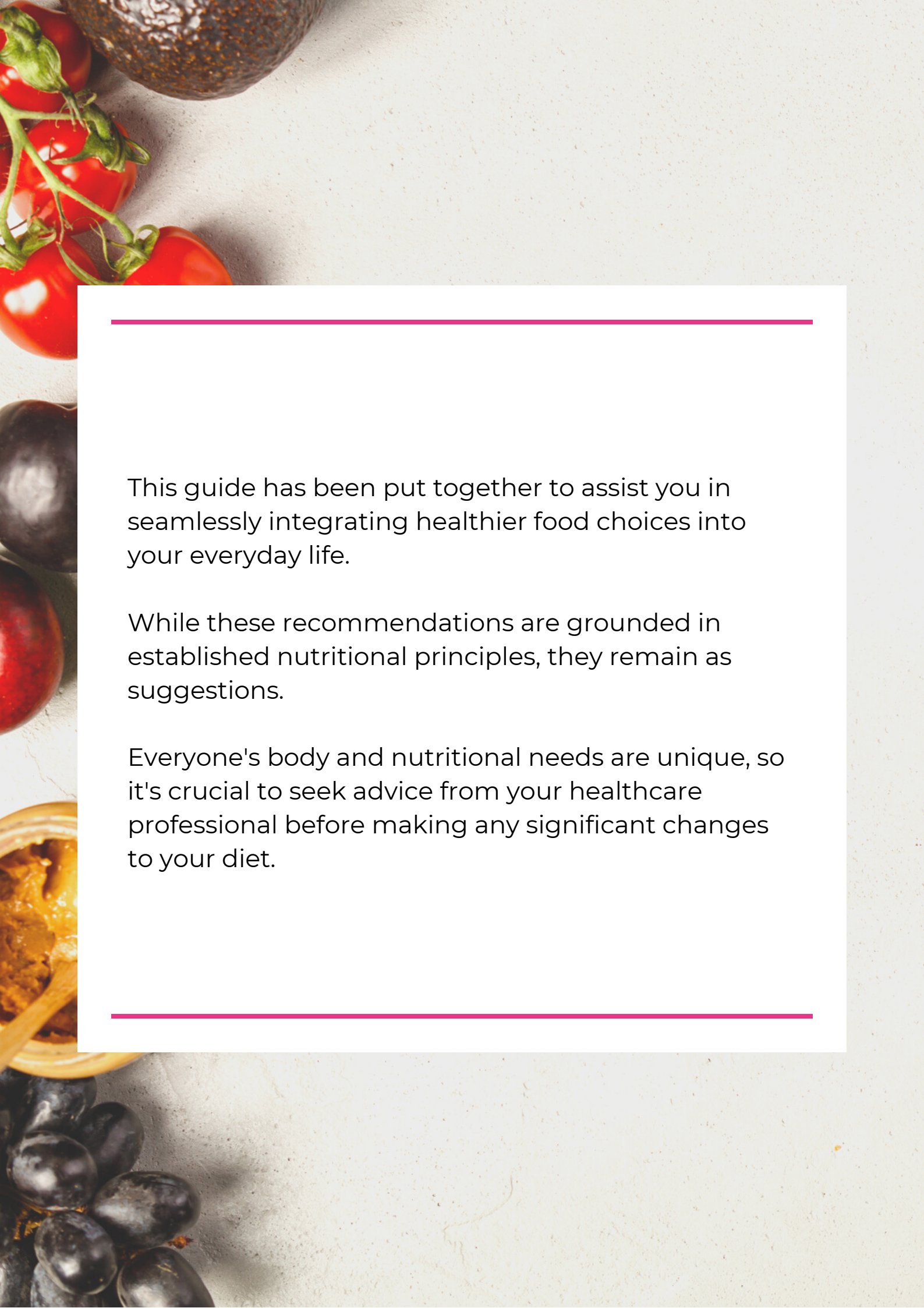




**Kick start your
Healthy Eating**



This guide has been put together to assist you in seamlessly integrating healthier food choices into your everyday life.

While these recommendations are grounded in established nutritional principles, they remain as suggestions.

Everyone's body and nutritional needs are unique, so it's crucial to seek advice from your healthcare professional before making any significant changes to your diet.

Easy to follow step by step healthy eating plan



STEP 1: SHOP FOR YOUR INGREDIENTS

Take the shopping list provided and get everything you need for your 2-day challenge



STEP 2: PREPARE YOUR FOOD

Follow the steps to get all the meals ready for the 2 days so it will be easy to follow the challenge



STEP 3: ENJOY YOUR FOOD

Eat and enjoy your food slowly and mindfully. Make a conscious effort to take the time and focus on your food



This is how it works:

You aim to eat every 3 hours to keep your blood sugar balanced

For example:

7.30 am Breakfast

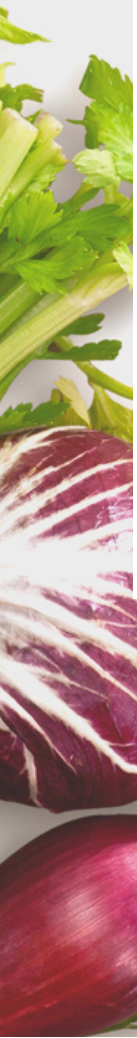
10.30 am Snack

1 pm Lunch

4 pm Snack

7 pm Dinner

Drink 2 liters of water throughout the day





This Kickstarter includes the following Meal Suggestions

BREAKFAST:

Banana Pancakes

Eggs any style

Greek Yoghurt with Berries and nuts

MAIN MEALS:

Bolognese Sauce with Courgetti

Chili Con Carne with cauliflower rice

Shepards Pie with carrot and turnip mash

Baked Salmon with sugar snaps

Slow Cooked Pork fillet

Roast Chicken with cauliflower mash and roast vegetables

Tikka Chicken Breast with Avocado salad

Prawn or chicken green curry

Crustless tomato, spinach & feta quiche

SNACKS:

Poached Pears (or apples) with Greek yoghurt and nuts

Sliced apple with peanut butter

Mixed berries pot

Chopped apple with cinnamon and chopped nuts



STEP 1: SHOP FOR YOUR INGREDIENTS

3 lb turkey mince (buy more if you want to freeze)
1 Salmon fillet (more if you want to keep some for the next day)
1 Full Chicken
4 Chicken Fillets
1 Pork Fillet
Frozen or fresh prawns
12 eggs
2 Lean rashers
Feta cheese, grated cheese (cheddar)

1 tin chili beans, 1 tin chopped tomatoes, 1 tin sweet corn, 1 bottle passata, italian herbs, nutmeg, worcester saue

2 Cauliflower, bag carrots, red and white onions, 4 courgettes, 1 turnip, 1 bag snap peas, spinach, 4 peppers, celery,
Cauliflower rice (frozen), courgetti (spiralised courgette) 1 chili, lemon

1packet Tomatoes, 1 lettuce, 1 cucumber, 1 avocado, 2 pears, 2 apples, 3 bananas, berries, vanilla essence
Full fat plain Greek style Yoghurt
Unsalted, unroasted mixed nuts
Manuka honey, coconut oil, olive oil, cinnamon,

BREAKFAST OPTIONS



BANANA PANCAKES

1 small banana, 2 eggs, vanilla
Mash banana and mix with 2 eggs in a bowl.
Heat small amount of coconut oil in frying-
pan. Quarter the mixture in the pan, cook
2 -3 min each side.
Serve with greek style yoghurt



2 EGGS ANY STYLE

2 eggs, any veg you like i.e mushrooms,
tomatoes, peppers, spinach
Prepare 2 eggs to your preference.i.e.
boiled, poached, omelette, etc.
Serve with mushrooms, tomatoes, peppers,
avocado, etc.



GREEK STYLE YOGHURT WITH BERRIES AND NUTS

Greek style yoghurt, vanilla essence
8 nuts, manuka honey, berries.

Mix full fat plain greek style yoghurt,
half teaspoon manuka honey, vanilla,
8 chopped nuts, berries of choice

MAIN MEAL OPTIONS

Chose one for lunch and one for dinner

SEE ON NEXT PAGE SUSI'S RECIPE FOR THE ALL-IN-ONE - BATCH COOK TO
PREPARE 3 DIFFERENT MEALS:



CHILI CON CARNE WITH
CAULIFLOWER RICE



BOLOGNESE WITH
COURGETTI



SHEPARDS PIE
WITH TURNIP AND
CARROT MASH



STEP 2: PREPARE YOUR FOOD

SUSI'S RECIPE FOR THE ALL-IN-ONE - BATCH COOK TO PREPARE 3 DIFFERENT MEALS:

- 1) Bolognese sauce
- 2) Chilli Con Carne
- 3) Shepards Pie

INGREDIENTS:

3 lbs turkey mince
2 Onions
2 courgettes
1 bunch celerie
3 peppers
1 tin tomatoe paste
1 tin chopped tomatoes
1 tin chili beans
1 tin sweet corn
2 carrots
1 turnip
cauliflower rice
1 red chili, garlic, oregano, basil, Worcester sauce, grated cheese
oconut oil or olive oil.



STEP 2: PREPARE YOUR FOOD

METHOD:

Step 1: Chop 2 onions, 1 courgette, celery, 3 peppers and fry until soft in a large sauce pan with 2 tbsp coconut oil. Stir in all of turkey mince, add 1 tin chopped tomatoes, garlic, salt, pepper, simmer for 30 min with lid on.

Step 2: Divide into 3 separate saucepans.

Saucepan 1: CHILI CON CARNE - add chili beans, sweet corn and red chili.

Saucepan 2: BOLOGNESE SAUCE - add tomato paste, oregano, basil

Saucepan 3: SHEPARDS PIE - add Worcester sauce

Serve Chili with Cauliflower rice,
Serve Bolognese with Courgetti,
Serve Shepard's Pie with mashed carrot and turnip and small amount of grated cheese.

MAIN MEAL OPTIONS

Chose one for lunch and one for dinner



BAKED SALMON WITH SUGAR SNAPS

Salomon fillets, sugar snaps, lemons, soy sauce, chili flakes

Place salmon in foil, arrange sugar snaps around it (add any veg you like), salt, pepper, chili flakes, soy sauce, squeeze lemon over. Wrap in foil and place into hot oven (180) for 20 min. Serve with salad.



SLOW COOKER PORK

1 pork fillet, 1 onion, variety of veg chopped
Place all chopped veg into slow cooker, place cube size seasoned pork fillet on top. add garlic powder, dried herbs, say sauce. cook on low 6 hours. Serve as is or with carrot and tunip mash



ROAST CHICKEN WITH CAULIFLOWER MASH AND ROAST VEGETABLES

1 Chicken, Cauliflower Mash variety of veg to roast.

Serve roast chicken without skin. Roast your veg for 40 mins, sprinkle with dried herbs, pesto, and garlic before placing into oven if you like.

MAIN MEAL OPTIONS

Chose one for lunch and one for dinner



TIKKA CHICKEN BREAST WITH AVOCADO SALAD

1 Chicken Breast, avocado, salad, tikka seasoning, 1 tbsp yoghurt, lime

Make a marinate with yoghurt, lime, tikka seasoning and marinate chicken. Bake chicken for 30 min and serve with salad.

Tip: Bake extra breast for next day.



PRAWN OR CHICKEN GREEN CURRY

Frozen or fresh prawns (or cubed chicken breast) 1 aubergine, 1 pepper, 1 onion, sugar snaps, 1 courgette, coconut milk green curry paste
Cut all veg and fry in coconut oil until soft, add green curry paste and prawns or chicken. add coconut milk. Simmer for 10 mins with prawns and for 30 mins with chicken



CRUSTLESS SPINACH, TOMATO AND FETA QUICHE

8 eggs, tomatoes, frozen or fresh spinach, feta cheese..

In a round ovenproof glass dish place the spinach and tomatoes. Mix eggs in a bowl and season. Pour over spinach and tomatoes. sprinkle feta on top (not too much) Bake at 180 for about 40 mins or until set. Serve with salad.



STEP 2: PREPARE YOUR FOOD

SUSI'S METHOD TO BULK PREPARE VEGETABLES

CARROT & TURNIP MASH

Ingredients: 5 carrots and 1 turnup.

Peel vegetable and cut into equal size cubes.
Boil in salted water until soft. Drain most of the liquid but keep a cup full back. Mash vegetables with the reserved liquid with a blender stick until smooth. Add salt, pepper.

CAULIFLOWER MASH

Ingredients: 1 cauliflower, 2 lean rashers, yoghurt, nutmeg, (Y
Dry fry chopped rashers.

Boil chopped cauliflower in salt water until soft. Blend rasher and cauliflower with blender stick, adding a cup of the water from the cauliflower. Mix in a tabsp of yoghurt, season with salt, pepper, nutmeg.

ROAST VEGETABLES & ROASTED PEPPER AND TOMATO SOUP

Ingredients: 4 peppers, 2 courgettes, 3 red onions, 3 carrots.
1 bottle of Passata, 1 teaspoon olive oil, italian herbs.

Chop all veg into equal size, season, mix with 1 tsp oil and bake for 40 min at 180. Use half as roasted veg, the other half mix with passata and blend with blender stick for tomato soup.

YOU CAN DOUBLE UP AND PREPARE EXTRA FOR FREEZER



STEP 2: PREPARE YOUR FOOD

SUSI'S METHOD TO PREPARE SALAD

1) Chop tomatoes, peppers, red onion, cucumber (Add any salad veg that you like)- place into one large tupper dish into fridge.

2) Wash lettuce and place in a tupper dish with lid. Place a damp piece of kitchen roll on top of lettuce to keep it fresh longer.

3) Hardboil 3 or 4 eggs, peel and place into cold salted water. Use either a glass jar or tupper dish with lid. The eggs will last about 4 days.

With all the above ingredients you will always have a quick meal that contains protein and salad.

Salad dressing: In a jar mix juice of 1 lemon, little bit of garlic powder, half tsp honey, balsamic vinegar, salt, pepper. Shake and keep in fridge. You can add Italien herbs, or mustard for variety.

SNACK OPTIONS

Choose 2 every day



POACHED PEARS WITH GREEK STYLE YOGHURT AND NUTS

Pears, 8 nuts, greek style yoghurt, manuka honey, lemon, cinnamon stick

Peel and half pears. Place in a saucepan and cover with 2 cm water. Add slices of lemon, 1 teasp honey and 1 cinnamon stick to liquid and simmer until soft. Make extra and keep covered in fridge. Serve with greek style yoghurt and 8 nuts.



APPLE WITH PEANUT BUTTER

1 Apple, Peanut Butter

Cut apple and spread peanut butter on apple slices



CHOPPED APPLE WITH CINNAMON AND NUTS

1 Apple, greek style yoghurt, 8 nuts, cinnamon

Chop apple, mix with yoghurt, cinnamon and yoghurt.



MIXED BERRIES POT

Mix greek yoghurt with vanilla and half tsp manuka honey. Place in jar, top with berries and 8 chopped nuts.