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COACHING SERVICES

FITNESS · NUTRITION

The Metabolic Reboot Program

*A reverse diet approach to
maintaining metabolic health.*

Introduction

Metabolic Reboot

The term ‘metabolism’ is commonplace in the fitness space. Put simply, it is the process of **digesting, absorbing and assimilating the nutrients from our food, and then use these for daily activity.**

There is a lot of misinformation out there regarding our metabolism. It has even been proposed, and accepted by some, that Calories are not the main determinant of body weight.

Then on the other side, we have many who stick with “Calories in = Calories out, that’s all that matters!”

The science and current evidence lies somewhere in between these two camps. Calories do of course matter and are the main determinant of how much weight we will gain or lose, while the quality of those Calories and the nutrient proportions

(protein, carbs, fat) will have important impacts too e.g., more protein = increased fullness = less snacking.

Traditional dieting protocols follow the very basic template of: reduce calories > lose weight > repeat.

In this program, we will look at adjusting this process, so that in a couple of months you don’t find yourself eating 800 kcals a day and having barely enough energy to get out of bed in the morning.

What Is Metabolism?

Our **metabolisms** are a sum of the physical and chemical processes that occur in our cells to produce energy.

Essentially, the entirety of the processes in the body make up our metabolism. When we say, “**metabolic reboot**”, we are talking about improving the efficiency of the bodily system.

When we restrict Calories and lose weight, our body will unconsciously make some, what it believes to be, necessary adjustments.

This will depend on the severity of the dietary cut you have made e.g., if you cut out 30-40% of your daily Calories, a more rapid response will occur.

The response is known as metabolic adaptation and results in changes to several key hormones, including thyroid hormones (T3 and T4), leptin, ghrelin and cortisol.

These regulate our energy levels (T3, T4, leptin), our hunger and appetite (leptin and ghrelin, and our overall metabolic rate (T3, T4 and leptin).

When a diet is too aggressive, this metabolic adaptation can lead to a reduction in the energy output (Calories burned) each day.

This will only serve to slow weight loss, even though you might be in a deficit already!

How do we avoid these?

There are a few different approaches that can be used here, and in this program, we will bring one of the most effective ones to you!

What Is Metabolic Reboot?

Metabolic reboot aims to tackle ‘metabolic adaptation’, often referred to as:

- metabolic damage
- starvation mode
- weight loss resistance
- adrenal fatigue

Despite all the various terms and names, they can all be about the same thing – a reduction in the metabolic output by the body, as a survival response to less food intake and/or increase exercise.

In the health and fitness world, this metabolic imbalance is typically seen from the ‘eat less, exercise more’ people.

If you eat less and exercise more, you’ll easily create a caloric deficit, which can also create an unbalanced metabolism - **it essentially slows down.**

Your basal metabolic rate (BMR) is the amount of energy used when the body is at rest. So, let’s look at how this works via numbers.

There are several different methods to calculating BMR, such as the Harris Benedict Formula, but a much quicker approach is by multiplying someone’s weight (in pounds) by the multiplier 10.

So, if we take a female weighing 155 lbs. in bodyweight, her BMR would be:

$$\begin{aligned} &155 \text{ (bodyweight)} \\ &\times 10 \text{ (multiplier)} \\ &= 1550 \text{ kcals} \end{aligned}$$

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We also need to add the thermic effect of food (TEF) and all activity levels (NEAT & TEA) to represent this example most efficiently.

NEAT: *The energy you burn doing non-exercise activity e.g., walking, cleaning, fidgeting*

TEA: *The energy you burn exercising e.g., running, cycling*

There are several various methods to calculate these energy demands, but we will use a simple multiplier of 1.3 to reflect this. The numbers now look like this:

$$\begin{aligned} &1550 \text{ kcals (BMR)} \\ &\times 1.3 \text{ (activity level)} \\ &= 2015 \text{ kcals} \end{aligned}$$

In this example, **a female weighing 155 lbs.** will burn approximately **2015 kcals** based on her BMR and activity levels.

This female knows she must therefore reduce Calories in order to create a Calorie deficit (a negative energy balance) in order to lose weight. So, she starts consuming 1500 kcals daily. Initially progress is great, measurements come down, so far so good. Usually after some days, once the body realizes it must adapt to this, and the process mentioned earlier will descend.

So, after a week or two, our example female may have seen a 10% decrease in daily Calorie expenditure, due to the fall in BMR, TEF and NEAT.

In just a few days, this dieter has gone from a daily, energy expenditure of 2015 kcals to 1813 kcals.

Considering she is consuming 1500 kcals a day, this has reduced the deficit she previously had, slowing progress. As a result, she cracks on and reduces calories further to see continued progress.

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This does work, and the measurements **keep dropping**, but it doesn't last.

This is because the body has once again adapted to the process, and we may typically see another 10% decrease in daily calorie expenditure from the further reduced calories.

In just a few weeks, this dieter has gone from a daily energy expenditure of 2015 kcals to 1632 kcals.

By now, to remain in the 500 calorific deficit she once had, she would need to be eating only 1100 kcals per day.

By this stage hunger is high, energy is low, and cravings are through the roof, the body wants to stop. Further progress can be almost impossible at this stage, and this is due to a lot of metabolic resistance – the body doesn't like what she is doing to it.

If she continues and decreases calories more and increases training too, some evidence shows that metabolic damage or permanent adaptation may result.

At this stage she is feeling beat, tired, hungry, bloated, poor sleep, unwell, anxious, depressed and progress has stalled.

The average person will give up here and return to a normal eating pattern.

Sadly, due to the decreased energy expenditure, even if they resort to what is considered an average food intake, they are instantly in a large calorie surplus, so all the weight goes back on.

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They may even gain more weight than previously, as their body is now working from a much lower energy intake from their dieting. The hardcore dieter will battle on, their drive for improved body composition is unquestionable but they fall into a trap of binge eating.

Their hunger and craving levels are now at an all time high and every few days they fall of the wagon and binge eat.

This sudden yet unexpected boost in Calories offsets any deficit they had created on their 'good' days and little progress is achieved.

They wouldn't dream of increasing their Calories again as they already cannot lose weight on such a low-Calorie plan, so they permanently fall into this – restricted and binge eating cycle.

A metabolic reboot protocol is therefore for those people who fall into this category. It is also for those who struggle with lack of motivation, low libido, overtraining, illness, or feel they have done everything 'right' but can no longer respond to diet and training in the same way.

To keep this program simple, effective and easy to use, I've presented the best approach to take below.

This **5-phase protocol** has been based upon Leigh Peele's 'metabolic reboot Manual' founded on scientific research and experience.

Phases of the Metabolic Repair Program

Phase 1: Track & Reset

Duration	1 week
Caloric intake	keep as existing
Protein intake	30 - 40% or (1.6 – 1.8 g/kg bodyweight)
Fat intake	20-25%
Carb intake	25-30%
Water intake	2-3 l
Salt intake	< 3g
Training	none

It's important to note that accurate food tracking software will be required during this process in order to keep detailed records of nutrients. I recommend using www.MyFitnessPal.com.

The key goal during this phase is to stop all training and get an understanding of your daily Calorie intake.

Once you have a detailed food log in place, be sure to average out your Caloric intake for the previous 5-7 days, as you will need this for the next phase

Phase 2: Increase Food Intake

Duration	1 week
Caloric intake	increase by 5 - 10%
Protein intake	30 - 40% or (1.6 – 1.8 g/kg bodyweight)
Fat intake	20-25%
Carb intake	25-30%
Water intake	2-3 l
Salt intake	< 3g
Training	none

Using your previous averaged Caloric intake from phase 1, you should now increase your calories by 5 - 10% based on this number.

Be very consistent reaching this new target every single day.

The importance of this cannot be underestimated. Also note, you should avoid training in this phase.

Phase 3: Prepare For Activity & Increase Calories

Duration	1 week
Caloric intake	increase by 5%
Protein intake	30 - 40% or (1.6 – 1.8 g/kg bodyweight)
Fat intake	30%
Carb intake	30-40%
Water intake	2-3 l
Salt intake	< 3g

Training: Stretch, foam rolling and mobility work for < 15 minutes daily.

At this stage, some light and short mobility/recovery work should be applied for no more than 15 minutes daily.

Some stretching and foam rolling is advisable.

Phase 4: Increase Activity & Calories

Duration	1-2 weeks
Caloric intake	increase by 5-10%
Protein intake	30 - 40% or (1.6 – 1.8 g/kg bodyweight)
Fat intake	30%
Carb intake	40%
Water intake	2-3 l
Salt intake	< 3g

Training: 3 x full body workouts per week. Mobility and foam rolling on off days.

Increasing carbohydrates has been shown to help restore leptin levels and other important hormones

Please see below training program for the perfect starting point to your new training routine.

Phase 5: Increase Food Intake

Duration	2 weeks
Caloric intake	Increase by 10% then 20%
Protein intake	25%
Fat intake	20%
Carb intake	55%
Water intake	2-3 l
Salt intake	3-5g

Training: 3-4 training sessions per week. Mobility and foam rolling on off days.

The last phase of this protocol is to boost calories as high as they can go using some small increments over the coming weeks.

Initially, calories should be increased a further 10% in week 1 of the phase and then 20% in week 2.

Summary

Upon completion of the protocol, you may need to go through the process again, this time starting with the new Caloric intake as the base.

Some people may now be ready to just maintain their newfound lifestyle and body, while others may be ready to reduce Calories again and burn more body fat using a healthier approach.

It's also important to keep track of your key measurements throughout all phases of this program.

You may also find that you do gain a small amount of weight during this program, and this is usually a good thing. It's also likely not fat, but some

muscle mass and general water weight. This is something you will have to deal with and not let deter you from your overall goal.

You now understand that the metabolism can work for and against us when we are seeking body composition and health changes. You also have a detailed protocol that you can apply in order to help boost the metabolism and reduce the effects of heavy dieting and over training.

Meal Plan

Meal Plan

	BREAKFAST (Ideally 30-60 min after waking)	LUNCH (Ideally 3-4 hours after breakfast)	SNACK (Ideally between lunch and dinner)	WORKOUT NUTRITION (If applicable)	DINNER (Ideally 3-4 hours after snack or 60-120 minutes post workout)
MONDAY	Asian Scrambled Eggs	Sundried Tomato & Tahini Salad	E.g. Sweet Potato Paste, Coconut Macaroons, Grapefruit Smoothie	During: Workout drink with 500ml of water Post: Banana with serving of protein powder	Baked Sweet Potato with Feta & Pomegranate <i>+remaining across as you see fit</i>
TUESDAY	Sweetcorn Fritters	Leftover Sundried Tomato & Tahini Salad	E.g. Sweet Potato Paste, Coconut Macaroons, Grapefruit Smoothie	During: Workout drink with 500ml of water Post: Banana with serving of protein powder	Leftover Baked Sweet Potato with Feta & Pomegranate <i>+remaining across as you see fit</i>
WEDNESDAY	Sweetcorn Fritters	Chicken, Orange & Walnut Salad	E.g. Sweet Potato Paste, Coconut Macaroons, Grapefruit Smoothie	During: Workout drink with 500ml of water Post: Banana with serving of protein powder	Sweet & Sour Pork Stir-Fry <i>+remaining across as you see fit</i>
THURSDAY	Grapefruit Smoothie	Leftover Chicken, Orange & Walnut Salad	E.g. Sweet Potato Paste, Coconut Macaroons, Grapefruit Smoothie	During: Workout drink with 500ml of water Post: Banana with serving of protein powder	Leftover Sweet & Sour Pork Stir-Fry <i>+remaining across as you see fit</i>
FRIDAY	Spinach Mushroom & Bacon Quiche	Grilled Vegetable Salad with Tuna	E.g. Sweet Potato Paste, Coconut Macaroons, Grapefruit Smoothie	During: Workout drink with 500ml of water Post: Banana with serving of protein powder	Spicy Chicken Pasta <i>+ remaining across as you see fit</i>
SATURDAY	Spinach Mushroom & Bacon Quiche	Leftover Grilled Vegetable Salad with Tuna	E.g. Sweet Potato Paste, Coconut Macaroons, Grapefruit Smoothie	During: Workout drink with 500ml of water Post: Banana with serving of protein powder	Meal Out - Enjoy!
SUNDAY	Asian Scrambled Eggs	Sweet Potato Paste with Crackers	E.g. Sweet Potato Paste, Coconut Macaroons, Grapefruit Smoothie	During: Workout drink with 500ml of water Post: Banana with serving of protein powder	Leftover Spicy Chicken Pasta <i>+ remaining across as you see fit</i>

Supplement Guide

Base Supplements

Whey Protein Powder

Strength, Muscle-building, Satiety, Fat-loss And Overall Health.

Whey protein makes up to 20% of the protein in milk. Whey is the most effective protein for increasing muscle protein synthesis, the process in muscle cells that results in muscle growth. There are numerous reasons why whey is so effective, such as its high content of branched-chain amino acids (BCAAs) which are responsible for “flicking on” the muscle building switch.

Dosage: *As required but limit to 1-2 servings per day.*

Omega 3 Fish Oil

Health, Strength, Mass Builder, Fat Loss, Immune Function.

Fish oil contains the essential omega-3 fatty acids eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA), which are known to provide several health and performance benefits. Not only do these fatty acids appear to reduce the risk of heart disease and stroke, but they also provide other benefits, such as helping to prevent muscle breakdown, enhancing joint healing, improving brain function and achieving greater fat loss.

Dosage: *1-3 grams with a main meal per day.*

Base Supplements

MULTI –VITAMIN

When following a low-Calorie diet, we can increase the risk of insufficient vitamin and mineral intake. A multi-vitamin can be effective for making up these losses. In addition, research shows that intense training can deplete essential vitamins and mineral levels in our body. This can interfere with muscle growth and strength gains.

Dosage: *Take a multivitamin once or twice daily with meals. Choose brands that provide 100% of the daily needs of C, D, E and most of the B-complex vitamins, as well as 100% of zinc, copper and chromium.*

Avoid products that provide more than this

Workout Nutrition

Workout drink containing Essential Amino Acids (EAA's) and lactic acid buffers such as beta alanine. Carbohydrates are optional.

Dosage: *1 serving per 30-60 minute workout.*

Training Plan

Week 1-4 Training Planner

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 1 TYPE	No training						
TIME & DURATION	N/A						
WEEK 2 TYPE	No training						
TIME & DURATION	N/A						
WEEK 3 TYPE	No training						
TIME & DURATION	N/A						
WEEK 4 TYPE	Stretching & mobility work						
TIME & DURATION	Anytime 15 minutes						

Week 5-8 Training Planner

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 5 TYPE	Weight Training Day 1	Stretching & mobility work	Weight Training Day 2	Stretching & mobility work	Weight Training Day 3	Stretching & mobility work	No training
TIME & DURATION	Anytime 60 mins	Anytime 15 mins	Anytime 60 mins	Anytime 15 mins	Anytime 60 mins	Anytime 15 mins	N/A
WEEK 6 TYPE	Weight Training Day 1	Stretching & mobility work	Weight Training Day 2	Stretching & mobility work	Weight Training Day 3	Stretching & mobility work	No training
TIME & DURATION	Anytime 60 mins	Anytime 15 mins	Anytime 60 mins	Anytime 15 mins	Anytime 60 mins	Anytime 15 mins	N/A
WEEK 7 TYPE	Weight Training Day 1	Stretching & mobility work	Weight Training Day 2	Stretching & mobility work	Weight Training Day 3	Stretching & mobility work	No training
TIME & DURATION	Anytime 60 mins	Anytime 15 mins	Anytime 60 mins	Anytime 15 mins	Anytime 60 mins	Anytime 15 mins	N/A
WEEK 8 TYPE	Weight Training Day 1	Stretching & mobility work	Weight Training Day 2	Stretching & mobility work	Weight Training Day 3	Stretching & mobility work	Stretching & mobility work
TIME & DURATION	Anytime 60 mins	Anytime 15 mins	Anytime 60 mins	Anytime 15 mins	Anytime 60 mins	Anytime 15 mins	N/A

Training Program

Week 1

1. Warm Up
2. Complete Program
3. Conduct Core Workout

WORKOUT 1	SETS/REPS	REST	WEIGHT
A1 - Flat Barbell Bench Press	3X10		
A2 - Barbell High Pull	3X10	60 sec.	
B1 - Barbell Back Squats	3X10		
B2 - Dumbbell Lunges/split squats	3X10	60 sec.	
C1 - Barbell Bicep Curls	3X10		
C2 - Dumbbell Side Lateral Raises	3X10	60 sec.	
WORKOUT 2	SETS/REPS	REST	WEIGHT
A1 - Seated Leg Press	3X8		
A2 - Barbell Walking Lunges	3X10		
A3 - Seated Leg Extensions	3X10	60 sec.	
B1 - Bodyweight Pull Ups	3X8		
B2 - Full Press Ups	3X10	60 sec.	
C1 - Bodyweight Dips	3X8		
C2 - Barbell Bicep Curls	3X10	60 sec.	
WORKOUT 3	SETS/REPS	REST	WEIGHT
A - Barbell Deadlifts	4X5	60 sec.	
B1 - Star Jumps	2X15		
B2 - Bodyweight speed squats	2X15		
B3 - Burpees	2X15	60 sec.	
C1 - Incline Barbell Bench Press	3X10	60 sec.	
D1 - Kettlebell Hip Thrusts	2X15		
D2 - Kettlebell Squats	2X15		
D3 - Kettlebell Lunges	2X15	60 sec.	

Training Program

Week 2

Use the same weight as week 1

1. Warm Up
2. Complete Program
3. Conduct Core Workout

WORKOUT 1	SETS/REPS	REST	WEIGHT
A1 - Flat Barbell Bench Press	4X10		
A2 - Barbell High Pull	4X10	60 sec.	
B1 - Barbell Back Squats	4X10		
B2 - Dumbbell Lunges/split squats	4X10	60 sec.	
C1 - Barbell Bicep Curls	4X10		
C2 - Dumbbell Side Lateral Raises	4X10	60 sec.	
WORKOUT 2	SETS/REPS	REST	WEIGHT
A1 - Seated Leg Press	4X8		
A2 - Barbell Walking Lunges	4X10		
A3 - Seated Leg Extensions	4X10	60 sec.	
B1 - Bodyweight Pull Ups	3X8		
B2 - Full Press Ups	3X10	60 sec.	
C1 - Bodyweight Dips	3X8		
C2 - Barbell Bicep Curls	3X10	60 sec.	
WORKOUT 3	SETS/REPS	REST	WEIGHT
A - Barbell Deadlifts	5X5	60 sec.	
B1 - Star Jumps	3X15		
B2 - Bodyweight speed squats	3X15		
B3 - Burpees	3X15	60 sec.	
C1 - Incline Barbell Bench Press	3X10	60 sec.	
D1 - Kettlebell Hip Thrusts	3X15		
D2 - Kettlebell Squats	3X15		
D3 - Kettlebell Lunges	3X15	60 sec.	

Training Program

Week 3

Increase the same weight from week 2

1. Warm Up
2. Complete Program
3. Conduct Core Workout

WORKOUT 1	SETS/REPS	REST	WEIGHT
A1 - Flat Barbell Bench Press	3X10		
A2 - Barbell High Pull	3X10	60 sec.	
B1 - Barbell Back Squats	3X10		
B2 - Dumbbell Lunges/split squats	3X10	60 sec.	
C1 - Barbell Bicep Curls	3X10		
C2 - Dumbbell Side Lateral Raises	3X10	60 sec.	
WORKOUT 2	SETS/REPS	REST	WEIGHT
A1 - Seated Leg Press	3X8		
A2 - Barbell Walking Lunges	3X10		
A3 - Seated Leg Extensions	3X10	60 sec.	
B1 - Bodyweight Pull Ups	3X8		
B2 - Full Press Ups	3X10	60 sec.	
C1 - Bodyweight Dips	3X8		
C2 - Barbell Bicep Curls	3X10	60 sec.	
WORKOUT 3	SETS/REPS	REST	WEIGHT
A - Barbell Deadlifts	4X5	60 sec.	
B1 - Star Jumps	2X15		
B2 - Bodyweight speed squats	2X15		
B3 - Burpees	2X15	60 sec.	
C1 - Incline Barbell Bench Press	3X10	60 sec.	
D1 - Kettlebell Hip Thrusts	2X15		
D2 - Kettlebell Squats	2X15		
D3 - Kettlebell Lunges	2X15	60 sec.	

Training Program

Week 4

Use the same weight from week 3

1. Warm Up
2. Complete Program
3. Conduct Core Workout

WORKOUT 1	SETS/REPS	REST	WEIGHT
A1 - Flat Barbell Bench Press	4X10		
A2 - Barbell High Pull	4X10	60 sec.	
B1 - Barbell Back Squats	4X10		
B2 - Dumbbell Lunges/split squats	4X10	60 sec.	
C1 - Barbell Bicep Curls	4X10		
C2 - Dumbbell Side Lateral Raises	4X10	60 sec.	
WORKOUT 2	SETS/REPS	REST	WEIGHT
A1 - Seated Leg Press	4X8		
A2 - Barbell Walking Lunges	4X10		
A3 - Seated Leg Extensions	4X10	60 sec.	
B1 - Bodyweight Pull Ups	3X8		
B2 - Full Press Ups	3X10	60 sec.	
C1 - Bodyweight Dips	3X8		
C2 - Barbell Bicep Curls	3X10	60 sec.	
WORKOUT 3	SETS/REPS	REST	WEIGHT
A - Barbell Deadlifts	5X5	60 sec.	
B1 - Star Jumps	3X15		
B2 - Bodyweight speed squats	3X15		
B3 - Burpees	3X15	60 sec.	
C1 - Incline Barbell Bench Press	3X10	60 sec.	
D1 - Kettlebell Hip Thrusts	3X15		
D2 - Kettlebell Squats	3X15		
D3 - Kettlebell Lunges	3X15	60 sec.	

Core Workout

A1. Mini Crunch

Lie down on your back, draw your navel in, then lift your head and shoulder blades off the ground. Keep your chin tucked down towards your chest. Slide your hands along the ground to your feet. This is a very small movement you should be aiming to produce a large contraction in your abdominals. *Hold for 5-10 seconds before lowering back down in a controlled manner, then repeat 10 times.*

B1. Side Crunches

Lie face up, your knees together bent 90 degrees. Without moving your upper body, lower your knees to the right so that they're touching the floor. Place your fingers behind your ears. Raise your shoulders toward your hips. Pause for 1 second, then take 2 seconds to lower your upper body. *Repeat 15 times for each side.*

C1. Hang Leg Raise

Hang from a chin-up bar with both arms extended at arms length in top of you using either a wide grip or a medium grip. The legs should be straight down with the pelvis rolled slightly backwards. This will be your starting position. Raise your legs until the torso makes a 90-degree angle with the legs. Exhale as you perform this movement and hold the contraction for a second or so. Go back slowly to the starting position as you breathe in. *Repeat 10 times.*

D1. Plank

The plank position should be performed face down supported only on the knees or toes and elbows. Elbows should be positioned directly underneath the shoulders, with a long line from your head down to your bottom or heels. Hold for 60 seconds.

Repeat this whole circuit 3 or 4 times



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Metabolic Reboot Recipe Pack

*These recipes are packed with nutritional benefits
and are designed to reach your goals.*

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Contents & Key

- 6 Asian Scrambled Eggs
- 8 Sweetcorn Fritters
- 10 Spinach, Mushroom & Bacon Quiche
- 12 Sun-Dried Tomato & Tahini Salad
- 14 Chicken, Orange & Walnut Salad
- 16 Grilled Vegetable Salad With Tuna
- 18 Baked Sweet Potato With Feta, Pesto & Pomegranate
- 20 Sweet & Sour Pork Stir-Fry
- 22 Spicy Chicken Pasta
- 24 Sweet Potato Paste
- 26 Fiery Ginger Coconut Macaroons
- 28 Grapefruit Smoothie

GF	Gluten Free
DF	Dairy Free
LC	Low Carb (20g- serve)
MP	Meal Prep/Freezer Friendly
HP	High Protein (20g+ per serve)
V	Vegetarian
Q	Quick (under 30 mins)
N	Contains Nuts

Meal Plan

	Breakfast	Lunch	Snack	Workout Nutrition	Dinner
Meal	Ideally 30-60 minutes after waking	Ideally 3-4 hours after breakfast	Ideally between lunch and dinner	If applicable	Ideally 3-4 hours after snack or 60-120 minutes post workout
Mon	Asian Scrambled Eggs	Sundried Tomato & Tahini Salad	E.g. Sweet Potato Paste, Coconut Macaroons, Grapefruit Smoothie	During: Workout drink with 500ml of water Post: Banana with serving of protein powder	Baked Sweet Potato with Feta & Pomegranate + remaining across as you see fit
Tue	Sweetcorn Fritters	Leftover Sundried Tomato & Tahini Salad	E.g. Sweet Potato Paste, Coconut Macaroons, Grapefruit Smoothie	During: Workout drink with 500ml of water Post: Banana with serving of protein powder	Leftover Baked Sweet Potato with Feta & Pomegranate + remaining across as you see fit
Wed	Sweetcorn Fritters	Chicken, Orange & Walnut Salad	E.g. Sweet Potato Paste, Coconut Macaroons, Grapefruit Smoothie	During: Workout drink with 500ml of water Post: Banana with serving of protein powder	Sweet & Sour Pork Stir-Fry + remaining across as you see fit
Thu	Grapefruit Smoothie	Leftover Chicken, Orange & Walnut Salad	E.g. Sweet Potato Paste, Coconut Macaroons, Grapefruit Smoothie	During: Workout drink with 500ml of water Post: Banana with serving of protein powder	Leftover Sweet & Sour Pork Stir-Fry + remaining across as you see fit
Fri	Spinach Mushroom & Bacon Quiche	Grilled Vegetable Salad With Tuna	E.g. Sweet Potato Paste, Coconut Macaroons, Grapefruit Smoothie	During: Workout drink with 500ml of water Post: Banana with serving of protein powder	Spicy Chicken Pasta + remaining across as you see fit
Sat	Spinach Mushroom & Bacon Quiche	Leftover Grilled Vegetable Salad With Tuna	E.g. Sweet Potato Paste, Coconut Macaroons, Grapefruit Smoothie	During: Workout drink with 500ml of water Post: Banana with serving of protein powder	Meal Out - Enjoy!
Sun	Asian Scrambled Eggs	Sweet Potato Paste With Crackers	E.g. Sweet Potato Paste, Coconut Macaroons, Grapefruit Smoothie	During: Workout drink with 500ml of water Post: Banana with serving of protein powder	Leftover Spicy Chicken Pasta + remaining across as you see fit

Weekly Shopping List

Fruits, Vegetables	Meat, Dairy, Non-Dairy	Grains, Seeds, Spices	Cans, Condiments, Misc
Fruits <ul style="list-style-type: none">• 1 avocado• 3 lemons• 1 lime• 2 oranges• pomegranate• 1 grapefruit• 1 banana• 1 box strawberries	Meat <ul style="list-style-type: none">• 6 slices bacon• 1.3 lb. (600g) chicken breast• 10 oz. (300g) pork loin Dairy <ul style="list-style-type: none">• butter• feta Non-Dairy <ul style="list-style-type: none">• 13 eggs• almond milk• soy cream	Grains <ul style="list-style-type: none">• buckwheat flour• flour (gf or normal)• basmati rice Nuts & Seeds <ul style="list-style-type: none">• black sesame seeds• pecans• pistachio nuts• desiccated coconut Spices <ul style="list-style-type: none">• cinnamon• garam masala Herbs <ul style="list-style-type: none">• coriander• mint	Oils <ul style="list-style-type: none">• coconut oil Cans & Condiments <ul style="list-style-type: none">• soy sauce/tamari• sweetcorn• lentils• sundried tomatoes• artichoke• tahini• apple cider vinegar• mustard• harissa paste• tuna in oil• pesto• ginger syrup• pineapple• chickpeas Sweeteners <ul style="list-style-type: none">• honey• coconut sugar Misc/Other <ul style="list-style-type: none">• vanilla whey powder• crystallized ginger



Asian Scrambled Eggs

Serves 1

3 eggs

soy sauce, few drops

handful coriander, chopped

¼ avocado

½ tsp. black sesame seeds, to serve

What You Need To Do

1. Separate the eggs yolks and whites. Mix the yolks with the soy sauce and chopped coriander.
2. On a dry, non-stick pan, fry the egg whites until almost done. Take off the heat and add in the egg yolks, stirring well for about half a minute.
3. Serve sprinkled with black sesame seeds, additional coriander (optional) and avocado on the side.



GF	DF	LC	V	Q
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
5 mins	5 mins	270	14	5	19

*Nutrition per serving



Sweetcorn Fritters

Serves 8

9.8 oz. (280g) organic sweetcorn, drained

bunch coriander, chopped

1 lemon, zest

1 cup (120g) buckwheat flour

¾ cup (185ml) cold water

4 tsp. coconut oil

What You Need To Do

1. Place the sweetcorn in a large bowl. Add the chopped coriander and lemon zest, season with salt and pepper.
2. Next, add in the flour and water and mix well until smooth.
3. Heat 2 teaspoons of the coconut oil in a large non-stick pan on high heat. Once the pan is hot, ladle in the mixture. Cook the fritters two batches of 4, or divide the oil accordingly if your pan is not big enough (½ teaspoon of oil per 1 fritter).
4. Cook for about 2-3 minutes on each side until browned. The batter makes 8 medium sized fritters.
5. Serve with a side of avocado and chili yogurt (optional).



GF	DF	LC	V	Q
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
10 mins	15-20 mins	97	3	15	3

*Nutrition per serving



Spinach, Mushroom & Bacon Quiche

Serves 8

1 ¾ cup (175g) flour

scant 1/4 cup (100g) butter

1 egg

6 slices smoked bacon

few handfuls spinach,
depending on personal
preferences

3 cups (225g)
mushrooms sliced

6 eggs

1 cup (235ml) unsweetened
almond milk

⅓ tsp. salt

¼ tsp. pepper

What You Need To Do

1. Heat oven to 450°F (230°C).
2. Make the crust by combining the flour, butter, and 1 egg, then pre-bake it for 10 minutes in a 9 inch (22cm) pie tin.
3. In the meantime, cook the bacon, transfer onto a chopping board and once cooled chop into pieces.
4. To the same pan, add the spinach and mushrooms, and cook for 5 minutes, until softened. Beat together the eggs and milk, and season with salt, pepper, to taste. Next, add in the chopped bacon, spinach and mushrooms.
5. Reduce the oven heat to 350°F (170°C) and pour egg mixture into the pre-baked crust. Bake for 40-50 minutes, until cooked through.
6. **To freeze:** Cool completely and cover with plastic wrap, and then aluminum foil. Freeze for up to 3 months.
7. **To reheat:** Thaw completely. Heat oven to a 350°F (170°C) and bake for 30 minutes, until heated through.

LC MP



Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
10 mins	50 mins	230	14	19	8

*Nutrition per serving



Sun-Dried Tomato & Tahini Salad

Serves 2

1x 3.4 cup (130g) lentils, drained

1 cup (70g) sun-dried tomatoes, drained

½ cup (80g) artichoke, drained

1 cup (225g) spinach

½ cucumber, chopped

2 tbsp. tahini

2 tsp. apple cider vinegar

1 tbsp. tamari or soy sauce

1 tsp. honey

What You Need To Do

1. Prepare the vegetables and place them in a large bowl.
2. Mix together the dressing ingredients (tahini, vinegar, tamari and honey), season with salt and pepper, and drizzle over to salad. Mix well, divide onto two plates and serve.

DF	LC	MP	V	Q
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
5 mins	0 mins	295	20	19	13

*Nutrition per serving





Chicken, Orange & Walnut Salad

Serves 2

Dressing:

- 3 tbsp. of honey
- 2 tbsp. mustard
- 1 tbsp. olive oil
- 1 tbsp. lemon juice
- 2 tbsp. orange juice
- 1/3 tsp. cinnamon

Salad:

- 7 oz. (200g) chicken breast
- 4 handfuls rocket
- 1/4 iceberg lettuce
- 1 orange
- 1/3 pomegranate fruit, seeds
- 1/4 cup (30g) pecans, roasted

What You Need To Do

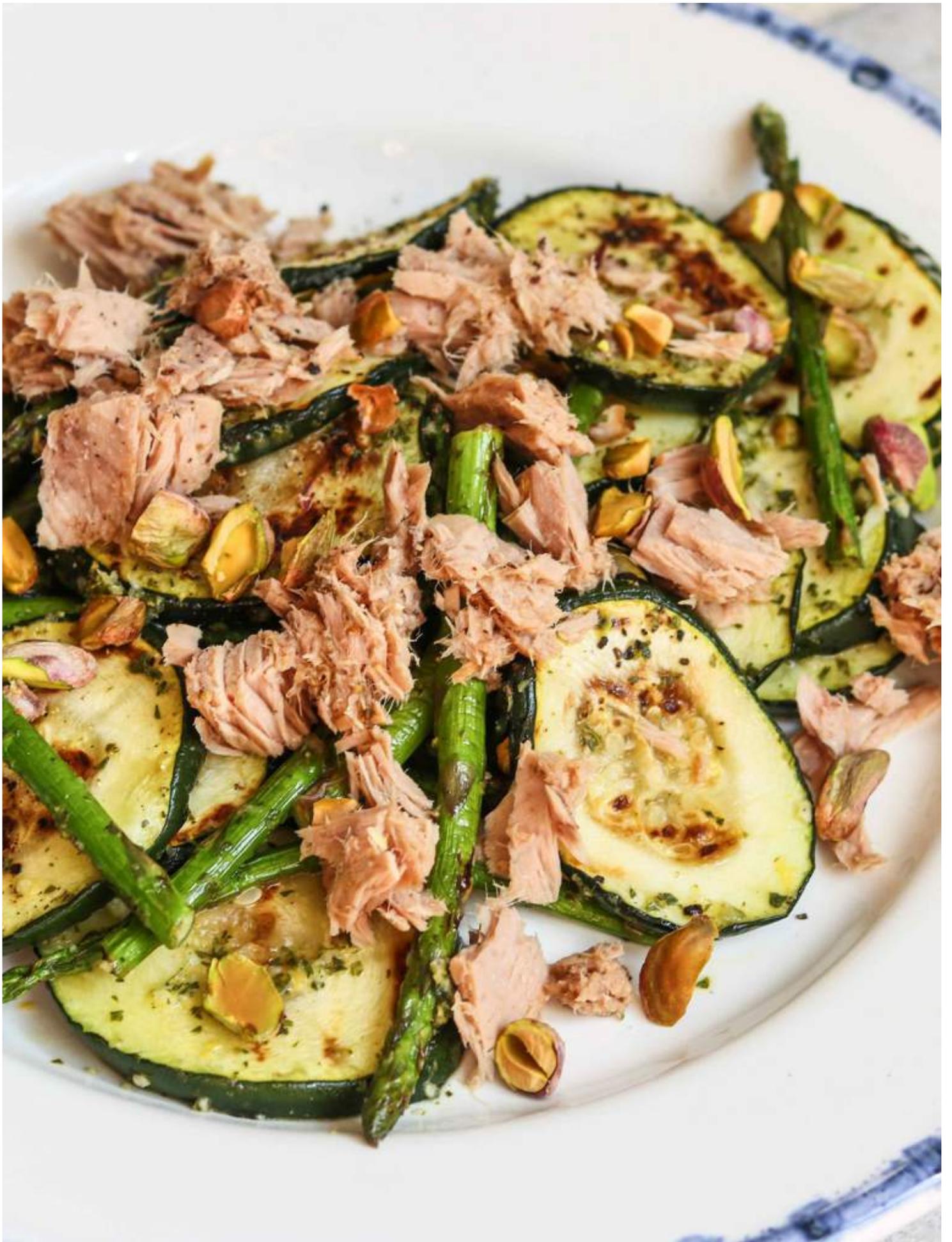
1. Peel the orange and cut out the pulp and set aside. Squeeze the juice from the rest of the orange and keep it for the sauce.
2. Mix the ingredients of the dressing in a cup, season with salt and pepper.
3. Cut the chicken breast into 4 smaller pieces, season with salt, coat with olive oil and place on a hot grill pan — grill for 4 minutes on both sides.
4. Drizzle the chicken pieces with a tbsp. of dressing and continue to grill for about 1.5 minutes on a slightly lower heat, turn over, drizzle with another tbsp. of dressing and grill for another minute, then remove from the pan and set aside. Once cooled, slightly slice into pieces.
5. Mix the salad leaves and divide it between two plates, then top with the orange and chicken. Sprinkle with the pomegranate seeds and roasted pecans. Drizzle with the remaining dressing and serve.



GF	DF	HP	Q	N
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
10 mins	10 mins	458	20	47	28

*Nutrition per serving



Grilled Vegetable Salad With Tuna

Serves 4

1 lemon

¾ cup (160g) tuna pieces in sunflower oil

½ cup (15g) fresh mint

1 garlic clove, crushed

2 zucchinis

2 ¾ cups (350g) asparagus

½ cup (50g) pistachio nuts, peeled and chopped

What You Need To Do

1. Clean the lemon, grate the skin and squeeze out the juice. Drain the tuna, but collect the oil.
2. Remove the leaves from the sprigs of mint and place in a high cup with the lemon zest, lemon juice, and tuna oil. Add in the garlic and blend until smooth. Season with pepper and salt.
3. Cut the zucchinis into slices and sprinkle with salt and pepper. Heat the grill pan and grill the zucchini for 6 minutes, turning halfway. Then cook the asparagus for 4 minutes, turning halfway.
4. Place the vegetables in a bowl and add in the marinade, mix gently until covered.
5. To serve, divide veg and tuna between plates and top with chopped pistachio nuts.



GF	DF	LC	Q	N
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
10 mins	10 mins	320	24	13	12

*Nutrition per serving



Baked Sweet Potato With Feta, Pesto & Pomegranate

Serves 4

- 1.7 lbs. (800g) sweet potato
- 1 tbsp. olive oil
- 2.8 oz. (80g) feta cheese
- seeds of ½ pomegranate (50g)
- 1.7 oz. (50g) pesto (homemade or store bought)

What You Need To Do

1. Heat the oven to 390°F (200°C). Wash the potatoes and cut them into 4 slices. Season with salt, pepper, and rub with olive oil.
2. Arrange on a baking tray and bake in the oven for about 30-45 minutes, until soft (the fork should smoothly enter the flesh). Thinner slices will be ready earlier.
3. Once cooked, spread the pesto over the potato slices, sprinkle with crumbled feta cheese and pomegranate seeds. If necessary, season with salt and pepper, to taste.

GF V



Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
5 mins	30-45 mins	283	12	42	7

*Nutrition per serving



Sweet & Sour Pork Stir-Fry

Serves 4

- ¾ cup (200g) basmati rice
- 10 oz. (300g) pork loin
- 2 garlic cloves
- 4 spring onions
- 1 tbsp. coconut oil
- 3 tbsp. ginger syrup
- 1 lime, juiced
- 1 ⅓ cup (200g) sugar snaps
- 1 ¼ cup (250g) cherry tomatoes
- 1 ¼ cup (250g) pineapple, canned or fresh

What You Need To Do

1. Cook the rice according to the instructions on the packaging.
2. In the meantime, cut the pork into slices. Finely chop the garlic and slice the spring onions diagonally.
3. Heat the oil in a wok on high heat, add the pork tenderloin, garlic, ginger syrup, lime juice and season with salt. Stir fry 2 minutes, then lower the heat and add in the sugar snaps. Stir fry for another 4 minutes on low heat.
4. Next, add in tomatoes and pineapple and stir fry for another 4 minutes, then take off the heat. Toss in the spring onions and mix.
5. Once rice is cooked divide everything onto 4 plates and serve.

Note: This dish is also very tasty with chicken breast or chicken thighs.

GF DF HP Q

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
10 mins	15 mins	446	16	52	22

*Nutrition per serving





Spicy Chicken Pasta

Serves 4

- 2 ¼ cups (225g) penne
- 14 oz. (400g) chicken breast, diced
- 1 tbsp. coconut oil
- 1 cup (250ml) single soy cream
- 3 tsp. harissa paste (or more to taste)
- 2 cups (450g) spinach, roughly chopped
- 1 cup (200g) cherry tomatoes

What You Need To Do

1. Cook the penne according to the instructions on the packaging. Once cooked drain and set aside.
2. Chop the chicken into bite-sized pieces, season with salt and pepper. Heat the oil in a large pan over medium heat and cook the chicken until browned and cooked through (about 5-7 minutes).
3. Add in the cream and harissa paste into the pan and mix well with the chicken. Then add in the spinach in batches, cover with a lid and cook until wilted.
4. When adding the last batch of spinach also add in the tomatoes. Cook for another 2 minutes before adding in the cooked penne.
5. Stir well and heat for another 1-2 minutes. Serve hot with freshly ground black pepper.



DF	HP	Q
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
5 mins	15 mins	308	9	27	31

*Nutrition per serving



Sweet Potato Paste

Serves 4

- 2 large sweet potatoes
- ½ red chili pepper
- ¾ cup (150g) chickpeas, drained
- 1 tsp. garam masala

What You Need To Do

1. Peel the sweet potatoes and cut into ¾ inch (2cm) cubes. Boil in water for about 10 minutes until done. Drain and place in a tall cup, allowing to cool slightly.
2. Halve the pepper and remove the seed with a sharp knife, then chop into pieces and add in with the cooked potatoes. Next, add in the chickpeas and garam masala.
3. Puree everything with a hand blender (or food processor) until a smooth spread has formed. Season with salt and pepper to taste and serve as a spread or dip.

GF	DF	V	Q
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
10 mins	10 mins	140	1	27	5

*Nutrition per serving





Fiery Ginger Coconut Macaroons

Makes 8

3 eggs

1 cup (200g) of coconut sugar

2 ½ cups (225g) desiccated
coconut, unsweetened

2 tbsp. crystallized ginger, finely
chopped

1 tsp. red chili pepper, finely
chopped

What You Need To Do

1. Preheat the oven to 360°F (180°C).
2. Meanwhile, use a hand mixer to beat the eggs with the sugar until thick, white and airy. This takes about 4 minutes. Mix the shredded coconut, ginger and chili pepper through.
3. Using the ice cream scoop, scoop the balls of the mixture and place on a baking sheet covered with parchment paper.
4. Bake in the oven for about 20 minutes until golden brown.

GF	DF	V
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
10 mins	20 mins	310	19	30	4

*Nutrition per serving

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Grapefruit Smoothie

Serves 2

- 1 pink grapefruit
- 1 medium banana
- 1 cup (200g) strawberries
- ¼ cup (65g) Greek yogurt
- 1 scoop vanilla whey

What You Need To Do

1. Blend all the ingredients in a blender and serve.



GF	V	Q						
			Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
			5 mins	0 mins	233	4	37	16

*Nutrition per serving