



Get Slim and Healthy in 20 Minutes or Less

Delicious, healthy and simple meals to prepare

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INTRODUCTION

[LEARN THE RULES](#)[TASTE THE RECIPES](#)[FEEL THE BENEFITS](#)

“A healthy
outside
starts from
the inside.”



INTRO

WELCOME TO "GET SLIM AND HEALTHY IN 20 MINUTES OR LESS"

This meal plan has been designed to get you back on track.

The Food Plan has been created by experienced Nutritionists with the following goals in mind:

- Establish healthy habits
- Restore energy levels
- Reset your metabolism for fat burning
- Support fat loss and improve body composition
- Boost your immune system
- Oh, and lose weight/inches at the same time!

The recipes have been designed to meet the following principles:

- Low carbohydrate (different to NO carbs)
- Blood sugar balancing
- Good quality proteins
- Good fats, e.g. avocado, nuts
- High nutrient density
- Easy to prepare – 15–20 mins max
- All gluten free and minimum dairy

OK, LET'S DO THIS!

INTRO

WELCOME

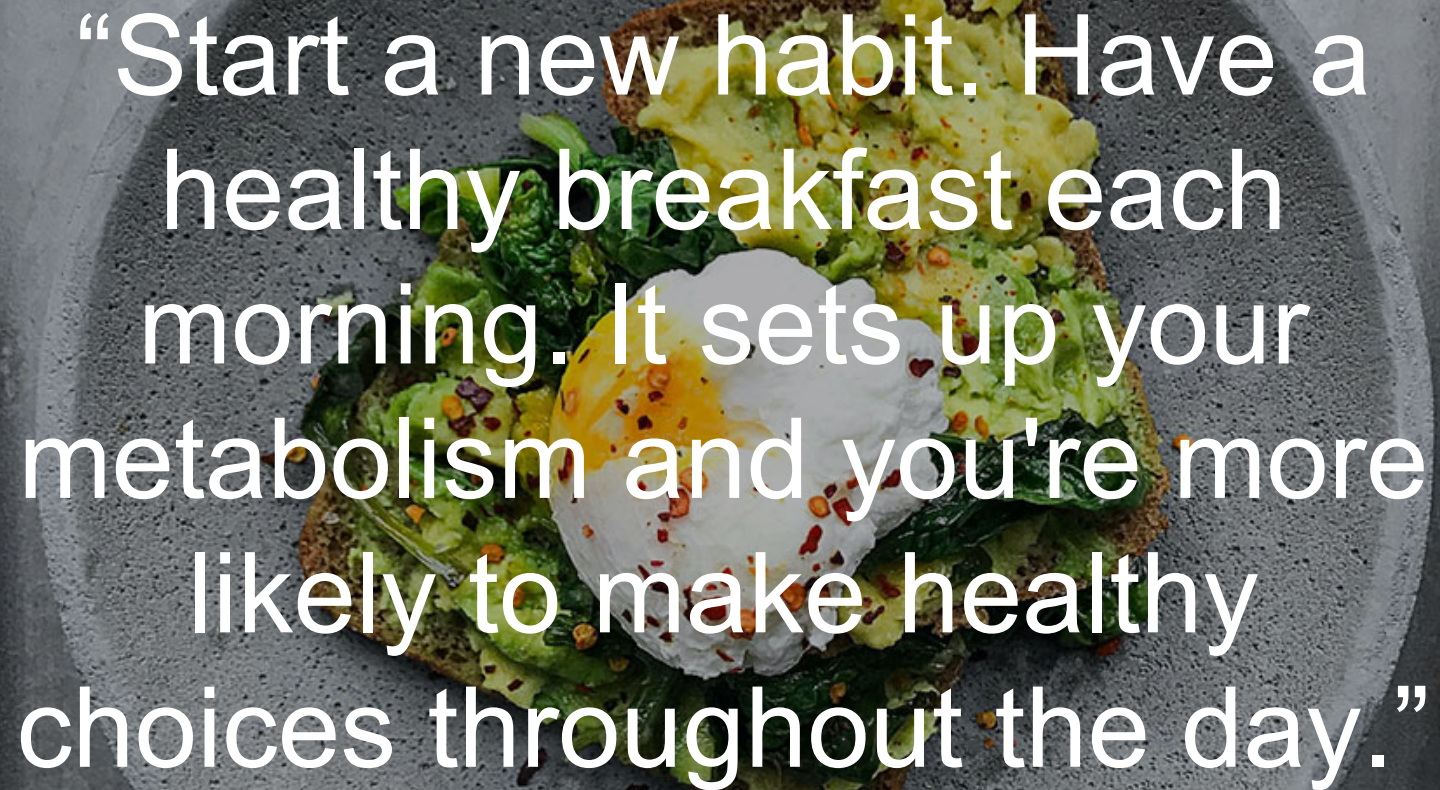
Here are the 5 simple rules and guidelines to lose weight and achieve the body you want:

- Do not skip meals, aim for 3 main meals and 1-2 snacks/day
- Always include protein with every meal/snack
- Aim to follow the food plan at least 80% of the time
- Drink 2-2.5 litres of water/day
- Limit or eliminate alcohol, caffeine, sugar, artificial sweeteners

To join my Facebook group *Eat Smart Live Healthy Love Your Body* **CLICK HERE**

BREAKFAST

POWER UP WITH BREAKFAST



“Start a new habit. Have a healthy breakfast each morning. It sets up your metabolism and you’re more likely to make healthy choices throughout the day.”

BREAKFAST

CHIA SEED PUDDING

INGREDIENTS (SERVES 1)

- 20g chia seeds
- 100ml unsweetened almond, oat or coconut milk
- 1 tsp maple syrup
- 1 pinch salt

Optional extras:

- 1 tsp raw cacao
- ½tsp cinnamon

METHOD (PREPARE THE NIGHT BEFORE)

- Add all ingredients together in a bowl and stir well
- Cover and chill in the fridge overnight
- In the morning, stir well and add a handful of berries, chopped nuts/granola



BREAKFAST

SMOOTHIE BOWLS

INGREDIENTS (SERVES 2)

- 100g mixed frozen berries
- 100g frozen banana (1 small ripe banana)
- 2-3tbsp unsweetened almond or coconut milk
- 1 scoop vanilla/plain protein powder

Toppings (pick 1-2)

- 1tbsp shredded coconut
- 1tbsp chia or hemp seeds
- 1tbsp chopped nuts
- 1tbsp granola
- 1tbsp nut butter
- extra berries

METHOD

- Add frozen berries and banana to a blender and blend on low until small bits remain
- Add a bit of coconut or almond milk and protein powder (optional), and blend on low again, scraping down sides as needed, until the mixture reaches a soft serve consistency
- Scoop into serving bowl and top with desired toppings

BREAKFAST

AVOCADO ON TOAST WITH EXTRAS

INGREDIENTS (SERVES 1)

- 1 ripe avocado
- ½ lemon
- 1 slice rye/wholemeal/gluten free bread

Toppings (pick 1)

- 2 poached eggs
- finely chopped tomatoes/peppers
- smoked salmon

METHOD

- Remove the avocado flesh and mash roughly with a fork
- Add a squeeze of lemon and salt/pepper
- Toast the bread
- Poach the eggs (optional)
- Assemble all ingredients and enjoy!



BREAKFAST

PANCAKES

Everybody loves pancakes, don't they? And they can be part of a healthy lifestyle too! You can pick the recipe you want (there is even a vegan option) and choose your topping/filling so that it fits with your taste buds.
(serves 1)

Pick a pancake recipe from the 3 options below. To cook the pancakes (all options), melt a little coconut oil in a hot frying pan and fry on each side for about 60 seconds.

◆ BANANA PANCAKES

1 medium banana, 2 eggs, mash the banana and then mix the eggs in thoroughly

◆ OAT PANCAKES

40g oats, 1 egg, 8tbsp unsweetened milk of choice
– mix everything thoroughly

◆ VEGAN OAT PANCAKES

40g oats, 1tbsp flaxseeds mixed with 3 tbsp water and leave for 10 mins, 6 tbsp milk of choice.
Mix everything thoroughly

NOW CHOOSE YOUR TOPPINGS

◆ CINNAMON YOGHURT

mix 2tbsp plain Greek yoghurt with 2tsp coconut palm sugar and ½tsp cinnamon

◆ BERRY CHIA JAM

mash 2 handfuls of fresh or defrosted berries, mix in 1tbsp chia seeds and leave for 10 mins

◆ NUT BUTTER

1 heaped tbsp of nut butter, no added sugar


◆ PICK A FRUIT

1 handful of berries
1 chopped apple / pear / nectarine
2 chopped plums / apricots



LUNCH

POWER LUNCH



“There is no diet
that will do what
healthy eating
does.”

LUNCH

ROASTED RED PEPPER & TOMATO SOUP

INGREDIENTS (SERVES 2)

- 290g roasted red peppers (jar), drained
- 270g cherry tomatoes, halved
- 1 garlic clove, crushed
- 1 vegetable stock cube
- 1 tsp paprika
- 1 tbsp olive oil
- 4tbsp ground almonds
- 100ml water

METHOD

- Put all ingredients in a blender or food processor
- Blitz until smooth, season well and heat until piping hot before serving

LUNCH

SUPERQUICK COURGETTI CARBONARA

INGREDIENTS (SERVES 1)

- 1 large courgette, washed and spiralized
- 1 clove of garlic, diced
- 2 slices bacon
- 1 or 2 eggs (depends on hunger)
- ½cup grated Parmesan



METHOD

- In a frying pan, slowly cook bacon on both sides until crispy, remove and set aside
- Add garlic to pan and let brown slightly on low
- Add the courgetti to pan with bacon fat and garlic
- Cook on medium/high until browned
- Add Parmesan, stirring frequently to incorporate
- Meanwhile, poach the eggs in a separate pan
- Crumble bacon and stir in to noodles
- Add poached eggs on top and serve with extra Parmesan if required

LUNCH

'LUNCH ON TOAST'

OK, so it's not quite a sandwich, but sometimes you crave some extra carbs. The baseline is ONE SLICE of rye, wholemeal, seedy or gluten free toast.

HERE ARE A RANGE OF TOPPINGS FOR YOU TO TRY:

- ◆ **TIN OF SARDINES**
mashed with a little balsamic vinegar
or lemon juice
decorated with sliced cherry tomatoes
and basil leaves
- ◆ **GRILLED HALLOUMI WITH ½ MASHED AVOCADO**
- ◆ **TOMATO, AVOCADO, BASIL AND PINE NUTS**
- ◆ **COTTAGE CHEESE AND THINLY SLICED PEAR/APPLE**



LUNCH

STORE CUPBOARD SALADS

Pick an item from each category and enjoy a new creation every time!

(SERVES 1)

◆ STORE CUPBOARD PROTEIN (100G, ALL TINNED)

chickpeas | cannellini beans | kidney beans
2 boiled eggs

◆ BASE LEAVES – 2 LARGE HANDFULS

kale | spinach | lettuce | mixed leaves

◆ RAINBOW VEG

(choose min of 3, max – as many as you can eat!)
½ red/yellow pepper | 80g broccoli or cauliflower
handful sugar snap peas | 2 inch chunk cucumber
handful cherry tomatoes | 2 sticks celery
3 mushrooms | ½ avocado | 1 med beetroot
1 red onion

◆ FRESH HERBS – A HANDFUL, CHOPPED mint |

parsley | coriander | chives | thyme | basil

◆ DRESSINGS

French: 1 tbsp extra virgin olive oil, 1 tsp mustard,
1 tbsp balsamic vinegar, 1 crushed garlic

Asian: 1 tbsp sesame seed oil, 1 tsp Tamari,
1 tsp sesame seeds, finely chopped spring onion

Pesto: 1 tbsp Pesto, 1 tbsp olive oil,
squeeze of lemon to taste

◆ SPRINKLES

sesame seeds | sunflower seeds | pumpkin seeds
pine nuts | chopped walnuts



DINNER

DINNER TIME



“Skip the diet.
Just eat Healthy.”

DINNER

TRAY BAKED CHICKEN WITH PEPPERS

INGREDIENTS (SERVES 2)

- 2 large ripe tomatoes
- 1 red onion
- 1 red pepper
- 1 yellow pepper
- 4 free-range boneless chicken thighs, skinless
- 2 cloves of garlic
- ½ bunch of fresh thyme
- ½tsp smoked paprika
- olive oil
- 1 tbsp balsamic vinegar

METHOD

- Preheat the oven to 180°C
- Quarter the tomatoes and place them in a large baking dish or roasting tray. Peel the onion and cut into large wedges, then deseed and roughly chop the peppers. Add all these to the tray along with the chicken thighs
- Squash the unpeeled garlic cloves with the side of your knife and add to the tray, then pick over the thyme leaves and sprinkle over the paprika
- Add 1tbsp of oil, the balsamic and a good pinch of sea salt and black pepper. Toss everything together really well to coat, then spread across the tray, making sure the chicken isn't covered by the vegetables

METHOD CONTINUES ON THE NEXT PAGE

DINNER

TRAY BAKED CHICKEN WITH PEPPERS



- Roast for around 1 hour, or until the chicken is golden and cooked through, turning and basting it a couple of times during cooking with the juices from the tray
- Serve the traybake with lots of your favourite green vegetables

DINNER

ROASTED SPRING VEGETABLE CASSEROLE

INGREDIENTS (SERVES 2)

- 2tbsp Coconut oil
- 1 Garlic bulb, halved horizontally through the middle
- 1 Large red onion, sliced
- 1 Aubergine, halved and sliced on the diagonal
- 2 Large tomatoes, quartered
- 1 Red pepper, 1 green pepper, 1 yellow pepper deseeded and cut into chunky pieces
- 400g Can chopped tomatoes
- ½ Small pack parsley (dried)
- 2 Medium courgettes
- 1 x 400g Tin chickpeas, drained
- 1tbsp Italian mixed herbs



METHOD

- Heat oven to 180°C fan and put the oil in a roasting tin. Tip in the garlic and all the fresh veg (except the courgette and tomatoes), then toss with your hands to coat in the oil. Season well and roast for 45 mins.
- Remove the garlic from the roasting tin and squeeze out the softened cloves all over the veg, stirring to evenly distribute. Spiralise the courgettes.
- In a medium pan, simmer the chopped tomatoes and Italian herbs until bubbling, add the chickpeas and stir until warmed through.
- Season well and stir the tomato/chickpea mixture and courgetti into the roasted veg in the tin. Scatter over the parsley and serve.

DINNER

GREEN CAULIFLOWER RICE WITH GOATS CHEESE

INGREDIENTS (SERVES 3-4)

- 1 head of cauliflower, stem and florets, coarsely chopped
- 3tbsp extra virgin olive oil, plus extra to serve
- 2 garlic cloves, chopped
- 200g (7oz) thawed frozen or cooked fresh broad beans
- 70g (2¾ oz) pumpkin seeds, lightly toasted
- 2 handfuls of mixed herbs, such as mint and basil, finely chopped
- 2tbsp lemon juice
- 100g soft goat's cheese, crumbled
- sea salt and freshly ground black pepper

METHOD

- Put the cauliflower in a blender and pulse to a fine rice-like texture. Be careful not to overdo it, you could end up with mash!
- Heat 2 tablespoons of the olive oil in a large frying pan, add the garlic and cook until lightly golden, then add the cauliflower rice, tossing it to coat in the garlic oil. Cook for 5 minutes, or until heated through and transfer to a large serving bowl
- Add the broad beans, pumpkin seeds, herbs, lemon juice, goat's cheese and remaining olive oil. Toss until mixed. Finish with a drizzle of olive oil and season to taste. Serve warm



DINNER

THAI RED CHICKEN CURRY

This is a quick and easy curry made with chicken, courgette, red pepper and carrot. Coconut milk and curry paste make an irresistible sauce that serves 2.

INGREDIENTS

- 2tsp Coconut oil
- 300g Chicken breast fillets, cut into strips
- 1tbsp Thai red curry paste
- 1 Courgette, halved lengthways and sliced
- 1 Red pepper, sliced into strips
- 1 Medium carrot, sliced
- 1 Red onion, quartered then sliced
- 400g Tin coconut milk
- 1tbsp Cornflour
- 2tbsp Chopped fresh coriander
- 1 Lime

METHOD

- Heat the oil in a large frying pan or wok over medium-high heat.
- Add the chicken pieces, cook and stir for about 3 minutes.
- Mix in the curry paste, courgette, pepper, carrot and onion. Cook and stir for a few minutes.
- Whisk together the coconut milk and cornflour to dissolve, then add to chicken mixture.
- Bring to the boil, then reduce to a simmer over medium heat for 1 minute, or until thickened. Right before serving, stir in the coriander.
- Feel free to add more or less curry paste according to taste. Serve with wedges of fresh lime for a tasty finish.

DINNER

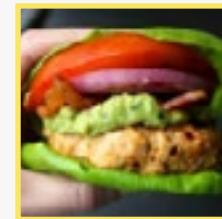
THAI TURKEY BURGERS

INGREDIENTS (SERVES 4)

- 400g Turkey mince
- 40g Fresh breadcrumbs (gluten free)
- 3tbsp Red Thai curry paste
- ½ Bunch spring onions, finely chopped
- 1 Egg , beaten
- 1tbsp Olive oil
- Handful little gem lettuce leaves
- ¼ Cucumber, peeled and sliced
- 2 ripe tomatoes , sliced
- Slices red onion
- Mayonnaise, salsa or guacamole

METHOD

- Place mince, breadcrumbs, curry paste, spring onions and egg into a large bowl. Season lightly, then mix well with your hands to combine. Divide into 4 and shape into burgers.
- Brush the burgers with oil and grill for 7 mins each side, or until firm, golden and cooked through.
- Once cooked, serve each burger on a little gem lettuce leaf, add cucumber, tomato slices, red onion and a spoonful of mayo, salsa or guacamole and put a second lettuce leaf on top.
- Serve with half a plate of your favourite veg.



DINNER

BORLOTTI BOLOGNESE WITH COURGETTI

INGREDIENTS (SERVES 2)

- 1 tbsp coconut oil
- 1 onion, chopped
- 2 garlic cloves, crushed
- 1 tsp mixed dried herbs
- 115g button mushrooms, sliced
- 1 tsp vegetable bouillon powder
- 1 tbsp tomato purée
- 140g canned tomatoes
- 400g can borlotti beans, drained and rinsed
- salt and pepper
- 2 courgettes

METHOD

- Put the oil in a pan and sauté the onion, garlic and herbs for 2 mins
- Add the mushrooms and cook until soft
- Add the vegetable bouillon powder, tomato purée, canned tomatoes, beans, then season and simmer for 15 mins
- Serve with your own courgette pasta by using a grater to slice courgette into thin ribbons, place in an oven to warm through and serve Bolognese sauce on top.



SNACKS

KEEP CALM IT'S SNACK TIME



“One healthy
meal at a time.”

SNACKS

SPICED ALMOND DATE BALLS

Only 10 mins to prep, makes about 24 balls, enough for snacks for all the family!

INGREDIENTS

- 1¼cup rolled oats
- 1¼cup pitted dates
- ½cup almond butter
- 1 tsp pure almond extract
- ¼tsp ground ginger
- ¼tsp ground nutmeg

METHOD

- Place oats, dates, almond butter, almond extract, ginger and nutmeg in a blender and whiz until smooth and sticking together. Drizzle in 2 – 3tbsp hot water so that the mixture comes into a ball
- Using a teaspoon, scoop out a heaped spoonful of the mixture. Roll into a ball, pressing firmly so that it sticks together. Chill bites until ready to serve
- Refrigerate in an airtight container for up to 5 days or freeze for up to 1 week
- A snack is 2 balls (not the whole batch!)

SNACKS

SPICY NUT MIX

INGREDIENTS

- 1 tsp chili powder
- 1 tsp smoked paprika
- $\frac{3}{4}$ tsp ground cumin
- $\frac{1}{2}$ tsp ground black pepper
- $\frac{1}{2}$ tsp cayenne pepper
- $\frac{3}{4}$ cup pecans or cashews
- $\frac{3}{4}$ cup raw almonds
- $\frac{1}{2}$ cup raw pistachios
- 2 tbsp extra virgin olive oil
- $\frac{1}{2}$ tsp coarse salt

METHOD

- Preheat oven to 160°C
- Mix the spices in a small bowl and set aside
- Spread the nuts on a large baking sheet and roast for about 8–10 mins
- Remove to a bowl and toss with the olive oil
- Add the spices and stir briefly
- Return to the baking sheet and roast for another 2–3 mins
- A snack portion is a big tablespoon of spicy nuts

SNACKS

ROASTED CHICKPEAS

INGREDIENTS

- 400g can chickpeas, drained
- olive oil
- ⅛tsp salt
- ¼tsp chili powder
- ¼tsp ground cumin
- ¼tsp paprika
- ¼tsp ground coriander
- ¼tsp curry powder
- ¼tsp garlic powder



METHOD

- Preheat oven to 190°C
- Drain chickpeas in a colander and let them dry completely. Pat dry with a paper towel if needed
- Arrange on a baking sheet in a single layer and roast for about 35–45 minutes, shaking the pan every ten minutes. All ovens are different so make sure they don't burn. They will be golden brown and crunchy on the inside when done, not moist
- In a medium bowl, combine all the spices
- Remove chickpeas from the oven when done and sprinkle with olive oil
- Immediately toss with spices while hot. Eat at room temperature. (A portion = 3tbsp)

SNACKS

POMEGRANATE OAT CUPS

Only 15 mins to make and enough to make 12 Oat Cups, sorted for the week!

INGREDIENTS

Wet

- 2 eggs
- ⅓cup 100% pomegranate juice
- 1 tsp vanilla extract
- 1 banana, small
- ½cup almond milk, unsweetened
- 2tbsp coconut oil, partially melted

Dry

- 2cups oats
- 1 tsp baking powder
- 100g pomegranate seeds (save 20g for decoration)

METHOD

- First, preheat oven to 160°C and grease a muffin tin with butter
- Mash banana in a blender, then add the rest of the wet ingredients (minus the coconut oil) and whizz
- Add the dry ingredients and mix until smooth
- Finally add in the coconut oil
- Fill muffin tin about ⅓ way full and sprinkle remaining pomegranate seeds on top
- Bake for about 20 minutes
- A snack portion is 1 or 2 oat cups, try them with a tsp of nut butter on top!





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