



# TRACKING AND CALORIE DEFICIT WEEK



# ELEVATE 2019



# SHOPPING LIST



# ELEVATE 2019

## JUICE

CUCUMBER  
APPLES  
CELERY  
CARROTS  
LEMON  
GINGER  
BANANAS  
PINEAPPLE  
KALE  
BEETROOT  
STRAWBERRIES  
BLUEBERRIES  
ORANGES

## FOOD

BACON  
EGGS  
AVOCADOS  
COURGETTES  
GARLIC CLOVES  
GREEK YOGHURT  
CUCUMBERS  
SPRING ONIONS  
LEMONS  
CHICKEN BREASTS  
CAULIFLOWER  
CHILLIS  
CHICKPEAS  
ONIONS  
TOMATOES  
QUINOA  
SLICED ALMONDS  
BUTTON MUSHROOMS  
SPINACH  
BEEF STEAK  
MIXED PEPPERS  
BROCCOLI  
KALE  
COD FILLETS  
BUTTER BEANS  
BLACK BEANS  
TROUT FILLET  
MANGE TOUT  
TENDERSTEM BROCCOLI

## HERBS AND SPICES

FRESH PARSLEY  
FRESH DILL  
FRESH CORIANDER  
CUMIN SEEDS  
CHILLI POWDER  
GROUND CORIANDER  
GROUND TURMERIC  
CAYENNE PEPPER  
FENNEL SEEDS  
DRIED THYME  
FRESH BASIL  
MIXED SEEDS

# DAY ONE



# ELEVATE 2019

## Juice

**EASY GREEN**

Cucumber, Apple and Celery

## Meal 1

### **BACON, EGGS AND AVOCADO**

Ingredients

- 2 rashers of organic bacon
- 2 eggs
- 1 avocado
- Himalayan salt
- Pepper
- Kick Start coconut oil

Method

Fry 2 rashers of bacon in coconut oil for 5 mins or until crispy. Crack 2 eggs, whisk them up and pour into a frying pan with a small amount of coconut oil and stir until cooked through and fluffy. Add a small pinch of Himalayan salt and pepper to taste. Half an avocado and scoop out the inside and chop into chunks. Plate it all up together.

## Meal 2

### **COURGETTE CARBONARA**

Ingredients

- 1 courgette, spiralized
- 150g organic bacon
- 2 large eggs
- 1 clove crushed garlic
- Extra virgin olive oil
- 60ml Greek yoghurt
- 1/2 handful fresh parsley

Method

Spiralize 1 courgette and place to the side. Add the oil, chopped bacon and crushed garlic to a frying pan on a medium heat and cook until the bacon begins to brown, then turn the frying pan heat to low. Add the courgette to the frying pan for 2-3 minutes.

Beat the 2 eggs in a bowl together with the yoghurt and finely chopped parsley.

Remove the frying pan from the heat and stir in the mixture for a minute. Serve immediately.

# DAY TWO



# ELEVATE 2019

## Juice

### GINGER GEM

Carrot, Lemon and Ginger

## Meal 1

### CHILLED AVOCADO AND CUCUMBER SOUP

#### Ingredients

- 1 cucumber, peeled and chopped
- 1 avocado, pitted and chopped
- 2 spring onions, chopped
- 1 tbsp fresh dill
- 1 tsp Himalayan salt
- 1 tsp lemon zest
- 1 lemon squeezed
- 60ml water

#### Method

Blend all ingredients together until smooth, add more water if needed, it tastes even better if chilled for 2 hours.

## Meal 2

### CHILLI CHICKEN AND SPICY RICE

#### Ingredients

- 1 chicken breast, sliced
- 1 cauliflower head
- 1 handful coriander, chopped
- 1 pinch cumin seeds, toasted
- 1 tbsp grass fed butter
- 1 red chilli, chopped
- 1 pinch chilli powder
- 1 clove garlic, sliced
- Kick Start coconut oil
- 1 spring onion, sliced

#### Method

Sprinkle your sliced chicken with a small pinch of chilli powder and cumin seeds and fry in coconut oil with the garlic for 10 minutes or until cooked.

Meanwhile to make the rice, pulse the head of a cauliflower in a food processor to make grains the size of rice.

Warm the grass fed butter in a large pan over medium heat. Stir in the cauliflower and red chilli with a little salt. Cover the pan and cook for 5 to 8 minutes, until the cauliflower is as tender as you like.

Pour out the cooked rice and top with chicken, spring onion and coriander.



# DAY THREE



# ELEVATE 2019

## Juice

### TROPICAL BLEND

Banana, Pineapple and Kale

## Meal 1

### HOT CHICKPEA SALAD

#### Ingredients

- 1 red onion, chopped
- 2 courgettes, thickly sliced
- 375g tomatoes, chopped
- 3 tbsp extra virgin olive oil
- Juice of half lemon
- 3 tbsp chopped fresh mixed herbs
- 400g cooked chickpeas
- Himalayan salt and black pepper

#### Method

Fry the courgettes, pepper, chickpeas and tomatoes in a pan on medium heat with a tablespoon of coconut oil until starting to brown and season with black pepper.

Meanwhile, mix the lemon juice and olive oil to make a dressing. Season with salt and pepper and stir in the herbs.

When the vegetables are cooked, allow them to cool for 5 minutes, then tip into a bowl and pour over the dressing. Toss before serving.

## Meal 2

### NUTTY QUINOA SALAD

#### Ingredients

- 150g cooked quinoa
- 60g sliced almonds, toasted
- 2 tbsp fresh lemon juice
- 2 tsp olive oil
- 2 tsp dark sesame oil
- 1/4 tsp Himalayan salt
- 3 green onions, thinly sliced
- 4 baby tomatoes sliced,

#### Method

Pour cooked quinoa into a pan on medium heat with a drizzle of olive oil. Stir in almonds, juice, oils, salt, tomatoes and onions. Remove from the heat after 3 minutes and serve.

# DAY FOUR



# ELEVATE 2019

## Juice

### ANTIOXIDANT JUICE

Beetroot, Strawberry and Blueberries

## Meal 1

### MUSHROOM AND SPINACH OMELETTE

#### Ingredients

- 1 handful button mushrooms
- 2 handfuls spinach
- 3 eggs, whisked
- Himalayan salt
- Black pepper
- 1 knob grass fed butter

#### Method

Cut up the mushrooms and add them along with a small knob of butter to a small frying pan on a low heat and let it get

hot. Fry for one minute and add your eggs and move the pan around to spread them out evenly. When the omelette begins to cook and firm up, sprinkle over the spinach.

Ease around the edges of the omelette with a spatula, then fold it over in half. When it starts to turn golden brown underneath, remove the pan from the heat and slide the omelette on to a plate.

## Meal 2

### SPEEDY STIR FRY

#### Ingredients

beef steak, sliced  
handful mange tout  
red pepper, sliced  
florets cauliflower, grated  
carrot, grated  
red onion, sliced  
spring onions, chopped  
inch fresh ginger, sliced  
tbsp Kick Start coconut oil

#### Method

Melt the coconut oil in a hot pan. Add the beef strips and fry until brown, add in the remaining ingredients and fry for 3-4 minutes.

# DAY FIVE



# ELEVATE 2019

## Juice

### IMMUNITY JUICE

Orange, lemon and ginger

## Meal 1

### GREEN SOUP

#### Ingredients

- 400ml vegetable stock
- 1 tbsp extra virgin olive oil
- 2 garlic cloves, sliced
- 1 inch ginger, sliced
- 1/2 tsp ground coriander
- 1/2 tsp ground turmeric
- Himalayan salt to taste
- 200g courgettes, sliced
- 85g broccoli
- 100g kale, chopped
- 1 lime, zested and juiced
- 1 handful fresh parsley, chopped

#### Method

Put the oil in a deep pan, add the garlic, ginger, coriander, turmeric and salt, fry on a medium heat for 2 mins, then add 3 tbsp water. Add the courgettes and cook for 3 mins. Add 300ml stock and leave to simmer for 3 mins.

Add the broccoli, kale and lime juice with the rest of the stock. Leave to cook again for another 3-4 mins until all the vegetables are soft. Take off the heat and add the chopped parsley. Pour everything into a blender and blend on high speed until smooth. Garnish with lime zest.

## Meal 2

### SPICED COD AND FENNEL VEG

#### Ingredients

- 2 cod fillets
- 1/4 tsp cumin
- 1/4 tsp cayenne pepper
- 1 tbsp Kick Start coconut oil

#### Fennel veg

- 1 tbsp fennel seeds
- 1 tbsp dried thyme
- 2 tbsp Himalayan salt • 2 florets cauliflower
- 2 florets broccoli

#### Method

Steam the cauliflower and broccoli for 5-6 minutes. Meanwhile, grind in a small mortar the fennel seeds, dried thyme and Himalayan salt (this mixture can be stored in the freezer for 2 months). Sprinkle over the vegetables once cooked.

Melt the coconut oil and add the spices for the cod fillets, start at a high heat and reduce down to medium. Place the cod in the pan and fry for 2-3 minutes each side starting with skin side down for extra crispiness. Serve all together.



# DAY SIX



# ELEVATE 2019

## Juice

### SOUR APPLE

Tart apple and kale

## Meal 1

### CHILLI AND BUTTERBEAN SALAD

#### Ingredients

- 540g butter beans
- 500g tomatoes, peeled
- 1 red chilli, chopped
- 1 bunch basil
- 1 garlic clove, sliced
- 1 tbsp extra virgin olive oil
- 1 tbsp red wine vinegar
- Mixed seeds

#### Method

Drain and rinse the butter beans and place in a mixing bowl. Chop the tomatoes and add to the beans. Place the chilli, basil, garlic, olive oil and vinegar in the small bowl of a food processor then whizz until smooth. Add to the tomatoes and beans, season and mix. Serve scattered with a few mixed seeds.

## Meal 2

### BELL PEPPER SANDWICH

#### Ingredients

- Feta cheese
- 1 handful mixed salad
- 1 red bell pepper, halved
- 1 slice cooked organic ham

#### Method

Cut 1 bell pepper in half and place under the grill for 2 minutes until lightly browned. Fill half of the pepper with your meat, mixed salad and cheese and top with the other half.



# DAY SEVEN



# ELEVATE 2019

## Juice

### DARK GREEN

Kale, Orange, Banana and strawberries

## Meal 1

### VEG BURRITO BOWL

#### Ingredients

- 3 tbsp cauliflower rice
- 1 roasted red pepper, chopped
- 100g cooked black beans
- 4 cherry tomatoes, chopped
- 1 handful fresh parsley, chopped
- 1 avocado, diced
- 1/2 lime

#### Method

In a bowl, reheat the cauliflower rice. Top with chopped red pepper. Mix together the black beans and chopped tomatoes in a separate bowl, and heat them up together. Pour on top of the cauliflower rice and red pepper. Top with avocado, parsley and a big squeeze of lime.

## Meal 2

### PAN FRIED TROUT

#### Ingredients

- 1 trout fillet
- 1 handful mange tout
- 2 sprigs tenderstem broccoli
- 1 clove garlic, chopped
- 1/2 handful fresh parsley
- 25g grass fed butter
- 1 tsp Kick Start coconut oil

#### Method

Fry the coconut oil in a pan and once heated on a medium heat add the trout frying from 3-4 minutes each side. Steam the vegetables for 6 minutes or until cooked as you like. In another pan add the butter, garlic and parsley. Add the vegetables ensuring they are coated in the sauce and serve.