

## oaty bars

1. Preheat oven to 170/150 fan. Lightly butter and 30 x20 Baking tin and line with Parchment Paper.

2. Put the Oats, Nuts, Dried Fruits and Seeds in a large bowl.

3. Heat the butter and Honey in a small saucepan, set over a low heat, stirring until the butter melts. Stir into the oat mixture with the Vanilla extract and mix well. If it's too dry, add some more melted butter. If it's not firm enough, add more oats.

4. Transfer to prepared tin and smooth the top, pressing down firmly with the back of a metal spoon, to level the surface. Bake in the oven for 30-35 minutes until crisp and golden brown.

5. Leave to cool slightly before cutting into 12 bars.

	calories: 250 per bar
300g	porridge oats
75g	ready to eat apricots
100g	chopped, stoned dates
50g	raisins
4 tbsp	mixed seeds e.g. chia, flax, sunflower, pumpkin etc
150g	butter
4 tbsp	honey
	a few drops of vanilla extract



	<b>calories: 500</b>
45g	porridge oats
20g	raisins
	cinnamon powder (sprinkle)
250ml	unsweetened almond milk
15g	chia seeds
50g	blueberries or raspberries
half	banana chopped
1	large organic egg

	<b>calories: 600</b>
60g	porridge oats
20g	raisins
	cinnamon powder (sprinkle)
250ml	unsweetened almond milk
15g	chia seeds
50g	blueberries or raspberries
1	banana chopped
1	large organic egg

for 700 calories, prepare the 600 calorie version and have 2 eggs

## oats and eggs

Overnight oats are a great way to have breakfast ready, if you're in a rush in the morning. You simply add all the ingredients to a bowl, stir and leave in the fridge overnight.

You can of course cook the ingredients fresh instead, simply making porridge instead.

1. Weigh in your oats, raisins, almond milk and cinnamon into a saucepan, and heat over a medium heat for about 5 mins, stirring often.
2. Once cooked, transfer to a bowl and weigh in the chia seeds.
3. Slice in the banana and top with berries
4. Cook the eggs your preferred way. I usually boil the eggs while I'm eating the porridge.



## yoghurt, granola & fruit

	calories: 500
180g	full fat greek yoghurt
45g	granola
10g	chia seeds
50g	strawberries
50g	blueberries or raspberries

1. Place all in a large breakfast bowl and mix well.

Note: It's important to use full fat yogurt, and not low or reduced fat.

Milbona is Lidl's range, however Fage or other similar is fine.

	calories: 600
200g	full fat greek yoghurt
60g	granola
20g	chia seeds
50g	mixed fruit
1	banana, chopped



for 700 calories, prepare the 600 calorie version have a large egg on the side

## egg burrito with sweet potato wrap

	<b>calories: 500</b>
1 tsp	easy garlic
1/2	small red onion
1	tomato, chopped
1 tbsp	jalapeno peppers (optional)
	good handful of spinach
3	large eggs
2	BFree sweet potato wraps
15g	mature cheddar cheese, grated

1. Put a pan on high heat and spray on some oil.
2. Add the garlic and red onion and fry for a minute.
3. Lower the heat a little and add the tomato and jalapeno peppers to the pan and continue to fry for 2 more minutes.
4. Break the eggs into a bowl, add a little cracked black pepper, and beat with a fork. Then tip into the pan and add the spinach. Keep the eggs moving until they're cooked and the spinach has wilted in.
5. Split the contents of the pan between the sweet potato wraps, top with the cheese and roll them up nice and tight.

	<b>calories: 600</b>
1 tsp	easy garlic
1/2	small red onion
1	tomato, chopped
1 tbsp	jalapeno peppers (optional)
	good handful of spinach
4	large eggs
2	BFree sweet potato wraps
20g	mature cheddar cheese, grated



for 700 calories, prepare the 600 calorie version have a banana or apple with the meal

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for 700 calories, prepare the 600 calorie version have a banana or apple with the meal

## scrambled eggs & avocado

	calories: 500
5g	butter
3	large eggs
	cracked black pepper
50g	smoked salmon
	handful of spinach leaves
half	avocado

1. Melt the butter in a small saucepan over a moderate heat until it's foaming.

2. Cut up the smoked salmon ribbons and fry in the butter for a minute.

3. Crack the eggs into a bowl, add the pepper and whisk.

4. Add the eggs to the saucepan and stir continuously.

5. Add the spinach and wilt fully.

6. Slice the avocado, and serve on the side.

	calories: 600
5g	butter
4	large eggs
	cracked black pepper
60g	smoked salmon
	handful of spinach leaves
half	avocado



for 700 calories, prepare the 600 calorie version but use a full avocado

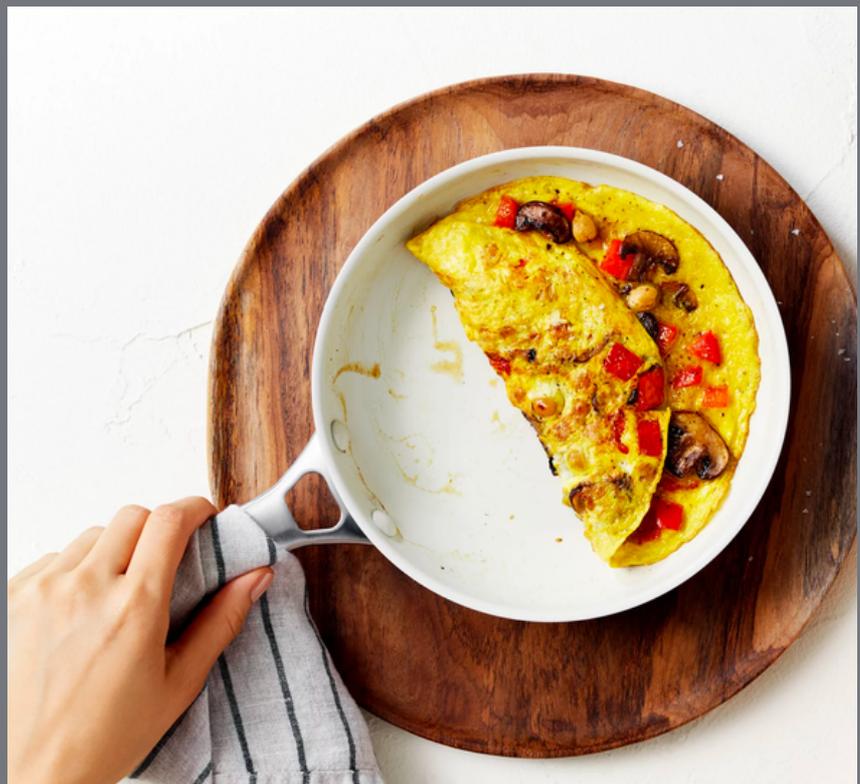
	<b>calories: 500</b>
3	large eggs
50g	red peppers, chopped
7	sundried tomatoes, chopped
2-3	mushrooms, chopped
15g	mature cheddar cheese
	cracked black pepper
100cal	fruit for the side

	<b>calories: 600</b>
4	large eggs
50g	red peppers, chopped
7	sundried tomatoes, chopped
2-3	mushrooms, chopped
15g	mature cheddar cheese
	cracked black pepper
100cal	fruit for the side

for 700 calories, prepare the 600 calorie version but use 20g of cheese and have a large apple or banana on the side

## omelette

1. Put a large frying pan onto high heat and cover with some spray oil.
2. Crack the eggs into a bowl and whisk.
3. Add in the chopped roasted peppers, sundried tomatoes, mushrooms, grated cheddar cheese and pepper, then mix all together.
4. Empty bowl into the pan, and let cook for a minute.
5. Use a slotted turner to release the edges of the omelette from the pan. Then carefully flip one half on top of the other. Then slide the omelette to the middle of the pan, and cook for a further minute.
6. Flip the omelette over and cook for a further minute, then remove to a plate and enjoy.



	<b>calories: 500</b>
1	banana
100g	full fat yoghurt
50g	porridge oats
half tsp	baking powder
half tsp	cinnamon powder
1	large egg
dash	almond milk

## oat & banana pancakes

1. Add all the ingredients to a blender and blitz well.
2. Put a frying pan on med-high heat, and cover with spray oil
3. Pour in the pancake mix, and cook for 2 minutes on both sides.
4. Remove to a plate, top with a dollop of Greek yogurt, mixed berries and chopped mixed nuts or flaked almonds.

Note: Flavoured full fat yogurt can be used. Add a dash more milk if batter is very stiff. For topping nuts, use almonds, pecans, walnuts.

	<b>calories: 600</b>
1	banana
120g	full fat yoghurt
70g	porridge oats
half tsp	baking powder
half tsp	cinnamon powder
1	large egg
50ml	almond milk

for 700 calories, prepare the 600 calorie version but have an extra 15-20g of nuts on the side



	<b>calories: 500</b>
	handful of spinach (optional)
100g	frozen berries
50g	pineapple or mango
50g	porridge oats
1	banana
300ml	coconut water

## breakfast smoothie

1. In a Nutri-bullet or blender, add the spinach leaves first. These are optional, however, highly recommended as they provide so much great nutrients

2. Add in the rest of the ingredients, followed by the coconut water last.

3. Blitz until smoothie texture. If required, add some water until desired texture.

4. For 600 and 700 calorie versions, cook the egg on the side to you liking.

Note: For pineapple or mango, can be frozen, mixed, or use other sweet fruit.

	<b>calories: 600</b>
	handful of spinach (optional)
100g	frozen berries
50g	pineapple or mango
50g	porridge oats
1	banana
300ml	coconut water
1	large egg



for 700 calories, prepare the 600 calorie version but have an extra egg or 15-20g of nuts on the side

	<b>calories: 500</b>
150g	chicken breast, cooked
10g	tinned tuna
2	BFree sweet potato wraps
	mixed salad leaves
	side salad
200g	pineapple chunks

## chicken or tuna wrap

1. Chop up the chicken or tuna and split evenly between the 2 wraps.
2. Add in the salad leaves, and any extra salad items you would like, and fold wraps tightly. Cut in half if desired.
3. Serve with a good side salad of plenty of spinach or salad leaves, cucumber, peppers, tomato, onion etc.
4. Finish off with the fruit.

	<b>calories: 600</b>
150g	chicken breast, cooked
10g	tinned tuna
2	BFree sweet potato wraps
	mixed salad leaves
	side salad
200g	pineapple chunks
15g	mixed nuts



for 700 calories, prepare the 600 calorie version but add an extra 50g of chicken or tuna, and have 20g of mixed nuts

	<b>calories: 500</b>
	handful or spinach or salad leaves
100g	mixed salad
150g	chicken or turkey breast, cooked
200g	baby boiled potatoes
half	avocado
50g	beetroot
	salad dressing

## chicken or turkey salad

1. Add a good handful of salad leaves to a plate. Then top with a good serving of salad, like cucumber, tomato, peppers and onion.
2. Slice the meat (pre-cooked) and add to the salad.
3. Half or quarter the baby potatoes and add
4. Chop the avocado and beetroot, and add in.
5. For the dressing, drizzle over a little olive oil

Note: Feel free to add some berries. If you don't like either avocado or beetroot, replace with olives, or a hard-boiled egg.

	<b>calories: 600</b>
	handful or spinach or salad leaves
100g	mixed salad
200g	chicken or turkey breast, cooked
250g	baby boiled potatoes
half	avocado
50g	beetroot
	salad dressing



For 700 calories, simply prepare the 600 calorie version and add an extra hard-boiled egg and some pitted olives or feta cheese.

	<b>calories: 500</b>
	handful or spinach or salad leaves
100g	mixed salad
160g	tinned tuna
200g	sweet potatoes, cooked
half	avocado
50g	beetroot
	squeeze of lemon

	<b>calories: 600</b>
	handful or spinach or salad leaves
100g	mixed salad
160g	tinned tuna
200g	sweet potatoes, cooked
half	avocado
50g	beetroot
1	large egg
	squeeze of lemon

For 700 calories, simply prepare the 600 calorie version and use a full avocado

## tuna or prawn salad

1. Add a good handful of salad leaves to a plate. Then top with a good serving of salad, like cucumber, tomato, peppers and onion.
2. Flake the tinned tuna over the top of the salad.
3. Pre-cook the sweet potato, either boiling, steaming or roasting. Cut into bite sized chunks and add to salad
4. Chop the avocado and beetroot, quarter the egg and add in
5. Squeeze the lemon all over the salad

Note: Feel free to add some berries. If you don't like either avocado or beetroot, replace with olives, or a hard-boiled egg.



## protein soup

	<b>calories: 500</b>
300ml	butternut squash soup
150g	trout fillets
150g	potato, white, baby or sweet
1	large orange or other serving of fruit

	<b>calories: 600</b>
300ml	butternut squash soup
180g	trout fillets
250g	potato, white, baby or sweet
1	large orange or other serving of fruit

For 700 calories, simply prepare the 600 calorie version and add 20g of mixed nuts

1. Place the trout onto tin foil on a tray, and grill for about 5-8 minutes.

2. Pre-boil the potato until cooked

3. Heat the soup in either a saucepan or the microwave.

4. Add soup to a bowl, then potatoes and the grilled fish.

**Note:** Use any quality fresh soup (not tinned or packet) or your own home-made soup. Trout is a great choice of protein, but you can use other fish like cod, chicken or turkey.

This can all be made in advance, and heated up in work for a healthy, nutritious and complete



	<b>calories: 500</b>
200g	1 large baking potato/sweet potato
150g	pre-cooked/frozen prawns
1 tbsp	mayonnaise
1 tbsp	ketchup
10g	mature cheddar cheese, grated
150g	broccoli or other mixed vegetables

	<b>calories: 600</b>
300g	1 and a half large baking potato/sweet potato
150g	pre-cooked/frozen prawns
1 tbsp	mayonnaise
1 tbsp	ketchup
15g	mature cheddar cheese, grated
150g	broccoli or other mixed vegetables

## baked potato & prawns

1. Heat the oven to 200. Prick the potato with a fork, spray on a little oil, some salt and cover in tin foil. Bake for 45 minutes for white potato or 35-40 for sweet potato.
2. Cook the prawns per packet instructions
3. Mix the mayo and ketchup to make Marie Rose sauce. Mix with the prawns.
4. Remove potato from foil. Score a deep cross in the top, then push in to release the potato and steam. Top with cheese and prawn mix and serve with boiled or steamed veg.

Note: Use a jar of fish sauce instead of mayo and ketchup



For 700 calories, simply prepare the 600 calorie version but use 2 potatoes and 200g of broccoli or mixed vegetables

	<b>calories: 500</b>
	handful of spinach or salad leaves
100g	mixed salad
100g	cous cous pre-made
2	large eggs
80g	chicken, pre-cooked
60g	baby beetroot
50g	pineapple chunks
15	grapes, sliced

	<b>calories: 600</b>
	handful of spinach or salad leaves
100g	mixed salad
100g	cous cous pre-made
3	large eggs
80g	chicken, pre-cooked
60g	baby beetroot
50g	pineapple chunks
15	grapes, sliced
1	medium apple, chopped

## egg, chicken & fruit salad

1. Add a good handful of salad leaves to a plate. Then top with a good serving of salad, like cucumber, tomato, peppers and onion.
2. Cook the cous cous per packet instructions, and add to the salad.
3. Half the eggs and slice the chicken (pre-cooked) and add to the salad.
4. Add the beetroot, pineapple chunks, sliced grapes and chopped apple.

Note: Feel free to add some extra berries. If you don't like beetroot, replace with chopped apple or a handful of



For 700 calories, simply prepare the 600 calorie version and add 30g each of olives and feta cheese

	<b>calories: 500</b>
5g	coconut or olive oil
150g	fillet steak (raw weight)
180g	sirloin steak (raw weight)
	onion, chopped
	mushrooms, chopped
200g	sweet potatoes
100g	asparagus
50g	frozen peas

	<b>calories: 600</b>
5g	coconut or olive oil
170g	fillet steak (raw weight)
200g	sirloin steak (raw weight)
	onion, chopped
	mushrooms, chopped
300g	sweet potatoes
100g	asparagus
50g	frozen peas

## sirloin or fillet steak with sweet potatoes

1. Heat the oil on a high heat until smoking
2. Season the steak with salt and pepper, then sear on the pan for 30 seconds. Flip over and turn the heat down to medium, and cook for a further few mins on each side, to your liking. Fry the onions and mushrooms alongside the steak.
3. Either roast, bake, steam or boil the sweet potatoes, and boil the asparagus. Mash up the sweet potato if desired.
4. When steak is cooked, remove to a plate and let it rest.
5. Boil the peas for a min, then add everything to your plate.

Note: Can use white potato instead of sweet potato



For 700 calories, simply prepare the 600 calorie version and add half an avocado or 100 calories of any other vegetable

	<b>calories: 500</b>
150g	chicken breast
1	maggi sheet
200g	mashed potato
200g	carrots, mashed
	onion gravy granules

	<b>calories: 600</b>
180g	chicken breast
1	maggi sheet
200g	mashed potato
200g	carrots, mashed
200g	red cabbage, mashed
	onion gravy granules

## maggi chicken, mashed veg & gravy

This is the most simple, quick and nutritious meal to cook. It is a real staple for us, for lunchtime or dinner!

1. Cook the chicken breast with the Maggi sheet as per packet instructions
2. Heat the Mash Direct veg as per packet instructions
3. Heat the onion gravy as per packet instructions.
4. Place the veg on a plate, topped with chicken and covered with gravy.



For 700 calories, simply prepare the 600 calorie version but increase the amount of mashed potato and vegetables.

# chicken stir fry

	calories: 500
7g	coconut or olive oil
1 tsp	lazy garlic
1	medium onion, chopped
1 tsp	lazy ginger
150g	chicken breast, diced
2 tbsp	light soy sauce
1 tbsp	sweet chilli sauce
100g	roasted red pepper, chopped
100g	tenderstem broccoli
10g	cashew nuts
150g	butternut squash noodles

1. Heat the oil in a hot wok, then add the garlic, onion and ginger and let it sizzle for a bit.

2. Add in the chicken, soy sauce and sweet chilli sauce, and stir the chicken so it seals on the outside. Then turn the heat down and cook for a further 3-4 minutes.

3. Add the red peppers, broccoli and weight in the cashew nuts, then cook for a further 7-10 minutes on medium heat.

4. Microwave the butternut squash noodles per packet, then mix in with the stir fry and serve.

Note: You can of course use fresh garlic and ginger, use jarred roasted red peppers and packet butternut squash noodles, but you can make fresh.



For 600 calories, prepare the 500 calorie version but use 170g of chicken, 15g of cashew nuts and 300g of noodles.

For 700 calories, add half an avocado.

	full recipe ingredients
2 tsp	lazy garlic
2 tsp	lazy ginger
1	red chill, chopped
1.5 tsp	turmeric powder
1 stick	lemongrass, bashed
400ml	coconut milk, full fat
400g	fish, cubed (mixed)
100g	mange tout
150g	broccoli florets
	fresh coriander and chilli

# slow cooker coconut seafood curry

1. Place everything into the slow cooker in the same order as the ingredients.
2. Cook on low for 3-4 hours or until the fish is cooked through. It should flake easily.
3. Place the hot mash potato onto a plate, top with curry and finish off with some chopped fresh coriander and slices of red chilli.

Note: You can use prepared mashed potato or homemade. Try dividing the curry into the number of servings for your calories, using microwave tubs, and store the extra for the following days lunch or freezing.

500 calorie version: 250g mashed potato and 1/4 serving

600 calorie version: 250g mashed potato and 1/3 serving

700 calorie version: 400g mashed potato and 1/3 serving



	full recipe ingredients
5g	coconut or olive oil
1 tsp	lazy garlic
1	small onion, chopped
150g	chicken breast, diced
1	red pepper
200g	chopped tomatoes
2	BFree sweet potato wraps or
250g	mashed potatoes

## chicken fajitas

1. Heat the oil in a pan on a high heat. Once smoking, add the garlic, onions and chicken, and turn the heat down.
2. Stir the chicken to seal all sides, then cook on medium heat for 3-4 minutes.
3. Add the peppers and fajita mix as directions on the packet and cook for a further 1 minute.
4. Add the chopped tomato and cook until Chicken is fully cooked.
5. Serve with either mashed potatoes or sweet potato wraps.

600 calorie version: same as the 500 calorie recipe, with 190g of chicken breast

700 calorie version: same as the 500 calorie recipe, with 190g of chicken breast and either 3 wraps or 400g of mashed potatoes



	recipe ingredients (1536 kcal)
500g	chicken breast, diced
1	large onion, chopped
450g	sweet potatoes, chopped
350g	lloyd grossman balti, jar
400g	chopped tomatoes

# slow cooker chicken balti

1. Add all the ingredients to your slow cooker in order and give it a good stir.
2. Set to low for 7-9 hours, med for 4-6 hours and high for 2-4 hours.
3. Try and serve even amount of chicken and sweet potato

Note: Use a little water to wash out all the sauce from the Balti jar, and add to slow cooker. Other brands of jar can be used, but Lloyd Grossman has little to no additives.

500 calories: 1/3 serving
600 calories: just under 1/2 serving
700 calories: 1/2 serving



	calories: 500
500ml	coconut milk
45g	red or green thai paste
1	small onion, chopped
150g	chicken breast, diced
50g	sugar snap peas
150g	mashed potatoes, or
2	bags of cauli-rice (available in Iceland and other frozen aisles)

## thai red or green chicken curry

1. Heat the top tablespoon of coconut milk from the can and heat in a saucepan until the oil begins to split.
2. Add in the curry paste, onion and chicken and cook for 4-5 mins.
3. Add the remainder of the coconut milk and sugar snaps and simmer until the chicken is cooked.
4. Serve with mash potato or cauli-rice or broccoli-rice

Note: Garnish with sliced red chilli and coriander. Add a little water when cooking to bulk up the

600 calories: same as the 500 calorie recipe but 80ml coconut milk and 180g chicken breast

700 calories: same as the 500 calorie recipe but 100ml coconut milk and 250g mashed potatoes/3 bags of cauli-rice



	recipe ingredients (1550 kcals)
400g	beef mince (12% fat)
1	large onion, chopped
1 tsp	easy garlic
1	packet chilli con carne spice mix
400g	baby potatoes, halved
1	tinned chopped tomatoes
1	tin of kidney beans, drained

## slow cooker chilli con carne

1. Sauté the onion and easy garlic in a little oil in a frying pan, or in the slow cooker on the hob if you prefer.
2. Break in the mince stir, browning for 2 mins
3. Add a packet of Chilli Con Carne Seasoning Mix and mix into the mince.
4. Remove mince to slow cooker, and add the potatoes, chopped tomatoes and kidney beans and stir up.
5. Set to low for 9 hrs, med for 6 hrs and high for 4 hrs.

Note: You can substitute the potatoes for sweet potatoes

500 calories: 1/3 serving

600 calories: between 1/3 and 1/2 serving

700 calories: almost 1/2 serving



calories: 370

kale (large handful, washed)

1

avocado

100g

watermelon

50g

red grapes

60g

frozen strawberries

1 tbsp

maca powder

250ml

coconut water

## kalacado blast

Add the kale to the Nutri-bullet first, then add the rest of the ingredients and top up with coconut water.

Note: Maca powder is optional. It is highly nutritious, packed with vitamins and minerals, and great for health.

calories: 500

60g

frozen strawberries

1

mango

1

medium banana

25g

almond butter

1tbsp

cacao powder

250ml

coconut water

## healthy liquid dessert

Add all the ingredients to the Nutri-bullet in order, then blitz.

Note: Cacao powder is highly nutritious and found to have anti-inflammatory properties along with many other benefits.

calories: 500

spinach or kale, handful

1

banana

100g

pineapple, fresh or tinned

1

pear or apple

60g

frozen blueberries

50g

goji berries

250ml

coconut water

## digestive goji boost

Add the spinach or kale to the Nutri-bullet first, then add the rest of the ingredients and top up with coconut water.

Note: Goji berries are highly nutritious, packed with vitamins and minerals, providing lots of great health benefits.