



GREEN **body**

2 day

REAL FOOD

PLAN

sample

Lose weight, feel great!

4 WEEK FOOD CHALLENGE *free* SAMPLE

DISCLAIMER: These recipes and meal plans have been assembled by a nutritionist not a certified dietician. Therefore all recipes and meal plans are a suggestion only and you choose freely to follow these suggestions at your own risk taking all responsibility for your decisions and the consequences.

IMPORTANT NUTRITION NOTES

1. Each overall week is based on between 1200-1400 calories per day with a relatively high protein intake and low carbohydrate intake. If you are in one of the following categories you will need more calories and carbohydrates than set out in this plan:

- Male
- Regularly doing moderate to vigorous exercise
- Pregnant or breastfeeding

In all of these conditions, use slightly bigger portions, include snacks and importantly - LISTEN TO YOUR BODY. If you feel light headed after a workout - eat something, drink water and rest. If you are a new mother and you're hungry - eat. Just do your best to eat food from the plan.

Example: Hungry after 'Baked Mushrooms' for breakfast - have a banana or slice of sourdough.

2. When it comes to calories and carbohydrates, non-starchy veg (so really anything except potatoes and sweet potatoes) are not counted.

- Feel free to add extra veg, make swaps and use up what you have already.

3. If you have a medical condition you should seek your doctor's advice before participating. The suggestions in this program may not be suitable.

If you have kidney disease or another problem processing protein, the amount of protein in this plan may be too high. Seek professional advice before participating.

If you are a diabetic using insulin, you may find you need less insulin with some of the meals on this diet plan. LISTEN TO YOUR BODY, have snacks available, and seek professional advice before participating.

If you know that certain foods upset your stomach, or you don't tolerate certain vegetables or food groups, substitute them. LISTEN TO YOUR BODY and of course seek professional advice before participating.

ASSUMED INGREDIENTS - Purchase only if needed

- Extra virgin olive oil
- Full fat (preferably organic) butter
- Ground cinnamon
- Mayonnaise
- Vanilla extract
- White rice
- White wine vinegar
- Soy sauce
- Rice wine vinegar

SHOPPING LIST

- Good quality sourdough loaf
- Eggs
- Full fat Greek Yoghurt (unflavoured)
- Pack Haloumi cheese
- 1 small tub bocconcini
- Small tins tuna in spring water and natural smoked salmon
- Small pack pine nuts
- Steak per person
- 1 can cannellini beans
- Peaches
- Bag baby spinach
- Green beans
- Few large tomatoes
- Cherry tomatoes
- Jar kalamata olives
- Garlic
- Little gem lettuce
- Asparagus
- Zucchini
- Lime
- Avocado
- Cucumber
- Carrot
- Pack of frozen berries
- Bunch basil

SUNDAY MEAL PREP - Week 1

CHOPPING

- Peach slices in the freezer
- Peel a couple of old/ripe bananas and pop in the freezer

ON THE STOVE

- Hard boil some eggs and pop in the fridge
- Boil white rice and pop in the fridge/freezer

Day 1

Breakfast

French Toast with Grilled Peach
Serves 1

1 Big slice sourdough
1 egg
1 peach
Dash cinnamon
Butter
2 tablespoons full fat plain Greek yoghurt

Get a medium size pan on a high heat with some EVOO.
Crack an egg into a bowl and scramble then add one thick slice of sourdough to soak in the egg.
Fry the peach slices in the oil adding a little butter and cinnamon and stirring regularly.
Flip the bread over to soak the other side.
Fry the bread next to the peaches keeping them turning. Cook both sides until golden brown and then serve up with a dollop of Greek Yoghurt on the side.

Cals 481 Protein 19 Fat 31.7 Carbs 31.3 Sugar 12.2

Lunch

Serves 1
Tuna Nicoise Salad

1 Small tin tuna in springwater
2 Hardboiled eggs
Big handful baby spinach or green leaves
Handful green beans trimmed
8 kalamata olives
6 cherry tomatoes
1 tbsp mayonnaise
Salt and pepper to taste

Cals 410 Protein 29.1 Fat 49.9 Carbs 8.8

Dinner

BBQ Veg Salad with Haloumi
Serves 2

EVOO (extra virgin olive oil)
1 garlic clove
1 little gem lettuce
1 bunch mini asparagus
1 red capsicum
1 zucchini in ribbons
1 packet of Haloumi (approx 200g)
Fresh lime juice
Handful toasted pine nuts each

You can use the BBQ, a griddle pan, frying pan or the oven grill for this recipe. Using a peeler create ribbons of zucchini and then cut your capsicum into chunks. Cut your little gem lettuce in half and cook face down on the bbq or in a pan. Grill the other veg and the whole asparagus sticks with olive oil drizzled over.

Slice haloumi into strips and cook on both sides until golden brown (doesn't take long!)

Throw the pine nuts into the warm pan or on the bbq and move them around until golden brown - this also doesn't take long.

Serve veg and haloumi with a good squeeze of fresh lime juice and topped with the pine nuts.

Cals 342 Protein 12 Fat 16 Carbs 3.5 Sugar 0.6

Day 2

Breakfast

Peach and Avocado Smoothie

Serves 1

1/2 cup peach slices

Handful ice

1/4 avocado

1/2 tsp vanilla extract

Cals 93 Protein 1 Fat 5 Carbs 11

Lunch

Sushi Bowl

Serves 1

1/2 cup pre-cooked cold white rice

Small tin natural smoked salmon (or leftover salmon)

1 grated carrot

1/2 cucumber sliced or ribboned

1/4 cup avocado cubed

1 tsp soy sauce

1 tsp rice wine vinegar

Season the rice and salmon with the soy and rice wine vinegar and arrange in a bowl.

Cals 375 Protein 19.45 Fat 12.65 Carbs 43 Sugar 17.9

Dinner

Steak with Italian Bean Salad

Serves 2

2 steaks (approx 150g each)

EVOO

Handful basil leaves

1/2 clove garlic

3 tomatoes sliced



Handful cherry tomatoes
100g Cherry bocconcini
1/2 can cannellini beans
1tbs white wine vinegar

Cals 580 Protein 45.5g Fat 40g Carb 8g Sugar 4g

Its best to get the steak to room temperature before cooking. You can either get it out and make the salad, or do something else for 20 minutes. Get a frying pan on a high heat with the extra virgin olive oil and then cook your steaks, turning them every 30 seconds or so to keep the juices in. Cook for 6-8 minutes (med rare - med well) - you can always cut a steak in half to check. Once you've cooked the steak, leave it to rest for about 5 minutes while you make the salad. Rinse the ingredients and rinse the beans in the tin, then slice up your tomatoes. Crush the garlic clove into a medium bowl, add some torn up basil leaves, combine with the vinegar and a good dash of EVOO. Stir in the beans getting them coated. Arrange your large tomato slices on a serving plate, then your bean mixture, top with cherry tomatoes, cheese and a few basil leaves.

Dessert

Banana & Berry Nice Cream
Serves 6

3 large bananas
3 cups frozen berries
3/4 cup full fat plain Greek Yoghurt
Sprinkle of nuts to top

Throw everything into a food processor!

Cals 185 Protein 5g Fat 7g Carbs 23g Sugar 21g