

12-WEEK

MEAL PLAN

Week 1

For display purposes we've shown the 'off plan' days as Saturday and Sunday, but please feel free to take them on any 2 days this week.

Meal	Mon	Tues	Weds	Thurs	Fri	Sat	Sun
Breakfast	Chocolate Porridge	Rye bread, smashed avocado and fried egg	Soya, yoghurt, protein and oats	Rye bread, smashed avocado and fried egg	Chocolate Porridge	Off plan day	Off plan day
Snack	Beat The Bloat Smoothie	Beat The Bloat Smoothie	Beat The Bloat Smoothie	Beat The Bloat Smoothie	Beat The Bloat Smoothie	Off plan day	Off plan day
Lunch	Tuna and avocado salad	Leftover seabass	Leftover stir fry	Leftover salmon	Leftover chicken	Off plan day	Off plan day
Snack	Almonds	Apple and almond butter	Almonds	Apple and almond butter	Almonds	Off plan day	Off plan day
Dinner	Seabass with roasted asparagus and rice	Vegetable stir fry	Honey roasted salmon	Lemon and garlic chicken	Tuna and avocado salad	Off plan day	Off plan day

Drinks (optional but highly recommended):

Before breakfast every day - Water and lemon and a matcha shot

After lunch every day - Matcha shot

(You can buy my Matcha here: <http://shop.theultimateshred.com>)

Drinks (mandatory):

Consume at least 3 litres of water per day

WEEK 1

RECIPES

Drinks

Hot water and lemon

Servings 1

Ingredients:

½ lemon

400ml hot water

Method:

Squeeze the half of a lemon into the hot water and drink.

Matcha Shot

Servings 1

Ingredients:

½ heaped tsp Leigh Linton Matcha Powder (can buy my Matcha here: <http://shop.theultimateshred.com>)

250ml cold water

Method:

Put the matcha powder into a water bottle, mix in the water. Pop the lid on and shake until all mixed in and drink straight away.

WEEK 1

RECIPES

Breakfasts

Chocolate Porridge

Servings: 1

Ingredients:

30g Oats (gluten free oats if gluten intolerant)

250ml Water and/or almond milk

2 tsp raw cacao powder

1-2 tsp raw maca powder

(You can buy my Maca and Cacao here: <http://shop.theultimateshred.com>)

2 tsp honey

1 handful berries (eg blueberries, blackberries or raspberries)

Method:

Bring the water (or water and almond milk) to the boil, preferably in a non-stick pan.

Slowly pour the oats into the boiling liquid, stirring constantly.

Keep stirring until it has returned to the boil again, reduce the heat, cover the pan and simmer very gently for 15 minutes, stirring frequently.

Add more liquid until you get the texture you require.

Add the cacao powder and maca powder in and stir until mixed in.

Then drizzle the honey over the porridge, mix it in and finally add your berries.

Serve and enjoy!

WEEK 1

RECIPES

Breakfasts

Rye bread with smashed avocado and fried eggs

Servings: 1

Ingredients:

2 eggs

2 slices rye bread (sourdough or wholemeal if you can't find)

1 avocado smashed

Drizzle olive oil

Pinch of Himalayan pink salt

Pinch of black pepper

Method:

Heat a large, non-stick frying pan over high heat. Add oil to pan and swirl to coat.

Crack eggs into pan; cook two minutes. Cover and cook for 2 minutes or until desired degree of doneness.

Toast the rye bread and then spread the smashed avocado evenly over each slice.

Add a fried egg on each slice of toast and then season with the salt and pepper.

WEEK 1

RECIPES

Breakfasts

Soya yoghurt, protein and oats

Servings: 1

Ingredients:

250g Alpro soya yoghurt

20g oats

1 small scoop raw, vegan, vanilla protein powder (Sun Warrior classic blend)

2 tsp raw maca powder (can buy at <http://shop.theultimateshred.com>)

Handful of berries (eg. blueberries, raspberries or blackberries)

Method:

Mix the yoghurt with the protein and maca powder. Then add in the oats and berries.

Serve and enjoy!

WEEK 1

RECIPES

Snacks

Beat the bloat smoothie

Servings 1

Ingredients:

½ heaped teaspoon Matcha

½ lemon

1 handful spinach

¼ cucumber

½ apple

½ handful parsley

2 asparagus spears

2 celery sticks

300ml water

Method:

Pop all of the ingredients into a blender and blitz for a couple of minutes or until it is completely smooth.

WEEK 1

RECIPES

Snacks

Almonds

Servings: 1

Ingredients:

1 small handful of raw almonds

Apple and almond butter

Servings: 1

Ingredients:

1 apple

1 tbsp natural almond butter

WEEK 1

RECIPES

Lunches

Tuna and avocado salad

Servings: 1

Ingredients:

1 can tuna in spring water

1/2 avocado sliced

1/4 red onion thinly sliced

Mixed salad leaves (as many as you like)

75g cherry tomatoes halved

1/4 cucumber thinly sliced

Drizzle olive oil

Drizzle red wine vinegar

Method:

Mix all of the ingredients together and drizzle with the olive oil and red wine vinegar.

WEEK 1

RECIPES

Dinners

Seabass with roasted asparagus and rice

Servings: 2 (1 leftover for lunch)

Ingredients:

4 Fillets seabass

250g asparagus spears

60g rice (basmati or brown)

1 tbsp olive oil

2 garlic cloves finely chopped

1 lemon freshly squeezed

Pinch of Himalayan pink salt

Pinch of Black pepper

Method:

Pre heat the oven to 200c.

Place each fillet in tin foil drizzling olive oil and lemon juice on each one. Then divide the finely chopped garlic and rub it in to each fillet. Season the fillets with Himalayan salt and pepper. Once done, wrap the tin foil fully round each fillet and leave for a moment.

Place the asparagus on a large sheet of tinfoil, drizzle the rest of the olive oil over top before wrapping the rest of the tin foil around the asparagus to cover.

Boil water in a pan and once boiled, cook the rice for as long as the packet recommends.

Put the asparagus and seabass in the oven and cook for 15 minutes. Once cooked, serve half of everything and eat straight away, place the other half aside for lunch the next day.

WEEK 1

RECIPES

Dinners

Vegetable Stir Fry

Servings: 2 (1 for leftovers)

Ingredients:

- 1 red pepper chopped
- 1 yellow pepper chopped
- 1 onion chopped
- 400g chopped mushrooms
- 400g broccoli
- 300g sugar snaps
- 1 handful of cashew nuts
- 40g cooked basmati or brown rice
- 2 tbsp coconut oil
- Pinch of Himalayan pink salt
- Pinch of black pepper

Method:

Boil water in a pan and once boiled cook the rice for the time recommended on the packet. Once the rice is cooked, drain and leave to one side.

Heat a wok on a high heat and add a quarter of the coconut oil. Add the onion, broccoli and peppers. Cook for 1 minute. Then add the mushrooms, sugar snaps, rice and cashew nuts and cook for another 1-2 minutes.

Add the remaining coconut oil in and mix it around until all the veg is covered. Season with the salt and pepper.

Serve half to eat straight away and put the other half aside for the next day's lunch.

WEEK 1

RECIPES

Dinners

Honey roasted salmon

Servings: 2 (1 for leftovers)

Ingredients:

2 salmon fillets
220g tender stem broccoli
60g brown or basmati rice
1 tbsp coconut oil
2 tbsp Dark soy sauce
1 tbsp Light soy sauce
3 tbsp Sesame seed oil
1.5 tbsp Honey
Pinch of Himalayan salt
Pinch of black pepper

Method:

Preheat the oven to 200c.

Place tin foil in an oven tray, put the salmon fillets on the foil and pour both soy sauces, sesame oil and honey over the fillets and then cover with the rest of the tin foil.

Boil water in a saucepan and cook the rice for as long as the packet recommends.

Wrap the broccoli in tin foil with the coconut oil and season with the Himalayan salt.

Place the salmon and the broccoli in the oven for 18 minutes.

Serve 1 half and put the other half aside for the following day.

WEEK 1

RECIPES

Dinners

Lemon and garlic chicken

Servings: 2 (1 for left overs)

Ingredients:

2 chicken breasts

50g quinoa

200g spinach

1 tbsp olive oil

1 lemon

2 cloves garlic finely chopped

Pinch of Himalayan pink salt

Pinch of black pepper

Method:

Preheat the oven to 200c.

Boil water in a saucepan and cook the quinoa for as long as the packet recommends.

Place the chicken breasts in the tin foil, mix the olive oil and garlic together and spread over the chicken breasts. Then squeeze half of the lemon over the chicken.

Place in the oven and cook for 20 minutes.

Heat a large frying pan on a low heat, add a little olive oil and place the spinach in the pan. Keep stirring until wilted. Add the cooked quinoa and mix in with the spinach. Squeeze the other half of lemon over the spinach and quinoa mix and then season with the salt and pepper.

Serve half and place the other half aside for lunch the next day.

Tuna avocado salad

(See lunch recipes)