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# Fuel For An Active Life

## Meal Plan, Recipes and Food Swaps

Reignite Your Life - Sam Guest

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### IMPORTANT

You are going to be massively reducing the amount of salt your body is used to taking in over the next few weeks. Buy some Celtic sea salt of Himalayan Rock Salt and add to all your meals or take a pinch of it in water several times a day.

Weights, when given, apply to the raw food.

### WEEK 1

If you want feedback on the meals you're preparing to ensure you're on track take a photo and send it to me in the app and I'll give you feedback.

### Rules

You are replacing all normal meals with these meals. You will eat nothing else but what is detailed below.

Leave at least 3 hours between meals

Do not eat 3 hours before bed.

You may drink water, tea and coffee (all black) nothing else.

### Day 1

Green banana's (you should be able to peel them but have to chew them quite a lot), Grapefruit

- Make sure you eat the grapefruit flesh... not just the juice.
- Eat until satisfied. Have at least 1 whole grapefruit and 1 whole banana, up to as much as 2 whole grapefruits and 6 semi-green banana per meal. Most people eat 1 grapefruit and 1 to 3 bananas per meal.

### Day 2

Strawberries, blackberries, blue berries, raspberries walnuts

- Every meal eat up to 500g of 1 of the berries (do not mix the berries within the meal itself, so don't for meal 1 have strawberries and blueberries but it is fine to have strawberries for meal 1 and then blueberries for meal 2).
- Add 25g of Walnuts to each meal.
- The meals will seem very large. Get out a 10.5 inch dinner plate and the amount of berries each meal will cover as much as half the plate.
- Stick to one type off fruit per meal. Each of the 4 fruits mentioned ( blackberries, raspberries, blueberries, and pomegranate seeds are functional in different ways)
- You don't have to change fruits at each meal. If you prefer you can stick to one the entire day

### Day 3

Lean steak (grass fed steak is best but any lean protein will suffice) Sweet potato, Potato, Plantain, Yuca

- You can eat as much as you like each meal but be sure to maintain the ratio of 1 fist of protein to every 2 fists of carbs.
- **IMPORTANT:** Ensure you let the carbs cool for at least 15 mins, this allows the resistant starch within them to change to the type which your bugs love the best!
- You can add butter to the potatoes.

## Day 4

Today is a checkpoint day.

As your body fat is coming down, a critical aspect of being one and done with fat loss is managing hormonal over/under shoots from key weight control hormones like Leptin, organs like the arcuate nucleus in the hypothalamus, and proteins like FGF21.

The purpose of this day is spin down multiple mechanisms based on how the meal patterns and hacks interact with your body.

### UPON WAKING:

1. Take 1000mg Berberine or 300mg Alpha Lipoic Acid or both.
2. Have 1 scoop whey protein w/cinnamon and olive oil.

**BREAKFAST:** Breakfast is a very large meal. Research has shown very large breakfasts during active fat loss can help mitigate weight regain.

What we want is to get a real sense of fullness, stomach dilation, and satiety with lots of flavour.

**CALORIES:** This is a huge breakfast. You want to make this around 50 percent of the days total calories. macros are broken out 30/40/30 - carbs/protein/fats.

### Breakfast Option 1:

Pancakes or toast (preferably sourdough)  
Eggs and egg whites with onions, mushrooms and shallots.  
Turkey bacon

### Breakfast Option 2:

Steak and eggs with hot sauce

### Breakfast Option 3:

Large breakfast burrito with 1-2 eggs, 4-6 egg whites, cheese, avocado, bacon, onions, and hot sauce.

### Breakfast VEGAN Option 1:

Large baked potato with egg replacement and soy chorizo

### Breakfast VEGAN Option 2:

Gluten free pancakes with Chickpea Omelette

### MID MORNING MEAL

1/2 to full grilled cheese sandwich.

Believe it or not, dairy is a critically important food for weight maintenance. Research has shown that it has the unique ability to increase the rate of fat oxidation (fat burning) during both the active weight loss phase and the maintenance phase.

Cheese contains specific long chain sugars called galacto-oligosaccharides. These long chain sugars have been shown to do something we already knew - they can reduce appetite. In other words, cheese is filling. They have also been shown to reduce inflammation. This meal is designed to capitalise on the Leptin increasing power of breakfast, to double down on making the body feel full and satisfied while actually helping fat oxidation.

**Hacks:** Add jalapeños and mustard.

### LUNCH:

Large bowl of soup

Soup and broth have unique effects on satiety and food intake at subsequent meals. Considering the impact the previous two meals have had on satiety and fullness, our goal the 2nd half of the day is to offset weight gain. Soup is the perfect solution. Soup will enable satiety will decreasing food intake later, which will allow an aggressive meal for fat loss tonight to offset the higher caloric load in the morning. Whilst continuing to drive satiety while setting up for an aggressive fat loss meal at dinner.

Choose from:

Large bowl of chicken vegetable soup.

Large bowl of vegetable pho.

Large bowl of broth tortilla soup with Jalapeños.

#### **AFTERNOON SNACK:**

The goal of a pre dinner snack here is to offset any hunger while not raising insulin. Choose 1 of the following in order of preference

Peanuts

An Orange

Tablespoon peanut butter

#### **DINNER:**

The purpose of dinner is to offset the rest of the day. Here are 3 possible meals that each work in different ways but are all effective.

##### **Dinner Option 1:**

Egg White Omelette

4-8 egg whites

Raw onions, asparagus, shallots, garlic

Jalapeños or hot sauce or both.

Sprinkled small amount of cheese.

##### **Dinner Option 2:**

1-2 scoops of whey protein with 1 teaspoon olive oil and cinnamon.

##### **Dinner Option 3:**

Lean chicken with no skin and raw green beans.

## **Day 5, 6 and 7**

Simply repeat day 1 - 3 if you can, if not simply move on to Week 2

### **Swaps List: To be used if you can not tolerate a given food.**

**Grapefruit** => Blood oranges, bilberries, pommello

*See grapefruit list of drug interactions below. Do not consume grapefruit if you are on any medication listed.*

**Semi Green Banana** => Baked potato, cooled brown rice

**Raspberries** => blackberries, blueberries, acai berries

**Blackberries** => black currant, chokeberry, black raspberry, cranberry, pomegranate (*Do not do more than 1 meal w pomegranate. Can be hard on stomach at first.*)

**Baked potato** => Cooled brown rice, sweet potato, steel cut oatmeal (lightly cooked)

**Eggs** => Egg beaters, lean steak, turkey, salmon,

**Chicken** => Turkey, lean steak, egg beaters.

**If you are on any of these medications do not eat grapefruit. This list is not exhaustive, if you're on meds check if they interact with grapefruit.**

Aliskiren (Tekturna) - also apple juice, orange juice

Alprazolam (Xanax)

Amiodarone (Pacerone)

Amitriptyline

Atorvastatin (Lipitor)

Carbamazepine (Tegretol)

Cilostazol (Pletal)

Clarithromycin (Biaxin)  
Cyclosporine (Gengraf, Neoral)  
Colchicine  
Dronedarone (Multaq)  
Erythromycin (E.E.S., Eryped)  
Felodipine (Plendil)  
Fentanyl  
Fentanyl transdermal system (Duragesic Skin Patch)  
Fexofenadine (Allegra)  
Flibanserin (Addyi)  
Indinavir (Crixivan)  
loratadine (Claritin)  
losartan (Cozaar)  
lovastatin  
lilotinib (Tasigna)  
Naloxegol (Movantik)  
Palbociclib (Ibrance)  
Pazopanib (Votrient)  
Pimozide (Orap)  
Ranolazine (Ranexa)  
Saquinavir (Invirase, Fortovase)  
Sildenafil (Revatio, Viagra)  
Simvastatin (Zocor)  
Tadalafil (Adcirca, Cialis)  
Vardenafil (Levitra, Staxyn)  
Verapamil (Calan, Calan SR)  
Warfarin

## WEEK 2

This week we need to ensure we build on the good work we started last week and keep those bacteria happy. To do this we're going to start the following protocol designed to feed the bacteria we're targeting. You'll be able to mark your progress following the protocol on the calendar in the app.

## THE PROTOCOL

Week 1: Peel or 2 Red Apples or 1 teaspoon or Apple Peel powder a day, on an empty stomach.

Week 2: Peels of 3 Red Apples or 2 teaspoons or Apple Peel powder and 1 tea spoon of Red Powder a day, on an empty stomach.

Week 3: Peels of 3 Red Apples or 2 teaspoons or Apple Peel powder, 1-2 tea spoon of Red Powder and 1 dose of HMO powder a day, on an empty stomach.

Week 4: Peels of 3-4 Red Apples or 2-3 teaspoons or Apple Peel powder, 1-2 tea spoon of Red Powder and 1 dose of HMO powder a day, on an empty stomach.

All the items I suggest here can be found on the [Sam Recommends Page](#) of the website.

At the same time as implementing the above protocol I want you to start following the meal plan below:

## 28 DAY MEAL PLAN

### IMPORTANT

Whenever I mention chickpeas, lentils, beans (of any type), potatoes or sweet potatoes if you are cooking them, let them cool for at least 15 mins before eating.

### VEGAN/VEGETARIAN SWAPS

Meat => Any vegan meat substitute

Non Oily Fish => Any vegan protein substitute

Oily/Fatty Fish => Vegan protein substitute and add a LITTLE fat in the form of Extra Virgin Olive Oil, Avocado or similar

Whey Protein => Pea or hemp protein

Cheese => Vegan cheese substitute

## DAY 8-14

### DAY 8

#### UPON WAKING

**STEP 1:** Get cold for 5 minutes in 12-14 degree water, or if you can't stand that, just end the shower on cold for 10 - 30 seconds, ideally if you do that you would build up slowly to the full 5 mins cold exposure.

**STEP 2:** Take vitamin D. Suggested dose is 5,000 i.u. Best results have been reported at 15,000 - 20,000 i.u. Note this is a lot and we'll be doing it very short term. If you've been taking high doses of Vitamin D previously get your levels checked first.

**STEP 3:** Fast until midday.

#### LUNCH:

230g smoked salmon

1 full avocado

WAIT 6 HOURS

**DINNER:**

2 large skinless chicken breasts (450g)

1 cup chickpeas, mix with salsa.

You can also add spinach to this mix if you want to make a salad or do this as a stir fry. To do that in addition to spinach, add in chopped onions, a chopped red pepper, 1 teaspoon olive oil and stir fry this meal.

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**DAY 9****UPON WAKING**

**STEP 1:** Get cold for 5 minutes in 12-14 degree water, or if you can't stand that, just end the shower on cold for 10 - 30 seconds, ideally if you do that you would build up slowly to the full 5 mins cold exposure.

**STEP 2:** Take vitamin D. Suggested dose is 5,000 i.u. Best results have been reported at 15,000 - 20,000 i.u. Note this is a lot and we'll be doing it very short term. If you've been taking high doses of Vitamin D previously get your levels checked first.

**STEP 3:** Fast until midday.

**LUNCH:**

*Option 1:*

1 baked potato cooled down

2 eggs

20g whey protein

*Option 2:*

7 Keto Walnut Cookies (*see recipes*)

25g whey protein

WAIT 6 HOURS

**DINNER:**

1 cup chickpeas (Add feta, plum or cherry tomatoes, cucumber, parsley, mint, basil for flavour, a tablespoon of Extra Virgin Olive Oil and vinegar)

1 whole avocado

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**DAY 10****UPON WAKING**

**STEP 1:** Get cold for 5 minutes in 12-14 degree water, or if you can't stand that, just end the shower on cold for 10 - 30 seconds, ideally if you do that you would build up slowly to the full 5 mins cold exposure.

**STEP 2:** Take vitamin D. Suggested dose is 5,000 i.u. Best results have been reported at 15,000 - 20,000 i.u. Note this is a lot and we'll be doing it very short term. If you've been taking high doses of Vitamin D previously get your levels checked first.

**STEP 3:** Fast until midday.

**LUNCH:**

1 and 1/2 cups greek yogurt

2 cups raspberries

10 pecan halves

1 semi green banana (not too green)

30 g whey protein

2 tablespoon honey

Cinnamon

Mix together into a thick "mega mash". (It's very filling)

WAIT 6 HOURS

**DINNER:**

Corn tortilla wraps  
300g turkey meat  
1 whole avocado  
1 slice Swiss cheese  
Sprouts (optional)  
Mustard

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## DAY 11

### UPON WAKING

**STEP 1:** Get cold for 5 minutes in 12-14 degree water, or if you can't stand that, just end the shower on cold for 10 - 30 seconds, ideally if you do that you would build up slowly to the full 5 mins cold exposure.

**STEP 2:** Take vitamin D. Suggested dose is 5,000 i.u. Best results have been reported at 15,000 - 20,000 i.u. Note this is a lot and we'll be doing it very short term. If you've been taking high doses of Vitamin D previously get your levels checked first.

**STEP 3:** Fast until midday.

### LUNCH:

1 egg or 2 teaspoons of nut butter  
170g steak, lean hamburger, chicken, or soy  
1/3 avocado  
25g grated/shredded cheddar  
Tomato, onion, chopped  
Mix together

WAIT 6 HOURS

### DINNER:

225g tuna  
2 cups sweet potato  
1/2 cup chickpeas  
Add feta, tomatoes, cucumber, parsley, mint and/or basil for flavour

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## DAY 12

### UPON WAKING

**STEP 1:** Get cold for 5 minutes in 12-14 degree water, or if you can't stand that, just end the shower on cold for 10 - 30 seconds, ideally if you do that you would build up slowly to the full 5 mins cold exposure.

**STEP 2:** Take vitamin D. Suggested dose is 5,000 i.u. Best results have been reported at 15,000 - 20,000 i.u. Note this is a lot and we'll be doing it very short term. If you've been taking high doses of Vitamin D previously get your levels checked first.

**STEP 3:** Fast until midday.

### LUNCH:

Corn tortilla wraps  
225g chicken, turkey, salmon or plant based meat substitute  
1/2 avocado  
1 slice Swiss cheese  
1/2 cup black beans  
Onions, tomato, chopped  
Salsa

WAIT 6 HOURS

### DINNER:

Shake:

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40 g whey protein  
1 cup almond milk  
1 tablespoon steel cut oats  
1 tablespoon flax seed or omega 3 oil, or Extra Virgin Olive Oil  
1 slightly green banana

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## DAY 13

### OPTIONAL SUPPLEMENTS:

From today on until day 20, you can supplement with Forskolin upon waking as an additional option. It is designed to stimulate longevity pathways and mobilise fat.

For extra effect add in Berberine sparingly, NO MORE THAN 2 x PER week.

200 mg Forskolin  
1000 mg Berberine

### UPON WAKING

**STEP 1:** Get cold for 5 minutes in 12-14 degree water, or if you can't stand that, just end the shower on cold for 10 - 30 seconds, ideally if you do that you would build up slowly to the full 5 mins cold exposure.

**STEP 2:** Take vitamin D. Suggested dose is 5,000 i.u. Best results have been reported at 15,000 - 20,000 i.u. Note this is a lot and we'll be doing it very short term. If you've been taking high doses of Vitamin D previously get your levels checked first.

**STEP 3:** Fast until midday.

### LUNCH:

225g chopped chicken  
550g chopped red and/or green peppers and onion.  
30g shredded cheddar  
Mix together in a bowl

WAIT 6 HOURS

### DINNER:

2 large chicken breasts (skinless)  
1/2 cup chickpeas  
Salsa

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## DAY 14

Today is a checkpoint against several of the body's countermeasures created by shrinking fat cells. A checkpoint day is **not** the same thing as a cheat day. A cheat day is where you eat whatever you want. A checkpoint day is specifically still a diet day, but it's not designed for fat loss. It's a diet day designed to *counter* the bodies countermeasures that would later drive weight regain. **This is hugely important if you don't want to regain all the weight once we have finished so make sure you do this day.**

One of the most important drivers of weight regain is lowered leptin in the blood post fat loss. Today we create overshoots of key hormones controlling fullness, satiety, and pleasure from food, in order to set you up for the week.

A lot of people get to this day and think, *"god I'm losing so much weight I don't want to do this day and potentially put some back on."*

This day is **crucial** to set you up for long term success. We have to beat hunger and several other mechanisms if we are to keep the weight off LONG TERM.



**UPON WAKING:**

1 scoop/30 grams whey protein with cinnamon, a teaspoon olive oil and crushed ice. Vegans can substitute pea or hemp protein.

1000 mg berberine

\*\*Optional additions\*\*

Not essential, but helpful to get even more glucose management, you can add

1 scoop red phenol powder

1 scoop resistant starch powder

WAIT 30 MINUTES

**BREAKFAST****Meal Option 1:**

5 slices turkey bacon or 2 chicken sausages (or chicken or turkey breast)

4 teaspoons nut butter

2 six inch diameter pancakes

30g butter

2 tablespoon maple syrup

**Meal Option 2:**

300g lean steak and 1 avocado

**Meal Option 3:**

Spinach Wrap Burrito - see recipes

1 avocado

60g cheddar

25g walnuts

Hot salsa

WAIT 3 HOURS

**SNACK:**

Grilled cheese on sourdough with jalapeños and mustard

Or

2 tablespoons peanut butter

WAIT 1 HOUR

**LUNCH:**

Large bowl of pho soup with chicken (you may be able to find this at the supermarket, if not look online)

OR

Spinach egg white burrito - see recipes

**DINNER:**

Meal Option 1: Cabbage garbanzo wraps - see recipes

Meal Option 2: Turkey stuffed peppers - see recipes

Vegans can use soy chorizo or vegan ground beef in place of turkey.

Meal Option 3: Chicken breast and green beans - See green bean recipe

\*\*\*\*\* PREPARATION FOR DAY 8\*\*\*\*\*

Day 8 is a very aggressive day for fat loss. To get through it you will need some key toolsets like 5 calorie Jelly and 5 calorie squirty cream. Make sure to pick those up or make them today.

# WEEK 3

## DAY 15 - 21

This week we will use frequent feeding of 5 meals a day. This approach, if done correctly, helps metabolism to stay up while actively losing fat. You can pause the reds/HMO/apple peels protocol this week.

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### DAY 15

#### BREAKFAST

2 eggs (Vegans use vegan egg substitute)  
1 avocado (For added effect mix in garlic, onions and broccoli)  
30g cheese  
1 scoop whey protein (Vegans use tea or hemp protein)

Mix all together and make an omelette/scrambled egg

WAIT 3.5 HOURS

#### SNACK:

25g walnuts

WAIT 30 MINS

#### LUNCH:

Organic, good quality beef hamburger (or steak) with cheese  
VEGAN OPTION: Use vegan burger and cheese

WAIT 3.5 HOURS

#### SNACK

1/3 avocado with sprinkled cheese and garlic

#### VEGAN OPTION

Chickpea Hash

2 cups Chickpea Beans

- 2 teaspoons minced garlic
- 1 teaspoon cayenne pepper
- 1 1/2 teaspoons cumin seeds
- 1/2 teaspoon turmeric
- 3/4 teaspoon chilli powder
- 1 teaspoons salt
- 1/2 cup thinly sliced spring onions (optional)
- 3-4 tablespoons chopped fresh coriander
- 1 tablespoon fresh squeezed lemon juice
- Add tofu or vegan protein

#### DINNER:

2 Chicken breasts (Vegans use meat substitute)  
Raw green beans (see green bean recipe)

Or

1 scoop whey protein  
1 cup Greek yogurt  
1 teaspoon peanut butter

Or - **Most aggressive**

1 and 1/2 scoops Whey Protein (vegans use pea or hemp) with 1 teaspoon omega 3 oil and cinnamon make a shake out of it by adding water.

1 block of 5 calorie jelly and a small squirt of 5 calorie squirty cream. Vegans can use 5 cal almond whip

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## DAY 16

### **BREAKFAST:**

Shake with

1 and 1/2 scoops whey protein (vegans can use hemp or pea)

230ml orange juice

Crushed ice optional.

WAIT 3.5 HOURS

### **SNACK:**

20g walnuts

WAIT 30 MIN

### **LUNCH:**

Spicy chicken bowl

300g chicken (Vegans use vegan chicken)

2 cups mild salsa

2 bell peppers

25g cheese

1 cup black beans cooled

Tabasco or hot sauce ( if you can't handle hot food leave off)

WAIT 3.5 HOURS

### **SNACK:**

1 cheese stick

Or

8 almonds

Or

1 hard boiled egg

Or

Tomatoes, mozzarella, basil.

### **DINNER:**

2 Portabello Mushrooms - (see recipes)

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## DAY 17

### **BREAKFAST:**

1/2 to 3/4 plate blackberries

1 whole egg

1 Avocado

1 scoop whey protein

WAIT AT LEAST 3 HOURS

### **LUNCH:**

Potato Bowl (see recipes)

WAIT AT LEAST 3 HOURS

**DINNER:**

1 and 1/2 scoop whey protein with  
1 cup semi skimmed/skimmed milk or 170 ml freshly squeezed orange juice  
VEGAN VERSION  
Substitute almond milk and hemp protein

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**DAY 18**

**BREAKFAST**

2 Keto Muffins  
Or  
2 eggs with 30g grated cheese and hot sauce

VEGAN VERSION

1/2 avocado with sprinkled cheese and garlic

**MEAL 1**

230g smoked salmon with pesto  
VEGAN VERSION:  
25g walnuts  
1/2 avocado with cheese sprinkles and garlic

**MEAL 2**

1/2 avocado with cheese sprinkles and garlic  
Or  
Tofu Spiced Chilli Salad - see recipes

**MEAL 3**

2 cheese sticks  
VEGAN VERSION  
1 Portobello Mushroom - see recipes  
Or  
1 tablespoon peanut butter

**DINNER**

Ribeye steak  
Or  
Chickpea Cabbage Wraps (see recipes) - more aggressive  
Or  
Tuna Bowl (see recipes)  
VEGAN VERSION: Substitute tofu protein for tuna  
Green veggies of your choice (no carbs)

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**DAY 19**

**BREAKFAST**

1 cup regular oatmeal with raw honey and cinnamon  
2 eggs  
1 scoop whey protein

**SNACK**

1 tablespoon peanut butter

**LUNCH**

Steak and Egg Bowl - (see recipes)

## **SNACK**

1 scoop whey protein  
OR  
2 cheese sticks

## **DINNER**

Nicoise Salad: 2 eggs, 8 oz chicken, olives, green beans, bacon bits, red potatoes  
OR  
3 cod fillets, brown rice, sauteed mushrooms (**more aggressive**)

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## **DAY 20**

### **BREAKFAST**

Whey Shake made from:  
1 1/2 scoops whey protein  
1 teaspoon olive oil  
Cinnamon  
Crushed ice

### **SNACK**

8 almonds or walnuts

### **LUNCH**

Tuna Bowl - (see recipes)  
Or  
Chicken Chipolte bowl - (see recipes)

### **SNACK**

1 block of 5 calorie Jelly and small squirt of 5 Cal squirty cream (whenever you see this combination be careful this is great for countering satiety but we have to be careful with quantities as its easy to pig out on this. Stick to the recommended serving and if you are having higher calories substitutes reduce the serving accordingly)

### **DINNER**

2 Chicken Breasts and raw green beans - see recipes

### **OR - most aggressive**

Shake with 6 ounces of orange juice,  
1 & 1/2 scoops whey protein,

1 block of 5 calorie Jelly and small squirt of 5 Cal squirty cream (whenever you see this combination be careful this is great for countering satiety but we have to be careful with quantities as its easy to pig out on this. Stick to the recommended serving and if you are having higher calories substitutes reduce the serving accordingly)

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## **DAY 21**

Here we have another offset day, remember these are crucial if you are going to keep the weight off LONG TERM. Make sure you do it.

### **BREAKFAST**

4 protein pancakes  
2 eggs with sauteed mushrooms  
1 avocado  
30g cheese  
4 strips turkey bacon

1 block of 5 calorie Jelly and small squirt of 5 Cal squirty cream

OR

Steak and 2 eggs , 1 avocado, 30g cheese with mushrooms, onions, bacon bits

2 slices sourdough with butter

1 block of 5 calorie Jelly and small squirt of 5 calorie squirty cream (whenever you see this combination be careful this is great for countering satiety but we have to be careful with quantities as its easy to pig out on this. Stick to the recommended serving and if you are having higher calories substitutes reduce the serving accordingly)

OR

Breakfast Burrito with

2 eggs

30g cheese

1 avocado

Cooled potatoes

Spinach

Cayenne

### **LUNCH**

Vegetable pho soup with chicken - See recipes

OR

Veggie Beef Barley Soup - See recipes

### **VEGAN OPTION**

Spicy Vegan Black Bean Soup - see recipes

OR

Vegetable pho soup - See recipes

### **DINNER**

Cabbage Chickpea Wraps - See recipes

Or

Tuna Bowl - See recipes

### **VEGAN OPTION**

Coconut Curry Bok Choi - see recipes

Or

Spicy Tofu Salad - see recipes

# WEEK 4

## DAY 22 - 28

### DAY 22

#### **BREAKFAST**

1/2 to 1/3 plate of blackberries  
20g walnuts  
1 and 1/2 scoop whey protein

#### **SNACK:**

15g walnuts

#### **LUNCH:**

300g of cod  
1/2 avocado  
1 cucumber (either the small variety or up to a half of a normal one)  
7 asparagus stalks

#### **SNACK:**

1/2 avocado  
1 cucumber (either the small variety or up to a half of a normal one)  
7 asparagus stalks  
1 block of 5 calorie jelly with a small squirt of 5 calorie squirty cream

#### **DINNER:**

300g of cod  
1/2 avocado  
1 cucumber  
7 asparagus stalks

#### **\*\*\*\*RECIPE PREP\*\*\*\*\***

For your last 4 days of the program, make sure you're familiar with these important recipes  
Green bean recipe  
Ham and cheese cups

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### DAY 23

#### **BREAKFAST**

1/2 to 3/4 plate of blackberries.  
20g walnuts  
1-2 scoops whey protein

#### **SNACK:**

15g walnuts

#### **LUNCH:**

300g of cod  
1/3 avocado  
1 cucumber  
5 asparagus stalks

#### **SNACK:**

1/2 avocado  
1 cucumber  
5 asparagus stalks  
1 block of 5 calorie jelly with a small squirt of 5 calorie squirty cream

**DINNER:**

300g of cod

1/2 avocado

1 cucumber (either the small variety or up to a half of a normal one)

5 asparagus stalks

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**DAY 24****BREAKFAST**

2 lean chicken or turkey breasts. Vegans can substitute tofu or favourite vegan protein.

Add mushrooms and organic bacon bits (only a small amount, as we want to keep the total fat content down).

Add in cayenne, sesame, cardamom, turmeric, garlic, ginger and black pepper

Raw green beans (use recipe)

**LUNCH:**

300g chicken. Vegans can substitute tofu or favourite vegan protein

Spinach, bok choy, cauliflower, broccoli, tomatoes, feta crumbles, green beans, fat free vinaigrette

**DINNER:**

Repeat breakfast.

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**DAY 25****BREAKFAST**

2 lean chicken or turkey breasts. Vegans can substitute tofu or favourite vegan protein.

Add mushrooms and organic bacon bits (only a small amount. As we want to keep the total fat content down.

Add in Cayenne, sesame, cardamom, turmeric, garlic, ginger and black pepper to the egg whites

Raw Green beans ( use recipe)

**LUNCH:**

300g of chicken. Vegans can substitute tofu or favourite vegan protein

Spinach, bok choy, cauliflower, broccoli, tomatoes, feta crumbles, green beans, fat free vinaigrette

**DINNER:**

Repeat breakfast.

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**DAY 26****BREAKFAST**

2 ham and cheese cups

Wait 2.5 hours

**MEAL 2:**

2 ham and cheese cups

Wait 2.5 hours

**MEAL 3:**

1 and 1/2 scoops whey protein

1 cup greek yogurt

1 teaspoon peanut butter

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Wait 2.5 hours

**MEAL 4:**

20g walnuts

Wait 1 hour

**DINNER**

1 and 1/2 scoops whey protein with cinnamon

1 block of 5 calorie jelly with a small squirt of 5 calorie squirty cream

1 tablespoon omega 3 oil

If you don't have omega 3 oil use either almond milk ( 1 cup) or 2% milk.

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**DAY 27**

**BREAKFAST:**

1 and 1/2 scoops of whey protein

1 to 1 and 1/2 cup(s) Greek yogurt

1 teaspoon peanut butter

**SNACK:** Small squirt 5 cal squirty cream

**LUNCH:**

1 and 1/2 scoop of whey protein

1 to 1 and 1/2 cup(s) Greek yogurt

1 teaspoon peanut butter

**SNACK**

Handful of nuts

**DINNER:**

1 and 1/2 scoops of whey protein with cinnamon

1 block of 5 calorie jelly with a small squirt of 5 calorie squirty cream

1 tablespoon omega 3 oil

If you don't have omega 3 oil use either almond milk ( 1 cup) or 2% milk.

---

**DAY 28**

**BREAKFAST:**

1 and 1/2 scoops of whey protein

1 to 1 and 1/2 cup(s) Greek yogurt

1 teaspoon peanut butter

**SNACK:** Small squirt 5 cal squirty cream

**LUNCH:**

1 and 1/2 scoop of whey protein

1 to 1 and 1/2 cup(s) Greek yogurt

1 teaspoon peanut butter

**SNACK**

Handful of nuts

---

**DINNER:**

1 and 1/2 scoops of whey protein with cinnamon

1 block of 5 calorie jelly with a small squirt of 5 calorie squirty cream

1 tablespoon omega 3 oil

If you don't have omega 3 oil use either almond milk ( 1 cup) or 2% milk.

# WEEK 5

## DAY 29-35

### THE OFFSET PHASE

#### DAY 29

##### WAKE:

*Optional supplement stack:*

1 grain of paradise

500mg taurine

1000mg ginger (fresh is best)

Cup of black coffee

340ml Ice Water

##### BREAKFAST

BREAKFAST BOWL:

2 eggs

1 Avocado

25g cheese

1 turkey breast, chopped

1 small red potato

Jalapeños

Cayenne

Onions

##### LUNCH:

*Super easy prep version:*

You can just buy pre-cooked/pre-sliced chicken

Microwave brown rice, and mix.

*Slightly longer prep version:*

170g chicken

1/4 avocado

1/3 cup brown rice

Tomatoes chopped

Garlic salt

Mix together

**or**

*Even longer prep version: This one takes a bit of pan cooking*

2 eggs

1 avocado

1 teaspoon olive oil or avocado oil in a pan

1 cup spinach chopped

25g cheddar

Chopped onions, tomatoes, garlic salt, pepper

Mix together to make into scrambled eggs or omelette and top with avocado

##### DINNER

*Shrimp or chicken vegetable Pho soup:*

200g chicken or shrimp

Optional veggies. These are just for flavour. Add or subtract as you see fit: chopped onion, ginger, garlic, shitake mushrooms, bok choy, scallions.

Broth: See attached recipe.

**or**

Any of soups from recipes. Make sure to add chicken or shrimp

**or**

Chicken vegetable soup with very hearty broth and 200g chicken

## DAY 30

### WAKE:

*Optional supplement stack:*

1 grain of paradise  
500mg taurine  
1000mg ginger  
Cup of black coffee  
340ml Ice Water

### BREAKFAST

In a bowl:

1/3 cup oats  
1/4 cup raisins  
1 tablespoon almond butter  
1 teaspoon coconut oil  
3/4 cup blueberries  
Cinnamon  
25 grams whey protein (in a separate cup, mix with water)

### SNACK:

1 turkey sausage, breast or hamburger

### Wait 30 min

### LUNCH:

Large chicken salad  
230g chicken  
1/4 avocado  
1 teaspoon Extra Virgin Olive Oil  
1/4 cup raspberries  
Greens  
Onions, chicory, garlic, asparagus, artichoke ( optional)

### SNACK:

1 scoop whey protein

**or**

1 turkey/cheese wrap: 4 slices of turkey with slice of cheese each. Cheese of your choice, low-fat cheese is better.

### DINNER:

170g of lean steak, chicken, turkey, fish or vegan substitute  
Green beans, onions, garlic (add in a lot of this, we are going for volume here)  
1/3 baked potato cooled down

---

## DAY 31

### WAKE

*Optional supplement stack:*

1 grain of paradise  
500mg taurine  
1000mg ginger  
Cup of black coffee  
340ml Ice Water

**2. NOW ADD** 2 very easy easy and, affordable supplements:

25 mg Niacin  
1000 mg vitamin E

### \*\*\*Niacin Flush\*\*\*\*

A niacin flush is normal, harmless, side effect of taking niacin. You may feel an itching or burning. One of the beneficial actions of niacin is via the flushing mechanism, which increases nitric oxide and dilates blood vessels. If you are sensitive to niacin start with half the dose - about 12.5 mg

### \*\*\*Optional Supplement Additions\*\*\*\*

**5g Trehalose:** Trehalose is a special sugar that skips glycolysis and jumps right into the mitochondria. It has VAST power to drive autophagy and youth. For our purposes, Trehalose helps steer macrophages in your fat mass to the anti-inflammatory combat medic type.

**5g D-Mannose:** D mannose is a special sugar that suppresses production of Interleukin 1-b.  
*If you choose to do these add them into your morning stack until day 38.*

**3. GET COLD:** Getting cold helps flip macrophage polarity in your body fat from the inflammatory Red Team to the anti-inflammatory blue team.

## NOW EAT

### MEAL 1:

2 Keto Walnut Cookies AND 1 tablespoon of High EPA Omega 3 oil  
**or**

2 free range eggs AND 1 tablespoon peanut or almond butter

### Wait 2.5 hours

### MEAL 2:

1 chicken breast (100g) with skin and 15g of walnuts.

**or**

1 tablespoon peanut butter and 20g walnuts

### MEAL 3

170g smoked salmon with light pesto spread

**or**

1 chicken breast

### MEAL 4

15g walnuts and 1 walnut cookie and 1 tablespoon peanut butter

**or**

85g full fat cheese

### MEAL 5

170g lean steak, 15g walnuts and small salad

**or**

110g hamburger with tomatoes, lettuce, mustard, 15g walnuts

### BEDTIME:

#### **Optional supplement stack:**

1g of NAC

200mg Fisetin

*Optional additional supplements:*

200 mg Fucoïdan

200mg Naringenin

---

## DAY 32

### WAKE

*Optional supplement stack:*

1 grain of paradise

500mg taurine

1000mg ginger

Cup of black coffee  
340ml Ice Water  
25 mg Niacin.  
1000 mg vitamin E

**add**

1 teaspoon MCT's  
1g berberine

\*\*\* MCT's act to stimulate fullness, which you need post fat loss to mimic feasting without getting fat.\*\*\*

**GET COLD**

**BREAKFAST**

*Superfood parfait:*

3/4 cup Greek yogurt  
1 banana  
1 cup raspberries  
1/4 cup oats  
1 tablespoon honey  
25 grams whey protein with cinnamon

**Wait 3.5 hours**

**SNACK**

1 tablespoon high omega 3 fish oil

**Wait 30 min**

**LUNCH**

Large chicken salad  
230g chicken  
1/3 avocado  
1 teaspoon Extra Virgin Olive Oil  
1/4 cup raspberries  
Greens  
Onions, chicory, garlic, asparagus, artichoke ( optional)

**SNACK**

1 keto walnut cookies

**or**

1 turkey/cheese wrap

**DINNER**

170g of lean steak

**or**

280g of chicken, turkey, fish or vegan substitute

**with**

Green beans, onions, garlic  
1/2 baked potato (cooled down)

**or**

2 Portabello mushrooms (see recipes)

**or**

Large baked Brussels sprouts with  
110g cheese  
25g walnuts  
170g cod or vegan protein

**BEDTIME:**

**Optional supplement stack:**

1g of NAC  
200mg Fisetin

*Optional additional supplements:*

200 mg Fucoidan

200mg Naringenin

---

## DAY 33

### WAKE

*Optional supplement stack:*

1 grain of paradise

500mg taurine

1000mg ginger

Cup of black coffee

340ml Ice Water

25 mg Niacin.

1000 mg vitamin E

### **add**

1 teaspoon MCT's

1g berberine

**SPOT TARGET:** Cold areas with cold and menthol 5-10 min

**MASSAGE:** Use mechanical massager to target problem areas post cold induction. Any Theragun or variant, or hand mechanical spike roller.

### **BREAKFAST:**

2 keto walnut cookies

170g lean steak

2 eggs

### **or**

Vegan Version

4 keto walnut cookies and

Tofu Breakfast bowl:

1 avocado pitted

1/2 cup black beans

1/2 hash browns

1 teaspoon olive oil

400g firm tofu drained

Add sea salt, chopped onions, jalapeños, tomatoes, coriander, garlic powder, hot sauce

### **SNACK:**

1 block of 5 calorie jelly and a small squirt of 5 calorie squirty cream

### **LUNCH:**

Two 170g lean hamburgers with cheese

Add mustard, onions, jalapeños, tomatoes

### VEGAN VERSION

Two 170g vegan hamburgers with cheese

Add mustard, onions, jalapeños, tomatoes

### **SNACK:**

2 keto walnut cookies

### **or**

1 tablespoon peanut butter

### **DINNER:**

230g lean steak

Asparagus spears

### **or**

230g chicken with vegetable soup

### **or**

3 turkey stuffed peppers (See recipes)

**BEDTIME:**

***Optional supplement stack:***

1g of NAC

200mg Fisetin

***Optional additional supplements:***

200 mg Fucoidan

200mg Naringenin

---

**DAY 34**

**WAKE**

***Optional supplement stack:***

1 grain of paradise

500mg taurine

1000mg ginger

Cup of black coffee

340ml ice water

25 mg Niacin

1000 mg vitamin E

***add***

1 teaspoon MCT's

1g berberine

**SPOT TARGET:** Cold areas with cold and menthol 5-10 min

**MASSAGE:** Use mechanical massager to target problem areas post cold induction. Any Theragun or variant, or hand mechanical spike roller.

**EAT:** 1 and 1/2 scoop whey protein with 1 tablespoon omega 3 oil

**Wait 20 minutes**

**BREAKFAST**

1/2 plate cherries

1 egg or 1 tablespoon peanut butter

1 slice avocado toast. - 1/2 avocado, tomatoes, sourdough bread

**SNACK:**

1 block of 5 calorie jelly and a small squirt of 5 calorie squirty cream

**LUNCH:**

1/2 baked potato. (cooled down) with butter

2 chicken breasts

**SNACK:**

Greek yogurt with 1 scoop of whey protein: mix together

1 block of 5 calorie jelly and a small squirt of 5 calorie squirty cream

**DINNER:**

Large salmon steak with roasted veggies: onion, tomatoes, peppers, garlic

**BEDTIME:**

***Optional supplement stack:***

1g of NAC

200mg Fisetin

***Optional additional supplements:***

200 mg Fucoidan

200mg Naringenin

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## DAY 35

### WAKE

*Optional supplement stack:*

1 grain of paradise  
500mg taurine  
1000mg ginger  
Cup of black coffee  
340ml ice water  
25 mg Niacin  
1000 mg vitamin E

#### **add**

1 teaspoon MCT's  
1g berberine

**SPOT TARGET:** Cold areas with cold and menthol 5-10 min

**MESSAGE:** Use mechanical massager to target problem areas post cold induction. Any Theragun or variant, or hand mechanical spike roller.

### BREAKFAST

2 eggs or vegan egg substitutes  
1 Avocado  
30g cheese  
Chopped asparagus, onion, garlic, cayenne  
Cooled hash browns

### SNACK:

1 scoop of whey protein with 1 tablespoon of Omega 3 fats or 1 tablespoon of olive oil and cinnamon

### LUNCH:

Grilled cheese with mustard and jalapeños on sourdough

### SNACK:

1/2 avocado with sprinkled cheese and garlic

### DINNER:

Large hearty bowl of soup  
Pho with chicken and vegetables, light on noodles

**or**

2 Keto portabello mushrooms

**or**

Veggie Beef Barley Soup - see recipes

### BEDTIME:

**Optional supplement stack:**

1g of NAC  
200mg Fisetin  
*Optional additional supplements:*  
200 mg Fucoïdan  
200mg Naringenin  
200mg Baicalin  
100mg Grape Seed Extract.

## IMPORTANT

At this stage if you haven't yet hit your target weight you can simply start back at Week 1 and run through the whole program again. You can do this as many times as you wish.

Once you either need a break or have hit your target weight implement the stuff in Week 5 - 6 preferably combined with the diet we give you in The Relgnite Academy.

If you've never heard of the Academy, it's our ongoing program designed to keep you on track long term. If you're interested to know more either ask me about it in the app or check out [this page for all the details](#)  
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## WEEK 5 - 6

### DAY 28 - 38

#### TRANSITION PERIOD

##### WAKE

*Optional supplement stack:*

1 grain of paradise

500mg taurine

1000mg ginger

Cup of black coffee

340ml ice water

25 mg Niacin

1000 mg vitamin E

##### **add**

1 teaspoon High EPA Omega 3 oil

1g berberine

**SPOT TARGET:** Cold areas with cold and menthol 5-10 min

**MASSAGE:** Use mechanical massager to target problem areas post cold induction. Any Theragun or variant, or hand mechanical spike roller.

##### BEDTIME

1g NAC - Next 10 days

200mg Fisetin - Next 10 days

##### **Optional**

200 mg Fucoidan - Next 30 days

200mg Naringenin - Next 10 days

200mg Baicalin - Next 30 days

100mg Grape Seed Extract. Next 30 days

# RECIPES

Where no quantity is given...indulge yourself!

## SPINACH POTATO BURRITO

### INGREDIENTS

- 2 eggs and 6 egg whites
- 1/2 cup diced potatoes
- 1/3 avocado
- Handful of cherry or plum tomatoes

For the wrap

- Ideally use egg white wraps, alternatively use spinach wraps or regular tortilla wrap

### INSTRUCTIONS

Heat a little butter in a pan

Add the potatoes and cook until soft.

Add the eggs.

Remove when cooked place in the burrito and top with avocado and tomatoes.

## KETO WALNUT COOKIES

### INGREDIENTS

- 150g coarsely ground walnuts
- 1 medium egg
- 25 g or 2 heaped teaspoons xylitol/erythritol
- 1 tsp cinnamon

### INSTRUCTIONS

- Preheat oven to 180 degrees
- Beat the egg, sweetener and cinnamon
- Add ground walnuts
- Form cookies.
- Put on baking sheet.
- Grease with butter or walnut oil.
- Bake for 10 minutes or until nicely browned

## HAM AND CHEESE EGG CUPS

### INGREDIENTS

- Grass fed butter (for pan)
- 12 slices ham
- 50g shredded cheddar
- 12 large eggs
- Sea/Himalayan salt
- Freshly ground black pepper
- Chopped fresh parsley, for garnish

### INSTRUCTIONS

Preheat oven to 200° and grease a 12-cup muffin tin with butter.

Line each cup with a slice of ham and sprinkle with cheddar.

Crack an egg into each ham cup and season with salt and pepper.

Bake until eggs are cooked through, 12 to 15 minutes (depending on how runny you like your yolks).

Garnish with parsley and serve.

## BOWLS

## **STEAK AND EGG BOWL**

### **INGREDIENTS**

- 1 Avocado
- 30g cheese
- 1 egg
- 170g Lean steak - Vegans can sub in vegan ground beef
- 75g cup chickpeas
- 1 cup brown rice
- Chopped raw cauliflower, onions, tomatoes

### **INSTRUCTIONS**

Lightly grill the steak

Add some butter to a pan and lightly cook the eggs (either scrambled or in an omelette) you may either add the veg before adding the eggs and lightly cook them with the eggs or add them at the end and have them raw

Cook the brown rice as normal

Add everything into a bowl and mix

Top with the avocado

## **POTATO BOWL**

- 1/2 baked potato cut into blocks and cooled down
- 1/3 cup chickpeas
- 2 eggs, lightly boiled and chopped
- 170g lean steak
- Shallots, onions, sliced carrots, garlic

### **INSTRUCTIONS**

Add everything into a bowl and mix

## **TUNA BOWL**

### **INGREDIENTS**

- 225g lean raw tuna - Vegans can substitute Vegan Ground beef
- 1 cup brown rice (cooked and cooled down for 15 mins)
- 1/3 cup chickpeas
- Chopped asparagus, onions
- Hot salsa

### **INSTRUCTIONS**

Very lightly grill the tuna

Lightly cook the asparagus and onions (you can do them under the grill with the tuna) or just have them raw.

Add everything into a bowl and mix

## **CAULIFLOWER AND PRAWN BOWL**

### **INGREDIENTS**

- 500g riced cauliflower
- 1/2 cup cold chickpeas
- Lean protein from shrimp or tuna as much as you want - Vegans can sub in vegan ground beef
- 1 Onion
- Hot salsa

### **INSTRUCTIONS**

Add everything into a bowl and mix

## **CHIPOLTE BOWL**

- 2 chicken breasts lightly cooked
- 2 peppers ( red, green or yellow)
- 2 scoops mild salsa
- 1 scoop hot salsa
- 25g shredded cheddar - optional Vegans can sub in Tofu

#### INSTRUCTIONS

Add everything into a bowl and mix

#### **AHI POKI BOWL**

This bowl has a number of functional properties. Shallots are very beneficial for the gut. Chickpeas, asparagus and onions all effect insulin sensitivity. Thermogenesis, or raising the bodies energy expenditure is done via optional cayenne, hot sauce (tabasco or similar) and jalapeños. If you can't handle spicy food leave these out.

#### INGREDIENTS

- 300g raw tuna, chicken, salmon or tofu. You can also use 170g lean steak
- 170g brown rice cooled for 15 min
- 50g cup chickpeas
- Apple peels from 1 to 2 apples
- 1 medium onion, Chopped. Raw is preferable but can do light steamed or blanched.
- 5 spears asparagus, Chopped. Raw is preferable but can do light steamed or blanched.
- Shallots. Chopped. Raw is preferable but can do light steamed or blanched.
- Jalapeños - thermogenesis function (optional)

#### SPICE STACK:

- Garlic: insulin function
- Sesame: fat oxidation
- Salt and pepper:
- Cayenne - thermogenesis ( optional)
- Hot sauce - thermogenesis ( optional)

#### INSTRUCTIONS

Cook the protein lightly.

Add everything together join a bowl and mix

Top with spice stack to taste

#### **KETO MUFFINS**

#### INGREDIENTS

- 100g fine almond flour
- 2 tbsp powdered xylitol/erythritol/Trehalose or stevia equivalent
- 65ml milk of choice
- 1 large egg - Vegans can use vegan egg substitute or 1 flax egg
- 1/2 tbsp baking powder
- 1/4 tsp salt
- Optional crushed walnuts, a pinch of cinnamon, cacao nibs

#### INSTRUCTIONS

Preheat oven to 180 degrees.

Grease a mini muffin tin very well.

Combine all dry ingredients (stirring well), then stir in wet.

Scoop into muffin cups, filling about 2/3 of the way up.

Bake 10 minutes on the centre rack (or 15 minutes for regular-sized muffins).

Remove from the oven and let cool for 10 minutes.

#### **CABBAGE CHICKPEA WRAPS**

#### INGREDIENTS

- 170 -340g of chicken
- 1 can chickpeas
- 1 head of cabbage
- 5 spears Asparagus
- Mustard

#### INSTRUCTIONS:

Steam cabbage and peel into wraps.

Cook chicken any way you like, spicy is better if you can handle it.

Chop asparagus and add chicken, cold chickpeas, and mustard to the wrap and serve.

2 to 3 wraps make for an excellent fat burning bomb dinner.

### **COCONUT CURRY BOK CHOI**

#### INGREDIENTS

- 1 bunch spring onions
- 1 400ml can light coconut milk
- 2 - 2 1/2 tablespoons tamari sauce (like soy sauce but better for you)
- 1 1/2 teaspoons curry powder
- 1 teaspoon ginger
- 1 teaspoon chilli paste - more if you like it hotter
- 1 pound firm tofu - cut into cubes
- 4 plum or cherry tomatoes chopped
- 1 yellow pepper - thinly sliced
- 100g sliced mushrooms
- 2 tablespoons basil
- 4 - 5 cups bok choy

#### INSRCTIONS

Add small amount of butter to a pan and gently heat

Add the pepper, mushrooms, onions, ginger, tofu tomatoes, tamari sauce, curry powder and chilli paste to the pan and cook gently.

5 minutes (approx) before it is ready add the coconut milk

3 minutes (approx) before it is ready add the bok choy

Remove from heat and garnish with basil

### **ULTIMATE WHITE BEAN CHILLI**

White beans resist digestion and are great for sensitising insulin. Serves 5-8 people, great to cook and then freeze for emergencies.

#### INGREDIENTS

- 2 tbsp extra virgin olive oil
- 900g boneless chicken thigh, cut into 1/2 inch pieces ( or, if you are just cooking for yourself, use 70-100 grams)
- 1 diced onion
- 3 cloves garlic diced
- 1/2 tsp ground jalapeño pepper
- 2 tbsp ground cumin
- 1 tsp oregano
- 1 1/2 tsp salt
- 1 tsp fresh ground black pepper
- 1/4 tsp cinnamon – don't omit - this makes the dish
- 1000g chicken broth
- 1 red bell pepper, seeded, diced • 1 green bell pepper, seeded, diced
- 1 jalapeno pepper, seeded, diced
- 1 can diced tomato
- Green chilli (to taste)

- 1000g white beans
- Chopped coriander

#### INSTRUCTIONS:

Brown chicken in extra virgin olive oil over medium heat.

Once the liquid has evaporated, add the onion, garlic, jalapeño, cumin, oregano salt, ground pepper and cinnamon to the pan

Cook a little until the onion and garlic soften (about 3 to 5 minutes)

Once toasted, add chicken broth and bring to boil. Add the rest of the ingredients to the pot

Cook until ready

### **TURKEY STUFFED PEPPERS**

#### INGREDIENTS

- 4 green or coloured bell peppers, seeded and tops removed,
- Minced turkey (use 70-100g if making only for yourself. If cooking for others use 500g)
- 2 tablespoons extra virgin olive oil
- 1/2 onion, chopped
- 70g sliced mushrooms
- 1/2 red bell pepper, chopped
- 1/2 yellow bell pepper, chopped
- 1 400g can diced tomatoes, drained
- 1 tablespoon tomato paste
- 1/2 teaspoon cayenne (optional if you can't do spicy, but great for fat burning)
- Italian seasoning to taste
- Shallots (great for gut health)
- 3 - 4 minced garlic cloves
- Salt and pepper to taste

#### INSTRUCTIONS

In a skillet over medium heat, cook the turkey until evenly brown. Set aside.

Heat oil in the skillet, and cook onion, mushrooms, red bell pepper, yellow bell pepper, and garlic until tender. Return turkey to the skillet.

Mix in the tomatoes and tomato paste, and season with Italian seasoning

## **SOUPS**

### **SPICY VEGAN BLACK BEAN SOUP**

#### INGREDIENTS

- 180ml water (or 2 tablespoons extra virgin olive oil)
- 1 red onion, chopped
- 1 clove garlic, minced
- 1/3-1/2 jalapeño, finely chopped, to taste (optional)
- 2 medium-sized carrots, chopped
- 1 red bell pepper, chopped (or any colour)
- 4 teaspoons ground cumin
- 2 teaspoons chilli powder
- 1/4 teaspoon red pepper flakes, to taste (optional)
- 300g organic black beans, drained and rinsed
- 100g low-sodium vegetable broth
- 1/2 lime, juiced
- 1/4 cup coriander
- Sea salt & pepper, to taste

Toppings/Sides (optional):

- Avocado
- Crushed tortilla chips
- Jalapeño



- Cilantro

## INSTRUCTIONS

Heat water

Stir in the onions and garlic

Add pinch of sea salt and pepper

Cook, stirring occasionally, until the onions are clear. Stir in jalapeño, carrot, red bell pepper, cumin, chilli powder, red pepper flakes

Cook until soft, about 7-9 minutes

Add beans, and broth

Bring to slow boil and simmer. Cook about 20 minutes, until broth is very full of flavour

Turn off heat

Add lime juice and coriander

Add salt and pepper to taste

## VEGGIE BEEF BARLEY SOUP

### INGREDIENTS

1 tablespoon Extra Virgin Olive Oil

350g Beef, stewing, lean cut into 1-inch cubes, or lamb meat can be used

4 can(s) broth, beef

1 cup(s) onion(s)chopped

1/2 cup(s) celery chopped

1 teaspoon oregano, dried or basil, crushed

2 clove(s) garlic minced

1/4 teaspoon pepper, black ground

1 whole bay leaf

1 cup mixed vegetables, frozen

1 can tomatoes, diced, no salt added 400ml can, undrained

1 cup(s) parsnips peeled and cut into 1/2 inch thick slices, or potato, peeled and cut in to 1/2-inch cubes

2/3 cup(s) Barley

### INSTRUCTIONS

In a casserole dish or similar, heat oil over medium heat.

Add meat; cook and stir until meat is browned.

Stir in broth, onion, celery, oregano, garlic, pepper, and bay leaf.

Bring to the boil and reduce heat.

Cover and simmer for 1 1/2 hours for beef or 45 minutes for lamb.

Stir in frozen vegetables, undrained tomatoes, parsnip, and barley.

Return to boiling; reduce heat.

Cover and simmer about 15 minutes more or until meat and vegetables are tender.

Discard bay leaf.

Slow-cooker directions: Substitute regular barley for quick-cooking barley.

In a large skillet, heat oil over medium heat.

Add meat; cook and stir until meat is browned. Drain off fat.

In a 5- or 6-quart slow cooker, combine meat and remaining ingredients.

Cover and cook on low-heat setting for 8 to 10 hours or on high-heat setting for 4 to 5 hours.

## CHICKEN PHO RECIPE

I don't give amounts for the following ingredients as its quite ok to eyeball it. The thing you want to do is get plenty of the mushrooms in there. I would suggest at least a decent sized pack for each person it needs to serve.

### INGREDIENTS

Shiitake Mushrooms

Vegetable stock (preferably home made or a good quality organic brand)

1 Onion

Ginger to taste

Star Anise  
Cloves  
Tamari sauce  
Hot pepper  
Your choice of veggies (add as much or as little as you like)  
70- 100g chicken cooked  
Bean sprouts  
Basil  
Lime  
Hot pepper (optional)

#### INSTRUCTIONS

Simmer the shitake mushrooms in vegetable stock (or water) for at least 30 minutes to release flavour

Roast onion and ginger on a baking sheet for 20 minutes. Add star anise and cloves (these are essential!) and roast for another 5 minutes. It's tempting to skip this step but DON'T – the roasting adds so much flavour!

Add onion, ginger, star anise, cloves, tamari, salt and hot pepper (if using) to stock and simmer for 40 minutes.

Add veggies to stock you have just made in the previous steps and cook for another 20 minutes. Add chicken, stock, bean sprouts, basil and lime to bowls and serve!

#### **KETO PORTABELLO MUSHROOMS**

This makes for a great dinner on an aggressive fat loss day. You will sleep better and it works wonders for fat loss.

#### INGREDIENTS

- 5 medium portobello mushrooms
- 1 tbsp unsalted butter
- 4 spring onions, sliced
- 1 jalapeño pepper
- 3 cloves garlic, minced
- ½ cup Quinoa rice
- ½ cup chopped fresh parsley
- ½ cup chicken broth (for vegetarian - use veggie broth instead)
- Sea salt and freshly ground pepper
- 1 ¼ cups shredded semi-skimmed mozzarella cheese
- 1/3 cup reduced-fat sour cream or nonfat Greek yogurt
- 1 red jalapeño seeded and diced

#### INSTRUCTIONS

Preheat oven to 180 degrees.

Coat a baking sheet with parchment paper.

Remove stems from the mushrooms and coarsely chop them.

Scrape the gills from the underside of the mushroom caps with a spoon and discard. Heat a large skillet over medium heat.

Add the butter, half of the spring onions, jalapeño, garlic and cook, stirring until the chilli pepper is soft (about 4 minutes).

Chop one of the portobello mushrooms along with the stems and add to the pan along with the quinoa, chicken stock and cook until tender (about 3 minutes).

Remove from heat and add in the chopped parsley and season with salt and pepper.

Stuff the mushroom caps with an equal amount of the ingredients, layering with mozzarella cheese.

Place on a baking pan lined with parchment paper.

Bake until mushrooms are tender and the top is golden brown and cheese is melted.

Top with yogurt, jalapeño and spring onions.

#### **RAW GREEN BEANS**

#### INGREDIENTS

- 2 cups green beans (sliced into 1/4-inch pieces)
- 1 cup carrot (shredded, peeled)
- 2 tablespoons leek (diced)
- 2 tablespoons extra virgin olive oil (cold-pressed)
- 1 1/2 teaspoons fresh ginger (grated)
- 1/2 teaspoon sea salt
- 1/2 teaspoon coriander (ground)
- 1/2 teaspoon cumin
- 1/2 teaspoon garam masala
- 1/2 teaspoon curry powder
- 1 teaspoon fresh lime juice

#### INSTRUCTIONS

Place green beans, carrots, and leeks together in a large bowl.

In a separate bowl, whisk the remaining ingredients together until well combined, then pour over the veggies and let sit for 15 minutes.

Eat

#### **STRATEGIC, QUICK AND EASY DINNER IDEAS FOR FAT LOSS**

In a rush or just can't be bothered? Try one of these...

- Lean stake and cold baked potato with salt and butter
- 2 eggs, 8 oz chicken, olives, green beans, bacon bits, red potatoes
- 250 cal riced cauliflower, turkey, mushrooms, peppers, 1 egg
- Seasoned Chicken, cold garbanzos, asparagus, mustard, steamed cabbage for the wrapping.
- Grilled cheese with sourdough bread/jalapeños/mustard/butter
- Tortilla soup with chicken
- Chicken ( any style) and green beans with onions

## FOOD SWAPS

You can sub any line item for any other line item in any given food swap.

### ASPARAGUS

Broccoli, cauliflower, green beans, fennel, cabbage, cucumber

### BLACKBERRIES

Raspberries, strawberries, lingonberries, blueberries, dark grapes, cherries

### BROCOLLI

Cauliflower, fennel, green beans, asparagus, cabbage

### CHICKEN

Turkey, lean steak, very lean hamburger, egg whites, chickpeas, seitan

### EGGS

Avocado, macadamia nuts, olives, cheese, salmon, sardines, peanut butter, nut butter.

### CHICKPEAS

Lentils, black beans, potatoes ( all the former should be cooled), steel cut oats (as dry as you can bear), Greek yogurt with added resistant starch ( add 1 scoop resistant starch per cup of greek yogurt)

### GRAPEFRUIT

Pomelo, black grapes, blackberries, blueberries, raspberries.

### ONIONS

Garlic, green onions, shallots, leeks, chickpeas

### POTATO

Sweet potato, organic non GMO corn, cooled brown rice, riced cauliflower, yams, carrots, fennel, yucca, plantain (cooking banana)

### PEANUT BUTTER

Almond butter, hazelnut butter, pecan butter

### SEMI GREEN BANANA

Ripe banana, cooled potatoes, cooled brown, rice, steel cut oats raw or lightly cooked, sweet potato cooled down

### STEAK

Salmon, turkey, chicken, cod, portabello mushroom w cheese, seared Tuna, cod, turkey vegan filet mignon, seitan, egg whites, orange roughy, trout, salmon, swordfish, sea bass, lean steak, turkey

### WALNUTS

Macadamia, almonds, sunflower seeds, peanuts, avocado, salmon

### WRAPS

Egg white wrap, spinach wrap, corn tortilla wrap

# Program Supplement List

Red Powder  
HMO  
Apple Peel Powder  
Vitamin D  
NAC  
Fisetin  
Berberine  
Forskolin  
Resistant starch powder

## ***Optional Supplements***

Fucoidan  
Naringenin  
Baicalin  
Grape Seed Extract  
Grains of paradise  
Taurine  
Niacin  
Vitamin E