

RAPID FAT LOSS 7 DAY MEAL PLAN



 KICKSTART

ELEVATE 2019

SHOPPING LIST



ELEVATE 2019

JUICE

Apples
Carrots
Lemon
Peppers
Cucumber
Celery
Broccoli
Beetroot
Avocados
Ice
Pears
Parsnips
Lime
Fresh mint
Oranges
Fresh ginger
Fresh parsley
Spinach
Fresh turmeric

FOOD

Cauliflower
Fennel seeds
Red lentils
Curry paste
Lemon
Iceberg lettuce
Turkey breasts
Cucumber
Chicken breasts
Onions
Mixed peppers
Mango
Tomatoes
Sweet potatoes
Chestnut mushrooms
Garlic cloves
Pollock fillets
Avocados
Smoked salmon
Eggs
Fresh spinach
Fresh watercress
Tuna steak
Baby asparagus
Broccoli
Sesame seeds
Kale
Cabbage
Courgette
Carrots
Butternut squash

SPICES

Paprika
Chilli flakes
Fresh rosemary
Coconut oil
Sesame oil
Coriander seeds
Fresh coriander
Dried oregano
Fresh parsley
Fresh basil
Cumin seeds

DAY ONE



ELEVATE 2019

Juice

PINK DETOX JUICE

3 Apples
1 Carrot
2 – 3cm of Lemon
1/4 Yellow Bell Pepper
2 – 3cm Cucumber
1/4 Celery Stalk
2 – 3cm Broccoli
2 – 3cm Raw Beetroot
1 Avocado
1 small handful of Ice

Juice

Place one whole apple in the juicer and then add all the other ingredients except the avocado, finishing off with the final apples and juice.

Blend

Place a couple of ice cubes in the blender along with the flesh from the avocado.

Add the juice and blend until creamy and smooth.

Meal 1

CAULIFLOWER AND LENTIL SOUP

SERVES 3 - 4

Take one cauliflower and blend with red lentils, fennel seeds, curry paste and lemon juice to be rewarded with this warming, hearty soup

Ingredients

1 cauliflower
1 ½ tbsp oil
2 tsp fennel seeds
150g red lentils
3 tbsp curry paste of your choice
½ lemon, juiced

Method

Remove the outer leaves from the cauliflower, cut off the stalk and roughly chop, then cut the head into small florets. Toss a quarter of the florets in 1 tbsp oil and 1 tsp of the fennel seeds, season well, then tip into a roasting tin and set aside.

Heat oven to 220C/200C fan/gas 7. Heat ½ tbsp oil in a saucepan over a medium heat and add the remaining fennel seeds, toast for 2 mins, then add the lentils and the remaining cauliflower. Stir in the curry paste, then add 1 litre water and bring to the boil. Simmer for 25 mins until the cauliflower is tender and the lentils are cooked through.

Meanwhile, put the roasting tin of cauliflower in the oven and cook for 20 mins until crisp and slightly charred. Tip the soup mixture into a food processor and blitz until smooth, tip back into the pan to warm through, adding the lemon juice and a little water if it's too thick. Tip into bowls and top with the crispy cauliflower and fennel seeds to serve.

Meal 2

LETTUCE WRAPS

Ingredients

4 leaves of iceberg lettuce leaves,
2 cooked turkey breasts,
1/2 cucumber, 4 spring onions,
A sprinkle of paprika

Method

Chop and slice all ingredients and arrange in the lettuce leaf then sprinkle with paprika.

DAY TWO



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Juice

TANGY LEMONADE JUICE

2 Golden Delicious Apples
1/3 of a Wax-Free Lemon
2 Ice Cubes

Simply juice the apples and lemon and pour over ice - it really does taste like cloudy lemonade!

Meal 1

CHICKEN KEBABS

Ingredients

2 chicken breasts, 1 yellow pepper, 1 red pepper, 1 onion, 1 mango, 4 cherry tomatoes, chilli flakes, coconut oil.

Method

Skewer the chicken, onion, pepper, mango and tomatoes onto sticks. Brush over melted coconut oil and sprinkle with chilli flakes. Serve with salad or vegetables.

Meal 2

SWEET POTATO JACKETS

ingredients

2 sweet potatoes

1 tbsp coconut oil

1 red pepper, sliced

1 handful chestnut mushrooms, quartered

1 tsp chopped fresh rosemary

Any other toppings of your choice: for example

bacon or baked beans.

1. Preheat the oven to 180C.
2. Prick the potatoes several times with a fork then microwave on high for 8-10 mins. (or until tender)
3. Meanwhile, heat the oil in a pan and add the mushrooms, peppers and rosemary. Stir and cook until the mushrooms are tender. Season to taste.
4. Put the potatoes in the oven and roast for 15 mins until the skin starts to crisp. Split open and spoon over the mushroom mix and any other toppings you like.

DAY THREE



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Juice

CREAMY GREEN JUICE

1 Apple
2 Pears
1 Parsnip
1/4 Cucumber
1/2 Lime (Peeled with the pith left on)
Fresh Mint (1 small handful)
Ice (1 small handful)
Juice all the ingredients. Simply pour over ice and enjoy!

Meal 1

CAULIFLOWER AND CORIANDER SOUP

Ingredients

3 tbsp coconut oil, 1 large onion,
4 garlic cloves, 1 1/2 tbsp coriander seeds, 2 sweet potatoes, 1kg cauliflower,
750ml vegetable stock, 1 handful fresh coriander, 1 tsp chilli flakes.

Method

In coconut oil heat onions, garlic, coriander seeds until golden brown. Add cauliflower, sweet potato and half the stock and simmer for 20-30 mins.

Add the rest of the stock once the sweet potato is soft and simmer for a further 10 mins. Blend until smooth and season to taste.

Meal 2

GREEK ROAST FISH

ingredients

400g sweet potatoes, scrubbed and cut into wedges
1 onion, halved and sliced
2 garlic cloves, roughly chopped
1/2 tsp dried oregano
2 tbsp olive oil
1/2 lemon, cut into wedges
2 large tomatoes, cut into wedges
200g fresh skinless pollock fillets
1 small handful parsley, roughly chopped

1. Heat oven to 200C/180C fan/gas 6. Tip the sweet potatoes, onion, garlic, oregano and olive oil into a roasting tin, season, then mix together with your hands to coat everything in the oil. Roast for 15 mins, turn everything over and bake for 15 mins more.
2. Add the lemon and tomatoes, and roast for 10 mins, then top with the fish fillets and cook for 10 mins more. Serve with parsley scattered over.

DAY FOUR



ELEVATE 2019

Juice

MINTY JUICE

2 Oranges
3 Carrots
1-2cm Raw Ginger
4 Sprigs of Fresh Mint
1 small handful of Ice

Peel the oranges, remembering to leave the white pith on as this is where the majority of the nutrients are to be found.

Juice the oranges, carrots, ginger, and gorgeous mint. Pour the juice over ice and enjoy!

Meal 1

AVOCADO SALAD

Ingredients

1 large avocado, 100g smoked salmon,
1 boiled egg, 4 handfuls fresh spinach, 4 handfuls watercress, 2 green peppers,
1 garlic clove, 1 small onion, 2 tbsp extra virgin olive oil.

Method

Chop and combine all ingredients and drizzle with olive oil.

Meal 2

TUNA WITH ASPARAGUS

ingredients

1 tuna steak
1 tsp sesame oil
100g baby asparagus
100g broccoli florets
1 tsp sesame seeds, toasted
Juice of 1/2 lime
Salt and black pepper to taste

1. Place the tuna on a baking tray and drizzle with the sesame oil.
2. Grill on each side for 5 minutes. While the tuna is cooking, steam the asparagus and broccoli for 2-3 minutes.
3. Lightly toast the sesame seeds by placing in a small frying pan over a medium heat for 1-2 minutes.
4. Toss the vegetables with the toasted sesame seeds and lime juice and season.
5. Serve all together.

DAY FIVE



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Juice

GINGER JUICE

2 stalks celery
1/2 cucumber
1.5cm ginger, peeled
1/2 cup parsley
1/2 lemon, juice only
1 green apple
2 cups spinach
Juice all ingredients.

Meal 1

GREEN SOUP

Ingredients

Onions, Kale, Broccoli, Red pepper, Carrots, Sweet potato, cabbage and 300ml vegetable stock.

Method

Sweat off the vegetables in coconut oil then add vegetable stock and simmer for 15 minutes. Blitz with a hand blender until smooth. Season with salt and pepper.

Meal 2

SWEET POTATO TORTILLA

300g bag baby spinach leaves
8 tbsp olive oil
2 large onions, thinly sliced
4 medium sweet potatoes, peeled, cut into thin slices
2 garlic cloves, finely chopped
8 large eggs

1. Put the spinach in a large colander and pour over a kettleful of boiling water. Drain well and, when cooled a little, squeeze dry.
2. Heat 3 tbsp oil in a 25cm pan with a lid, then sweat the onions for 15 mins until really soft. Add another 3 tbsp oil and add the potatoes and garlic. Mix in with the onions, season well, cover and cook over a gentle heat for another 15 mins or so until the potatoes are very tender. Stir occasionally.
3. Whisk the eggs in a large bowl, tip in the cooked potato and onion, and mix together. Separate the spinach clumps, add to the mix and fold through.
4. Add 2 tbsp more oil to the pan and pour in the sweet potato and egg mix. Cover and cook over a low-medium heat for 20 mins until the base and sides are golden brown and the centre has mostly set. Run a palette knife around the sides to stop it from sticking.
5. To turn the tortilla over, put a plate face down onto the pan, then flip it over. Slide the tortilla back into the pan and cook for a further 5-10 mins until just set and golden all over. other side until just set and golden all over. Allow to rest for 5 mins, then tip onto a board before cutting into wedges.

DAY SIX

Juice

BEET JUICE

1.5cm fresh ginger, peeled
3 beets
3 carrots
3 stalks celery
Juice all ingredients.

Meal 1

OREGANO CHICKEN

Ingredients

2 chicken breasts, 1 tsp dried oregano, 1 tbsp coconut oil, 1 courgette, 1 carrot.

Method

Cover chicken in oregano and fry in coconut oil until cooked. add spiralized/ sliced carrot and courgette for the last few minutes then serve.

Meal 2

BAKED SALMON AND ASPARAGUS FRITTATA

Ingredients

4 medium eggs, 125g smoked salmon, 6 asparagus spears, 1 red onion, 1 handful basil leaves, 1 tsp coconut oil.

Method

Preheat oven to 200c. In a frying pan put 1 tbsp coconut oil pour in onions and asparagus then pour on top whisked eggs and salmon. Fry for 5 minutes then bake in a hot oven for 15-20 mins. Serve with spinach.



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DAY SEVEN



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Juice

ANTI INFLAMMATORY JUICE

2cm fresh turmeric
4 carrots
1cm fresh ginger
1 orange
1/2 lemon
3 stalks celery
Juice all ingredients.

Meal 1

TURKEY SALAD

Ingredients

1 turkey steak, 1/2 iceberg lettuce, 1 carrot shredded, cherry tomatoes, 1 lime, 1 tsp coconut oil.

Method

Squeeze 1/2 lime and spread 1 tsp coconut oil on a turkey steak and grill.

Mix the salad together and squeeze over remaining lime juice. Serve all together.

Meal 2

BUTTERNUT SQUASH SOUP

Ingredients

1 Butternut squash, 1 red onion
2 Garlic cloves, 1 red chilli,
1 small bunch coriander,
1/2 tsp cumin seeds, 300ml vegetable stock, 1 tsp coconut oil.

Method

Fry the onion, garlic, coriander leaves and chilli in the coconut oil. Add the diced squash and onion for 2 minutes then cover in stock and cook for 30 mins. Season with salt and pepper.