**
- 1 bottle olive oil
- 1 small jar coconut oil*
- 1 bottle fish sauce (nam pla)
- 1 bottle light soy sauce (or use tamari)
- 1 small pack rice noodles
- 1 small tub (150g) vanilla or strawberry flavoured whey protein*
- 1 small tub (150g) chocolate flavoured whey protein*
- 1 pack of green tea

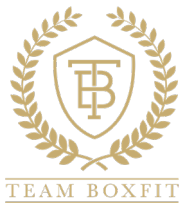
dips / antipasti

- 1 small pot artichoke antipasti
- 1 small pot sun-dried tomatoes
- 200g low fat humous

* found in health stores and some major supermarkets

** gluten-free versions available online or in health stores

Day One

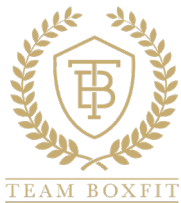


DAILY CALORIE ALLOWANCE

	1400 calories	1800 calories	2200 calories
Meal 1 (Breakfast)			
Tasty Veg Pizza (recipe on p.1)	2 slices	4 slices	6 slices
1 Cup of Green Tea or Hot Water with the Juice of 1 Lemon			
Meal 2 (Snack)			
Protein Heaven Bar (recipe on p.2)	1 bar	1 bar	1 bar
1 Cup of Green Tea			
Meal 3 (Lunch)			
Smoked Mackerel	80g	100g	120g
Homemade slaw (recipe on p.3)	1 portion	1 portion	1 portion
Cherry Tomatoes, halved	5 tomatoes	5 tomatoes	8 tomatoes
Avocado, sliced	30g	30g	30g
1 Cup of Green Tea			
Meal 4 (Snack)			
Medium Sized Kiwi Fruit	1 kiwi	1 kiwi	1 kiwi
Whole Almonds	10 almonds	10 almonds	10 almonds
Meal 5 (Dinner)			
Mediterranean Chicken (recipe on p.4)	1.5 servings	2 servings	2 servings
Baked Sweet Potato With Skin	100g (raw weight)	100g (raw weight)	125g (raw weight)
Boiled or Steamed Broccoli	75g	80g	80g
Meal 6 (Snack)			
Blueberries	50g	50g	70g

1487 calories	1866 calories	2185 calories
102g carbs	119g carbs	141g carbs
64g fat	82g fat	97g fat
124g protein	163g protein	187g protein

Day Two



DAILY CALORIE ALLOWANCE

	1400 calories	1800 calories	2200 calories
Meal 1 (Breakfast)			
Whole Porridge Oats	30g	40g	50g
cooked in saucepan with water and Flavoured Protein Powder and Ground Cinnamon	25g	25g	30g
1 cup of Green Tea or Hot Water with the Juice of 1 Lemon	0.5 tsp	0.5 tsp	0.5 tsp
Meal 2 (Snack)			
Chicken Meatballs (recipe on p.5)	3 meatballs	4 meatballs	5 meatballs
1 cup of Green Tea			
Meal 3 (Lunch)			
Chicken & Vegetable Soup (recipe on p.6)	1 serving	1.5 servings	2 servings
1 cup of Green Tea			
Meal 4 (Snack)			
Raspberries (fresh or frozen)	20g	20g	30g
Brazil Nuts	2 nuts	6 nuts	9 nuts
Meal 5 (Dinner)			
Chilli Con Carne	1.5 servings	1.5 servings	1.5 servings
Cauliflower and Brown Basmati Rice (Meal 5 recipe on p.7)	60g	60g	70g
	25g (raw weight)	35g (raw weight)	45g (raw weight)
Meal 6 (Snack)			
Low Fat Humous	20g	20g	25g
Carrot, peeled and cut into sticks	50g	50g	60g

1331 calories	1710 calories	2110 calories
95g carbs	119g carbs	148g carbs
43g fat	60g fat	78g fat
140g protein	170g protein	205g protein

Day Three



DAILY CALORIE ALLOWANCE

	1400 calories	1800 calories	2200 calories
Meal 1 (Breakfast)			
Five Veg Omelette (recipe on p.8)	1 serving	1 serving	1 serving
1 cup of Green Tea or Hot Water with the Juice of 1 Lemon			
Meal 2 (Snack)			
Protein Heaven Bar (recipe on p.2)	1 bar	1 bar	2 bars
1 cup of Green Tea			
Meal 3 (Lunch)			
Grilled Salmon Fillet	170g	180g	200g
Seasoned with Salt and Pepper, served with 1 wedge Lemon			
Mixed Salad Leaves	40g	50g	50g
Cherry Tomatoes, halved	5 tomatoes	7 tomatoes	10 tomatoes
Yellow Bell Pepper, sliced	30g	30g	50g
Radish, chopped finely	15g	20g	30g
Spring Onion, chopped finely	1 onion	1 onion	1 onion
Olive Oil (add to salad)	1 tsp	1 tsp	1 tsp
Avocado, sliced	30g	30g	30g
Artichoke Antipasti	25g	30g	35g
Meal 4 (Snack)			
Blueberries (fresh or frozen)	50g	60g	70g
Almonds	6 almonds	7 almonds	8 almonds
Meal 5 (Dinner)			
Chicken Curry (recipe on p.9) served with Cauliflower	1 serving 70g	1.5 servings 70g	1.5 servings 70g
Brown Basmati Rice (recipe on p.7)	35g (raw weight)	45g (raw weight)	55g (raw weight)
Meal 6 (Snack)			
Large Celery Stick, sliced	2 sticks	2 sticks	3 sticks
Low Fat Humous	60g	80g	100g

1427 calories	1737 calories	2096 calories
96g carbs	122 carbs	148g carbs
59g fat	69g fat	88g fat
128g protein	157g protein	178g protein

Day Four



DAILY CALORIE ALLOWANCE

	1400 calories	1800 calories	2200 calories
Meal 1 (Breakfast)			
Oaty Berry Shake (recipe on p.10)	1 serving	1 serving	1 serving
1 cup of Green Tea or Hot Water with the Juice of 1 Lemon			
Meal 2 (Snack)			
Amazing Strawberry Jelly (recipe on p.11)	1 serving	1 serving	2 servings
1 cup of Green Tea			
Meal 3 (Lunch)			
Grilled Chicken Breast, Seasoned with Salt and Pepper	160g (raw weight)	180g (raw weight)	200g (raw weight)
Unsmoked Back Bacon, grilled	2 rashers	3 rashers	3 rashers
Avocado, sliced or mashed	50g	75g	100g
Beef Tomato, sliced	0.5 tomato	0.5 tomato	1 tomato
1 cup of Green Tea			
Meal 4 (Snack)			
Berry Sandwich Bars (recipe on p.12)	1 bar	1 bar	2 bars
Meal 5 (Dinner)			
Thai Pork Burgers with Sweet Potato Mash	1 burger 1 serving	2 burgers 1.5 servings	2 burgers 2 servings
Baby Leaf Spinach	30g (raw weight)	50g (raw weight)	70g (raw weight)
Cherry Tomatoes, halved (Meal 5 recipe on p.13)	5 tomatoes	8 tomatoes	10 tomatoes
Meal 6 (Snack)			
Dark Chocolate (70% cocoa)	20g	30g	30g
Organic Peanut Butter	10g	10g	15g
Mixed Berries (fresh or frozen)	50g	70g	90g

1326 calories	1744 calories	2179 calories
81g carbs	110g carbs	143g carbs
52g fat	72g fat	87g fat
131g protein	164g protein	206g protein

Day Five

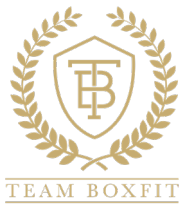


DAILY CALORIE ALLOWANCE

	1400 calories	1800 calories	2200 calories
Meal 1 (Breakfast)			
Scrambled Eggs	2 eggs (med. size)	2 eggs (med. size)	2 eggs (med. size)
Unprocessed Lean Ham and Cherry Tomatoes, halved (Meal 1 recipe on p.14)	40g	40g	50g
1 cup of Green Tea or Hot Water with the Juice of 1 Lemon	8 tomatoes	8 tomatoes	10 tomatoes
Meal 2 (Snack)			
Almonds	12 almonds	12 almonds	12 almonds
Mixed Berries (fresh or frozen)	50g	60g	70g
1 cup of Green Tea			
Meal 3 (Lunch)			
Quick Protein Soup (recipe on p.15)	1 serving	1 serving	1.5 servings
Peas (fresh or frozen)	30g	40g	50g
1 Cup of Green Tea			
Meal 4 (Snack)			
Orange, Ginger & Carrot Smoothie (recipe on p.16)	1 serving	1 serving	2 servings
Meal 5 (Dinner)			
Quick Fish Stew (recipe on p.17)	1 serving	2 servings	2 servings
Boiled or Steamed Curly Kale	40g	50g	60g
Boiled or Steamed Broccoli Florets	30g	40g	50g
Meal 6 (Snack)			
Berry Sandwich Bars (recipe on p.12)	1 bar	2 bars	2 bars

1354 calories	1802 calories	2162 calories
78g carbs	97g carbs	134 carbs
54g fat	70g fat	82g fat
139g protein	196g protein	222g protein

Day Six

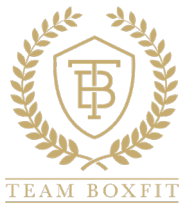


DAILY CALORIE ALLOWANCE

	1400 calories	1800 calories	2200 calories
Meal 1 (Breakfast)			
Protein Pancakes (recipe on p.18)	2 servings	2 servings	3 servings
Blueberries	40g	50g	60g
Acacia Honey	10g	15g	20g
One cup of Green Tea or Hot Water with the Juice of 1 Lemon			
Meal 2 (Snack)			
Amazing Strawberry Jelly (recipe on p.11)	1 serving	1 serving	1 serving
1 cup of Green Tea			
Meal 3 (Lunch)			
Grilled Turkey Breast	150g	150g	175g
Mixed Salad Leaves	50g	60g	70g
Sun Dried Tomatoes, Oil Drained	6 tomatoes	8 tomatoes	10 tomatoes
Avocado	30g	30g	30g
Red Bell Pepper, Sliced	50g	60g	70g
Homemade Slaw (recipe on p.3)	1 portion	1 portion	1 portion
1 cup of Green Tea			
Meal 4 (Snack)			
Organic Peanut Butter	15g	20g	25g
Rough Oatmeal Oatcakes	1 oatcake	2 oatcakes	3 oatcakes
Meal 5 (Dinner)			
Easy Oven Chicken (recipe on p.19)	1 serving	2 servings	2 servings
served with Broccoli Florets, boiled	50g	60g	60g
Sweet Potato With Skin, baked	60g (raw weight)	80g (raw weight)	100g (raw weight)
Meal 6 (Snack)			
Brazil Nuts	5 nuts	6 nuts	7 nuts

1447 calories	1830 calories	2229 calories
94g carbs	118 carbs	150g carbs
55g fat	66g fat	85g fat
144g protein	191g protein	216g protein

Day Seven

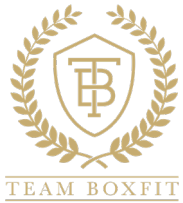


DAILY CALORIE ALLOWANCE

	1400 calories	1800 calories	2200 calories
Meal 1 (Breakfast)			
Boiled Eggs	3 eggs (med. size)	3 eggs (med. size)	3 eggs (med. size)
Baby Leaf Spinach, steamed	40g	60g	70g
Plain Cashew Nuts	10g	15g	20g
1 cup of Green Tea or Hot			
Water with the Juice of 1 Lemon			
Meal 2 (Snack)			
Berry Sandwich Bars (recipe on p.12)	1 bar	1 bar	2 bars
1 cup of Green Tea			
Meal 3 (Lunch)			
Spinach & Cheese Pizza (recipe on p.20)	3 slices	5 slices	5 slices
Tenderstem Broccoli, boiled	40g	60g	60g
Baby Sweetcorn, boiled	30g	50g	50g
1 cup of Green Tea			
Meal 4 (Snack)			
Grilled Chicken Breast, sliced Seasoned with Salt and Pepper	100g (raw weight)	150g (raw weight)	180g (raw weight)
Meal 5 (Dinner)			
Quick and Tasty Stir fry (recipe on p.21)	1 serving	1 serving	1.5 servings
Rice Noodles	45g	45g	45g
Meal 6 (Snack)			
Dark Cherries (fresh or frozen)	25g	30g	40g
Almonds	4 almonds	7 almonds	7 almonds
Amazing Strawberry Jelly (recipe on p.11)	1 serving	1 serving	2 servings

1353 calories	1723 calories	2145 calories
94g carbs	112 carbs	132g carbs
53g fat	71g fat	89g fat
125g protein	159g protein	204g protein

Tasty veg pizza



- small amount of coconut oil to grease dish
- 4 eggs
- 3 egg whites
- Himalayan pink salt to season
- 40g gluten free porridge oats
- 7 cherry tomatoes, halved
- 60g baby leaf spinach, finely chopped
- 1 green chilli pepper, finely chopped
- ½ a large green bell pepper, finely chopped
- 1 tsp paprika
- ½ tsp dried oregano

Preheat oven to 150°C.

Lightly grease a large round ovenproof dish with coconut oil.

Whisk the eggs and egg whites in a jug. Season well.

Add the oats, vegetables, dried spices and herbs. Stir well.

Pour into the dish and cook for around 12-15 minutes, until centre of mixture is cooked.

MAKES 6 SLICES

NOTE:

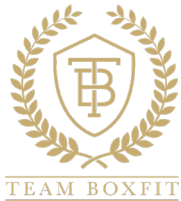
This recipe tastes great either warm from the oven or straight from the fridge.

A great portable snack.

Store any leftovers in the fridge for up to 3 days.



Protein heaven bar



- 3 medium sized bananas (approx 220g)
- 50g peanut butter (no added sugar)
- 2 medium eggs
- 1 egg white
- 40g gluten free porridge oats
- 20g ground almonds
- 30g flaxseeds, whole or ground
- 50g chocolate flavoured whey or rice protein powder
- 30g organic raisins
- 20g dairy free dark chocolate (70% cocoa), chopped finely

MAKES 9 BARS

NOTE:

Once cooled, these can be stored in an airtight container for up to 3 days.

Pre-heat oven to 190°C.

Line a baking tray with parchment paper.

In a large bowl, mash the bananas. Add all of the other ingredients and mix thoroughly. Pour the mixture onto the tray and flatten with a spoon.

Bake in the oven for 15 minutes. Allow to cool on a rack, then chop into 9 pieces.



Homemade slaw



- ½ a large red cabbage, sliced finely
- ½ a large white cabbage, sliced finely
- 1 medium white onion, sliced finely
- 1-2 mild chilli peppers
- 50g low fat mayonnaise
- 2 medium carrots, peeled and grated
- juice of 1 lemon
- salt and pepper to season

MAKES 6 PORTIONS

NOTE:
This can be kept in the fridge for up to 4 days.

In a large bowl, mix all the ingredients thoroughly.
Season to your liking.



Mediterranean chicken



TEAM BOXFIT

- 1 tsp coconut oil
- 325g chicken breast, diced
- Himalayan pink salt to taste
- 1 tsp paprika
- ½ tsp cayenne pepper
- 2 small red onions
- 1 clove garlic, finely chopped
- 15g tomato purée

MAKES 2 SERVINGS

NOTE:

Once cooled, this can be kept in the fridge for up to 4 days or frozen on the same day.

Heat the oil in a pan over a medium heat.

Add the chicken and cook for five minutes, stirring regularly.

Add the salt, spices and stir.

Add the onion, garlic and tomato purée.

Stir well and simmer for 15-20 minutes until the chicken is cooked through.



Chicken meatballs



350g chicken breast, diced
1 carrot, grated
2 garlic cloves
100g fresh coconut, grated
1 egg
2 tsps curry powder
½ tsp salt
handful fresh parsley or coriander
10g coconut oil

MAKES 20 MEATBALLS

NOTE:

These are also ideal as a portable snack or post workout protein fix.

These can be stored in the fridge for up to 4 days.

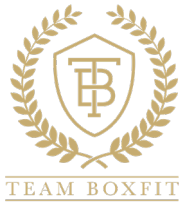
Put everything except for the coconut oil into a food processor and whizz into a smooth paste. Using your hands, form 20 meatballs.

In a large pan, melt the coconut oil over a high heat. When the oil is hot, put the meatballs in the pan and cook for 2 minutes. Roll each meatball over and cook for a further 5 minutes.

Reduce to a medium heat, cover the pan and cook for a further 6-8 minutes.



Chicken & vegetable soup



- 1 tsp coconut oil
- 1 small sized white onion, finely chopped
- 2 small sized carrots, sliced
- 2 large sticks celery, finely chopped
- 400g chicken breast, diced
- 1 garlic clove, crushed
- ½ tsp paprika
- ½ tsp ground cumin
- ½ tsp Himalayan pink salt
- ½ tsp dried thyme
- 200g tinned chopped tomatoes
- 1 small salad tomato, diced
- 10g tomato puree
- ½ pint chicken stock (made with 1 stock cube)
- ½ red bell pepper, sliced
- 100g tinned mixed beans, drained

Heat the oil in a large pan. Add the onion and cook gently until softened.

Add the carrot and celery and cook for 5 minutes, stirring regularly.

Add the chicken, garlic, spices, salt and thyme. Cook stirring for 10 minutes.

Add the tomatoes, purée, stock and red pepper. Bring to a simmer and cook uncovered for 50 minutes.

Add the mixed beans and cook for a further 5 minutes.

MAKES 2 SERVINGS

NOTE:

Once cooled, this can be kept in the fridge for up to 4 days or frozen on the same day.

Simply double or triple the quantities of everything if you are batch cooking.



Chilli con carne & cauliflower rice



TEAM BOXFIT

10g coconut oil
2 medium onions, peeled and chopped finely
500g extra lean beef mince
salt and pepper to season
½ a bell pepper, any colour, chopped roughly
3 garlic cloves, chopped finely
4 green chilli peppers (optional)
1 tin (400g) tomatoes
20g of tomato purée
1 tsp cayenne pepper
1 tin (400g) kidney beans, drained

For the Cauliflower Rice:

brown basmati rice*
cauliflower, *finely chopped

Heat the oil in a large pan over a medium heat and add the onion. Gently cook for 1-2 minutes until soft. Add the mince and brown all over.

Season well. Add the bell pepper and cook for several minutes until soft. Add the garlic cloves and chilli peppers (if using) and cook for 1 minute. Add the tinned tomatoes, purée and cayenne pepper. Simmer gently for 15-20 minutes. Add the kidney beans and continue to cook for 10 minutes.

CAULIFLOWER RICE: Add the rice to a pan of cold salted water and bring to the boil. Simmer gently until cooked (20-25 minutes), then add the cauliflower. Cook for 2 minutes then drain and serve.

**MAKES 3 SERVINGS OF
CHILLI CON CARNE (not
including cauliflower rice)**

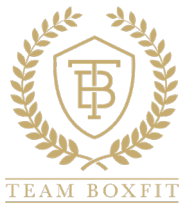
NOTE:

Once cooled, this can be kept in the fridge for up to 4 days or frozen on the same day.



*refer to meal plan for quantity

Five veg omelette



3 eggs plus 1 egg white, beaten
10g coconut oil
2 medium sized mushrooms, sliced
3 medium sized broccoli florets, finely chopped
¼ of a bell pepper, finely chopped
2 spring onions, finely chopped
Himalayan sea salt to season
handful baby leaf spinach, roughly chopped
10g low fat cheddar cheese (or use dairy free semi hard cheese), grated

Break the eggs and whites into a jug and beat with a fork and season well.

Melt half of the oil in a non-stick frying pan over a medium heat and add all of the chopped vegetables except for the spinach. Sauté for 5 minutes, until softened.

Remove from heat and set aside.

Remove any bits from the pan. Melt the remaining oil. Pour the eggs into the pan.

Cook gently for around 3-4 minutes until the edges of the mixture start to crisp.

When the centre of the omelette starts to firm up, add the spinach over the entire omelette. Then carefully add the other vegetables on top of the spinach, so that it wilts. Cook for around 1-2 minutes.

Add the cheese. Using a wooden slice fold the omelette in half. Remove the omelette from the pan and serve.

MAKES 2 SERVINGS

NOTE:

Any leftovers can be kept in the fridge for up to 3 days.

Also makes a great portable snack.



Chicken curry

- 1 tbsp cumin seeds
- 1 tbsp coconut oil
- 4 medium sized onions, peeled and diced
- 5 - 10 garlic cloves, peeled and chopped finely
- 1 - 2 inch piece fresh ginger, chopped finely
- 5 green chilis, chopped finely
- 600g chicken breast, diced
- 2 tbsps ground turmeric
- 1 tbsp garam masala
- 1 tbsp meat masala
- 1 tsp sea salt
- 1 tin (400g) plum tomatoes
- 50ml fresh cold water
- 30g fresh coriander to garnish (optional)

In a large pan, roast the cumin seeds gently for 30 seconds. Add the oil, and when melted add the onions.

Cook on a medium heat until the onions are softened.

Stir in the garlic, ginger and chilis. Cook for 1 minute.

Add the chicken and cook for 2 minutes. Then add the spices and rock salt.

Stir well, coating the meat in the spices. Add the tin of tomatoes and the water and simmer for 40 minutes. Check regularly and add more water if the mixture seems too dry.

Garnish with coriander.

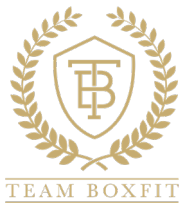
MAKES 4 SERVINGS

NOTE:

This can be stored in the fridge for up to 4 days or frozen on the same day.



Oaty berry shake



35g vanilla or strawberry flavoured
whey or rice protein powder
70g frozen mixed berries
15g gluten free porridge oats
cold fresh water

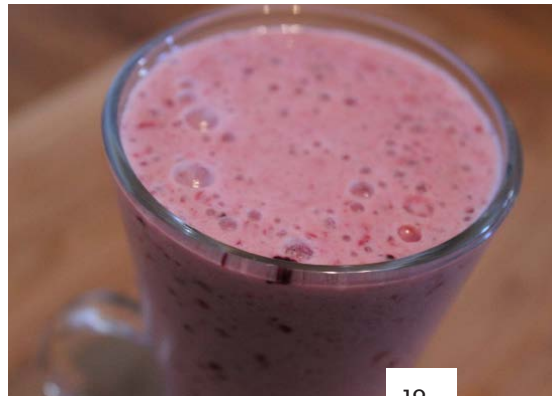
MAKES 1 SERVING

NOTE:
Consume immediately.

Put the protein powder, berries and oats into a blender.

Add a small amount of cold fresh water.

Blend together, adding more water until you have the desired consistency.



Amazing strawberry jelly



TEAM BOXFIT

1 sachet/pack sugar free strawberry
or raspberry jelly
½ pint of boiling water
40g strawberry or vanilla flavoured
whey or rice protein powder
½ pint of cold fresh water
50g mixed berries

Pour the boiling water into a large bowl.
Add the jelly and stir well until the jelly has
dissolved.

Stir in the protein powder. Top up with cold
water.

Pour into dessert bowls or glasses.

Add the berries.

Refrigerate until set.

MAKES 3 SERVINGS

NOTE:

These can be kept in the
fridge for up to 3 days.

If possible, use jelly which
is free from artificial
sweeteners, flavours
and colourings.



Berry sandwich bars



100g coconut flour
60g vanilla flavoured whey or rice protein powder
1 tbsp ground flaxseed
½ tsp baking soda
1½ tsps cinnamon
½ tsp sea salt
50ml coconut oil
25ml light coconut milk
4 eggs
2 tsps vanilla extract
20g pitted dates, chopped finely
200g mixed berries
10g unsweetened coconut flakes

Preheat the oven to 175°C. Line a 9x9 inch baking tray with greaseproof paper. Sieve the flour into a bowl and add the whey protein, flaxseed, baking soda, cinnamon, and salt. Set aside.

In a separate bowl whisk together the coconut oil, coconut milk, eggs, and vanilla until creamy. Add the dates, then slowly stir in the flour mixture until well combined and a firm dough forms. Divide the dough in half and press half evenly into the bottom of the parchment lined pan. Spread the berries evenly over the top of the dough.

On a separate sheet of greaseproof paper gently shape the remaining dough into a similar size and shape as before. Lift the dough on the paper and transfer over the berries like a lid, removing the paper as you go. If it breaks apart, that's fine, just cover the berries as much as possible. Sprinkle the dough lid with coconut flakes and press lightly to hold them in place. Bake for 20 minutes, until the coconut is golden and they spring back to the touch. Allow to cool in the pan completely before cutting into squares.

MAKES 8 BARS

NOTE:

Once cooled, store in an airtight container and refrigerate for up to 4 days.



Thai pork burgers



TEAM BOXFIT

For the burgers:

450g extra lean pork mince

1 egg

20g fresh coriander, finely chopped,
plus extra to garnish

1 green chilli, sliced finely

2 spring onions, sliced finely

1 tsp Thai 7 Spice seasoning

½ a red onion, peeled and finely chopped

slice of fresh lime to garnish

For the vegetable side dishes:

2 large sweet potatoes

1 tsp ground cinnamon

cherry tomatoes*, sliced in half

baby leaf spinach*

Preheat oven to 175°C.

In a large bowl, mash up the mince, using a masher or your hands. Add the remaining burger ingredients and mix well until well combined.

Shape the mixture into 5 patties, then transfer to a lightly greased baking tray. Oven cook for 10 minutes. Turn over and cook for a further 10-15 minutes. Juices will run clear when cooked.

For the vegetable side dishes: Prick the sweet potatoes with a sharp knife. Cook in the microwave for around 8-10 minutes until soft or bake in the oven for 45 minutes. Using a fork, scrape the contents of the potatoes into a bowl. Discard the skin. Mash thoroughly and season well. Stir in the cinnamon. Pour cold water into a non-stick frying pan (just enough to cover the base). Add the tomatoes and cook for 2 minutes, stirring frequently. Add the spinach and wilt gently.

*refer to meal plan for quantity

MAKES 5 BURGERS

MAKES 3 SERVINGS MASH

NOTE:

The burgers and mash can be kept in the fridge for up to 3 days.



Scrambled eggs, ham & tomatoes



eggs*
unprocessed ham* cut into small pieces
cherry tomatoes*, halved
salt and pepper to season

NOTE:
Consume immediately.

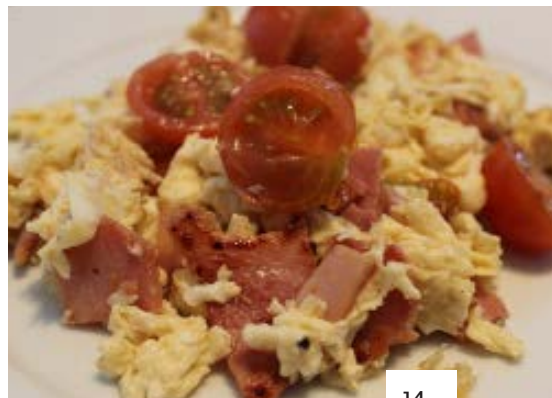
Crack the eggs into a non-stick frying pan over a medium heat.

Add the ham and tomatoes and stir continuously with a wooden spoon.

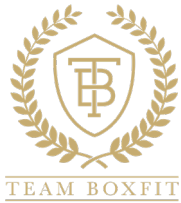
Season well.

When the eggs are cooked, remove from heat and serve.

*refer to meal plan for quantity



Quick protein soup



500ml chicken stock (made with 1 organic chicken stock cube)

200g chicken breast cut into strips

300g chopped frozen vegetables, (broccoli, carrots, sweetcorn, beans, etc)

2 eggs, beaten

4 spring onions, sliced finely
salt and pepper

MAKES 2 SERVINGS

NOTE:

Consume immediately.

In a large saucepan, bring the stock to a gentle simmer.

Add the chicken and vegetables. Simmer rapidly for 5 minutes.

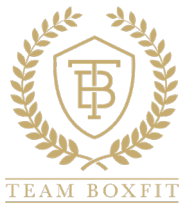
Pour egg into the soup in a steady stream, then stir gently whilst the egg cooks.

Season with salt and pepper to taste.

Spoon into a bowl and garnish with spring onions.



Orange, ginger & carrot smoothie



1 large orange, peeled and pips removed
20g fresh ginger, peeled and roughly chopped
1 medium carrot, peeled and roughly chopped

Put all of the ingredients into a blender and add 50ml cold fresh water.

Blend together, adding more water until you have the desired consistency.

OPTIONAL:

Add some ice cubes, for a more refreshing, summery drink.

MAKES 1 SERVING

NOTE:

Consume immediately.

To make 2 servings, simply double the quantities of everything.



Quick fish stew

10g coconut oil
2 garlic cloves, chopped finely
1½ tsps ground cumin
1 tsp paprika
1 tsp Himalayan salt
250ml cold water
1 x 400g tin chopped tomatoes
1 green bell pepper, deseeded and cut into chunks
8 cherry tomatoes
1kg white fish fillets, cut into chunks
60g fresh coriander, finely chopped
1 lemon cut into quarter wedges

Heat oil in a large saucepan.

Add the garlic and stir well. Cook for 30 seconds.

Add the cumin, paprika and salt and cook for 1 minute, stirring continuously.

Add the water and tinned tomatoes. Bring to the boil, then reduce to a simmer.

Add the pepper, and simmer for 5 minutes.

Add the fish and cherry tomatoes and cook for 10 minutes until the fish falls apart. Break the fish up with a wooden spoon.

Stir in the coriander and remove from heat.

Serve with a wedge of lemon.

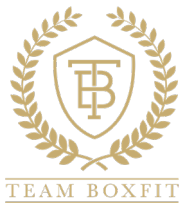
MAKES 5 SERVINGS

NOTE:

These can be kept in the fridge for up to 3 days or frozen on the same day.



Protein pancakes



- 5 eggs
- 25g vanilla or chocolate whey or rice protein powder
- 1 medium sized banana
- 40g gluten free porridge oats
- 1 tsp cinnamon
- 2 tsps stevia
- 15g coconut flour
- 15g coconut oil

Put all of the ingredients in a blender and mix together. Add a little water if necessary to achieve the right consistency. The mixture should be quite thick but easy to pour.

Heat a small amount of the oil in a large non stick pan, over a medium / high heat.

Pour a quarter of the mixture into the centre of the pan. Move the pan around gently to even out the mixture into a circular shape.

When small holes appear in the pancake, turn (or flip) it over and heat on the other side for 1-2 minutes. Transfer to a plate.

Add more oil and repeat with the remaining batter.

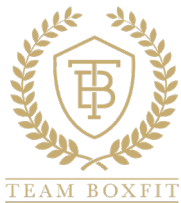
MAKES 4 SERVINGS

NOTE:

These can be kept in the fridge for up to 3 days.



Easy oven chicken



425g chicken breast, diced
2 garlic cloves, chopped finely
30g fresh coriander, chopped finely
1 green chilli pepper, chopped finely
10g fresh ginger, chopped finely
½ tsp Himalayan salt
black pepper to season
juice of ½ lime

Place the chicken in a large bowl.

Add the remaining ingredients and mix well.

Marinate in the fridge for 30 minutes (if you have time).

Preheat oven to 180°C.

Transfer the contents of the bowl to an ovenproof dish.

Cover and cook for 45 minutes.

MAKES 2 SERVINGS

NOTE:

These can be kept in the fridge for up to 3 days.



Spinach & cheese pizza



small amount of coconut oil to grease dish

4 eggs

3 egg whites

40g gluten free porridge oats

4 cherry tomatoes, halved

40g baby leaf spinach, finely chopped

1 red chilli pepper, finely chopped (optional)

½ a green bell pepper, finely chopped

1 tsp paprika

1 tsp dried oregano

40g low fat ricotta cheese (or use dairy free soft cheese if preferred)

salt and pepper to season

Preheat oven to 150°C.

Lightly grease a large round ovenproof dish with coconut oil.

Whisk the eggs and egg whites in a jug. Season well.

Add the oats, vegetables, dried spices and herbs and stir well.

Pour into the dish and cook for around 10 minutes, until centre of mixture is cooked.

Spoon on the cheese, and cook for a further 5 minutes.

MAKES 6 SLICES

NOTE:

This recipe tastes great either warm from the oven or straight from the fridge.

A great portable snack.

Store any leftovers in the fridge for up to 3 days.



Quick and tasty stir fry

400g peeled tiger prawns or white fish
1 green chilli, finely chopped
3 garlic cloves, finely chopped
30g coriander, finely chopped
juice of 1 lime
2 tbsps fish sauce
1 tbsp coconut oil
20g fresh ginger, grated
4 spring onions, sliced finely
1 red bell pepper, sliced finely
30g mushrooms (any variety) sliced finely
100g beansprouts
1 tbsp light soy sauce
rice noodles*
wedge of lime to serve

MAKES 2 SERVINGS

NOTE:

Consume immediately.



Put the prawns or white fish in a bowl. In a separate bowl, mix together the chilli, garlic and half of the coriander. Add the fish sauce and half of the lime juice, then pour the contents over the prawns / white fish. Heat half of the oil in a wok, add the ginger and spring onions and fry for 1 minute. Add the red pepper and mushrooms and fry for 1 minute. Add the beansprouts and mix together until they start to wilt. Add the soy sauce, season with black pepper, then transfer everything to a serving dish. Heat the remaining oil in the wok and add the prawns / white fish, lifting them out of the marinade. Cook, stirring for 3 minutes until the prawns turn pink, or until cooked through if using white fish.

Add the marinade, stirring continuously, and cook for 45 seconds. Pour the contents of the wok over the vegetables. Sprinkle over the remaining coriander leaves and add the lime juice. Serve with rice noodles and a wedge of lime.

*refer to meal plan for quantity