

Your meal plan

Below is an example meal plan that you can use. You will find the recipes at the back. You can also add a low carb protein shake if you find that you are not recovering properly.

Drink no more than 3 cups of coffee and don't drink coffee after 3 pm.

Drink at least 2.5 liter a water a day

Day	Breakfast	Lunch	Dinner
1	40 g instant oats cooked with 250 ml low-fat milk 30 g sultanas or raisins	Turkey sandwich (2 slices wholegrain bread with 100 g turkey, cranberry sauce, 40 g avocado & 1/2 cup rocket leaves)	200 g beef: Soy & Ginger Beef with Broccolini 1 cup bok choy & carrots stir-fried in 1 tsp oil 200 g low-fat dairy dessert with fresh fruit
2	3/4 cup (40 g) high-fibre breakfast cereal with 250 ml low-fat milk 1 piece fresh fruit	Salmon sandwich (2 slices wholegrain bread with 2 tsp light margarine, 100 g tinned salmon, 60 g avocado, slices of tomato & onion & 1/2 cup salad leaves) 200 g low-fat yoghurt	200 g chicken: marinate 200 g chicken: Chargrilled pesto chicken with Tabouleh 1 cup steamed squash, peas & carrot 200 g low-fat dairy dessert with fresh fruit
3	2 slices wholegrain toast with 2 tsp light margarine & 25 g cheese Smoothie made with 1 piece fresh fruit & 250 ml low-fat milk	Open tandoori chicken sandwich (1 slice wholegrain bread with 2 tsp light margarine, 100 g tandoori chicken & slices of cucumber) 1 cup salad with oil-free salad dressing	200 g fish: Steamed Salmon with Thai Sauce 1 1/2 cups bok choy, cauliflower & broccolini stir-fried in 1 tsp oil Fruit salad

Day	Breakfast	Lunch	Dinner
4	<p>3/4 cup (40 g) high-fibre breakfast cereal with 250 ml low-fat milk</p> <p>1 piece fresh fruit</p>	<p>2 wholegrain crispbreads with 50 g ham, 1 hard-boiled egg, 2 tsp pesto, slices of tomato & onion & 1/2 cup rocket leaves</p> <p>200 g low-fat yoghurt</p> <p>1 piece fresh fruit</p>	<p>200 g beef: Beef Stroganoff</p> <p>1/3 cup cooked rice</p> <p>1 cup steamed peas & green beans & pumpkin mash</p> <p>200 g low-fat dairy dessert with fresh fruit</p>
5	<p>3/4 cup (40 g) high-fibre breakfast cereal with 125 ml low-fat milk</p> <p>100 g low-fat yoghurt</p> <p>1 piece fresh fruit</p>	<p>Chicken & salad sandwich (2 slices wholegrain bread with 1 tsp sun-dried tomato pesto, 100 g cooked chicken, bean sprouts & 1/2 cup salad leaves 150 g</p> <p>fresh fruit salad</p>	<p>200 g veal: lemon cumin veal cutlets with parsnip Mash & baby green beans</p> <p>1/2 cup steamed baby carrots</p> <p>200 g low-fat dairy dessert</p>
6	<p>40 g instant oats cooked with 250 ml low-fat milk</p> <p>75 g tinned fruit</p>	<p>Salmon salad (100 g tinned salmon with 1 cup chopped salad vegetables & 1 tbsp oil-free mayonnaise)</p> <p>2 wholegrain crispbreads</p>	<p>200 g lamb: Lamb Biryani</p> <p>1 1/2 cups steamed squash, peas & carrot</p> <p>200 g low-fat dairy dessert with fresh fruit</p>
7	<p>3/4 cup (40 g) high-fibre breakfast cereal with 250 ml low-fat milk</p> <p>1 egg (poached, boiled or scrambled) 1 slice wholegrain toast</p> <p>1 piece fresh fruit</p>	<p>Open tuna sandwich (1 slice wholegrain bread with 2 tsp light margarine,</p> <p>50 g tinned tuna, 1 tbsp oil-free mayonnaise & 1 cup baby spinach leaves)</p>	<p>200 g veal: Veal Escalopes with Fennel, Spinach & Olives</p> <p>200 g low-fat dairy dessert with fresh fruit</p>



The recipes

Soy & ginger beef with broccolini

DINNER serves 4

1 liter water

1 liter salt-reduced beef stock

$\frac{1}{3}$ cup light soy sauce

2 cloves garlic, sliced

1 x 4 cm piece fresh ginger, sliced

juice of 1 lime

1 bunch coriander (cilantro),

stalks and leaves separated

800 g lean beef fillet

2 bunches brocco ini, trimmed

4 spring onions (scallions), sliced on an angle

Bring water, stock, soy sauce, garlic, ginger, lime juice and coriander stalks to a boil in a large heavy-based sauce pan. Reduce heat and simmer for 10 minutes. Add beef and cook for 20 minutes. Remove beef and set aside for 10 minutes

Meanwhile, strain stock and transfer to a clean saucepan. Return to a boil, then add broccolini and simmer for 3 minutes. Turn off the heat, add the spring onions and allow to infuse for 1 minute. Finely slice the meat.

Strain the vegetables, reserving the stock, and to serving bowls,. Add sliced beef and a little of the stock To serve, scatter with coriander leaves and offer extra steamed greens.



Chargrilled pesto chicken with tabouleh

Dinner serves 4

4 x 200 g skinless chicken breast fillets

1 lemon, cut into wedges

Pesto (or use bought pesto)

1 cup loosely packed basil leaves

1 clove garlic, crushed

1 tablespoon lemon juice

1 tablespoon olive oil

1 tablespoon pine nuts

TABOULEH

1 cup burghul (*cracked wheat*)

2 cups of boiling water

4 spring onions (scallions), finely sliced

$\frac{1}{2}$ cherry tomatoes, halved

2 tablespoons chopped mint

Juice of 1 lemon

2 tablespoons of olive oil

$\frac{1}{2}$ cup roughly chopped flat-leaf (Italian) parley

Place pesto ingredients in a food processor and blend to a coarse paste. Rub pesto into chicken. Preheat a grill or barbecue grill to high. Cook chicken for 6 minutes each side, or until cooked through.

Meanwhile, place burghul in a heatproof bowl, pour boiling water over and leave for 15 minutes. Fluff with a fork then add remaining tabouleh ingredients and stir to combine. Slice chicken and serve with tabouleh and lemon wedges and a side salad.

Steamed salmon with thai sauce

Dinner serves 4

4 x 200 g salmon fillets

1 clove garlic, finely sliced

2 cm piece fresh ginger, finely chopped

1 stalk lemongrass, white part only, finely sliced -

4 kaffir lime eaves, finely sliced

2 Tablespoons fish sauce

1 teaspoon sesame oil

4 spring onions (scallions), finely sliced

4 slices lime

$\frac{1}{2}$ cup roughly chopped coriander (cilantro)

1 large red chili, finely sliced

Lime wedges

Bring the water to a boil, meanwhile, place fish on a small plate that fits into a steamer (you may need to cook the fish in 2 batches, depending on the size of the steamer). In a small bowl, mix garlic, ginger, lemongrass, lime eaves, fish sauce, sesame oil and half the spring onion. Spoon the mixture over the fish, then lay the lime slices on top. Carefully transfer the plate with the fish to the steamer and steam, covered, for 10 minutes. Remove from heat, transfer fish to serving plates and spoon over cooking juices. Garnish with coriander, chili, lime wedges and the raining spring onion, and serve with steamed mixed vegetables.

Beef Stroganoff

DINNER serves 4

1 table spoon vegetable oil

800 g lean beef strips

1 large onion, finely sliced

1 clove garlic, crushed

400 g button mushrooms, sliced

3/4 cup salt-reduced beef stock

1 tablespoon Worcestershire sauce

1 tablespoon cornflour (cornstarch) mixed with 2 tablespoons cold water

100 g low-fat natural yoghurt

3/4 cup roughly chopped flat-leaf (Italian) parsley

Heat oil in a large non-stick frying pan on medium heat. Add beef strips in batches and cook for 5 minutes, or until browned. Return all meat to pan, add onion, garlic and mushrooms and cook for 10 minutes, or until vegetables are soft. Stir in stock, Worcestershire sauce and cornflour mixture and bring to a boil. Reduce heat and simmer, covered, for 10 minutes. Stir in yoghurt and parsley, and season to taste.

Serve with rice or pasta from your daily bread allowance and steamed vegetables.



Lemon cumin veal cutlets with parsnip mash & baby green beans

DINNER serves 4

Finely grated zest of 1 lemon

2 teaspoons ground cumin

1 tablespoon olive oil

1 clove garlic, crushed

4 x 200 g veal cutlets

400 g baby green beans

PARSNIP MASH

6 small parsnips (700 g), peeled and cut into large pieces

1 tablespoon light margarine

$\frac{1}{2}$ cup low-fat milk

Place lemon zest, cumin, oil and garlic in a large bowl and mix well. Add the veal cutlets and turn to coat thoroughly. Cover bowl and refrigerate for 30 minutes.

Meanwhile, place parsnips in a saucepan and cover with cold water. Bring to boil and cook for 15 minutes or until tender. Drain and place in a food processor with margarine and milk, and blend until smooth. Season to taste.

Preheat a grill plate or barbecue grill to high. Cook cutlets for 4 minutes each side, or until done to your liking

Bring a saucepan of water to the boil. Place beans in a steamer and cook for 5 minutes.

Serve cutlets with parsnip mash and steamed baby green beans. Baby carrots make a delicious side dish to this.



Lamb biryani

DINNER serves 4

800 g Lamb leg steaks, cut into 2 cm cubes

2 tablespoons vegetable oil, 2 onions, finely sliced

2 cloves garlic, crushed

1 tablespoon finely chopped fresh ginger

1 green chili, seeded and finely chopped

2 teaspoons garam masala

1 teaspoon ground turmeric

1 teaspoon ground cinnamon

1 teaspoon ground cardamom

1 teaspoon ground nutmeg

1/2 teaspoon cayenne pepper

1 bay leaf

1/2 cup of low-fat natural yoghurt

1/4 cup lime juice

1 cup basmati rice

1/4 cup sultanas

Handful roughly chopped coriander (cilantro)

2 tablespoons roughly chopped toasted cashews

Heat a large heavy-based saucepan over high heat. Coat lamb in half the oil and cook, in batches, for 5 minutes, or until browned. Remove from pan.

Heat remaining oil in pan. Cook onions and garlic for 6 minutes. Add ginger, chili, spices and bay leaf and cook for 2 minutes more. Stir through yoghurt and lime juice. Mix in lamb, then cover and simmer for 10 minutes. Mix in rice and 3/4 cup water. Preheat oven to 180°C (350°F),

Transfer to an ovenproof dish and cover with foil. Bake for 30-40 minutes, or until rice is cooked. Set aside for 5 minutes, Stir through sultanas, garnish with coriander and cashews and serve with a green salad.



Fennel, spinach & olives veal escalopes with

DINNER serves 4

800 g veal loin, cut into 8 slices 2 tablespoons plain flour

2 tablespoons olive oil

1 bulb fennel, finely sliced

1 red (Spanish) onion, finely sliced 250 g baby spinach

12 kalamata olives

3 lemons

Freshly ground black pepper

Spread large piece of plastic wrap on your work surface. Place veal slices on top and cover with a second piece of plastic wrap. Using a rolling pin, flatten slices to 5 mm thickness. Lightly dust escalopes with flour.

Heat half the oil in a large frying pan over medium heat. Cook escalopes for 2 minutes each side, or until golden.

Meanwhile, place fennel, onion, spinach leaves and olives in a large bowl. Drizzle with remaining olive oil and the juice of 1 lemon, and season with pepper. Serve salad with veal steaks and the remaining lemons cut into wedges.

I hope you will enjoy these recipes. If you have any questions or you are interested in doing some personal training...

Contact me on

info@marionpt.com or call me on 040 5300 925

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