

# 7 DAY MEAL PLAN



**21**  
LOW CARB  
RECIPES FOR A LOW  
CARB WEEK



## Breakfast

### *Scrambled Egg and sausage*

Nutritional Values Per Serving

Calories: 324.5

Total Fat: 24.8g

Saturated Fat: 8.6g

Carbohydrate: 1.4g

Dietary Fibre: 0.4g

Protein: 23.2g



## Lunch

### *Lemon Chicken*

Nutritional Values Per Serving

Calories: 493

Total Fat: 17.5g

Saturated Fat: 3.0g

Carbohydrate: 8.5g

Dietary Fibre: 1.6g

Protein: 78.1g



## Dinner

### *Lamb Cutlets*

Nutritional Values Per Serving

Calories: 567

Total Fat: 40g

Saturated Fat: 16.1g

Carbohydrate: 17.7g

Dietary Fibre: 3.6g

Protein: 33.6g

# Breakfast

## Scrambled Egg and Sausage

4 large eggs  
2 ½ tbsp. milk  
400g of pork sausage,  
sliced thinly  
½ tbsp. olive oil

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Put the oil in a heated griddle pan. Brown the sausage pieces.

Whisk the eggs and milk together.

Then add this mixture to the sausage.

Place on to a serving plate and enjoy!

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This recipe makes 4 servings.

# Lunch

## Lemon Chicken

4 chicken breasts, chopped into squares  
skinless  
1 tbsp. Dijon mustard  
Juice and zest of 2 lemons  
2 tsp. vegetable oil  
2 tsp. garlic, peeled and finely chopped  
1 green bell pepper, taste  
Salt and pepper to taste

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Preheat the oven to 200°C/Gas Mark 6.

Cut the chicken into bite-size pieces.

Heat a tablespoon of oil in a frying pan and add the chicken. Cook for approx. 5 minutes or until the chicken turns white in colour.

Mix the mustard, garlic and lemon juice and zest in a bowl and marinate the chicken for at least an hour.

Transfer marinated chicken to an ovenproof dish, cook in the pre-heated oven for approx. 25 minutes or until thoroughly cooked through.

Place in the pre heated oven for around 25 minutes until cooked.

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This recipe makes 2 servings.

# Dinner

## Lamb Cutlets

12 lamb cutlets  
4 bell peppers, 2 green and 2 red, sliced into big chunks  
2 sweet potatoes, peeled and sliced in to big chunks  
2 red onions, cut into wedges  
2 tbsp. thyme  
2 tbsp. mint leaves, finely chopped  
2 tbsp. olive oil

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Preheat the oven on Gas Mark 7 or 210°C.

Place the bell peppers, sweet potato and onion in a large baking tray, drizzle with the olive oil and freshly ground black pepper. Then roast them for 20 minutes.

Mix the herbs with a little black pepper. Put all over the lamb.

Remove the veggies from the oven. Cook the cutlets on a hot baking tray for ten minutes. Then turn them over and cook for another 10 minutes along with the veggies.

Place the cutlets on the hot tray and return to the oven for 10 minutes un-til the meat is somewhat charred.

To serve stack veggies in the centre of a platter and stack the lamb cutlets around them.

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This recipe makes 6 servings.



## Breakfast

### *Mushroom Omelette*

Nutritional Values Per Serving

Calories: 400.3

Total Fat: 30.3g

Saturated Fat: 9.3g

Carbohydrate: 4.4g

Dietary Fibre: 0.7g

Protein: 27.1g



## Lunch

### *Salmon in Basil Sauce*

Nutritional Values Per Serving

Calories: 507

Total Fat: 42g

Saturated Fat: 6.1g

Carbohydrate: 8.9g

Dietary Fibre: 4.1g

Protein: 26.7g



## Dinner

### *Chicken and Mushrooms With Balsamic Sauce*

Nutritional Values Per Serving

Calories: 511

Total Fat: 15.1g

Saturated Fat: 3.3g

Carbohydrate: 17.2g

Dietary Fibre: 3.2g

Protein: 73.8g

# Breakfast

## Mushroom Omelette

6 large eggs	1 ½ tbsp. semi skimmed milk
100g mushrooms, finely chopped	2 tbsp. olive oil
1 spring onion, finely chopped	Salt and freshly ground pepper to taste
50g of Mozzarella Cheese	

Put a heavy frying pan on medium heat.

Then add the olive oil and spring onions.

Sauté the mixture until done and season to taste.

Whisk the eggs and the milk. Then season with salt and pepper.

Next add in the mozzarella cheese and fry the egg mixture on medium heat for around 4 minutes.

The final touch involves cooking the omelette under a hot grill for couple of minutes.

The omelette is now ready to serve.

This recipe makes 2 servings.

# Lunch

## Salmon with Basil Sauce

4 salmon steaks (approx. 200g each)	Salt and freshly ground black pepper to taste
5 tbsp. olive oil	
200g fresh basil	
Juice of 2 lemons	

Remove the basil leaves from their stalks and whizz the leaves in a food processor.

Add the lemon juice and some seasoning.

Then slowly add the olive oil and place aside.

Brush the steaks with some olive oil and cook on the barbecue for around five minutes.

Serve with the basil sauce and enjoy.

This recipe makes 2 servings.

# Dinner

## Chicken and Mushrooms With Balsamic Sauce

450g of chicken breasts,	2 tbsp. dark balsamic vinegar
2 tsp. garlic, finely chopped	20 button mushrooms
1 green pepper, chopped into fine slices	1 large onion, finely sliced
	1 tbsp. olive oil

Preheat the oven at 200°C/Gas Mark 6.

Heat the oil in a medium sized pan.

Then seal the chicken in the heated oil by cooking on both sides till the meat whitens. Drain and place aside to cool down.

In a bowl; place the slices of pepper and onion. Add the garlic and mushrooms. Then pour on the balsamic vinegar.

Next put the cooled chicken in the marinade.

Season with salt and freshly ground pepper.

Leave in the fridge to marinate for an hour.

Cook for 30 minutes.

This recipe makes 2 servings.



## Breakfast

### *Mixed Berry Granola*

Nutritional Values Per Serving

Calories: 264.2

Total Fat: 11.9g

Saturated Fat: 3.9g

Carbohydrate: 33.8g

Dietary Fibre: 7.9g

Protein: 8.2g



## Lunch

### *Quinoa & Halloumi*

Nutritional Values Per Serving

Calories: 683.3

Total Fat: 49.3g

Saturated Fat: 20.1g

Carbohydrate: 34.9g

Dietary Fibre: 3.3g

Protein: 27.3g



## Dinner

### *Chicken Korma*

Nutritional Values Per Serving

Calories: 412

Total Fat: 8.5g

Saturated Fat: 2.8g

Carbohydrate: 25.2g

Dietary Fibre: 4.5g

Protein: 57.5g

# Breakfast

## Mixed berry Granola

6-10 raspberries	10g Omega-3 seeds
40g (2 heaped tbsp.) of blueberries	mix including brown and golden linseed, and golden linseed,
3 tbsp. full fat Greek yoghurt	sunflower seeds, pumpkin seeds and
30g whole oats	sesame seeds

Put the porridge oats and berries into your favourite breakfast bowl and cover with the full fat yoghurt.

Sprinkle the mixed seeds over the top.

Mix together gently mashing the berries and enjoy.

This recipe makes 1 serving.

# Lunch

## Quinoa & Halloumi

6 sun roasted tomatoes	200g sliced halloumi
3 tbsp. olive oil	85g quinoa
1 small red onion, thinly sliced	
2 tsp. red wine vinegar	
5g ground cumin	

Cook the quinoa according to the instructions on the packet, drain well and place into a bowl.

Add the cumin, red onion red wine vinegar, sun roasted tomatoes and olive oil.

In a griddle pan cook the halloumi until it is soft.

Place the halloumi on top of the quinoa on a plate and serve immediately.

This recipe makes 2 servings.

# Dinner

## Chicken Korma

4 chicken breasts, chopped	2 tsp. chopped garlic
100g plain yoghurt	1 chilli, finely chopped
2 large onions, finely chopped	2 tsp. ground coriander
2 tsp. turmeric	Seeds of 10 cardamom pods
2 tsp. chopped ginger	300ml water

Heat a pan on medium heat.

Place 1 tablespoon of oil in the pan and seal the chicken, ensuring it is white all around. This will take approximately 5 minutes.

Drain the chicken onto some kitchen roll on a plate and set aside.

Once cool, put the chicken into the yoghurt and add salt and freshly ground pepper to taste.

Fry the onions in the second tablespoon of oil for a couple of minutes.

Add the chilli, ginger, garlic, cumin, turmeric and cardamom seeds and cook for a further minute.

Add 300ml of water and bring to boil.

Combine the two mixtures and then cook for 10 minutes until the chicken is done.

Serve in a large bowl.

This recipe makes 2 servings.



## Breakfast

### Chia Berry Porridge

Nutritional Values Per Serving

Calories: 141.2

Total Fat: 9.0g

Saturated Fat: 0.4g

Carbohydrate: 10.8g

Dietary Fibre: 6.1g

Protein: 4.3g



## Lunch

### Lamb Kebabs

Nutritional Values Per Serving

Calories: 326.7

Total Fat: 10.9g

Saturated Fat: 4.6g

Carbohydrate: 11.3g

Dietary Fibre: 2.3g

Protein: 44.5g



## Dinner

### Sausage and Bean Stew

Nutritional Values Per Serving

Calories: 895.1

Total Fat: 65.6g

Saturated Fat: 22.4g

Carbohydrate: 29.6g

Dietary Fibre: 7.8g

Protein: 45.8g



# Breakfast

## Chia Berry Porridge

½ tbsp. chia seeds	cardamom pods
200ml unsweetened almond milk	¼ tsp. vanilla extract
½ tbsp. dried cranberries	3 drops liquid stevia, optional
Sprinkle of cinnamon	Chopped berries for toppings
Seeds of two	1 tbsp. flaked almonds

Put the almond milk in a bowl and sprinkle the chia seeds on top.

Stir vigorously to ensure there are no clumps.

Add the cranberries, spices, stevia and vanilla extract in to the milk mixture and stir well.

Allow this mixture to stand for 30-40 minutes to thicken.

For the final touch, add the berries and nuts.

This recipe makes 1 serving.

# Lunch

## Lamb Kebabs

400g minced lamb	2 tsp. ground coriander
2 tsp. garlic, peeled and finely chopped	2 tsp. ground cumin
2 tsp. ginger, peeled and finely chopped	¼ tsp. ground black pepper
1 large onion, peeled and finely chopped	1 tbsp. fresh coriander, finely

Mix the mince, onion, ginger, garlic, coriander, cumin, pepper and salt in a mixing bowl until well blended.

Then form 16 balls.

Put each ball around the tip of a metal skewer and flatten slightly.

Place the meatballs on a baking sheet and cover, then refrigerate them for an hour.

Cook the skewered lamb kebabs under a preheated grill, turning every now and again, until the lamb is cooked through.

This will take around 15 minutes or so.

Serve hot.

This recipe makes 2 servings.

# Dinner

## Sausage and Bean Stew

2 tbsp. olive oil	6 large pork sausages
5 rashers of smoked bacon cut in to 1cm strips	450g uncooked chorizo sausage, sliced
2 red onions, chopped	1 litre chicken stock
3 large garlic cloves, crushed	400g can of cooked butter beans

Turn on the oven to 150°C/Gas Mark 2.

Fry off the bacon and chorizo in a pan with half of the olive oil, add the onion and garlic and cook until golden.

Transfer to a 2.5 litre casserole dish or slow cooker.

Meanwhile cook the sausages in the oven for 20 minutes until golden but not brown and crispy.

Cut each sausage into 4 chunks and add to the casserole dish.

Also add the butter beans, tomato purée, stock, pepper and chilli if required.

Stir to allow all the flavours to infuse and put in the oven for 25 minutes.

Serve with a sprinkle of parsley.

This recipe makes 4 servings.



## Breakfast

### *Egg Muffins*

Nutritional Values Per Serving

Calories: 356.5

Total Fat: 23g

Saturated Fat: 6.2g

Carbohydrate: 14.8g

Dietary Fibre: 3.3g

Protein: 23.5g



## Lunch

### *Sizzling Chicken Wings*

Nutritional Values Per Serving

Calories: 361.3

Total Fat: 25.7g

Saturated Fat: 6.0g

Carbohydrate: 5.4g

Dietary Fibre: 0.8g

Protein: 26.5g



## Dinner

### *Tuna and Fennel*

Nutritional Values Per Serving

Calories: 460

Total Fat: 16.4g

Saturated Fat: 2.6g

Carbohydrate: 7g

Dietary Fibre: 3.7g

Protein: 71.0g

# Breakfast

## Egg Muffins

6 eggs  
75ml semi-skimmed milk  
1 red pepper  
1 red onion  
50g mushrooms  
100g baby spinach

leaves  
1 tbsp. extra virgin olive oil  
Salt and freshly ground black pepper

Heat the oven to Gas Mark 4/350°F/180°C.

In a bowl, scramble the 6 eggs adding the milk, salt and pepper.

Chop all of the vegetables relatively small so that you don't end up with big chunks of veg in your muffins.

In a frying pan over a medium heat, fry the vegetables until soft.

When they are ready, distribute the vegetables evenly into the muffin cases.

Pour over the top the egg mixture.

Cook in the oven for 15-20 minutes until the muffins are golden brown.

This recipe makes 2 servings.

# Lunch

## Sizzling Chicken Wings

12 chicken wings, skinless  
1 medium onion, peeled and finely chopped  
2 tsp. garlic, chopped  
2 tsp. ginger, peeled

and finely chopped  
2 tsp. cumin seeds  
1 green chilli, finely chopped  
2 tsp. soya sauce  
4 tbsp. hot water  
2 tbsp. vegetable oil

Preheat the oven to 200°C/Gas Mark 6.

Heat the oil in a pan over medium heat and fry the onions in one tablespoon of oil until golden brown. This takes around 5 minutes.

Then add the garlic and ginger and cook for a further minute.

Next add the cumin seeds and chilli and cook for a further minute, then set the pan to one side

Place another tablespoon of oil in a wok and fry the chicken wings in that oil.

Then add the soy sauce and the onion mixture to the chicken wings and mix thoroughly for a minute.

Add the water, stir and transfer the contents of the wok into an ovenproof dish.

Put in the oven for approximately 25 minutes or until cooked through This dish can be served hot or cold.

This recipe makes 4 servings.

# Dinner

## Tuna and Fennel

4 tuna steaks, about 140g each  
2 fennel bulbs, thickly sliced lengthways  
2 tbsp. extra virgin olive oil

Salt and pepper to taste

Whisk all the marinade ingredients together in a small bowl. Put the tuna steaks in a large, shallow dish and spoon over 4 tablespoons of the marinade, turning until well coated. Cover and leave to marinate in the refrigerator for at least 30 minutes. Keep the remaining marinade for later.

Heat a ridged griddle pan over a high heat. Put the fennel in the pan covering with the oil. Cook it for 5 minutes on each side until just beginning to colour. Transfer to 4 warmed serving plates and keep warm.

Add the tuna steaks to the griddle pan and cook, turning once, for 4-5 minutes until firm to touch but still moist inside.

Place the tuna on top of the fennel on each serving plate and drizzle with the reserved marinade.

This recipe makes 2 servings.



## Breakfast

### Mushroom Surprise

Nutritional Values Per Serving

Calories: 390.2

Total Fat: 31g

Saturated Fat: 7.1g

Carbohydrate: 4.7g

Dietary Fibre: 3.2g

Protein: 19.0g



## Lunch

### Tomato & Lentil Soup

Nutritional Values Per Serving

Calories: 227.5

Total Fat: 9.4g

Saturated Fat: 1.9g

Carbohydrate: 28.8g

Dietary Fibre: 8.1g

Protein: 8.7g



## Dinner

### Cod with Garlic Spinach

Nutritional Values Per Serving

Calories: 580.5

Total Fat: 24.4g

Saturated Fat: 3.7g

Carbohydrate: 18.2g

Dietary Fibre: 9.3g

Protein: 75.7g

# Breakfast

## Mushroom Surprise

2 Portobello mushrooms  
1 tsp. garlic, finely chopped  
1 tbsp. cheddar cheese, finely grated  
1 tsp. dried thyme or rosemary  
4 tsp. olive oil  
2 large eggs  
Salt and pepper to taste

Preheat the oven to 200°C/Gas Mark 6.

Place the mushrooms on a baking tray lined with foil.

Sprinkle the mushrooms with the garlic, salt and pepper to taste.

Bake for up to 10 minutes or until tender.

In the mean time, whisk the eggs in a bowl and flavour with salt and pepper to taste.

Heat the olive oil in a frying pan and over a low to medium heat and cook the egg. Stir gently while cooking until the egg has cooked through and set.

When the mushrooms are cooked, spoon half of the egg mixture over each mushroom. Sprinkle with cheese and the thyme/rosemary.

Serve immediately.

This recipe makes 1 serving.

# Lunch

## Tomato and Lentil Soup

1 onion, roughly chopped  
1 large carrot, peeled and grated  
1 tbsp. olive oil  
A pinch of chilli flakes (optional)  
1 tsp. cumin seeds  
3 tbsp. red lentils  
1 x 400g tin chopped tomatoes  
300ml vegetable stock  
1 lime, juice and zest

Cook the onion and carrot in a little oil until softened then add the chilli flakes (if you want to include them) and cumin.

Cook for a minute then tip in the lentils, tomato and stock.

Simmer for 15-20 minutes until the lentils are soft.

Blitz briefly with a stick blender so you have a semi-smooth texture.

Stir in the lime juice and zest before serving.

This recipe makes 2 servings.

# Dinner

## Cod with Garlic Spinach

3 tbsp. olive oil  
3 garlic cloves, crushed  
720g fresh baby leaf spinach, rinsed  
4 cod fillets (approximately 180g each)  
Salt and freshly ground pepper  
200g vine tomatoes

In a frying pan over a medium heat add 2 tbsp. of olive oil. Add the crushed garlic cloves.

To this add the rinsed spinach.

Turn on the grill and place the vine tomatoes and cod sprinkled with salt and pepper under to cook.

Make sure the cod is completely cooked through ensuring that the fish is opaque and flakes easily (approximately 10 minutes)

Serve with the cod piled on the spinach topped with the tomatoes.

This recipe makes 2 servings.



## Breakfast

### *Spinach Surrender*

Nutritional Values Per Serving

Calories: 365.8

Total Fat: 24.8g

Saturated Fat: 11.8g

Carbohydrate: 6.9g

Dietary Fibre: 3.1g

Protein: 29.9g



## Lunch

### *Roast Chicken*

Nutritional Values Per Serving

Calories: 965.6

Total Fat: 68.6g

Saturated Fat: 26.7g

Carbohydrate: 14.6g

Dietary Fibre: 3.1g

Protein: 74.4g



## Dinner

### *Italian Cod Bake*

Nutritional Values Per Serving

Calories: 391.8

Total Fat: 24.5g

Saturated Fat: 14.9g

Carbohydrate: 1.4g

Dietary Fibre: 0.2g

Protein: 39.9g

# Breakfast

## Spinach Surrender

4 eggs  
75g grated cheddar  
cheese  
2 slices of ham cut  
into small pieces  
284g fresh spinach,  
finely chopped

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Preheat oven to 200°C/Gas Mark 6

Place everything together in a bowl and mix well.

Place in an ovenproof flat dish.

Bake in the preheated oven for 25 minutes.

Remove dish from oven and allow to cool before cutting in to 4 slices.

Serve with a salad of your choice.

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This recipe makes 2 servings.

# Lunch

## Roast Chicken with Veggies

1 whole chicken  
3 carrots, chopped  
2 medium onions,  
sliced  
A stick of celery,  
chopped  
A whole head of garlic  
100g butter  
25g mint, finely  
chopped  
200 ml vegetarian  
stock  
Juice of a lemon

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Preheat the oven to 220C or Gas Mark 7.

Place the garlic cloves on a baking sheet and allow them to cook for 15 minutes.

Put the softened garlic in a bowl and combine with butter and herbs.

Add in the lemon juice.

Place some of the mixture under the skin over the breast of the chicken and in the cavity of the chicken.

Place the chopped carrots, celery and onions on the bottom of a roasting tin.

Pour in the vegetable stock and cover with foil.

Roast for around an hour and remove the foil 20 minutes from the end.

Pierce the breast meat with a metal skewer to check if the chicken is cooked. If the chicken juices are clear, the chicken is cooked.

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This recipe makes 4 servings.

# Dinner

## Italian Cod Bake

400g cod fillets  
2 tbsp. grated  
Pecorino Romano  
cheese  
2 tbsp. grated  
Parmesan cheese  
2 cloves of garlic,  
crushed  
50g butter, melted  
1 tbsp. fresh parsley,  
finely chopped  
Salt and pepper to  
taste

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Preheat the oven to 200°C/Gas Mark 6.

Lightly grease an ovenproof dish.

Mix the cheeses, garlic and seasoning in a bowl.

Place the fillets in the ovenproof dish and cover with cheese mixture and parsley. Season to taste.

Bake for 15 minutes and serve immediately.

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This recipe makes 2 servings.

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