



10-DAY MEAL PLAN

For menopause
weight loss



Join us now!

reverse.health/tour

WELCOME TO REVERSE HEALTH

THE FIRST WEIGHT LOSS
PROGRAM THAT FOCUSES
ON MENOPAUSE

We've designed a 10-day meal plan to help you lose those stubborn menopause pounds.

What is happening in your body during menopause?

1. The hormonal changes (estrogen decline is the main culprit) that occur during menopause impact metabolic rate, increasing the likelihood of weight gain and fat gain around the abdomen.
2. Collagen production declines rapidly during menopause, affecting the elasticity and appearance of your skin, and maybe your confidence too.
3. Muscle and bone is also lost during this period due to the decrease in estrogen. This can lead to weak bones, i.e. osteoporosis.
4. The gut microbiome changes significantly during menopause, as beneficial bacteria decrease and disease-causing bacteria increase, potentially leading to leaky gut and inflammation.
5. As estrogen levels fall, the body becomes less responsive to the hormone insulin, commonly known as insulin resistance. Insulin resistance is associated with elevated blood sugar levels, increasing susceptibility to diabetes. A diet with moderate carbohydrates with high fiber as outlined in our meal plan is recommended.

These changes are all normal and very common, and can be improved with a healthy lifestyle and diet. Our team of experts in the space of nutrition, menopause, fitness and mindset have extensive experience and have refined our evidence-based program through years of research and applied practice, delivering you a plan that works. The cornerstone of our program is the meal plan, of which you'll find a sample on the following pages.









Why a meal plan you might wonder?

Because research confirms that a healthy diet rather than supplements is the most effective treatment for menopausal symptoms (Nutrition Bulletin, 2023) *.

So what is the perfect 'menopause diet'?

It's not a secret, and it's not a fat loss pill. It's simply a balanced diet consisting of:

- | | |
|--|--|
|  Moderate amounts of fish |  Beans, lentils, nuts and whole grains |
|  Dairy and white meats |  Even wine is included |
|  Colorful vegetables and fruit |  In moderation: sweets and sugary drinks, take-out food |



The meal plan is based on the following principles:

- Specifically designed and science-based approach to lower common menopause symptoms such as weight gain, hot flashes, fatigue, joint pain, etc.
- Our meal plans are never below 1200kcal/day to ensure optimal metabolism and balanced hormones.
- Macronutrient ratio of 40% protein, 30% carbohydrates and 30% healthy fats.



Once you're in the app, you'll also benefit from a tracker, exercise videos, a video coaching course to keep you accountable and access to our amazing members group with **more than 38,000** motivated and incredibly supportive **members**. Regaining your health and confidence is the best gift that you can provide to yourself after all these years.



We hope you like the recipes in this document and meet us in the app soon to maximize your chances of lasting weight loss success and improved health.



Matt Jones,
Head Nutritionist
Reverse Health

Note: If you're vegetarian or vegan, please reach out to us for your modified meal plan. For any other food sensitivities, you're free to substitute ingredients as per your preference.



** For HRT (hormone replacement therapy) please consult your medical professional. Reverse Health does not provide medical or hormonal consultation.*

OUR RECOMMENDED SUPPLEMENTS

We've selected a handful of supplements to help you look and feel better while managing common menopause symptoms.

While you be able to see success by just following the meal plan, exercise and mindset strategies outlined in our program, these supplements can be a great addition to accelerate your progress and see visible results sooner.

Buy them here now: wellinda.health

 US only

HAND-PICKED FOR YOU



VANILLA WHEY PROTEIN

Increasing your protein intake and supplementing with whey protein can increase metabolic rate, helping you burn more calories, lose fat and maintain muscle, and naturally balance blood sugar, energy, mood and hormones.

- Rev up your metabolism to accelerate weight loss
- Combat effects of menopause on muscle & bone
- Reduce cravings & hunger pangs
- Lose fat & maintain muscle tone

UNFLAVORED COLLAGEN

As estrogen declines during menopause, natural collagen production is reduced, skin gets weaker, fine lines and wrinkles become more visible, hair volume decreases, nails become brittle.

- Promotes healthy joints & hormones
- Reduces visible signs of aging
- Increases skin strength & elasticity
- Reduces fine lines & wrinkles



ASHWAGANDHA

Ashwagandha has proven benefits in the reduction of stress hormone cortisol and anxiety related with menopause.

- Reduces stress, improves mood
- Naturally balances hormones
- Supports weight loss
- Relieves hot flashes & night sweats

VITAMIN K2+D3

Strengthen your health from the inside out and improve your overall mood at any age. Take 1 capsule once a day to:

- Reduces stress, improves mood
- Naturally balances hormones
- Supports weight loss
- Relieves hot flashes & night sweats

WHAT OUR MEMBERS SAY

For more reviews got to: reverse.health/reviews

Maria, lost 26lbs

No clothes fitted anymore, I lacked energy, my knees ached when I crouched or climbed the stairs, and my self-esteem was declining. After menopause and the pandemic, it felt like my weight rocketed. Six months later I've lost 26 lbs. My husband also really enjoys the food. So for me, Reverse Health has really incited a huge and positive change in my life, both weight- and food-wise.

Overall I'm so happy that I have actually managed to go through this program successfully. I really never thought I would. My self-esteem has increased and also my confidence, both regarding cooking and choosing good eating alternatives. And I can wear my favorite clothes again!

Before



After



Therese

I've been on so many diets, but this plan is truly different. I'm losing my awful menopause belly yet the guidelines are so simple. I'm hooked!



Before



After



Claire, lost 13lbs



I joined Reverse Health on 1st January 2023 when I weighed 140 lbs and was rather unfit. Two months later, I weigh 127 lbs and feel much fitter and healthier. I have more energy, get less out of breath, sleep better and enjoy my food more. I find the Reverse Health recipes delicious, well-balanced, quick and easy to prepare. My husband eats them too and has lost 22 lbs!

Germaine, lost 20lbs

I am enjoying the program so much and never thought I could lose so much weight eating foods that I love! At 66 years old, I lost 20 lbs!! I lost so much weight that the strain on my heart was "reversed"! I have medical records to prove it. My electrophysiologist and cardiologist was ecstatic about my progress.

Join us now at: reverse.health/tour

DAY 1

 Breakfast Lunch Dinner Snack

DAY 2

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High protein smoothie bowl



Serves: 2



Prep: 5 min



Cook: 0 min

Nutrition per serving

Calories

310

Carbs

39.4g

Protein

26g

Fats

5.4g

Ingredients

2 cups (300g) low fat Greek yogurt

 $\frac{3}{4}$ cup (120g) frozen strawberries

2 tbsp. maple syrup

1 scoop (25g) vanilla whey protein

Instructions

1. Add the yogurt, whey protein, frozen berries and maple syrup to a blender and blend well until smooth and creamy.
2. Serve in a bowl and enjoy.

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Chicken, orange and walnut salad



Serves: 2



Prep: 10 min



Cook: 10 min

Nutrition per serving

Calories

345

Carbs

22.1g

Protein

18.6g

Fats

20.2g

Ingredients

For the salad:

7oz (200g) chicken breast

4 handfuls of rocket salad

 $\frac{1}{4}$ iceberg lettuce head

1 orange

 $\frac{1}{3}$ pomegranate fruit, seeds $\frac{1}{4}$ cup (30g) walnuts, roasted

Instructions

1. Peel 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).

[See more on the next page](#)

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Breakfast



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Ingredients

For the dressing:

3 tbsp. of honey

2 tbsp. mustard

1 tbsp. olive oil

1 tbsp. lemon juice

2 tbsp. orange juice

$\frac{1}{3}$ tsp. cinnamon

Instructions

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 then drizzle with another tbsp. of dressing, and grill for another minute.
5. Remove from the pan and set aside. Once cooled slightly slice into pieces.
6. 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.

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Salmon, sweet potato mash & broccoli



Serves: 1



Prep: 5 min



Cook: 10 min

Nutrition per serving

Calories

250

Carbs

15.4g

Protein

34.2g

Fats

5.8g

Ingredients

1 ½ cups (100g) broccoli

½ medium sweet potato

5oz (160g) salmon fillet

Salt

Black pepper

1 tbsp. oil

Instructions

1. Microwave ½ sweet potato on high, 12-14 min, flipping halfway through (caution, that's a hot potato!); scoop potato flesh out of the skin into a plate; mash using a fork and season with salt/pepper
2. Meanwhile, roughly chop broccoli into small pieces, heat 1 tbsp. oil in a skillet over med-high and roast the salmon for 2-3 min.
3. Add the salmon and broccoli to the plate and enjoy!

DAY 1



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Kiwi & mango Greek yogurt pot



Serves: 1



Prep: 5 min



Cook: 0 min

Nutrition per serving

Calories

252

Carbs

40.4g

Protein

16.4g

Fats

2.7g

Ingredients

1 cup (150g) low fat Greek yogurt

 $\frac{1}{2}$ cup (70g) mango

1 whole kiwi

1 tbsp. low sugar granola

Instructions

1. Wash, then carefully cut through the mango on either side of the large flat stone. This will give you two slices. Cut each slice in half, then run your knife (flat side parallel to your chopping board) carefully through the mango to remove the skin. Chop the fleshy mango slice into cubes.
2. Wash the kiwi. Cut the kiwi in half, then place each half flat side down. Cut the kiwi into small cubes. Removing the skin from the kiwi is optional.
3. In a bowl, add Greek yogurt, mango, kiwi, and top with granola. Tweak granola topping according to your requirements.

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Egg broccoli and ham muffins



Serves: 6



Prep: 10 min



Cook: 10 min

Nutrition per serving

Calories

111

Carbs

1.4g

Protein

10.1g

Fats

7.2g

Ingredients

½ (200g) broccoli head

5 medium eggs

1 clove garlic, minced

Pinch of chili flakes (optional)

4 slices ham, chopped

⅓ cup (30g) grated cheese

Vegetarian option:



Replace the ham with feta cheese, goat cheese or your favourite vegetables.

Instructions

1. Preheat the oven to 360°F (180°C).
2. Place the broccoli in a pot of boiling water and cook for approx. 3 minutes. Strain and cut into small pieces.
3. Beat the eggs in a medium-size bowl, add the minced garlic, and season with salt and pepper, and chili flakes if using.
4. Grease a 6-mould muffin tray with oil or butter, and fill the moulds with evenly divided broccoli, ham, and grated cheese. Pour the beaten eggs into the moulds and bake in the oven for 10-15 minutes, or until eggs have set.

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Citrus prawn salad



Serves: 4



Prep: 10 min



Cook: 15 min

Nutrition per serving

Calories

282

Carbs

14g

Protein

26g

Fats

15g

Ingredients

1 tbsp. olive oil

1 (140g) medium orange, juiced

1 (100g) medium lemon, juiced

1lb (450g) raw or cooked prawns, cleaned

8 cups (600g) mixed salad leaves

1 medium avocado, cubed

1 medium red onion, diced

 $\frac{1}{4}$ cup (30g) flaked almonds $\frac{1}{2}$ (60g) medium orange, sliced

Salt & pepper

Instructions

1. In a small bowl, whisk together the olive oil, orange juice, lemon juice, salt & pepper. Heat a non-stick frying pan over a medium heat and add the sauce, bring to a simmer and cook until reduced half way, about 5-8 minutes.
2. Add in the shrimps, season with salt and pepper, cover and cook for about 5 minutes until the prawns turn pink if using raw shrimp. Take of the heat, allow to cool slightly.
3. Mix the shrimps with the salad greens in a large bowl. Drizzle with olive oil, add the avocado, sliced orange, red onion and flaked almonds. To serve, season to taste with salt and pepper and drizzle with more orange and lemon juice if required.

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Sweet potato & chicken traybake



Serves: 4



Prep: 20 min



Cook: 35 min

Nutrition per serving

Calories

370

Carbs

42.8g

Protein

32.3g

Fats

7.8g

Ingredients

2 (500g) large sweet potato

2 medium red onions, cut into wedges

1 (400g) broccoli head

8 garlic cloves, peeled

2 tsp. dried thyme

1 tsp. dried rosemary

1 ½ tbsp. olive oil

Instructions

1. Preheat the oven to gas 6, 200°C, fan 180°C. Add the sweet potatoes, onions, broccoli, and garlic to a large roasting tray and sprinkle over the dried herbs. Season and drizzle over 1 tbsp. of the oil, then toss everything together. Spread the veg out in an even layer and roast for 15 mins.
2. Remove the tray from the oven and give the veg a good mix. Add the chicken pieces and drizzle with the remaining ½ tbsp oil. Squeeze over the lemon juice and sprinkle with the paprika. Return to the oven for 15 mins.

[See more on the next page](#)

DAY 1



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DAY 2

Ingredients

6 skinless chicken thigh, each cut in half

2 lemons, 1 juiced and 1 cut into wedges to serve

1 tsp. smoked paprika

½ cup (150 ml) chicken stock

Instructions

3. Pour over most of the chicken stock, then roast for a final 15-20 mins (topping up with a little more stock if it starts to look too dry) until the chicken is cooked through and the veg is completely tender. Squeeze the garlic cloves from their skins and serve with lemon wedges.

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DAY 1



Breakfast



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DAY 10



Protein shake & orange



Serves: 4



Prep: 5 min



Cook: 0 min

Nutrition per serving

Calories

282

Carbs

14g

Protein

26g

Fats

15g

Ingredients

1 medium orange

1 cup (200ml) almond milk (or alternative), unsweetened

1 scoop (25g) whey or vegan protein

Instructions

1. Blend the whey/vegan protein with the oat milk with a shaker or blender
2. Have your smoothie with an orange or your favorite fruit.

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Protein porridge



Serves: 2



Prep: 5 min



Cook: 10 min

Nutrition per serving

Calories

375

Carbs

44g

Protein

19g

Fats

15g

Ingredients

2 cups (400ml) almond milk (or alternative) unsweetened

1 cup (100g) rolled oats

1 scoop (25g) vanilla whey protein

1 medium banana, sliced

¼ cup (30g) walnuts, chopped

Substitution options for this recipe:

You may replace the whey protein with 3 tablespoons of low-fat Greek yogurt; and the walnuts with a small handful of almonds or cashews.

Instructions

1. In a small pot, bring the almond milk to the boil. Stir in the oats and cooked over low heat for 5-7 minutes, stirring constantly to avoid sticking. Take the pot off the heat and stir in the protein powder until well combined.
2. Divide the porridge between 2 serving bowls and top with the sliced banana and walnuts. Serve immediately.

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DAY 10



Grilled chicken & pineapple salad



Serves: 2



Prep: 10 min



Cook: 10 min

Nutrition per serving

Calories

356

Carbs

34g

Protein

27g

Fats

16g

Ingredients

For the salad:

7 oz (200g) chicken breast

4 slices pineapple, canned

2 handfuls spinach leaves

 $\frac{1}{3}$ cup (10g) mint leaves $\frac{1}{2}$ small onion, finely chopped

Instructions

1. Mix the ingredients of the dressing in a salad bowl, season with salt. Add in the spinach and mint leaves and let it rest.
2. In the meantime, cut the chicken breasts in half, horizontally (you will end up with 4 chicken fillets), place on a hot grill pan, and cover each chicken breast with a slice of pineapple, season with black pepper. Grill for around 6-8 minutes, then turn and grill for another 5 minutes (at this stage remove the pineapple and let it grill next to the chicken).

[See more on the next page](#)

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Ingredients

For the dressing:

2 tbsp. olive oil

1 tsp. ginger, grated

1 clove garlic, minced

1 lime, juiced

1 tsp. honey

Tabasco (optional)

Vegetarian option:



Replace the grilled chicken with fried or baked tofu or feta cheese.

Substitution options for this recipe:

You may replace the pineapple with 1 apple; and the mint with one handful of spinach.

Instructions

3. Remove from the heat and let the chicken rest 3 minutes, then cut it into strips.
4. Add the chicken to the salad together with sliced pineapple and finely chopped onion, mix before serving.

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Sweet chilli prawn, mango, avocado wrap & side salad



Serves: 1



Prep: 5 min



Cook: 5 min

Nutrition per serving

Calories

363

Carbs

37.7g

Protein

22.1g

Fats

13.7g

Ingredients

2 cups mixed green leaves

1 tbsp. sweet chili sauce

 $\frac{1}{2}$ avocado, silced $\frac{1}{2}$ cup (40g) fresh mango

1 wholewheat tortilla

10 cooked prawns

Salt & pepper

Instructions

1. Combine all ingredients in a bowl and mix until combined. Add prawn pieces and toss. Season with salt and pepper to taste.
2. Fill the tortilla wrap with prawn mix and serve with the mix green leaves as a side dish. Marinate with some lime juice, salt, and pepper.

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Protein yogurt with raspberries & Fibre One chocolate brownie



Serves: 1



Prep: 5 min



Cook: 0 min

Nutrition per serving

Calories

253

Carbs

33.1g

Protein

26.8g

Fats

1.4g

Ingredients

1 cup (150g) low fat Greek yogurt

1 scoop (25g) whey protein

8 raspberries

1 Fibre One chocolate brownie

Note:

Use 90 kcal Fibre One chocolate brownie ONLY.

Instructions

1. Add fat free Greek yogurt to a bowl & stir in 1 scoop of whey protein until completely mixed.
2. Top with raspberries & crushed Fibre One chocolate brownie bar.

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Classic omelette with salad



Serves: 1



Prep: 5 min



Cook: 5 min

Nutrition per serving

Calories

375

Carbs

44g

Protein

19g

Fats

15g

Ingredients

3 medium eggs

4 cherry tomatoes

½ cup (10g) arugula (rocket)

1 tsp. butter

½ tsp. olive oil

1 pinch pepper

1 pinch salt

Instructions

1. Bring a non-stick pan to a medium heat. Add butter and gently melt.
2. Meanwhile, crack your eggs into a bowl. Use a fork to whisk them up and season with sea salt and black pepper.
3. Pour the eggs into the pan and distribute evenly across the surface using a spatula.
4. Continue to carefully move the egg mixture around the pan until it starts to form a consistent omelette. Use your spatula to keep the egg mixture from sticking to the sides of the pan.
5. Once cooked, serve immediately with a side of greenery tossed with cherry tomato halves and a small drizzle of extra virgin olive oil.

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Chicken and spinach wraps



Serves: 2



Prep: 5 min



Cook: 10 min

Nutrition per serving

Calories

432

Carbs

33.8g

Protein

31.9g

Fats

18.9g

Ingredients

2 whole, large salad tomatoes

7oz (200g) chicken breast

2 wholewheat tortillas

1 medium lemon

 $\frac{1}{2}$ cup (60g) low fat Greek yogurt $\frac{3}{4}$ cup (60g) grated cheese

1 small carrot

1 cup (40g) spinach

 $\frac{1}{2}$ tsp. fine herbs $\frac{1}{2}$ tsp. salt + $\frac{1}{2}$ tsp. pepper

Instructions

1. Slice the chicken breasts into bite-size pieces. Then add the salt, pepper, fine herbs, and juice of one lemon. Mix together thoroughly and take the chicken to the grill. You can either oven-bake it (400°F or 200°C. for 15-20 minutes).
2. When cooked, plate up. Divide the chicken between two warmed wraps and top with yogurt, spinach, grated cheese, grated carrot, and sliced tomatoes. Roll up and enjoy!

Note:

If you want to make it quicker you can use chicken leftovers or buy roasted chicken.

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Sea bass, quinoa & stir fried vegetables



Serves: 1



Prep: 5 min



Cook: 10 min

Nutrition per serving

Calories

368

Carbs

19.5g

Protein

33.3g

Fats

17.5g

Ingredients

1 tbsp. olive oil

1 ½ cup (190g) stir fry vegetables

¼ cup (40g) quinoa, uncooked

5.5oz (160g) sea bass

Salt & pepper

Instructions

1. Boil a kettle. Heat a saucepan filled with salted boiling water on high heat. Add the quinoa and boil for 13-14 mins, until cooked, then drain. Return to the pan and set aside.
2. Heat a dry frying pan on medium heat. Add ½ tbsp. of the olive oil and the stir fry vegetables and cook for 2-3 mins, tossing regularly. Transfer to a small bowl and set aside.
3. Season the fish with sea salt and black pepper. Reheat the pan with the remaining oil on medium-high heat. Add the fish, skin-side down, and cook for 4 mins, until golden and crisp. Flip and cook for 1-2 mins, until cooked through. Serve the cooked quinoa, then on top the roasted veg and sea bass.

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Breakfast



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Tropical carrot smoothie



Serves: 4



Prep: 5 min



Cook: 0 min

Nutrition per serving

Calories

95

Carbs

24g

Protein

1g

Fats

0g

Ingredients

1 cup (240ml) carrot juice

1 mango, peeled, chopped

1 cup (165g) pineapple, chopped

1 tsp. ginger, grated

 $\frac{1}{4}$ cup (60ml) coconut water

Instructions

1. Place all ingredients into a high-speed blender and blitz until smooth. Serve over ice and enjoy!

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Omelette with cottage cheese & basil



Serves: 4



Prep: 5 min



Cook: 5 min

Nutrition per serving

Calories

352

Carbs

5.2g

Protein

24.9g

Fats

25.7g

Ingredients

8 large eggs

4 tbsp. water

1 tbsp. butter

1 bunch fresh basil

2 cups (200g) low fat cottage cheese

1 cup (125g) cherry tomatoes

Instructions

1. Beat the eggs with water and season with salt and pepper.
2. Heat $\frac{1}{4}$ oil in a frying pan and bake 1 thin omelet, repeat until you have 4 omelets. Keep them warm under aluminum foil.
3. Chop the basil finely and mix it with the cottage cheese. Season with freshly ground pepper.
4. Cut the tomatoes into quarters. Divide the cottage cheese and tomato over the omelets and roll them up. Cut diagonally and serve immediately.

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DAY 10



Tuna salad wrap



Serves: 2



Prep: 10 min



Cook: 0 min

Nutrition per serving

Calories

510

Carbs

49.6g

Protein

47.4g

Fats

13.6g

Ingredients

1 can tuna, in water

 $\frac{1}{2}$ head lettuce, shredded $\frac{1}{4}$ cup (70g) corn

4 tomatoes

1 medium lemon

2 wholewheat tortilla wraps

1 tsp. olive oil

Black pepper

Instructions

1. Finely dice all salad items (lettuce and tomato) and place into a mixing bowl.
2. Drain and add the tuna, then squeeze the lemon, add olive oil and a twist of black pepper. Mix this with the diced salad items well using a wooden spoon.
3. Distribute evenly between the tortillas, then roll into your finest wraps! Pop a wooden tooth pick to hold them together if needs be, they will be pretty packed. Any left over salad, serve on the side.

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Cod fillet, potatoes & mixed vegetables



Serves: 2



Prep: 5 min



Cook: 15 min

Nutrition per serving

Calories

308

Carbs

35.4g

Protein

23.7g

Fats

7.9g

Ingredients

1 $\frac{3}{4}$ cups (250g) new potatoes

8oz (200g) frozen cod fillet

1 $\frac{1}{2}$ cups (200g) frozen mixed vegetables

1 tbsp. olive oil

Instructions

1. Pre-heat the oven and cook the cod with a drizzle of olive oil and herbs/spices as required as per packaging instructions on a sheet of foil, large enough to make a parcel.
2. Halve your new potatoes then boil for 15-20 minutes.
3. Steam your green beans for the entire time your new potatoes are boiling.
4. Drain the new potatoes, gently crush with a potato masher, then scatter over dried rosemary.

DAY 1



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Yogurt with berries & Fibre One chocolate brownie



Serves: 1



Prep: 5 min



Cook: 0 min

Nutrition per serving

Calories

432

Carbs

33.8g

Protein

31.9g

Fats

18.9g

Ingredients

1 cup (150g) low fat Greek yogurt

60g blueberries

1 Fibre One chocolate brownie

Note:

Use 90 kcal Fibre One chocolate brownie ONLY.

Instructions

1. Option 1: place Fibre One chocolate brownie into bowl and microwave for 40 seconds. Remove and top with fat free Greek yogurt and berries.
2. Option 2: place yogurt and berries in a bowl and top with crushed Fibre One chocolate brownie bar.

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 Breakfast Lunch Dinner Snack

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High protein oatmeal with blueberries



Serves: 2



Prep: 5 min



Cook: 0 min

Nutrition per serving

Calories

285

Carbs

36.9g

Protein

18.8g

Fats

6.9g

Ingredients

2 cups (480ml) almond milk,
unsweetened

1 cup (80g) oats

1 scoop (25g) vanilla whey protein

2oz (60g) frozen blueberries

Instructions

1. In a small pot, bring the milk to the boil. Stir in the oats and cook over low heat for 5-7 minutes, stirring constantly to avoid sticking. Take the pot off the heat and stir in the protein powder until well combined and top with frozen berries.
2. Alternatively add milk and oats to a bowl and microwave on full power for 3 minutes, stirring well half way through cooking. Remove from microwave and stir in protein powder until well combined and top with frozen berries.
3. Divide the porridge between 2 serving bowls. Serve immediately.

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Cucumber, avocado & chicken salad



Serves: 4



Prep: 10 min



Cook: 15 min

Nutrition per serving

Calories

304

Carbs

12g

Protein

21g

Fats

20g

Ingredients

For the salad:

½ head iceberg lettuce, shredded

A dozen basil leaves, torn

1 avocado

2 tsp. lemon juice

½ cucumber, peeled

¼ cup (25g) walnuts

Instructions

1. Place the iceberg lettuce into a large bowl. Add torn basil leaves and mix. Divide between 2 serving bowls.
2. Season the chicken fillets with salt and rub with olive oil. Heat a dry pan and fry the chicken for 5 minutes on each side.
3. In the meantime, mix the mustard and honey. Grease the top of the fillets with half the sauce, then turn and cook for another 1.5 minutes. Repeat on the other side. Once cooked, cool slightly and chop.

See more on the next page

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Ingredients

For the chicken:

10.5oz chicken breast fillets (2 fillets)

1 tbsp. olive oil

1 tbsp. mustard

1 tbsp. honey

For the sauce:

3 tbsp. yogurt

1 tbsp. mayo

1 garlic clove, minced

Instructions

4. Cut the avocado flesh into cubes, and drizzle with lemon juice. Peel and slice the cucumber.
5. Prepare the garlic sauce by mixing all the sauce ingredients — season with salt & pepper.
6. Top salads with the chopped chicken, avocado, cucumber, and walnuts. Pour over the garlic sauce, and serve.

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Pork skewers on mixed green salad



Serves: 2



Prep: 40 min



Cook: 25 min

Nutrition per serving

Calories

279

Carbs

13g

Protein

30g

Fats

13g

Ingredients

2 large tomatoes

7oz (200g) lean pork, diced

 $\frac{1}{3}$ medium cucumber

1 medium green pepper

1 medium red onion

1.5oz (40g) chorizo

 $\frac{1}{2}$ lemon

1 cup (20g) arugula

 $\frac{1}{2}$ tsp. extra virgin olive oil

1 tsp. paprika + 1 tbsp. ground oregano

Instructions

1. Put diced pork in a bowl with paprika and oregano. Squeeze lemon then mix well with a spoon. Cover pop in the fridge for 30-45 minutes to marinate.
2. In the meantime, chunk green pepper, slice chorizo (not too thin or it will burn under the grill) and quarter red onion.
3. Prepare your salad. Simply dice cucumber, half then slice tomatoes then toss in a bowl with rocket and a splash of olive oil and lemon juice.
4. When ready, slide the pork, green pepper chunks, red onion and chorizo onto the skewers, then grill on a medium heat for around 15 minutes, remembering to turn throughout.

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Yogurt bowl with berries



Serves: 1



Prep: 5 min



Cook: 0 min

Nutrition per serving

Calories

432

Carbs

33.8g

Protein

31.9g

Fats

18.9g

Ingredients

$\frac{3}{4}$ cup (150g) low fat Greek yogurt

2 tbsp. (30g) low sugar muesli

$\frac{1}{4}$ cup (60g) frozen berries

Instructions

1. Add berries to a microwave safe bowl and microwave on full power for 30 seconds.
2. Remove from microwave and top with yogurt and muesli.

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Breakfast egg muffins



Serves: 12



Prep: 10 min



Cook: 15 min

Nutrition per serving

Calories

115

Carbs

1.6g

Protein

7.8g

Fats

8.6g

Ingredients

10 large free range chicken eggs

 $\frac{1}{4}$ cup (50g) grated cheese

8 bacon medalions, grilled

1 cup (40g) baby spinach

 $\frac{1}{2}$ cup milk

1 tbsp. chopped fresh chives

1 tsp. black pepper

Instructions

1. Preheat the oven to 180°C (fan oven 180°C).
2. Whisk up the eggs and milk, then chuck in the grated cheese. Continue to mix well.
3. Fry bacon rashers on a non-stick pan at medium heat until crispy. Transfer to a sheet of kitchen roll and pat dry to remove excess oil. Chop into small pieces, then add to the egg mixture, along with fresh chive and roughly chopped spinach.
4. Finish with black pepper and a pinch of salt. Grease a 12-cup muffin tray then divide the mixture evenly.
5. Bake in the oven for 20-25 minutes until golden on top. Let cool before carefully removing from the tray.

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Tuna & quinoa toss salad



Serves: 2



Prep: 5 min



Cook: 10 min

Nutrition per serving

Calories

299

Carbs

41g

Protein

37g

Fats

11g

Ingredients

For the salad:

1 cup (185g) cooked quinoa

 $\frac{1}{4}$ cup (50g) canned chickpeas, rinsed and drained $\frac{1}{2}$ cucumber, chopped

1 tbsp. crumbled feta cheese

10 cherry tomatoes, halved

14oz (2 cans) canned tuna in water

Instructions

1. Cook quinoa according to instructions on the packaging.
2. Combine the dressing ingredients in a small bowl. Then combine quinoa and the remaining ingredients in a different bowl.
3. Drizzle with the dressing and toss gently to coat.

[See more on the next page](#)

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Ingredients

For the dressing:

1 tbsp. olive oil

2 tsp. red wine vinegar

1 tsp. fresh lemon juice

1 tsp. Dijon mustard

Salt & pepper

Substitution options for this recipe:

You may replace the tuna with 100 g chicken breast, diced; and the feta cheese with 2 tbsp. avocado.

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Harissa chicken and lemon couscous



Serves: 2



Prep: 15 min



Cook: 25 min

Nutrition per serving

Calories

368

Carbs

33g

Protein

37g

Fats

9.7g

Ingredients

2 large chicken breasts

1 cup (220g) frozen mixed vegetables

½ cup (110g) ready to eat cous cous

1 cup chopped parsley

2 tbsp. harissa paste

Instructions

1. Preheat the oven to gas 5 / 180°C. Place the two chicken breasts onto an ovenproof tray and coat each with 2 tsp. of harissa paste. Place into the oven for 10 minutes.
2. Then remove the chicken from the oven (keep the oven on) and add the frozen vegetables to the tray. Season with salt and pepper and coat with a little olive oil or Frylight. Pop back into the oven for 25 minutes.
3. 5 minutes before the chicken and vegetables are done put the couscous into a bowl with 170ml boiling water and cover.
4. Once cooked add the vegetables and roughly chopped parsley to the couscous. Top with the chicken and enjoy!

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Antioxidant blueberry protein smoothie



Serves: 1



Prep: 5 min



Cook: 0 min

Nutrition per serving

Calories

197

Carbs

14g

Protein

26g

Fats

4g

Ingredients

½ cup (125ml) coconut water

½ cup (125ml) almond milk, unsweetened

1 scoop vanilla whey protein

½ cup (50g) frozen blueberries

1 tsp. ground cinnamon

1 tsp. chia seeds

Vegan option:

Replace whey protein with vegan protein powder.

Instructions

1. Blend all the ingredients in a high-speed blender until smooth and serve.

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Crispy avo toast & cherry tomatoes



Serves: 1



Prep: 5 min



Cook: 10 min

Nutrition per serving

Calories

364

Carbs

29.3g

Protein

19g

Fats

19.1g

Ingredients

2 slices whole wheat bread

 $\frac{1}{4}$ cup (50g) avocado $\frac{1}{2}$ cup (70g) cherry tomato, halved

2 medium eggs

Chili flakes

Instructions

1. Toast the bread in a toaster until golden and crispy.
2. For boiled eggs: Place the eggs in a saucepan. Pour cool water over the eggs until fully submerged. Bring the water to a rolling boil, then reduce the heat to low and cook for 4-6 minutes for soft-medium boiled. Let the eggs cool completely before peeling.
3. Place the $\frac{1}{3}$ avocado over the toast, slice it and mash it on top of the toast.
4. Top with eggs and the cherry tomatoes, and season with salt, pepper, and chili flakes to taste.

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Apple and smoked ham sandwich with mustard mayo



Serves: 1



Prep: 5 min



Cook: 5 min

Nutrition per serving

Calories

368

Carbs

22g

Protein

25.8g

Fats

19.6g

Ingredients

1 medium baguette

½ tbsp. light mayonnaise

½ tsp. wholegrain mustard

½ small apple

3 slices of smoked ham

30g cheddar, sliced

2 tbsp. pickle or chutney

Handful of arugula/rocket

Instructions

1. Slice the baguette in half lengthways. Mix the mayo with the mustard and cut the apple into thin slices.
2. Spread the mayo mixture over the baguette base, then lay on the ham, cheese, apple, and the pickles or chutney.
3. Finish with the rocket and the baguette top, then cut it in half.

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Sea bass, quinoa & stir fried vegetables



Serves: 1



Prep: 5 min



Cook: 10 min

Nutrition per serving

Calories

368

Carbs

19.5g

Protein

33.3g

Fats

17.5g

Ingredients

1 tbsp. olive oil

1 ½ cup (190g) stir fry vegetables

¼ cup (40g) quinoa, uncooked

5.5oz (160g) sea bass

Salt & pepper

Instructions

1. Boil a kettle. Heat a saucepan filled with salted boiling water on high heat. Add the quinoa and boil for 13-14 mins, until cooked, then drain. Return to the pan and set aside.
2. Heat a dry frying pan on medium heat. Add ½ tbsp. of the olive oil and the stir fry vegetables and cook for 2-3 mins, tossing regularly. Transfer to a small bowl and set aside.
3. Season the fish with sea salt and black pepper. Reheat the pan with the remaining oil on medium-high heat. Add the fish, skin-side down, and cook for 4 mins, until golden and crisp. Flip and cook for 1-2 mins, until cooked through. Serve the cooked quinoa, then on top the roasted veg and sea bass.

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Nut butter & banana rice cakes



Serves: 1



Prep: 5 min



Cook: 0 min

Nutrition per serving

Calories

263

Carbs

36g

Protein

3g

Fats

11.9g

Ingredients

2 slightly salted rice cakes

2 tsp. peanut butter (or any nut butter of your choice)

½ medium banana (or any fruit of your choice - kiwis, strawberries etc. also work well)

½ tsp. chia seeds

Instructions

1. Spread the nut butter evenly on top of each rice cake.
2. Slice the banana (or chosen fruit) on top of the nut butter.
3. Sprinkle with some chia seeds (If available).

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Protein porridge



Serves: 2



Prep: 5 min



Cook: 10 min

Nutrition per serving

Calories

375

Carbs

44g

Protein

19g

Fats

15g

Ingredients

2 cups (400ml) almond milk (or alternative) unsweetened

1 cup (100g) rolled oats

1 scoop (25g) vanilla whey protein

1 medium banana, sliced

¼ cup (30g) walnuts, chopped

Substitution options for this recipe:

You may replace the whey protein with 3 tablespoons of low-fat Greek yogurt; and the walnuts with a small handful of almonds or cashews.

Instructions

1. In a small pot, bring the almond milk to the boil. Stir in the oats and cooked over low heat for 5-7 minutes, stirring constantly to avoid sticking. Take the pot off the heat and stir in the protein powder until well combined.
2. Divide the porridge between 2 serving bowls and top with the sliced banana and walnuts. Serve immediately.

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Ham and cucumber bagel



Serves: 1



Prep: 5 min



Cook: 0 min

Nutrition per serving

Calories

542

Carbs

62.7g

Protein

27.7g

Fats

20.1g

Ingredients

1 whole seeded bagel

3 slices lean ham

1 small cucumber, sliced

1 tbsp. cream cheese, low fat

Instructions

1. Half your bagel and slice cucumber.
2. Layer the bagel with soft cheese, cucumber slices, and ham.

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Chicken and spinach wraps



Serves: 2



Prep: 5 min



Cook: 10 min

Nutrition per serving

Calories

432

Carbs

33.8g

Protein

31.9g

Fats

18.9g

Ingredients

2 whole, large salad tomatoes

7oz (200g) chicken breast

2 wholewheat tortillas

1 medium lemon

½ cup (60g) low fat Greek yogurt

¾ cup (60g) grated cheese

1 small carrot

1 cup (40g) spinach

½ tsp. fine herbs

½ tsp. salt + ½ tsp. pepper

Instructions

1. Slice the chicken breasts into bite-size pieces. Then add the salt, pepper, fine herbs, and juice of one lemon. Mix together thoroughly and take the chicken to the grill. You can either oven-bake it (400°F or 200°C. for 15-20 minutes)
2. When cooked, plate up. Divide the chicken between two warmed wraps and top with yogurt, spinach, grated cheese, grated carrot, and sliced tomatoes. Roll up and enjoy!

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Protein shake & orange



Serves: 4



Prep: 5 min



Cook: 0 min

Nutrition per serving

Calories

282

Carbs

14g

Protein

26g

Fats

15g

Ingredients

1 medium orange

1 cup (200ml) almond milk (or alternative), unsweetened

1 scoop (25g) whey or vegan protein

Instructions

1. Blend the whey/vegan protein with the oat milk with a shaker or blender
2. Have your smoothie with an orange or your favorite fruit.

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High protein smoothie bowl



Serves: 2



Prep: 5 min



Cook: 0 min

Nutrition per serving

Calories

310

Carbs

39.4g

Protein

26g

Fats

5.4g

Ingredients

2 cups (300g) low fat Greek yogurt

 $\frac{3}{4}$ cup (120g) frozen strawberries

2 tbsp. maple syrup

1 scoop (25g) vanilla whey protein

Instructions

1. Add the yogurt, whey protein, frozen berries and maple syrup to a blender and blend well until smooth and creamy.
2. Serve in a bowl and enjoy.

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Chicken curry lettuce wraps



Serves: 2



Prep: 5 min



Cook: 5 min

Nutrition per serving

Calories

403

Carbs

35.1g

Protein

23.1g

Fats

18.9g

Ingredients

1 tbsp. mayonnaise

 $\frac{1}{4}$ cup soy yogurt, unsweetened

1 tbsp. tomato puree

2 green onions, sliced

1 tbsp. curry powder

 $\frac{1}{2}$ lemon, juiced9oz (250g) cooked chicken breast,
diced $\frac{1}{2}$ avocado, de-stoned, sliced $\frac{1}{2}$ mango, de-stoned, sliced

2 tbsp. cilantro, chopped

Instructions

1. Place the mayonnaise, soy yogurt, tomato puree, green onions, curry powder, and lemon juice in a bowl. Season with salt and pepper and mix well. Add in the chicken and mix again until the chicken is well coated.
2. Lay the lettuce leaves on 2 serving plates and divide the chicken mixture over each leaf. Top each with a few slices of avocado, mango, cilantro, and chopped almonds. Serve immediately.

2 tbsp. almonds, chopped

Salt & pepper

4 baby gem lettuce leaves

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Grilled flank steak with mango chimichurri



Serves: 4



Prep: 15 min



Cook: 25 min

Nutrition per serving

Calories

444

Carbs

24g

Protein

38g

Fats

23g

Ingredients

For the steak:

1.5lbs (680g) flank steak

 $\frac{1}{2}$ tsp. salt + $\frac{1}{2}$ tsp. pepper

1 onion, sliced

1 tbsp. cumin

1 tbsp. chili powder

2 limes, juiced

1 tbsp. honey

Instructions

1. Season the steak with salt and pepper. Then mix all the remaining ingredients for the steak into a large bowl and stir to combine. Add the flank steak, toss until well coated, cover and place in the fridge to marinate for 3 hours or overnight.
2. When ready to cook, remove the steak from the fridge and set it aside for 15 minutes to come to room temperature.

[See more on the next page](#)

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Ingredients

For the steak:

1 tbsp. red wine vinegar

2 tbsp. olive oil

2 cloves garlic

4 tbsp. cilantro, chopped

½ tsp. red chili flakes

For the mango chimichurri:

2 tsp. red wine vinegar

4 tbsp. olive oil

¼ tsp. red chili flakes

1 clove garlic, minced

½ tsp. dried oregano

4 tbsp. cilantro, chopped

1 mango, peeled, and cubed

Salt & pepper

Instructions

3. Place a skillet over a high heat, place the steak in the hot skillet and sear for 2-3 minutes until browned. Flip the steak over and cook on the second side for 2-3 minutes then remove the steak from the hot skillet and place on a board to allow the steak to rest for 5-10 minutes before serving.
4. To make the mango chimichurri, mix 2 tsp. vinegar, 4 tbsp. olive oil, ¼ tsp. red chili flakes, ½ tsp. oregano, 4 tbsp. cilantro and 1 garlic together in a bowl. Season with salt and pepper, add the mango and stir to combine.
5. Slice the steak, cutting across the grain of the meat. Serve immediately with the mango chimichurri. Enjoy!

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Yogurt bowl with berries



Serves: 1



Prep: 5 min



Cook: 0 min

Nutrition per serving

Calories

432

Carbs

33.8g

Protein

31.9g

Fats

18.9g

Ingredients

$\frac{3}{4}$ cup (150g) low fat Greek yogurt

2 tbsp. (30g) low sugar muesli

$\frac{1}{4}$ cup (60g) frozen berries

Instructions

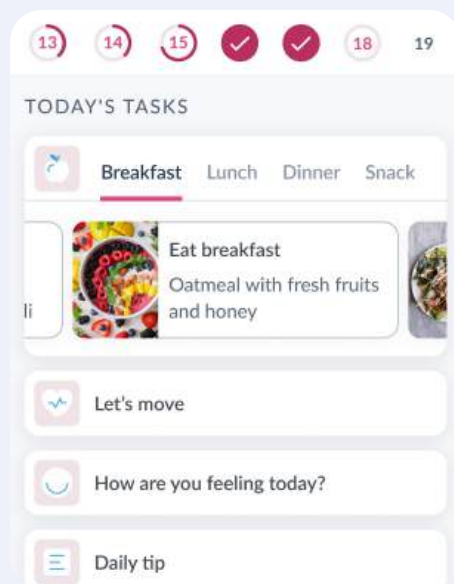
1. Add berries to a microwave safe bowl and microwave on full power for 30 seconds.
2. Remove from microwave and top with yogurt and muesli.

SEE YOU IN THE APP

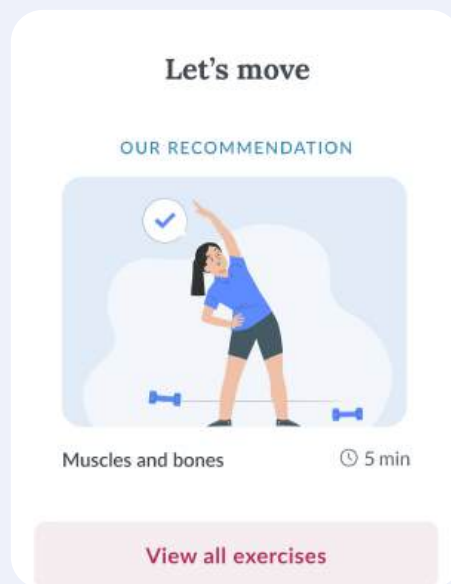
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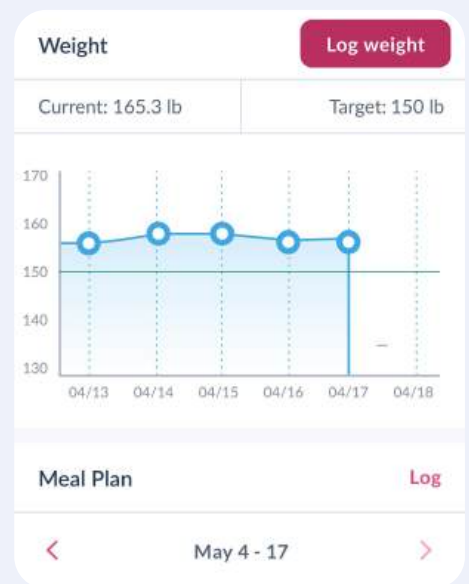
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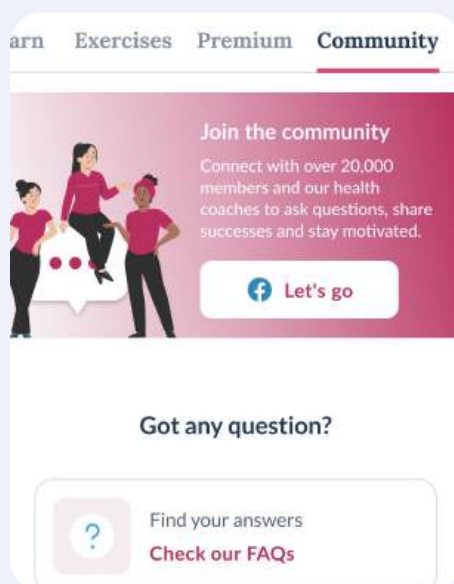
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Exercise videos for all levels



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