

RAPID FAT LOSS FINAL 14 DAY PUSH



X KICKSTART

ELEVATE 2019

SHOPPING LIST

Please note these handbooks are weekly guides created to provide a framework and rough food plan only. Please feel free to mix and match your own recipes!



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ELEVATE

Shopping List

Proteins

Beef
Chicken
Duck
Turkey
Lamb
Liver
Kidney
Veal
Pork
Lean bacon
Shellfish/Shrimp
Crab
Lobster
Salmon
Cod
Plaice
Halibut/Turbot
Hake
Bream
Prawns
Eggs
Rainbow Trout
Haddock
Mackerel
Sea Bass

Fats

Olive Oil, Coconut Oil, Butter
Nuts: Organic Macadamia / Almonds / Brazil eat small amounts of these, if required.

Dairy

Almond Milk, Coconut Milk, Rice Milk
*Try different milks for variety

Spices

Herbs and Spices are fine to enhance and flavour, but don't overdo it.
Almond or Coconut Milk (minimal amounts for cooking)

Hydration

Water a minimum 3 litres per day
Fruit Teas

Carbohydrates

Brown Rice
Lentils
Basmati Rice
Sweet Potato
Courgette
Carrots
Parsnips
Bean sprouts
Swede
Cucumber
Broccoli
Aubergine
Squash
All leafy greens Spinach, Kale, Spring Greens Lettuce etc
Tomatoes
Onion
Cabbage
Celery
Mushrooms
Green, Red, Orange, Yellow Peppers
Green Beans
Purple Sprouting Broccoli
Cauliflower
Avocado
Apple
Lemons / Limes
Pulses
Beans
Quinoa

DAY ONE

BREAKFAST

Courgette Pancakes Serves 1

Ingredients

- 1 medium size courgette
- 1 medium size spring onion • 1 large egg
- Salt and pepper to taste
- 2 tbsp coconut oil for frying

Method

1. Grate the courgette into a small bowl.
2. Finely chop the spring onion and mix with the courgette.
3. Combine a large egg into the bowl and mix thoroughly, adding salt and pepper to taste.
4. Heat the oil in frying pan and spoon 3 mounds of the courgette mixture into the pan and fry until lightly browned, pressing down to flatten. Flip the pancake till browned on both sides.

LUNCH

Prawn, Fennel and Tomato Ragout Serves 2

Ingredients

- 1 tbsp coconut oil
- 1 onion, chopped
- 1 large fennel bulb, quartered, sliced and leafy tops reserved
- 400g cherry tomatoes
- 200g large prawns, cooked and peeled • 1 handful of black or green olives

Method

1. Heat the oil in a large pan. Add the onion and fennel and cook for 5 minutes, stirring every so often.
2. Add the tomatoes and seasoning, then bring to the boil.
3. Cover and cook on a low heat for 10 minutes until the fennel is tender, then stir in the prawns and warm through.
4. Serve scattered with olives and the reserved fennel tops, roughly chopped.

DINNER

Veggie Burgers Serves 4

Ingredients

- Coconut oil
- 1 onion, finely chopped
- 1 carrot, grated
- 1/2 red pepper
- 3 garlic cloves, smashed, peeled and finely chopped • 2 tbsp tomato puree
- 2 tsp dried herbs
- 1 tsp oregano
- 2 tsp sprouted, ground flaxseed
- 400g kidney beans or black beans, cooked
- 200g brown rice, cooked
- 50g chopped nuts
- Himalayan salt and black pepper
- 3 tbsp brown rice flour

Method

1. Melt 1 tablespoon coconut oil in a saucepan.
2. Add onion, garlic, herbs, oregano.
3. Season with salt and pepper to taste. Stir fry for 5 minutes.
4. Chop the beans and rice in a blender. Add the onion mix and nuts. Blend briefly.
5. Chill the mix in the freezer for 15 minutes.
6. Dust work surface with flour. Make 6-8 burger shapes. Place on a baking sheet and chill.
7. Melt 1 tablespoon of coconut oil in a frying pan on a high heat. Fry burgers until brown (Approximately 10 minutes.)
8. The burgers freeze well. Defrost for 4 hours.



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DAY TWO

BREAKFAST

Almond Pancakes Serves 1-2

Ingredients

- 1 cup of almond flour
- 2 medium free range eggs
- 3-4 tbsp of coconut milk
- 1 vanilla pod, split and seeds scraped out • 1 tbsp of ground cinnamon
- 1 tbsp of Coconut oil

Method

1. Mix the eggs, coconut milk and vanilla in a bowl and whisk together.
2. Sift in the almond flour and cinnamon.
3. Heat a teaspoon of coconut oil in a large frying pan over a medium heat. Add a scoop of the pancake batter, swirl the pan to evenly coat the base with the mix.
4. Cook for around 45 seconds until brown and then flip to brown the other side.

LUNCH

Chicken in Walnut and Garlic Sauce Serves 3-4

Ingredients

- 4 large chicken breasts, skin removed
- 4 tbsp of coconut oil, melted down
- 3 heaped tbsp of walnuts, roughly chopped
- 3 heaped tbsp of parsley, chopped
- 3 plump cloves of garlic, peeled and crushed
- Himalayan sea salt and freshly ground black pepper

Method

1. Preheat the oven to 200°C.
2. Place the chicken breasts in an ovenproof serving dish.
3. Put all the remaining ingredients into a food processor and blend briefly into a sauce.
4. Spread the mixture over the chicken and bake in the oven for 40 minutes until golden and cooked through. Serve with a huge avocado salad.

DINNER

VEG STEW

Heat a teaspoon of coconut oil large, heavy-based pan. Add 1 onion and cook gently for 5 –10 minutes until softened. Add the 3 cloves chopped garlic, dried thyme, 3 carrots, 2 sticks of celery and 2 peppers and cook for 5 minutes. Add the 800g peeled cherry tomatoes, 250ml vegetable stock and fresh thyme and cook for 20 - 25 minutes. Take out the thyme sprigs. Stir in 250g cooked lentils and bring back to a simmer.



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DAY THREE

BREAKFAST

Sha Bang Eggs Serves 1

Ingredients

- 2 medium free range eggs, beaten
- 1 small avocado peeled, pitted, and diced
- 1 red pepper, seeded and diced
- 1/2 small red onion, peeled and chopped
- 1/2 tomato, diced
- Fresh baby spinach leaves
- Handful fresh cooked prawns
- 1 tsp coconut oil
- 1-2 cloves garlic, peeled and minced
- A combination of the following fresh herbs, washed and chopped: parsley, basil, sage, tarragon, dill, or chives. Sea salt and pepper to taste.

Method

1. In a large wok, sauté the onion, bell pepper, and garlic in oil. 2. When the onions are soft, add the eggs, prawns, avocado, tomato, and spinach.

3. Continue cooking on medium heat until eggs are cooked and scrambled, then add herbs. Season if needed.

LUNCH

AVOCADO AND SMOKED SALMON NOODLES

Ingredients

- 2 medium courgettes
- 2 avocados
- 8-10 fresh basil leaves
- 2 garlic cloves
- juice of half a lemon
- Himalayan pink salt
- black pepper
- 3 tbsp extra virgin olive oil
- 2 smoked or grilled salmon fillets
- pine nuts

Method

Spiralize the courgette and place in a large bowl. Place avocado, basil, garlic, lemon juice, salt, pepper and extra virgin olive oil in a food processor and blend until smooth. Stir the avocado sauce through the zoodles, shred the salmon on top and toss. Transfer to 2 serving bowls and sprinkle with pine nuts.

DINNER

FISH AND CAULI RICE

Place in tin foil on a baking tray 2 pieces of white fish, squeeze over 1 lemon, sprinkle a little salt and pepper, place 6 cherry tomatoes around the fish and fold the foil over to create a package. Cook in the oven at 180c for 25 minutes. Check it is cooked and serve with the cauliflower rice.

For the cauliflower rice:

Heat a frying pan and add a teaspoon of coconut oil. Grate in cauliflower. Crack one egg into a bowl and whisk.



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DAY FOUR

BREAKFAST

Homemade Muesli Serves 1-2

Ingredients

- 1lb gluten free porridge oats
- 200g flaked almonds (or mixed nuts according to preference) • 100g flax seeds
- 400ml coconut milk

Method

1. Mix all of the dry ingredients together in a big bowl with coconut milk and leave until the liquid is absorbed by the oats. Spread the mix thinly across a baking tray and toast in a low heated oven until lightly browned and fully dried.
2. Serve with coconut milk when cooled.

LUNCH

Banana and Cinammon Omelette Serves 1

Ingredients

- 1 chopped banana
- 3 medium free range eggs • 2 tbsp cinnamon
- 1 tbsp coconut oil

Method

1. Heat the coconut oil in pan on a medium heat then add the chopped banana until they soften.
2. While the banana is warming, beat the 3 eggs in a bowl.
3. Pour the eggs over the banana.
4. When the omelette is almost cooked, sprinkle the cinnamon over the top to serve.

DINNER

CUMIN COATED LAMB STEAKS

Ingredients

- 100g quinoa
- Himalayan salt
- ground pepper
- coconut oil
- 1 mug of water or stock
- 500g tomatoes
- 1 garlic clove, finely chopped
- 1 small handful of almonds, chopped and toasted
- 1 handful of fresh coriander, or parsley, finely chopped
- 1 pinch of chilli powder
- 2 lamb steaks
- 1/2 tsp paprika
- 1 tbsp cumin seeds
- 1 lime, zest and juice

Method

Cook the quinoa as per instructions on packet. Dice your tomatoes. Mix with the garlic and a little salt and pepper. Stir through the cooked quinoa. Add the almonds, chilli powder, herbs, a little lime zest and juice. Taste. Adjust seasoning as needed. Rub the lamb steaks with a little salt, pepper and the paprika. Sprinkle the cumin seeds over the steaks and press them in on both sides. Get a large frying pan really hot. Add coconut oil and when hot add the steaks. Cook in the hot pan until golden on each side. Turn a few times during cooking. Press the centre of each steak to test if it is done, the firmer it is in the centre the more well done it is.



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DAY FIVE

BREAKFAST

Asparagus Eggy Soldiers Serves 1

Ingredients

- 2 large free range/organic eggs • 4 asparagus spears
- 1 tsp of coconut oil
- Sea salt and black pepper

Method

1. Boil enough water in a pan to cover the eggs by 1 cm.
2. When the water is boiling, place the eggs gently into the water to avoid cracking - boil for 5 minutes for a soft consistency.
3. While the eggs are boiling heat the oil in a frying pan and cook the asparagus spears for 2-3 minutes.
4. Place your eggs in an eggcup and serve asparagus soldiers to dip, season if need be.

LUNCH

MORROCAN STYLE CHICKPEA SALAD

Ingredients

- 1 can chickpeas
- 1 small onion
- 1/2 tsp cumin seeds
- 1/2 tsp coriander seeds
- 3 tomatoes, chopped
- 1 bag mixed salad
- coconut oil

Method

Lightly fry coriander seeds, onion, cumin seeds and chickpeas in coconut oil, chop tomatoes and mix together.

DINNER

COURGETTE AND CHICKEN CASSEROLE

Ingredients

- 4 courgettes, peeled
- 2 lbs chicken strips
- coconut oil
- almond milk
- 1 Tbsp Himalayan pink salt
- 1 Tbsp black pepper
- 90g onion, finely chopped
- 4 cloves garlic, finely chopped
- 300g sliced mushrooms
- 1 tbsp fresh thyme, finely chopped

Method

Spiralize courgettes and set to the side. In a large sauté pan over high heat, melt coconut oil. Season the chicken strips with salt and pepper and cook until lightly browned. Set aside to cool then chop into bite-sized pieces.

In the same sauté pan with the leftover oil and chicken drippings (may need to add more oil), fry the onions, garlic, and mushrooms together. Add enough almond milk to cover the mixture and let it simmer for about 5 minutes, or until thick. When gravy is at desired thickness, mix with the noodles and chopped chicken until well combined. Pour into a casserole dish. Bake at 180c for 25-30 minutes. Top with the fresh parsley.



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DAY SIX

BREAKFAST

Baked Egg in Avocado Cups Serves 1

Ingredients

- 1 avocado
- 2 eggs, beaten
- Sea salt and black pepper
- 1 tsp of coconut oil
- Handful of chopped chives
- Chilli flakes to your preference

Method

1. Pre-heat the oven to 200 C.
2. Slice avocado in half and remove pip.
3. Use a spoon to scoop out some of the avocado to make room for the egg. Place the avocado halves in a tin or oven safe bowl so they don't roll around. You can slice a little off the avocado to give it a flat base and make them more stable. Crack an egg into each avocado half. Sprinkle with salt and pepper and add a pinch of chilli flakes.
4. Bake for 8-15 minutes depending how well done you like your eggs.
5. Sprinkle with chives and serve with a green salad.

LUNCH

Crab and Cauli Cakes Serves 2-3

Ingredients

- 350g white crabmeat
- 1 small head of cooked cauliflower, mashed • 3 stalks of celery, finely chopped
- 1 finely chopped onion
- 1 tbsp parsley, chopped
- 2 eggs, beaten
- 1 tsp chilli powder or 1 chopped red chilli
- 1 tbsp of coconut oil

Method- Combine all ingredients in a large bowl except the oil. Form into 6 patties and chill in the fridge for at least 1 hour. Heat the oil in frying pan and brown for 3 minutes on each side. Serve with a green salad and lime wedges.

DINNER

Guilty Free Family Shepherd's Pie Serves 4

- 500g turkey mince
- 4 sweet potatoes
- 2 sliced carrots
- 1 large white onion
- 10 organic mushrooms
- Wheat and gluten free gravy (goodnessdirect.co.uk)
- 1 portion of goat's cheese • 1-2 tbsp coconut oil
- 1-2 tbsp dried mixed herbs

Method

1. Pre-heat oven at 180oc for 20 minutes. Skin the sweet potatoes, chop and place in a pan of boiling water. Leave potatoes to soften and boil for 20-30 minutes.
2. Chop the onion, mushrooms and carrots. Heat a deep pan with 1 teaspoon of coconut oil. Add the onions and mushrooms, stir for 2-3 minutes until slightly golden. Add the turkey mince to the pan and cook until brown for about 10 minutes.
3. Add 1 teaspoon of mixed herbs and stir. Add the sliced carrots, 250ml of boiling water and 4 heaped tablespoons of gravy mix.
4. Stir and simmer for approximately 10 minutes.
5. Mash the sweet potatoes together until they are smooth with no lumps. Place the mince mixture into a large deep oven dish. Place the sweet mash evenly over the mince mixture.
6. Sprinkle a handful of grated goat's cheese over sweet mash. Place in oven at 180oC for 30 minutes.
7. Serve with Savoy cabbage and enjoy!



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DAY SEVEN

BREAKFAST

Cashew Granola

Ingredients

- 200g rolled oats (gluten free) • 10g organic butter, melted
- 120g chopped cashew nuts
- 1 tsp vanilla essence
- 2 tsp minced fresh ginger

Method

1. Pre-heat the oven to 300°F/150°C.
2. Thoroughly combine rolled oats and melted butter in a mixing bowl. Transfer to a large baking dish and spread out evenly.
3. Bake for 45-55 minutes, stirring every ten minutes, until oats are lightly coloured. Add cashews, ginger, and vanilla 20 minutes into the baking time and stir in thoroughly.
4. Serve or store in a covered container. Will keep refrigerated for up to 2 weeks.

LUNCH

FETA COURGETTA

Ingredients

- 100g feta
- coconut oil
- salt and black pepper
- 1 mug of quinoa
- 2 courgettes, spiralized
- 1 tbsp mint, chopped
- 1 tbsp flat leaf parsley, chopped
- 3 chives, chopped
- 1 lemon, juice only

Method

Heat your oven to 200c / gas mark 6. Pop your feta in an ovenproof dish, drizzle with a little melted coconut oil and sprinkle with pepper. Pop in the oven for 10-15 mins. Put a dry roasting tin in the oven to get hot. Boil 2 mugs of water in a pan, pour in a mug of quinoa and cover. Cook for around 10 mins. You will want a slight bite in the quinoa. Use a spiralizer to create ribbons of courgette. Grab your warm roasting tin from the oven and drizzle with coconut oil. Put your courgettes in, season and pop them in the oven for around 5 mins to soften. When the quinoa is cooked, stir through half of your chopped herbs and add a squeeze of lemon juice. Top with the courgette ribbons and the baked feta. Sprinkle over the remainder of herbs.

DINNER

BUTTERNUT SQUASH RISOTTO

Ingredients

- 2 tbsp coconut oil
- 2 shallots
- 2 sprigs fresh thyme • 240g pearl barley
- 500ml veg broth
- 240ml of water
- 1 butternut squash
- Himalayan salt
- pepper
- 2 tbsp chopped fresh flat leaf parsley leaves

Method

In a 12 inch pan, put in 1 tbsp coconut oil. Add shallots and cook for 2 minutes or until golden, stirring often. Add thyme, cook 30 secs. Add barley and cook 2 mins or until toasted and golden stirring often. Transfer to 6 quart slow cooker bowl , along with the broth, water, squash, and 1/2 teaspoon salt. cover and cook on high 3 1/2 to 4 hours or until the liquid is absorbed and the squash is tender. Uncover, discard thyme. Add the remaining coconut oil, 1 tsp salt, and 1/4 tsp freshly ground black pepper. Transfer one-third of mixture to container and refrigerate for up to 3 days. Transfer the remaining mixture to serving dishes and garnish with parsley.



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DAY EIGHT

BREAKFAST

Special Breakfast Eggs

Ingredients

- 2 organic eggs, beaten
- A handful of frozen or fresh peas
- A handful of (7 or so) chunky and juicy tiger prawns • Himalayan rock salt, ground black pepper
- Handful of chopped coriander
- 1 tsp of coconut oil

Method

1. Heat a frying pan with butter or coconut oil.
2. Add the beaten eggs and let them cook as you scramble them.
3. Add the peas and prawns, salt and pepper to taste.
4. Mix it all well until eggs are cooked.
5. Serve it hot sprinkled with coriander.

LUNCH

Prawn, Mango and Avocado Salad

Ingredients

- 12 large cooked prawns
- 1 mango, peeled and chopped • 1/4 cucumber, finely chopped
- 1/2 avocado, chopped
- 20g unsalted plain cashew nuts • 1 tsp olive oil
- Juice of a half a lime
- Chilli flakes

Method

1. Combine the lime juice, oil and chilli flakes together.
2. Mix all other ingredients together in a bowl and dress with the oil mixture.
3. Serve on a big bed of watercress and spinach
4. Season if needed.

DINNER

Chicken Wraps with Pesto-Yoghurt Dressing Serves 2

Ingredients

- 2 skinless chicken breasts, cut into strips • 1 small tomato, sliced
- 1 tbsp of fresh oregano leaves
- 1 or 2 large leaves Romano lettuce
- 2 tsp coconut oil

Dressing

- 1-2 tbsp of plain, active-culture yoghurt
- 1 tbsp coarsely chopped pine nuts or walnuts • 1 clove garlic, peeled
- 2 tbsp olive oil
- 1 tbsp fresh basil leaves, shredded
- A pinch of sea salt

Method

1. Heat the coconut oil in a pan and add the chicken strips and oregano. Cook the chicken thoroughly, then set aside.
2. Put the pine nuts or walnuts and the garlic into the food blender until finely blended. Add the extra virgin olive oil and pulse several times. Add in the basil, yoghurt, and salt. Pulse until thoroughly mixed.
3. Lay the lettuce leaf flat on a plate. Cover the whole of the leaf with the dressing and then assemble your chicken and tomato slices. Wrap, secure with a toothpick and serve.



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DAY NINE

BREAKFAST

Fruity Omelette Serves 1

Ingredients

- 1 handful of fresh blueberries or raspberries • 1 banana cut into slices
- 1 tsp coconut oil
- 4 eggs, beaten till frothy
- 1/2 teaspoon cinnamon (add more if you wish)

Method

1. Heat coconut oil in a small omelette pan.
2. Add the fruit and fry for 2 minutes.
3. Add the eggs and allow to cook on a medium heat for 2-3 minutes.
4. Before the omelette is fully cooked, sprinkle the cinnamon on top, transfer to the grill to finish cooking and brown on top.

LUNCH

Sweet Potato Mess Serves 1

Ingredients

- 1 sweet potato
- 40g fresh goat's cheese
- 1 fresh red chilli chopped finely
- 1 handful of parsley leaves chopped finely • 1 handful of baby spinach
- 6 cherry tomatoes
- 1-2 tbsp extra virgin olive oil
- Balsamic vinegar
- 1-2 tsp coconut oil
- 1 handful of pine nuts

Method

1. Pre-heat oven at 180°C for 20 minutes.
2. Chop the sweet potato in half and place on a baking tray, cover sparingly with 2-3 teaspoons of coconut oil and place in oven for 25-30 minutes.
3. Once the potatoes are cooked place on a chopping board, cover in chopped parsley, chilli, goats cheese and pour 2 large tablespoons of olive oil over. Using a large kitchen knife, chop up the potatoes until the mixture is well blended together.

DINNER

Butternut Squash and Goat's Cheese with Purple Sprouting Broccoli Serves 2

Ingredients

- 1 large butternut squash • 2 chicken breasts
- 1 tbsp harrisa paste
- 2 tbsp coconut oil
- 1 tsp chilli flakes
- 1 tsp cumin seeds
- Sea salt and ground pepper
- 200g purple sprouting broccoli • 100g pumpkin seeds
- 200g goat's cheese roulade

Method

1. Pre-heat the oven to 200°C. Cut the chicken breast into strips and mix with the harrisa paste; leave for 15 minutes for the flavours to marinate.
2. Peel and cut the squash into chunks, toss in oil and then mix in the chilli flakes and cumin seeds. Put the squash in a roasting tin and place in the oven for about 40 minutes until they start to brown at the edges.
3. Roast the chicken breast for around 30 minutes while steaming the broccoli for about 3 minutes.
4. Assemble on a plate and crumble the goat's cheese on top to serve.



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DAY TEN

BREAKFAST

SHAPE Green Smoothie Serves 1

Ingredients

- 2 celery sticks
- 1/2 cucumber
- 1 tsp cashew nut butter
- 1 tsp coconut oil
- Handful of spinach & watercress
- Half an avocado
- Splash of coconut milk, depending on how thick you like it • 4 ice cubes

Method

1. Place all ingredients into blender and blend until smooth.
2. Pour into a large glass and enjoy.

LUNCH

Kedgerree Serves 3

Ingredients

- 450g smoked haddock fillets • 3 medium boiled eggs
- 2 tbsp parsley
- 150g (raw) brown rice
- 60g butter
- 75ml rice milk

Method

1. Place the fish in a large frying pan, cover with water and allow to simmer for 10-12 minutes until fish is tender. Meanwhile cook the rice in a separate saucepan.
2. Drain the fish, remove and discard the skin and bones. Flake the flesh.
3. Chop 2 eggs. Reserve the third to garnish.
4. Mix together the fish, rice, chopped eggs, parsley and rice milk in a large saucepan. Cook, stirring, until heated through and milk has been absorbed.
5. Serve immediately and garnished with parsley and slices of remaining egg.

DINNER

Spicy Pork Serves 4

Ingredients

- 400g pork loin fillet or boneless chops • 1 tbsp olive oil
- 3 tbsp tamari
- 2 tsp tomato puree
- 1" ginger peeled and grated
- 1 large red chilli, chopped finely • 1 spring onion, finely chopped
- 2 large garlic cloves, crushed
- 2 tsp of raw organic honey

Method

1. Whizz all the ingredients except the pork together in a blender.
2. Rub the mixture all over the pork and leave to marinade for at least 1 hour, the longer the better.
3. Place in an oven proof tin, cover with foil and bake for about 30- 35 minutes at 180oC.
4. Serve with sweet potato wedges and steamed green veg.



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DAY ELEVEN

BREAKFAST

Breakfast Stir Fry Serves 1

Ingredients

- 1/2 bag ready sliced cabbage and leeks • 5 asparagus tips, chopped
- 1 handful of sugar snap peas
- 2 medium free range eggs
- 75g smoked salmon • 1 tbsp coconut oil
- 1 tsp cinnamon
- Lemon wedge

Method

1. Heat the oil in pan until it softens then add the vegetables and fry off for 3-4 minutes.
2. Add eggs & cinnamon stirring continuously until set then serve with smoked salmon and a lemon wedge.

LUNCH

Broccoli and Mint Soup Serves 2

Ingredients

- 1 large onion, diced
- 1 tbsp coconut oil
- 1 head of broccoli
- 400ml chicken or vegetable stock
- Small bunch of mint leaves, shredded

Method

1. Fry the onion in a large pan with oil on a medium heat until softened.
2. Add broccoli and stock and simmer for 10-15 minutes or until broccoli has softened. Cool slightly.
3. Place in a food processor with the mint leaves or use an electric blender to form a smooth texture.
4. Heat to serve.

DINNER

Roasted Fennel, Cherry Tomatoes and Chickpeas Serves 2

Ingredients

- 2 medium fennel buds • 2 sprigs of fresh sage • Juice of half a lemon
- 12 cherry tomatoes
- 400g jar of chickpeas, drained
- Coconut oil
- Sea salt and cracked black pepper

Method

1. Oven temperature of 180oC.
2. Cut the fennel bulbs into quarters and place them in a roasting tray with 2 teaspoons of coconut oil, salt and pepper.
3. Roast on the middle shelf of an oven for 25 minutes, turning often, or until charred but not burnt. Remove from the oven, tip into a bowl and keep to one side. Roast the cherry tomatoes for 10 minutes by placing them in a roasting tin with a generous pinch of sea salt, no oil needed.
4. Place a large, heavy based, non-stick frying pan on a low heat with teaspoon of coconut oil. When melted squeeze in the lemon juice and add the sage. Cook for 1 minute to allow the flavour of the sage to infuse the oil and then add the roasted tomatoes, 2 generous pinches of pepper and 1 of salt.
5. Cook for 2 minutes, stirring constantly. Then add the fennel and the chickpeas. Cook for a further 3 minutes, stirring often, then serve.



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DAY TWELVE



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BREAKFAST

Banana and Cinnamon Smoothie Serves 1

Ingredients

- 4 ice cubes
- 1 large banana
- 1 tsp cinnamon
- 250ml coconut milk

Method

1. 2.

Place ice cubes, banana and coconut milk into a blender. and blend until smooth.
Pour into a large glass and enjoy.

LUNCH

Baked Salmon and Asparagus Frittata Serves 2

Ingredients

- 4 medium free range eggs
- 50g coconut milk
- 125g smoked salmon
- 6 asparagus spears, trimmed and chopped • 1 red onion, sliced
- 1 handful of garlic, crushed
- 1 handful of basil leaves
- 1 tsp of coconut oil
- Sea salt and black pepper to taste

Method

1. Pre-heat oven to 200o prior to cooking and heat a small frying pan in oven with 1 tbsp of oil.
2. Blend eggs, milk and seasoning in a blender until fluffy.
3. Pour onions, asparagus and garlic into the hot pan, top with salmon and egg mixture.
4. Bake in hot oven for 15-20 minutes.
5. Serve with a large plate of spinach.

DINNER

Thai Chicken Curry Soup Recipe Serves 4

Ingredients

- 2 tsp coconut oil
- 1 chicken breast, chopped
- 1 onion, finely chopped
- 1 red pepper, chopped
- 2 handfuls of button mushrooms, chopped
- 2-3 tbsp curry powder
- 500ml water or chicken stock
- 1 tbsp almond flour, optional, for thickening
- 700ml coconut milk
- 1 tbsp fish sauce, optional
- 1/2 tsp fresh coriander, finely chopped
- Sea salt and freshly ground black pepper to taste

Method

1. Add the coconut oil and chicken to a large saucepan over a medium heat. Toss the chicken in the oil and cook for about 2 minutes.
2. Add the onion, red pepper and mushrooms to the saucepan and cook for a minute. Season to taste with salt and pepper at this point.
3. Coat the meat and vegetables in the curry powder (add up to 3 tbsp depending on how spicy you want the dish to be). Cook for about 45 seconds.
4. Add the water or stock, almond flour, coconut milk and fish sauce. Stir well. Allow the soup to simmer for 5-10 minutes, until the vegetables are tender and the chicken is cooked through.
5. Adjust the seasoning, if needed, and top with the fresh coriander prior to serving.

DAY THIRTEEN

BREAKFAST

OMEGA Breakfast Serves 1

Ingredients

- 2 tbsp of walnuts
- 2 tbsp of pecans
- 1 tbsp cinnamon
- 1 pinch of ginger
- 1 pinch of nutmeg
- 1 tbsp of almond butter • 1 mashed banana
- 2 whole eggs
- 200ml of coconut or almond milk • 2 tbsp of pumpkin seeds
- 1 handful of berries

Method

1. Blend nuts and spices in a food processor to make a grain like consistency and put to one side.
2. Whisk the eggs and almond milk together then blend with the mashed banana and almond butter.
3. Stir in the nut and spice mixture and warm on the stove until it reaches your desired consistency.
3. Sprinkle the pumpkin seeds and berries on top and add further almond milk if you wish.

LUNCH

Stuffed Peppers Serves 1-2

Ingredients

- 100g cooked quinoa (follow directions on packet) • 2 red onions, chopped
- 2 tomatoes, chopped
- 1 red pepper, chopped
- 1 clove garlic, crushed • 4 tbsp of lemon juice
- 2 large red peppers
- 1 tsp of coconut oil
- 1-2 tbsp of extra virgin olive oil

Method

1. Pre-heat the oven to 200°C.
2. Heat the coconut oil in a pan. Fry off the onions, garlic and chopped pepper for 2 minutes then add in quinoa and cook for further 1 minute.
3. Cut the tops of the peppers and de-seed.
4. Stuff the peppers with the warm mixture, place in a dish, cover with foil and cook in the oven for 20-25 minutes.
5. Drizzle olive oil over the peppers once cooked and serve.

DINNER

Oven Baked Sea Bass with Sweet Potato Chilli Mash and Spinach Serves 2

Ingredients

- 4 seabass fillets
- 2 medium sweet potatoes • 2 chopped garlic cloves
- 1 finely chopped red chilli • Ground cinnamon
- 1 tbsp of coconut oil

Method

1. Coat the sea bass fillets with garlic and chilli and coconut oil and place in the oven for 20-30 minutes on gas mark 8.
2. Peel, boil and mash 4 medium sweet potatoes then add chillies and a dash of cinnamon.
3. Serve with a bed of fresh raw spinach.



ELEVATE 2019

DAY FOURTEEN

BREAKFAST

Scrambled Eggs and Smoked Salmon Serves 1

Ingredients

- 3 large free range eggs
- Sea salt and black pepper to taste
- 1 tsp coconut oil
- 2 spring onions, green tops only, thinly sliced • 2 slices smoked salmon, thinly sliced

Method

1. Combine the eggs and seasoning in a small bowl. Stir briskly with a fork until well blended.
2. Heat oil in a non-stick frying pan over a medium-low heat. Add spring onions and cook, stirring until softened (about 30 seconds).
3. Pour the eggs into the pan and cook until they just begin to set, about 10 seconds; stir in the salmon. Cook for about 3-5 minutes, stirring gently from time to time, until the eggs have thickened into soft creamy curds.
4. Serve immediately.

LUNCH

Greek Salad with Lamb Serves 3

Ingredients

- 450g of minced lamb
- 3-4 tbsp of finely chopped Greek herbs such as dill, mint, oregano and parsley
- Sea salt to taste
- 2 hearts Romaine lettuce finely chopped
- 1-2 tomatoes, chopped
- 1 large or 2-4 small cucumbers, chopped
- 1 cup pitted Kalamata or other Greek olives • 2 tbsp of lemon juice
- 3-4 tbsp of extra virgin olive oil

Method

1. Saute ground lamb with herbs for 12-15 minutes, or until cooked through. Add salt to taste.
2. Combine meat with lettuce, tomato, cucumber and olives.
3. Whisk together with lemon juice and olive oil. Drizzle on top of the salad.

DINNER

Sizzling Cajun Steak Salad Serves 1

Ingredients

- 1 head Romaine lettuce
- 8 cherry tomatoes, cut in half
- 1 cucumber peeled and sliced into thin rounds • 1 roasted pepper, cut into strips
- 2 radishes sliced into thin rounds and any other salad vegetable you might like, be creative!
- Few sprinkles of cajun spices according to your taste (chilli, garlic, cayenne, mustard powder) • Nice piece of rump or sirloin steak
- 1-2 tsp of coconut oil

Method

1. Prepare the salad in large bowl and set aside.
2. Sprinkle the cajun spice mix over the steak on both sides.
3. Heat the oil in a frying pan or griddle and cook the steak to your liking.
4. Slice the steak and place slices on top of salad.
5. Serve immediately.



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