

# Your Phase 1 Meal Planner

20g of carbohydrates per day

*Got a question?*

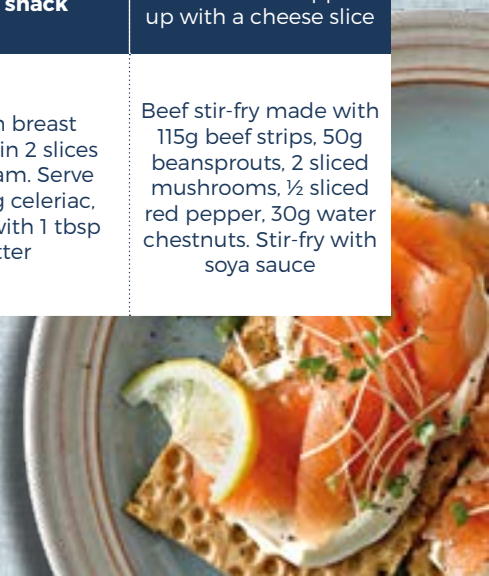
If you have any questions about Phase 1, ask our nutritionist. You can get in touch via the Support section of our website.

|                  | Monday  | Tuesday   | Wednesday  | Thursday   | Friday   | Saturday   | Sunday  |
|------------------|---|---|--|--|--|--|---|
| <i>Breakfast</i> | 2 egg omelette with 30g grated cheese & 50g sliced red pepper   | 100g smoked salmon with ½ sliced ripe avocado & 2 tbsp cream cheese, sprinkle with black pepper                           | <b>Hot Flax Cereal</b><br>(see recipe)   | 1 low carb sausage, 1 poached egg & half grilled tomato  | <b>Mushroom Bake</b><br>(see recipe)   | 2 scrambled egg with 4 cooked, chopped asparagus spears & 1 slice bacon  | 1 bacon, 1 low carb sausage, 1 fried egg & ½ grilled tomato   |
| <i>Snack</i>     | 1 cooked chicken leg  | <b>Atkins snack</b>   | 1 boiled egg   | ½ sliced avocado   | <b>Atkins snack</b>  | 30g cubed cheese   | <b>Atkins snack</b>   |
| <i>Lunch</i>     | Goat's cheese salad made with 80g salad leaves, 5 olives, 4 cherry tomatoes, ½ sliced avocado, 50g cubed cucumber and 50g crumbled goat's cheese. Drizzle with extra virgin olive oil | 1 baked chicken thigh served over mixed salad leaves, ½ chopped red pepper, 4 cucumber slices. Top with 30g grated cheese | <b>Bacon, Spinach &amp; Blue Cheese Salad</b><br>(see recipe)  | 1 tin tuna in oil drained, served over 100g spinach leaves, 30g crumbled feta & ½ chopped red pepper | <b>Chicken Burger with Tomato Salsa</b><br>(see recipe)  | Greek salad including 5 olives, 100g baby spinach, ½ avocado, ¼ chopped red onion, 50g cubed cucumber and 30g feta cheese. Drizzle with 1 tbsp olive oil | 1 small tin salmon served over 100g baby spinach leaves, 5 cherry tomatoes, ¼ sliced cucumber. Drizzle with 1 tbsp extra virgin olive oil         |
| <i>Snack</i>     | <b>Atkins snack</b>   | 1 Pepperoni stick   | <b>Atkins snack</b>  | 2 tbsp cream cheese spread into a celery stalk   | ½ tin tuna mixed with full fat mayonnaise on a romaine leaf 'wrap'   | <b>Atkins snack</b>  | 1 slice ham wrapped up with a cheese slice  |
| <i>Dinner</i>    | 115g salmon baked in foil and topped with 1 tbsp butter & 1 tsp parsley. Serve with 100g 'riced' cauliflower and 80g sautéed kale cooked in 1 tbsp olive oil                          | <b>Mushroom Burgers</b><br>(see recipe)   | 1 slice baked pork belly served with 100g each of broccoli & cauliflower mashed with 1 tbsp butter. Top with 30g grated cheese | <b>Chicken Casserole with Red Peppers</b><br>(see recipe)  | 2 smoky chorizo sausages cooked and served with 100g cauliflower, cooked and mashed with 1 tbsp cream cheese & 80g green beans | Chicken breast wrapped in 2 slices Parma ham. Serve with 100g celeriac, mashed with 1 tbsp butter  | Beef stir-fry made with 115g beef strips, 50g beansprouts, 2 sliced mushrooms, ½ sliced red pepper, 30g water chestnuts. Stir-fry with soya sauce |



*Mix and Match*

Feel free to mix and match individual meals or even full days to suit you.





## Healthy swaps

Adapt any recipe to your taste by swapping your protein or veg choices, e.g. fish for chicken, broccoli for cauliflower

# Recipes

### Chicken Casserole with Red Peppers

Serves 1

**1 tbsp olive oil**  
**2 chicken thighs**  
**salt & pepper to season**  
**2 garlic cloves, chopped**  
**½ medium onion, chopped**  
**1 rasher bacon, diced**  
**½ red pepper, seeded and chopped**  
**1 bay leaf**  
**½ tin chopped tomatoes**  
**½ stock cube**  
**1 tbsp thyme**

Heat the oil in a frying pan. When hot, add half the chicken pieces and fry over medium heat until they colour.

Remove cooked chicken. Add garlic and onion and cook until soft, add cooked chicken to pot with bacon, peppers, bay leaf and thyme.

Fry until the bacon colours then add tomatoes and stock cube and let it bubble.

Stir everything together then turn heat down to low, cover and simmer for an hr, until the juice reduces to a sauce.

Remove the bay leaf and serve.

### Hot Flax Cereal

Serves 1

**2 tbsp ground flaxseeds**  
**1 tsp Splenda**  
**30ml single cream**  
**40ml water**  
**1 tsp ground cinnamon**

Combine 2 tbsp ground flaxseeds, 1 tsp Splenda, 30ml single cream, 40ml water and 1 tsp ground cinnamon.

Microwave for 2 minutes.

### Chicken Burgers with Tomato Salsa

Serves 1

**1 garlic clove, crushed**  
**1 spring onion, finely sliced**  
**1 tbsp mixed herbs**  
**100g minced chicken**  
**1 tsp olive oil**

**For the salsa:**

**80g cherry tomatoes, quartered**  
**½ red chilli, deseeded and finely chopped**  
**1 tsp chopped coriander**  
**Rind and juice of 1 lime**

Mix together 1 crushed garlic clove, 1 finely sliced spring onion, 1 tbsp mixed herbs, 100g minced chicken, 1 tsp olive oil.

For the salsa: 80g cherry tomatoes, quartered, 1/2 red chilli, deseeded & finely chopped, 1 tsp chopped coriander, rind & juice of 1 lime

Mix together all the burger ingredients, except the oil, and form into a burger, chill for 30 minutes. Combine the salsa ingredients in a bowl. Brush the burger with oil and cook under a high grill for 3-4 mins each side.

Serve with tomato salsa & salad.



### Bacon, Spinach and Blue Cheese salad

Serves 1

**2 smoked bacon rashers, chopped**  
**150g spinach leaves**  
**30g blue cheese, cubed**  
**5 cherry tomatoes, halved**  
**50g raw broccoli florets**

**Dressing:**

**1 tbsp Splenda**  
**1 tsp mustard**  
**1 tbsp lemon juice**

Fry the bacon in a non-stick frying pan until crisp.

Toss together the spinach, blue cheese, tomatoes and broccoli then stir into the bacon.

Place the salad in a serving bowl. Mix together the dressing ingredients and drizzle over the salad.

### Mushroom Burgers

Serves 1

**1 garlic clove, chopped**  
**½ green pepper, chopped**  
**½ red chilli, chopped**  
**½ onion, chopped**  
**100g minced meat**  
**40g mushrooms, chopped**  
**Large romaine leaves**

Finely chop 1 garlic clove, ½ green pepper and 1/2 red chilli pepper and mix in a bowl with 100g minced meat.

Form into a burger and cook to your taste. Meanwhile heat 1 tbsp butter in a pan and add ½ chopped onion and 40g chopped mushrooms and sauté until cooked.

Put burgers onto large romaine leaves and top with the onion/mushroom mixture.

Serve with a mixed side salad.

### Mushroom Bake

Serves 1

**2 tbsp salsa**  
**2 mushrooms, chopped**  
**1 egg**  
**30g cheese, shredded**

Place 2 tbsp salsa in a ramekin, add 2 chopped mushrooms, crack an egg on top and then top with 30g shredded cheese.

Microwave for 2 minutes.

## Perfect portions

In the first week, weight your food so you get a feel for portion sizes. From then on, it's ok to estimate.





# Ingredients

## Shopping List

|                   |                  |
|-------------------|------------------|
| Asparagus         | Avocado          |
| Baby spinach      | Bacon            |
| Beansprouts       | Beef             |
| Broccoli          | Cauliflower      |
| Celeriac          | Cheese           |
| Cherry tomatoes   | Chicken breast   |
| Chicken leg       | Chicken thigh    |
| Chilli            | Cream cheese     |
| Cucumber          | Eggs             |
| Feta cheese       | Goats cheese     |
| Gorgonzola cheese | Green pepper     |
| Ground flaxseed   | Ham              |
| Kale              | Minced meat      |
| Mushroom          | Mushrooms        |
| Olives            | Onion            |
| Parma ham         | Pepperoni snacks |
| Pork Belly        | Red onion        |
| Red pepper        | Red pepper       |
| Salmon            | Sausages         |
| Single cream      | Smoked salmon    |
| Spinach           | Tin of salmon    |
| Tomatoes          | Tuna (tinned)    |
| Waterchestnuts    |                  |

## Handy to have around the house

Mixed salad leaves  
Atkins snacks (specify)  
Butter  
Parsley & other herbs  
Selection of foundation vegetables  
Cheese  
Garlic  
Chilli Peppers  
Ground flaxseeds  
Splenda  
Cinnamon & other spices  
Mustard  
Olive oil  
Soya sauce  
Full fat mayonnaise  
Eggs

## Notes