

PRIME
PERSONAL TRAINING

NO BULLSHIT

Diet



HEALTHY HABITS FOR LIFE



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Intro

There is no one size fits all diet plan as everybody is different, the goal of this plan is no bullshit dieting. No fad diet just good science backing up the basics of all diet plans, reduce the number of calories you consume in regards to your daily need and increase the exercise to increase your demand for calories.

This does not mean this is going to be a crash diet but a healthy habit you can carry forward and improve your health, performance and ultimately result in weight loss.

What we want from you?

3 days a week you will complete a 17hr hour fast! And 4 days a week you will complete a 16hr fast. Why? The time in which you are fasting you're allowing your body to burn your body fat as energy instead of the food you would usually consume. Research has proven that you will curb your craving for food in this time period, your blood sugar will also be balanced. Intermittent fasting will allow your body to burn body fat, FACT!

Exercising will play a major factor in your weight loss especially if you already have a sedentary job, We always say 4 sessions a week is the magic number, each session you can expect to burn between 300-450 calories.

The goal? Weight loss at the same time as refueling your body with vitamins and



minerals and all the macronutrients it needs to perform at a high level.

The main source of foods will come from whole foods (non processed foods) as it has been proven there is more fibre and nutrients in whole foods when compared to processed foods.

This means were cutting out all biscuits, crisps, chocolate, sweets. This dosent mean you cant still snack, below we have plenty of healthy alternatives for you. cultivars.

Sam & Joe
Sam & Joe
Prime Founders

Alcohol, Eating Out, Takeaways??

The name of this diet is no bullshit so let's not lie to ourselves and say we're not going to drink or eat out with friends.

For most people drinking factors into our lifestyles so let's work with it. Allowing yourself 1 day a week to drink won't stunt your weight loss journey if you plan ahead.

The same applies for eating out...

Say for example on a Saturday your calories are 1500. You would make sure you eat x2 nutritious meals equalling 800 calories, this leaves you with 700 calories which could be consumed in low calorie alcohol.

Just make sure you track your consumption and stick to the fast the following day, we'd also recommend increasing your fluid intake by x1 extra litre



Daily Calorie Requirements

Your BMR is your Basal Metabolic Rate which means the amount of calories you need to carry on living as you are at rest. Once that has been established we will increase these calories to account for your job and physical activity to give you your TDEE or Total Daily Energy Expenditure.

How to calculate your BMR (using the Harris Benedict calculation)

MALE

Step 1 . $10 \times \text{weight in kg} =$
Step 2 . $\text{height in Cm} \times 6.25 =$
Step 3 . Add the above answers together =

Step 4 . $5 \times \text{age in years} + 5 =$
Step 5. Answer to step 4 minus from answer to step 3 = BMR

FEMALE

Step 1 . $10 \times \text{weight in kg} =$
Step 2 . $\text{height in Cm} \times 6.25 =$
Step 3 . Add the above answers together =

Step 4 . $5 \times \text{age in years} - 161 =$
Step 5. Answer to step 4 minus from answer to step 3 = BMR



HOW TO CALCULATE YOUR TDEE

Using the Harris Benedict Calculation

LIFESTYLE	DESCRIPTION	CALCULATION
SEDENTARY	OFFICE BASED JOB & NO EXERCISE	BMR x 1.53
MODERATELY ACTIVE	MANUAL OR OFFICE BASED JOB & EXERCISE ONE HOUR DAILY	BMR x 1.76
VIGOROUSLY ACTIVE	PHYSICAL JOB EXERCISES ONE HOUR PLUS DAILY AT HIGH INTENSITY	BMR x 2.25

NOW TO ADD EVERYTHING TOGETHER

Example

Male 70kg x10 = 700

Height 176cm x 6.25 = 1,100 + 700 = 1800

Age 25 x 5 + 5 = 130

1800 - 130 = BMR 1,670

1,670 BMR x 2.25 extremely active = 3,757 calories needed daily

NO BULLSHIT

Daily Meal Plan

	MEAL 1	MEAL 2	MEAL 3	
MON	17HR FAST 8PM - 1PM	EARLY RISER BREAKFAST	EASY BACON EGG AVOCADO SALAD	SNACK OR MEAL IF CALORIES ALLOW
TUE	17HR FAST 8PM - 1PM	QUICK CARROT CAKE PROTEIN OATMEAL	SALMON & VEGGIE COCONUT CURRY	SNACK OR MEAL IF CALORIES ALLOW
WED	17HR FAST 8PM - 1PM	MICROWAVE FRIED RICE	CHICKEN CURRY LOW CARB PIZZA	SNACK OR MEAL IF CALORIES ALLOW
THU	16HR FAST 8PM - 12PM	SMOOTHIE SHAKE	LOW CARB DEEP DISH LASAGNE	SNACK OR MEAL IF CALORIES ALLOW
FRI	16HR FAST 8PM - 12PM	BERRY OATMEAL BAKE	PRAWN PASTA	SNACK OR MEAL IF CALORIES ALLOW
SAT	16HR FAST 8PM - 12PM	MICROWAVE BELL PEPPERS	BBQ MUSTARD CHICKEN	SNACK OR MEAL IF CALORIES ALLOW
SUN	16HR FAST 8PM - 12PM	MICROWAVE TURKEY BLT	GREEN COCONUT CURRY WITH PRAWN & SQUASH	SNACK OR MEAL IF CALORIES ALLOW

MEAL 1 BREAK THE FAST EITHER 12PM OR 1PM AS INDICATED,, MEAL 3 TO BE CONSUMED NO LATER THAN 8PM



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QUICK & TASTY

Breakfast Recipes

EARLY RISER BREAKFAST

695 Calories / 100g Carbs / 66g Protein / 4g Fat
Prep Time 10 min / Cook Time 18 min / 1 serving

It's time to break out the cast iron skillet, every fit cook should have one (if you don't have one you can use a regular frying pan). This breakfast will cook in the oven as you get yourself and family ready for the day. Definitely worth a try!

INGREDIENTS

- 1 cup liquid egg whites
- 3 whole asparagus spears
- ½ cup brown rice
- ¼ whole red onion, diced
- 1 clove garlic, chopped
- ½ fruit (3-3/4" dia) grapefruit, raw, pink and red, Florida
- 1 scoop dymatize iso-100

PROCEDURE

1. Set oven to 405 F.
2. Lightly spray a cast iron skillet with coconut oil or olive oil.
3. Add cooked brown rice and quinoa to the skillet.
4. Pour in egg whites, and then add asparagus strips and pieces and bell pepper slices.
5. Bake in the oven for 15-18 minutes (or until eggs are cooked).



RECIPES

QUICK CARROT PROTEIN OATMEAL

439 Calories / 50g Carbs / 34g Protein / 15g Fat
Prep Time 5 min / Cook Time 5 min / 1 serving

These carrot cake overnight protein oats taste amazing, are high in plant-based protein and provide plenty of energy for an active day.

INGREDIENTS

- 1/2 cup dry oats cooked with water
- 1 scoop vanilla whey protein powder
- 3 oz almond milk (unsweetened)
- 2-3 tablespoons grated carrots
- pinch of allspice (optional)
- pinch of cinnamon (optional)
- pinch of nutmeg (optional)
- 1 tablespoon maple syrup (or agave, honey or stevia in the raw)
- 1 tablespoon sliced almonds (optional)
- 1 tablespoon shaved coconut (optional)

PROCEDURE

1. Cook up some oats using water and set aside. Note: they should be slightly dry and thick after cooking - do not worry about that.
2. In a shaker bottle, mix/shake almond milk and protein powder vigorously until well-mixed. Add to the serving of oatmeal and mix together.
3. Then add the remaining ingredients and stir and mix together. If desired, you can warm up the oatmeal again in the microwave. And to lessen the amount of carbohydrates, simply use less maple syrup.
4. Enjoy!

LOW CARB PANCAKES (GF, DF)

349 Calories / 23g Carbs / 19g Protein / 17g Fat
Prep Time 5 min / Cook Time 5 min / 1 serving

Pancakes are an extremely easy dish to make when you're busy and on the go since you can make a large amount of batter and set it aside in your fridge.

INGREDIENTS

WET

- 4 egg whites / Substitutes: whole eggs or milled flax seed (vegan option)
- 1/3 cup coconut cream / Substitutes: Greek yogurt, heavy cream (dairy option) or almond butter with a little almond milk
- 1 teaspoon vanilla extract

DRY

- 1/3 cup coconut flour / Substitutes: fine almond flour
- 1/2 teaspoon baking powder
- 1 packet (1g) Stevia in the raw / Substitutes: raw sugar, raw honey

TO SERVE

- low-calorie (sugar-free) maple syrup
- cinnamon to taste

PROCEDURE

1. Mix together all the dry ingredients in a small bowl.
2. Tip: for fluffy pancakes In a separate bowl, beat egg whites (or eggs) with a pinch of sea salt until they are fluffy and almost appears like a foam.
3. Add the dry ingredients to the egg whites and mix together. Then add the coconut cream and vanilla extract. Mix together. then add all-purpose flour
4. Set a nonstick skillet on medium-high heat and spray with coconut oil
5. Add 1 tablespoon of batter (per pancake) After about 1 minute, flip & cook for an additional 45 seconds



RECIPES

PROTEIN BREAKFAST COOKIES

280 Calories / 32g Carbs / 16g Protein / 13g Fat
Prep Time 5 min / Cook Time 8 min / Yield: 8

Everyone loves a good cookie recipe. This one packs a punch of protein, using oats and nut butters like peanut butter.. Because it is loaded with fibre as well, the digestion of the carbs in the cookie will be much healthier.

INGREDIENTS

DRY

- 2 cups uncooked old fashion oats (NOT instant)
- 2 scoops (50g of protein) vanilla whey isolate protein
- 1/4 cup wheat flour (Substitute: oat flour; sorghum flour; fine almond flour)
- 1 teaspoon baking soda
- 1 teaspoon cinnamon

WET

- 1 egg
- 4oz (123g) unsweetened applesauce
- 1/2 cup almond butter (Sub: peanut butter; cashew butter)

- 1 tablespoon raw honey
- 1 teaspoon vanilla extract
- 4 dried cherries
- 3 tablespoons dark chocolate (sweetened by Stevia not sugar - in order to keep sugar calories lower)

PROCEDURE

1. Set oven to 350F.
2. Mix dry ingredients together in a bowl.
3. Mix wet ingredients together in a separate bowl.
4. Add wet ingredients to the dry ingredients and mix thoroughly. Toss in any dried fruit or dark chocolate and mix together.
5. Evenly divide the batter using a spoon onto a baking sheet lined with parchment then gently mash down on each circle since the cookies will not rise too much in the oven.
6. Bake for no more than 8 minutes

BERRY OATMEAL BAKE

208 Calories / 28g Carbs / 6g Protein / 10g Fat
Prep Time 10 min / Cook Time 30 min / 8 slices

Despite the title, making this delicious berry oatmeal bake is something that can be done year-round to help you stay on track. It's a meal prep recipe that can be enjoyed hot or cold, by itself as a quick snack, or with some delicious Greek yogurt or whey protein shake.

INGREDIENTS

- 3 cups frozen (or fresh) berries
- I used 1 1/2 cup frozen blueberries and 1 1/2 cup frozen raspberries
- Wet
- 2 whole eggs
- 2 cups unsweetened almond milk (or your preferred low fat or non-dairy milk)
- 1 tablespoon vanilla extract
- 2 tablespoons flax oil (or melted coconut oil)
- Dry
- 2 cups uncooked rolled oats
- 1/2 cup chopped pecans (or your choice of nut)
- 3 tablespoons Swerve sugar replacement

PROCEDURE

1. Set oven to 400F.
2. In a bowl, mix together the dry ingredients. Set aside.
3. In another bowl, whisk together the wet ingredients.
4. Spray a baking dish or cast iron skillet with baking spray. Scatter half of the berries in the skillet/dish.
5. Pour the dry mixture over the berries and spread evenly.
6. Next add the wet ingredients over the dry, ensure the wet ingredients are completely covered, then add the rest of the frozen berries on top.
7. Bake for 30 minutes or until you can pierce it with a toothpick and it comes out clean, and it's golden brown on top.
8. Allow it to cool before slicing. Garnish and enjoy with a moderate serving of Greek yogurt or your favorite lean protein shake.



PECAN SPICED GRANOLA

176 Calories / 18g Carbs / 3g Protein / 10g Fat

Prep Time 10 min / Cook Time 25 min / Yield 5 cups / Serving 1/4 Cup

One of our favourite recipes to start the day. It's a simple recipe but you will feel accomplished when you make something just as good a store-bought version. Feel free to make this your own and use your favorite raw nuts and/or seeds as well.

INGREDIENTS

DRY

- 3 cups gluten-free rolled oats
- 1 cup raw pecans
- 1 cup raw cashews
- 2 teaspoons ground cinnamon
- 1 teaspoon ground ginger
- 1/2 teaspoon ground allspice
- pinch of sea salt

WET

- 2 teaspoons vanilla extract
- 1/4 cup coconut oil (or olive oil)
- 1/3 cup Simple Truth raw honey (or substitute maple syrup, agave or apple honey)

PROCEDURE

1. Set oven to 325F
2. Add raw nuts to a sealable bag and crush them with rolling pin
3. Add the raw nuts to a bowl, then add the rest of the dry ingredients & mix
4. Add the wet ingredients to the bowl. mix everything together and ensure all the rolled oats are covered in oil and honey
5. Add parchment paper to a baking sheet, then spread the granola out on the pan. Make sure there are no large clumps, you want it flat.
6. If desired, drizzle a little more honey over the top of the granola, then sprinkle cane sugar on top for crunch.
7. Bake in the oven for 25 minutes or until golden brown.
8. Allow the granola to completely cool, then easily break it into pieces.
9. Store in an airtight container



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EASY &
HEALTHY

Microwave Recipes



RECIPES

MICROWAVE 'BAKED' BERRY OATMEAL

323 Calories / 43g Carbs / 14g Protein / 12g Fat
Prep Time 15 min / Cook Time 5 min / Serves 1

Dig into deliciousness in a mug with this fiber-packed breakfast. Not only is this dish extremely easy to make, it's a perfect quick dish if you find you are short on time.

INGREDIENTS

- 1/2 cup instant oats, uncooked
- 1 egg
- 1 tablespoon milled flax seed
- 1/3 cup unsweetened almond milk (add tablespoons of almond milk if too thick)
- Cinnamon to taste
- 2 teaspoons raw honey (or 1 packet / 1g Stevia in the raw)
- 1/3 cup fresh or frozen blueberries
- Spray coconut oil

PROCEDURE

1. Spray a tall coffee mug with coconut oil.
2. Add oatmeal, a tablespoon of milled flax seed, some cinnamon, almond milk, an egg and then lastly raw honey (or Stevia in the raw) in a mug.
3. Mix it up then toss in fresh or frozen blueberries, then gently mix together.
4. Place the mug in the microwave for 3 minutes but check it after 2 minutes of cooking to ensure it doesn't bubble over and make a mess.
5. Careful when handling – it'll be pretty hot. Enjoy the oatmeal by itself or with milk, Greek yogurt or almond butter.



RECIPES

MICROWAVE STUFFED BELL PEPPERS

231 Calories / 4g Carbs / 28g Protein / 11g Fat
Prep Time 10 min / Cook Time 5 min / Serves 2

Stuffed bell peppers are one of the best recipes you can make, and for good reason. Not only does it provide you with a serving of protein and vegetables, it creates a quick easy meal you can take anywhere.

INGREDIENTS

8oz 93% lean ground turkey
1 medium bell pepper
1/4 cup shredded reduced-fat cheddar
(or mozzarella)

SEASONINGS

1 teaspoon minced garlic
1/2 smoked paprika
1 teaspoon cumin
pinches of sea salt & pepper
1/4 cup diced red onion
1/3 cup chopped parsley

PROCEDURE

1. Season lean ground beef or turkey with garlic, smoked paprika, cumin, sea salt & pepper, red onion and parsley. Mix it up.
2. Slice a bell pepper in half and carve out the inside.
3. Place the halves in small microwave-safe bowls and add a few tablespoons of water to the bowl to help the bell pepper soften while it cooks.
4. Next, stuff the bell pepper halves and microwave for 3.5 minutes.
5. After that, if desired, add a little reduced fat cheddar or mozzarella on top and microwave again for another minute.
Note: If you want to avoid cheese, try adding a little chunky marinara on top.
6. Enjoy with a complex carbohydrate such as brown rice or quinoa.



RECIPES

MICROWAVE WHITE & LIGHT MAC N' CHEESE

175 Calories / 29g Carbs / 8g Protein / 4g Fat
Prep Time 5 min / Cook Time 8 min / Serves 1

If you're just in need of some comfort food. Whip up this mac and cheese recipe that packs the flavor without blowing your diet!

INGREDIENTS

- 2oz uncooked wheat or quinoa macaroni
- 1 tablespoon 2% Greek yogurt
- 4 tablespoons goat cheese crumble
- 1 teaspoon garlic powder
- 1/2 teaspoon onion powder
- pinches of sea salt & pepper

GARNISH

Chopped spring onion

PROCEDURE

1. Add about 2 cups of water to uncooked macaroni in a large microwave safe bowl.
2. Toss in a few teaspoons of sea salt, then place the macaroni in the microwave with a plate on top for about 5 minutes.
3. After that, stir it up and cook for another 3 minutes and check to make sure the macaroni is fully cooked.
4. Then, let's take out some of the macaroni water, leaving just about 1/8 cup in the bowl with the macaroni.
5. Then, add some Greek yogurt and goat cheese crumble and stir. Then sprinkle in some onion powder, garlic & pepper.



RECIPES

MICROWAVE SINGLE SERVING WALNUT BROWNIE

386 Calories / 44g Carbs / 11g Protein / 22g Fat
Prep Time 5 min / Cook Time 4 min / Serves 1

If you're just in need of some comfort food. Whip up this mac and cheese recipe that packs the flavor without blowing your diet!

INGREDIENTS

- 3 tablespoons cacao powder (or at least 60% dark chocolate powder)
- 1 1/2 tablespoon wheat flour (or oat flour)
- 1 tablespoon coconut sugar (or 1g or packet Stevia in the raw)
- 3 tablespoons water
- 1 tablespoon Greek yogurt
- 1 tablespoon crushed walnuts
- 1 tablespoon dark chocolate chips/chunks (optional)

GARNISH

Sea Salt

PROCEDURE

1. In a bowl, add cacao powder, wheat or oat flour, Greek yogurt, coconut sugar and a little water.
2. Mix it up, then add some crushed walnuts and optional dark chocolate chips for that extra chocolate goodness. If you find the batter is TOO thick, no worries, just add tablespoons of water until it loosens up.
3. Spray a small microwave-safe bowl with coconut oil and pour in the batter. And just for kicks add a few walnuts and chocolate chips on top.
4. Place it in the microwave for 2.5 to 3 minutes, then allow the brownie to cool for a minute or 2 before enjoying.
5. Kick the flavours up a notch by adding a few pinches of sea salt, then enjoy!



RECIPES

MICROWAVE TURKEY BLT

447 Calories / 26g Carbs / 46g Protein / 20g Fat
Prep Time 10 min / Cook Time 7 min / Serves 1

Everything you love doesn't have to be off the menu. This delicious sandwich will please your taste buds with a combination of turkey and bacon that's sure to fuel your gains.

INGREDIENTS

- 5oz ground 93% lean turkey, raw
- 2 slices bacon
- 1 slice reduced fat cheddar
- 1 whole wheat bun (or Portobello mushroom caps for lower carb solution)

SEASONINGS

1 teaspoon Italian seasoning (or no-salt herb seasoning)
1/2 teaspoon garlic
1 teaspoon smoked paprika
1/4 cup chopped green onion
pinches of sea salt & pepper

HAMBURGER GARNISH

Lettuce, tomato, Dijon

PROCEDURE

1. In a bowl, season turkey with Italian or herb seasoning, garlic, smoked paprika, green onion and sea salt & pepper. Mix it up, then form a patty.
2. Next, slice the bacon in half and then let's create a mini-bacon grid for our burger.
3. Cook the bacon in the microwave for 2.5 to 3 minutes, careful not to let it burn. Allow the bacon to then cool and harden.
4. Place the patty in the microwave and cook for 3 minutes. After that, place a slice of cheddar on top and cook for an additional 30 to 45 seconds.
5. Lastly, assemble the burger. Dijon, lettuce, tomato, the patty and the bacon grid.



RECIPES

MICROWAVE FRIED RICE

297 Calories / 40g Carbs / 46g Protein / 10g Fat
Prep Time 5 min / Cook Time 5 min / Serves 3

Turn this delivery food favourite into a healthy meal with a microwave-friendly version. Quick & easy.

INGREDIENTS

2 cups cooked brown rice
2 eggs
1 tablespoon minced garlic
2 tablespoons low sodium soy sauce
1 tablespoon sesame oil - optional, but recommended
1 tablespoon rice vinegar - optional
1 teaspoon minced ginger - optional
1 cup frozen peas and carrots
2 tablespoons diced red onion

GARNISH

Chopped spring onion

PROCEDURE

1. First, cook some instant brown rice in the microwave.
2. Crack some eggs in a bowl, then add garlic, low sodium soy sauce, rice vinegar and sesame oil. Beat it all together, and if you can get it, add a little ginger paste as well.
3. Pour the cooked rice in a large glass bowl, then top it with frozen peas and carrots and few tablespoons of chopped red onion.
4. Place the bowl in the microwave with a paper plate on top and cook for about 1 minute.
5. Then pour in the egg mixture, stir and then cook it again for about 2 minutes. Let it slightly cool, & serve.



RECIPES

MICROWAVE CHICKEN SKEWERS WITH PEANUT SAUCE

235 Calories / 14g Carbs / 38g Protein / 4g Fat
Prep Time 10 min / Cook Time 7 min / Serves 3

Make the same old chicken really sing with these skewers. They're easy to whip up and even easier to grab and eat. It's finger food with a healthy twist.

INGREDIENTS

- 5oz raw chicken breast tenders

SEASONINGS

- 1 teaspoon cumin
- Pinches of sea salt & pepper

SAUCE

- 2 tablespoons powdered peanut butter
- 2 tablespoons water
- 1 teaspoon low sodium soy sauce
- 1 1/2 teaspoon sriracha
- 1 teaspoon raw honey (optional)

PROCEDURE

1. Mix together powdered peanut butter with a few tablespoons of water.
2. Then add a little low sodium soy sauce, raw honey and sriracha. Mix it up and set it aside.
3. Then, season chicken breast tenders with cumin, sea salt & pepper. Carefully skewer each tender with a wooden stick, then place the kabob over a microwave-safe bowl.
4. Spray the meat with olive oil, then cook in the microwave for 2.5 minutes.
5. After that, check on the chicken to ensure it is not burning, then cook it for another 2.5 to 3 minutes.
6. Finally, check it one last time to make sure the chicken is completely cooked. Then, spice it up a bit with some red pepper flakes.



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LUNCH &
EVENING

Delicious Recipes



RECIPES

EASY BACON AVOCADO EGG SALAD

248 Calories / 9g Carbs / 13g Protein / 17g Fat
Prep Time 10 min / Cook Time 6 min / Serves 3

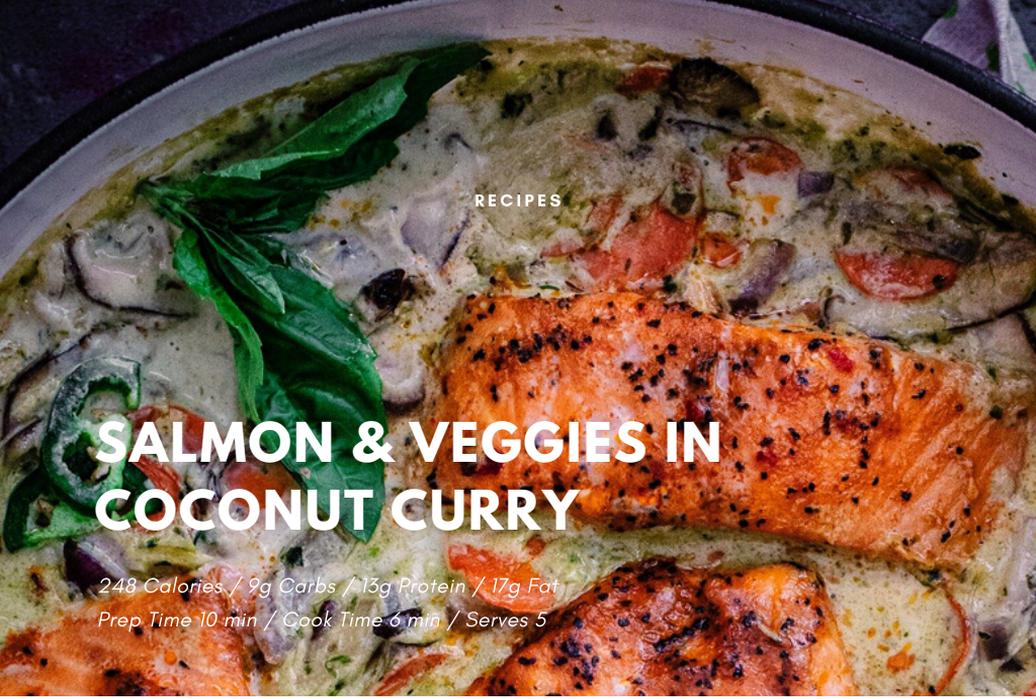
Make the same old chicken really sing with these skewers. They're easy to whip up and even easier to grab and eat. It's finger food with a healthy twist.

INGREDIENTS

- 1 large ripe Haas avocado
- 4 tablespoons 2% Greek yogurt
- 1 1/2 tablespoons Dijon mustard (or more/less to taste)
- 1 teaspoon garlic powder
- 3 boiled eggs, chopped
- 1/3 cup white onion, chopped
- 1 jalapeño, chopped (some seeds removed for heat)
- 1 tablespoon fresh dill, chopped
- 2 slices bacon, chopped (optional)
- sea salt & pepper to taste
- fresh lemon juice to taste (optional)

PROCEDURE

1. In a large bowl, mash up avocado with a fork so it becomes chunky. Then add in yogurt, Dijon and garlic. Mix it together and add more garlic or Dijon to taste.
2. Fold in the remaining ingredients, being careful not to over mix - the salad should be chunky, with a lot of texture. Season to taste with sea salt & pepper, and if desired, freshly squeezed lemon juice.



RECIPES

SALMON & VEGGIES IN COCONUT CURRY

248 Calories / 9g Carbs / 13g Protein / 17g Fat
Prep Time 10 min / Cook Time 6 min / Serves 5

Easy, delicious curry, low in carbs and packed with flavour and protein. Perfect after a hard day of training.

INGREDIENTS

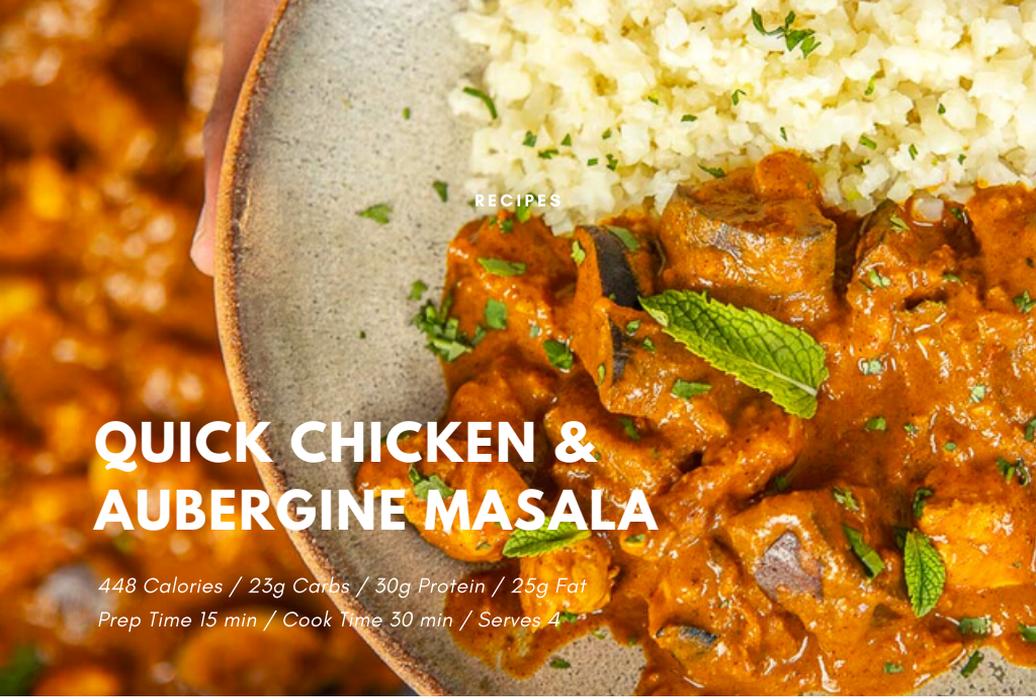
- 1 1/4 lb salmon fillets, skinned and cut into large chunks
- pinch of sea salt & pepper
- 2 teaspoons coconut sugar
- spray avocado or coconut oil
- 1 tablespoon avocado or coconut oil
- 1 tablespoon fresh garlic, minced
- 1/2 cup diced onion
- 1 1/2 tablespoons fresh ginger
- 2 teaspoons lime zest
- 2 cups sugar snap peas
- 1 (red) bell pepper, cut into strips
- 1 can (13.5oz) full fat coconut milk
- 2/3 cup seafood stock (or chicken or veggie broth)
- 1/4 cup yellow (or green or red) curry paste
- 1 teaspoon turmeric
- 12oz (340g) cauliflower florets

GARNISH

Basil
Fresh Lime

PROCEDURE

1. Season salmon with sea salt, pepper and coconut sugar. Rub all over
2. Set skillet on med/high heat, spray with oil. Add the salmon and sear for no more than 2 mins to add color to the outside then remove
3. Add more oil, then add garlic, onion, ginger and lime zest. Caramelize the onions.
4. Once caramelised, increase heat to high then add sugar snap peas and bell pepper. Sear the veggies for 2 - 3 additional minutes.
5. Add coconut milk, broth, curry paste and turmeric. Reduce heat and simmer. Add the cauliflower florets, then cover and cook for 8 to 10 minutes to soften the cauliflower.
6. Add the salmon chunks back to the skillet and finish cooking in the sauce. Garnish & serve



RECIPES

QUICK CHICKEN & AUBERGINE MASALA

448 Calories / 23g Carbs / 30g Protein / 25g Fat
Prep Time 15 min / Cook Time 30 min / Serves 4

Aubergines are an excellent source of dietary fibre, so this healthy Indian dish is perfect choice for an evening meal.

INGREDIENTS

- 5 small Roma tomatoes (for roasting) or 1 can (14.5oz) chopped tomatoes
- avocado (or olive) oil spray
- pinch of sea salt & pepper
- 1 small aubergine, chopped in 1-inch pieces
- 1lb chicken breast, chopped in 1-inch pieces
- 1/2 cup diced onion
- 1 tablespoon fresh garlic, minced
- 2 1/2 tablespoons garam masala (or 2 tbsp curry powder, 1 tsp allspice, 2 tsp cumin)
- 2 teaspoons chili powder
- 1 teaspoon turmeric
- 2 teaspoons fresh ginger
- 4 tbsp tomato PASTE, not sauce
- 1 can (13.5 oz) reduced fat coconut milk

GARNISH

- Fresh mint
- Fresh coriander

PROCEDURE

1. Set oven to 420F.
2. Add roma tomatoes to a lined baking tray. Lightly spray with oil, and season sea salt & pepper. Roast for 10-15 minutes.
3. Set a nonstick skillet on high heat, en hot spray with oil, add the chicken and the aubergine. Sear it for 1-2 minutes without stirring. Season with salt & pepper. Begin to stir it around and remove after about 4 minutes (don't worry if the chicken is not cooked all the way.)
4. Reduce the heat to medium and make sure the skillet is not TOO hot (remove it from the heat if so). Add onions and garlic and caramelize for 2-3 minutes, or until the onions have turned slightly brown and are translucent.



PROCEDURE CONTNUED

5. Then add garam masala, chili powder, turmeric, ginger and tomato paste. Continue stirring until you create a dry, thick paste in the skillet. Be careful that the heat is not too high to burn the paste.
6. Increase heat to medium-high. Add the roasted tomatoes to the skillet and begin to mash and mix them in to the paste. The tomatoes should be soft enough that they are exploding in the skillet.
7. Add coconut milk and continue stirring. Add tablespoons of water as needed until you reach your desired level of sauce thickness. Mix.
8. Add chicken and aubergine to the skillet and reduce the heat to low to simmer. Cover and cook for at least 10 minutes. Season to taste with sea salt.



RECIPES

ULTIMATE LOW CARB DEEP DISH LASAGNE

319 Calories / 16g Carbs / 33g Protein / 16g Fat
Prep Time 15 min / Cook Time 55 min / Serves 9

This low carb lasagna recipe is easy to make and tastes just like the real thing

INGREDIENTS

SAUCE

- 1/2 tablespoon olive oil
- 1 tablespoon garlic, minced
- 2/3 cup chopped onion
- 2lb 95% lean beef (or your choice of ground meat)
- 1 1/2 tablespoon Italian seasoning
- pinch of sea salt & pepper
- 1 1/2 jars (~38oz) favorite low-calorie marinara

LAYERS

- 20oz (~566g) part-skim ricotta cheese
- 2 egg whites
- 1/4 cup shredded parmesan (optional)
- 2 medium squash
- 2 medium (~1 1/4 lb) aubergines
- 2 medium zucchini

TOPPING

- 2/3 cup shredded mozzarella

PROCEDURE

1. Set oven to 420F.
2. Set a nonstick skillet on medium high heat, add olive oil, garlic and chopped onion. Sauté and brown the onions, being careful not to burn the garlic.
3. Increase the heat of the skillet and add the ground beef. Chop up as it cooks with the onions. Sprinkle in Italian seasoning and sea salt & pepper and continue cooking until the meat is well chopped in the skillet (note: it is ok if there are still pink pieces).
4. Add the marinara and fold everything together. Reduce the heat to low, then simmer and cook for about 15 to 20 minutes to allow the flavors to meld.
5. In a separate bowl, mix together ricotta and egg whites. Set aside.



PROCEDURE CONTINUED

6. Using a mandolin or a sharp knife, slice the veggies vertically into strips, (Pro-Tip: Pat the veggies dry on a paper towel and allow them to rest on the paper towels for about 20 minutes or even overnight in the fridge. This will help reduce the amount of water in the lasagna.
7. Build the lasagna. In a baking pan, add a layer of squash >> the meat sauce >> half of the ricotta mixture >> sprinkle of parmesan >> layer of aubergine>> meat sauce >> ricotta mix >> sprinkle of parmesan >> courgette >> remaining meat sauce >> mozzarella
8. Cover with foil, bake for 35 to 40 minutes. For the last 5 minutes, remove the top foil to allow the top to brown.



RECIPES

5 INGREDIENT GREEN COCONUT CURRY

319 Calories / 19g Carbs / 26g Protein / 16g Fat
Prep Time 5 min / Cook Time 15 min / Serves 4

Ticks all the boxes. Low calorie, low carb, with a great high injection of protein.

INGREDIENTS

- 1/2 tablespoon coconut oil (or olive oil)
- 1 1/2 lb raw jumbo shrimp, peeled and deveined
- 1 lb butternut squash, cut into 1-inch pieces (or sweet potato, yam, parsnip)
- 1 can (13.5oz) full fat coconut milk
- 10oz water (using the same can)
- 4 tablespoons green curry paste
- 1 large bundle (about 4 cups) raw spinach

GARNISH

- fresh coriander, peppers or jalapenos

PROCEDURE

1. Set a nonstick skillet on medium high heat. Once it's hot, add the oil and the jumbo shrimp. Cook for about 4 to 6 minutes until the shrimp has turned plump and white/pink. Remove the shrimp from the skillet and set aside.
2. Reduce heat, then add about 2 to 3 oz of water to a skillet along with the butternut squash. Bring water to a light simmer to create some steam, then cover and cook for about 4 to 6 minutes to soften the squash. Then, remove the lid and increase the heat back to medium.
3. Pour in the coconut milk, then fill the can with about 10oz of water and pour that into the skillet as well. Add the green curry paste and gently fold everything together, being careful not to mash up the butternut



PROCEDURE CONTINUED

Add the green curry paste and gently fold everything together, being careful not to mash up the butternut squash. Once the paste has been absorbed in the milk, add in the bundle of spinach. Continue folding everything together to wilt the spinach.

4. Once the spinach has wilted into the dish, add the shrimp back to the skillet and fold everything together. Remove the skillet from the heat and garnish.

5. Enjoy with brown rice, jasmine rice or cauliflower rice to keep it lower carb.

THE BEST CHICKEN CRUST LOW CARB PIZZA

248 Calories / 9g Carbs / 13g Protein / 17g Fat
Prep Time 10 min / Cook Time 3 min / Serves 3

Loaded with protein, not carbs, this low carb chicken pizza crust won't leave you with an overly greasy, overly cheesy, overly heavy feeling.

INGREDIENTS

CRUST

- 1 1/4 lb raw chicken breast
- 1/2 cup grated parmesan
- 1 teaspoon dried oregano
- 1 teaspoon dried rosemary
- pinch of pepper
- 1 teaspoon sage

TOPPING

- 3 tablespoons reduced-calorie pizza sauce
- 1/4 cup grated parmesan (optional)
- 1/4 cup chopped basil
- 1/2 cup reduced-fat shredded mozzarella
- 1/2 green bell pepper, chopped

GARNISH

- Red pepper flakes
- dried chives

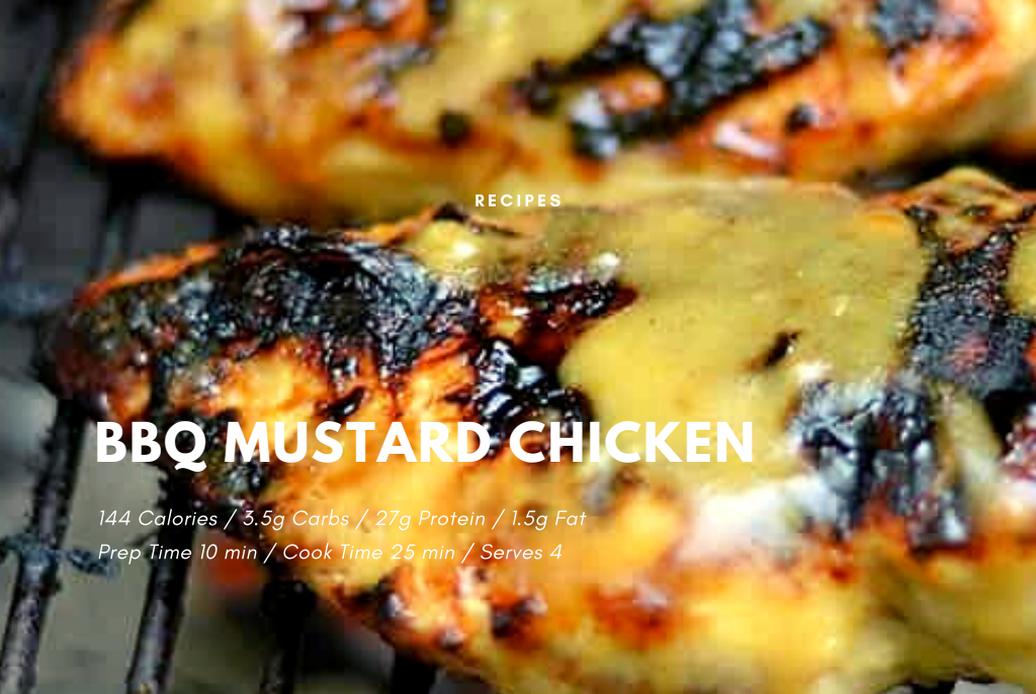
PROCEDURE

1. Set oven to 450F/232C.
2. Add the ingredients for the crust to a food processor or high-powered blender. Pulse blend until mixed and minced.
3. Line a baking sheet with parchment paper and add the pizza crust. Mash it down to form a thin circle or a large rectangle, less than 1/4-inch thick. Bake in the oven for 13 to 15 minutes, or until the edges have browned and the chicken has cooked through.
4. Add the ingredients for the topping in the order listed and feel free to incorporate your own low-calorie ingredients.



PROCEDURE CONTINUED

5. Bake in the oven until the cheese has melted, browned and bubbled, about 6 minutes.
6. Remove from the oven, garnish, slice and enjoy! Allowing the pizza to cool slightly will make it much easier to handle and hold like traditional pizza.



RECIPES

BBQ MUSTARD CHICKEN

144 Calories / 3.5g Carbs / 27g Protein / 1.5g Fat

Prep Time 10 min / Cook Time 25 min / Serves 4

This recipe contains only simple and wholesome ingredients. The honey mustard sauce only has 5 ingredients, and doubles as a marinade. You don't even have to marinate long.

INGREDIENTS

- 1lb chicken breasts (or tenders)
- pinches of sea salt & pepper

SAUCE

(makes enough for 3lb chicken)

- 1/2 cup yellow mustard
- 1/8 cup raw honey
- 1/4 cup apple cider vinegar
- 1 teaspoon smoked paprika
- 1 tablespoon low-sodium worcestershire sauce
- 1 teaspoon turmeric (optional)

PROCEDURE

1. Fire up the grill (or your oven to 400F).
2. In a bowl, mix together the ingredients for the sauce.
3. Season chicken breast pieces or tenders with sea salt and pepper. If desired, not required, skewer the pieces with wooden kabob sticks.
4. Place the chicken on the grill and cook for about 10 to 12 minutes. Then, brush or rub the chicken with the mustard sauce and cook for another 8 to 10 minutes (or until the chicken) is completely cooked and the inside is white.
5. Enjoy!



RECIPES

HEALTHY CREAMY PRAWN PASTA

546 Calories / 27g Carbs / 39g Protein / 32g Fat
Prep Time 15 min / Cook Time 50 min / Serves 2

A low-carb, healthier alternative to pasta using spaghetti squash! It's still amazingly buttery and garlicky with half the calories!

INGREDIENTS

- 3/4 lb giant shrimp
- 2 large spaghetti squash (roughly 20oz when baked and pulled out of rings)

SAUCE

- 1 tablespoon olive oil (or coconut oil)
- 1/2 tablespoon minced garlic
- 1/3 cup red onions
- 1 cup coconut cream
- juice from 1 lemon (or to taste)
- 1/2 tablespoon dried oregano
- sea salt & pepper to taste

GARNISH

- chives, fresh dill, coarse pepper, lemon
- spray olive oil or coconut oil

PROCEDURE

1. set oven to 400F.
2. Using the sharpest and largest knife you can find, cut spaghetti squash into rings. Remove the insides, then place the rings on a baking sheet lined with parchment paper.
3. Brush or spray the rings with olive oil and add a pinch of sea salt & pepper. Bake for 40 - 45 minutes. Once the squash has finished baking, allow it to cool, then gently pull the spaghetti out of the rings and set in a bowl.
4. Set a nonstick skillet on medium high heat and spray with cooking spray. Add the shrimp and cook until it is no longer pink, about 5 minutes. While the shrimp is cooking, add a pinch of sea salt & pepper. Set the shrimp aside.



PROCEDURE CONTINUED

5. Using the same skillet, add olive oil and saute garlic and red onion for about 3 minutes, being careful not to let the onions or garlic brown. Then, add the remaining ingredients for the sauce. Once it begins to simmer, reduce the heat to low and cook for about another 1-2 minutes.
6. Add a serving of pasta to a plate, then a serving of shrimp, then pour part of the sauce over it.
7. Garnish, then enjoy immediately!

What about Snacks?...

We have you covered.

Snacking on foods that are high in protein, fibre, vitamins, and minerals can improve your health and even help you stay on track with your weight loss efforts.

Tasty snacks, such as homemade energy balls, nut butter with fruit, veggies with hummus, and homemade trail mix are just some of the many healthy combinations sure to keep you satisfied throughout the day.

Try out a few of the delicious options listed here to start fuelling your body in a healthy way.

- **Rice cakes** - 1 slice 35kcal
- **A small apple** served with 2 tablespoons (32 grams) of peanut butter has around 267 calories.
- **Sliced carrots and hummus** (1 sliced medium carrot served with 2 tablespoons (30 grams) of hummus delivers around 100 calories.
- **Coconut chips** (42-gram) serving of coconut chips provides about 315 calories.
- **Hard-boiled eggs.** One large, hard-boiled egg has just 78 calories



SNACKS

Greek yogurt with berries - 200g container of plain Greek yogurt topped with 1/2 cup (70 grams) of blueberries delivers 180 calories.

Banana with nut butter - try slicing 1 small banana and topping the rounds with 2 tablespoons (32g) of almond butter for a filling snack that packs only 280 calories.

Toasted pumpkin seeds - Try toasting pumpkin seeds at home by tossing raw pumpkin seeds in salt, pepper, and olive oil, then baking at 150°C for 40-50 minutes, stirring occasionally, or until golden brown. 32-gram serving delivers 143 calories.

Plantain chips and guacamole

When sliced and cooked, plantain make excellent alternatives to crisps. Pair plantains with guacamole both are loaded with fibre, vitamins, minerals, and antioxidants. A 28-gram serving of plantain chips with 28 grams of guacamole has 190 calories.



SNACKS

Ants on a log - one large stalk of celery (64 grams) topped with 1 tablespoon (16 grams) of peanut butter and 1 tablespoon (10 grams) of raisins provides 156 calories.

Chicken salad on cucumber slices - prepared with mayonnaise or smashed avocado and mixed with fresh herbs or chopped veggies, Spoon this high-protein combination on low-calorie, fibre-rich cucumber slices for a filling snack. 58g provides 228 calories.

Kale chips - Tossing raw pieces of kale with olive oil, salt, and pepper, then baking in a 135°C oven for 20 minutes produces crispy kale chips that can be enjoyed any time as a quick snack. 28 grams of store-bought kale chips provides around 122 calories

Roasted almonds with dried cherries - 28-gram serving of almonds mixed with 40 grams of dried cherries packs 290 calories



SNACKS

Strawberries with coconut

whipped cream - If you're in the mood for something sweet, pairing juicy strawberries with homemade coconut whipped cream can satisfy your cravings in a healthy way. To prepare homemade coconut cream, simply beat a can of chilled coconut cream in a stand mixer until peaks form. The whipped cream can be flavoured by adding vanilla extract or a bit of maple syrup. 140-gram serving of sliced strawberries topped with 2 tablespoons 30 grams of fresh coconut whipped cream delivers 218 calories.



Homemade trail mix - Combine your choice of seeds, nuts, and dried fruit and add smaller amounts of dark chocolate, coconut, grains, and spices until you create the perfect blend. Most trail mix blends deliver around 140 calories per 30 grams.



SNACKS

Caprese salad - combine mozzarella balls, cherry tomatoes, and fresh, chopped basil in a glass jar. Top with a drizzle of extra virgin olive oil and a pinch of sea salt and store in your work refrigerator until hunger strikes. A premade, store-bought Caprese salad is also an excellent snack choice, with a 58-gram serving delivering just 142 calories.



Vegetable soup - Studies show that eating vegetable-based soups before meals can reduce food intake by as much as 20%. Snack on broth-based or pureed vegetable soups to increase your veggie intake while keeping calorie intake in check. 240-ml serving of broth-based vegetable soup typically has fewer than 100 calories.



Tomatoes stuffed with tuna salad - One small tomato stuffed with 29 grams of tuna salad made with mayo has around 150 calories.

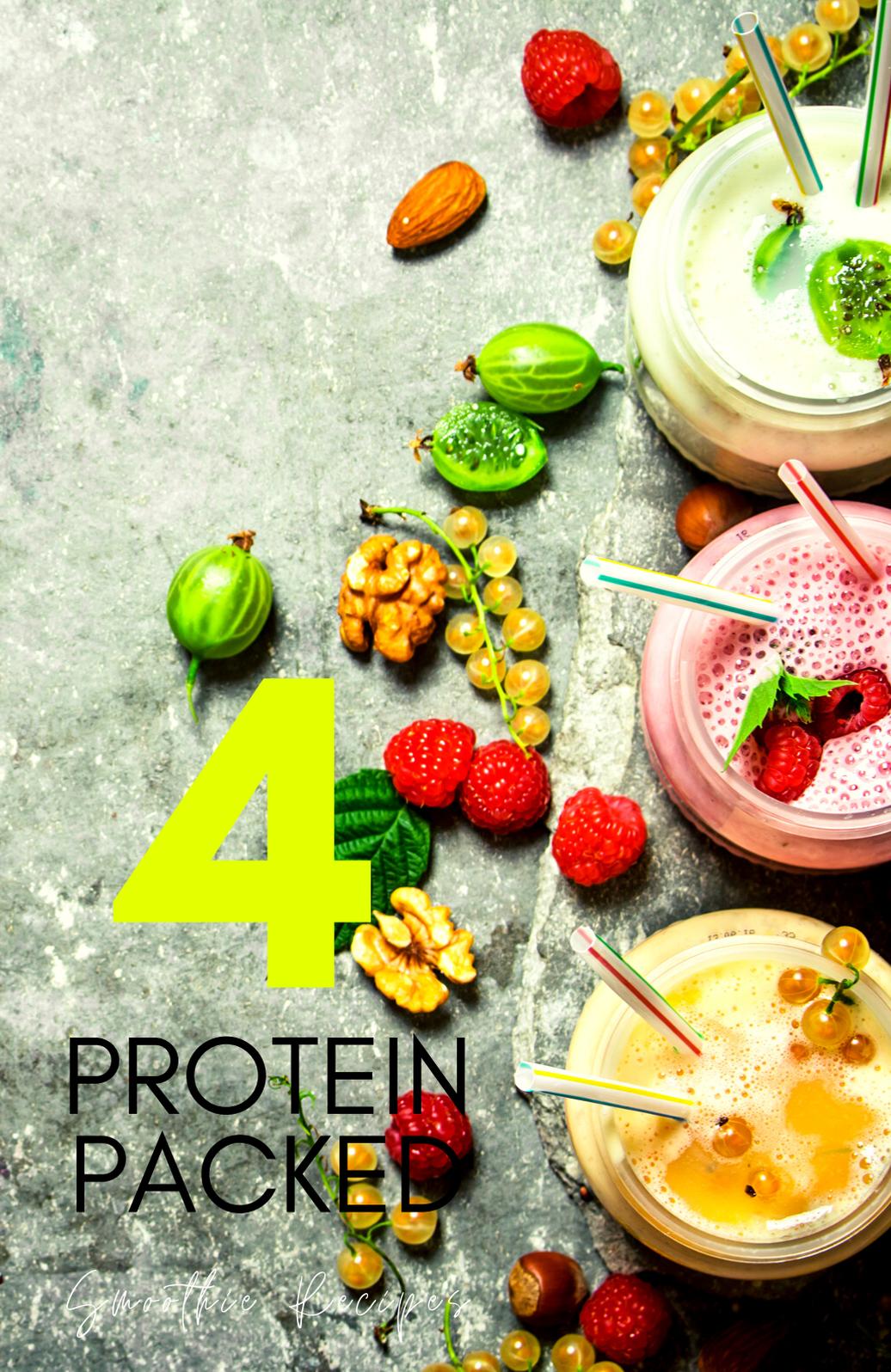
SNACKS

Jerky - high in protein, low in calories, portable, and convenient, making it a good choice for snacking on the go. 28-gram serving of beef jerky has just 70 calories.

Dark chocolate dipped in almond butter - High-quality dark chocolate is loaded with powerful compounds which have strong anti-inflammatory effects. Pair a square 15 grams of dark chocolate with 1 tablespoon (16 grams) of nutrient-dense almond butter for a mouthwatering combination at only 165 calories.

Mini frittata muffins - Mix beaten eggs with chopped and cooked vegetables of your choice, grated cheese, and seasonings. Pour the mixture into a greased muffin tin and bake at 350°F (175°C) for 20-30 minutes. A healthy workday snack option. Most mini frittata muffin recipes deliver around 100 calories per frittata depending on add-ins.





4

PROTEIN
PACKED

Smoothie Recipes

Smoothies

Smoothies can be a quick and easy way to get the essential nutrients that you need taking no more than 10 minutes to prep and consume.

Blackberry Coconut Fruit Smoothie

- 1 cup unsweetened coconut milk
- 1/2 cup blackberries, fresh or frozen
- 1/2 banana
- 1/4 cup unsweetened coconut flakes
- 2 scoops protein powder (this can be whey or plant based)

Calories 378

Tropical Chia Fruit Smoothie

- 1 cup unsweetened almond milk
- 1/2 cup mango, fresh or frozen
- 1/2 cup pineapple chunks, fresh or frozen
- 2 scoops protein powder (this can be whey or plant based)

Calories 320

Strawberry Banana Fruit Smoothie

- 1 cup unsweetened almond milk
- 1 cup strawberries, quartered
- 1 banana, frozen
- 1/2 cup plain Greek yogurt
- 2 scoops protein powder (this can be whey or plant based)

Calories 410

The Best Green Protein Fruit Smoothie

- 1 cup unsweetened almond milk
- 1 cup baby spinach, packed
- 1/2 banana
- 1/2 pear
- 1 tbsp almond butter
- 2 scoops protein powder (this can be whey or plant based)

Calories 320

