



Welcome to
The SENSE Plan

Summer Slindown

I will guide you to
lose weight,
increase your energy levels
and improve your health,
mood and sleep.

A Nutrition plan that makes perfect SENSE!

I created The SENSE Plan for all the women who struggle to lose weight and keep it off.

My goal is to teach a simple, satisfying, and sustainable way of eating that will suit YOU!

My hope is that with my support and coaching this plan will guide you to lose unwanted weight, increase your energy levels and improve your health mood and sleep.

The diet and fitness industry will tell you all you need to lose weight is a “calorie deficit”.

On the surface, it sounds so simple, eat less calories, lose weight.

It is true, a calorie deficit is the correct formula for weight loss.

But let's face it, if it was that simple, we would all easily maintain our ideal weight.

I strongly believe it takes so much more than just a calorie deficit!

The SENSE Plan will guide you to

Focus on the QUALITY of your food

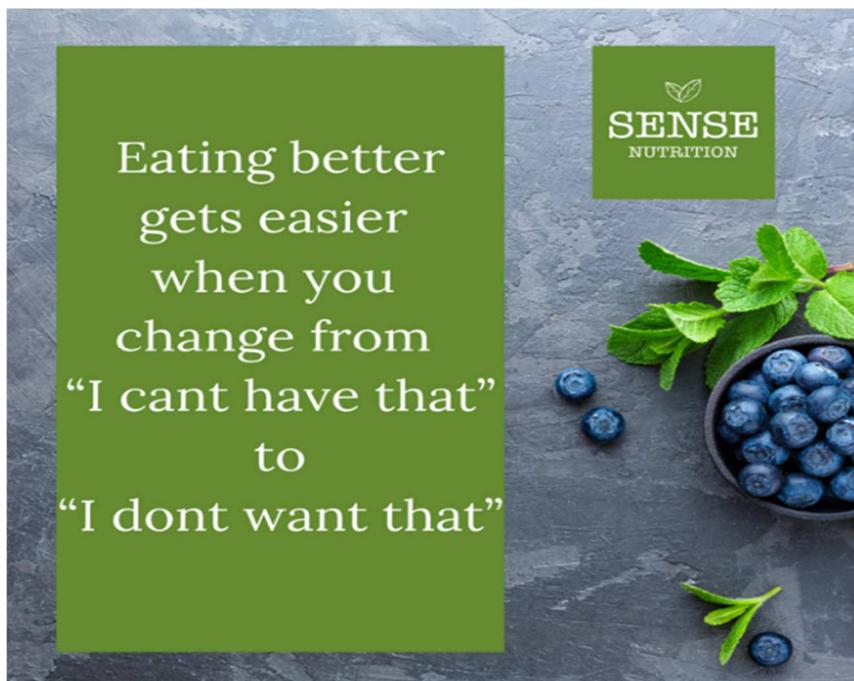
Set a SMART goal

Manage hunger and cravings

Become self-aware

Improve your beliefs, habits and behaviors around food

Improve your self-image and self-talk



Food nourishes us, it keeps us strong and healthy.

When you view it in this way losing weight becomes much easier as your focus is on good quality nutritious food that will keep you feeling satisfied and energized.

LET'S DO THIS!

The first steps to success

- **Clean Up Your Environment**

If you do not want to be tempted by chocolate or crisps do not keep them in your house. It is as simple as that. Clear out your cupboards and get rid of the junk. Out of sight, out of mind, you will not eat it. Tell your loved ones you NEED their support during this time of change.

- **Be Prepared and Get Organised**

Carve some time out of your week to buy the right kind of foods and to plan your weekly meals in advance. Why is it so important to do this? Well, because it is very easy to make bad decisions about food when you don't have the right foods at home. You risk falling into a vicious cycle of bad eating habits. Therefore, make sure you always keep the healthy basics in your kitchen cupboard. Having what you need on hand is the best way to avoid the 'easy' option, which tends to be processed convenience food.

- **Eat Regularly**

Skipping meals is one of the worst things you can do for weight loss. Most of the time this just leads to overeating later in the day. Try breakfast, snack, lunch, snack, and dinner or focus on 3 quality meals a day.

- **Eat within a 12-hour time period**

This step has little to do with weight loss but is so good for gut health and digestion. This will allow your digestive system a break to work and repair. If you eat breakfast at 7am ensure your last meal is at 7pm, if you eat breakfast at 8am ensure your last meal is at 8pm etc.

- **Drink Enough Water**

The health benefits of drinking enough water throughout the day are truly endless, not to mention incredibly important. Begin every day with a large glass of hot water with fresh lemon. This is one of the easiest ways to boost your weight loss. You should be drinking at least 2 litres of water a day.

- **Eat Nutritious Foods That Keep You Feeling Fuller for Longer**

Think about whether a certain food have good nutritional value before you buy them. Have a look at the ingredients. How many words do you understand the meaning of, or even recognise? Remember, there is a reason that fruit, vegetables, and lean meat do not come with an ingredients list. If a food packet has five or more ingredients, the likelihood is that it is heavily processed and not so good for you.

Some great examples are:

Avocados

Avocados have become incredibly popular in recent years, and for very good reason— not only are they tasty, but they are extremely healthy. Where most fruit is high in carbs, avocados are loaded with healthy fats. They are also very high in fibre, which helps you to feel fuller for longer.

Whole Eggs

Eggs are high in protein, healthy fats, and pretty much every other nutrient that your body and brain need. Eggs are also low in calories, incredibly filling, and studies show that people who eat eggs lose more weight. Research suggests that eating eggs for breakfast has been shown to increase weight loss by up to 65%.

Oats

Grains have gotten a bad reputation in recent years, but the truth is, not all grains are created equal. Whole oats are particularly nutritious. They are high in soluble fibre and even contain a decent amount of protein, which makes them incredibly filling.

Chicken Breast

Chicken breast is extremely high in protein, but low in calories. In fact, about 80% of the calories in chicken breast come from protein.

Chia Seeds

Chia seeds are now largely recognised as one of the healthiest foods you can eat— and it's true. They are among the most fibre-rich foods on the planet, with about 11 grams of fibre in a single ounce. Chia seeds are also loaded with minerals and healthy fats, including omega-3 fatty acids.

Fatty Fish

Fish is extremely filling. Eating fish once or twice each week can help you to lose fat. It is best to eat fatty fish, such as salmon, because it is so high in heart-healthy omega-3 fatty acids. Some studies show that the protein in fish is even more filling than protein from other foods.

Greek Yoghurt

Yoghurt is one of the healthiest dairy foods you can eat. It is high in protein, but also loaded with calcium— which has benefits for both weight loss and bone health. However, it is extremely important to read the ingredients list on yoghurt, as some are loaded with sugar. Choose plain, low fat or full fat Greek yoghurt without added sugar. It is best if it says “Bio, Live or Active Cultures” on the label, as this means it contains probiotics, which are also very good for weight loss.

Apples

Most fruit is relatively healthy, but some are better for weight-loss than others. Apples are very close to the top. Due to their structure, they can take a while to chew and eat. Therefore, if you're in need of a weight loss-friendly snack, an apple is one of the best options to go for.

Boiled Potatoes

Potatoes are another food that have gotten a bad reputation in recent years, but this couldn't be more of a mistake. In fact, potatoes are highly nutritious and filling, with boiled potatoes especially arguably being the single most filling food you can eat.

Almonds

Nuts are extremely healthy and nutritious, as they are loaded with fibre, healthy fats, vitamins and minerals. Despite being relatively high in fat, studies show that people who eat almonds lose more weight. A study in 100 overweight women found that those eating almonds lost more weight than those in the nut-free group.

The Essentials of The SENSE Plan

There is no such thing as a universal diet that will suit everyone.
But there are fundamental guidelines that when followed will lead you to make eating well simple, satisfying, and sustainable.

Follow the sample meal plan or create your own meal please by using the portions guide and recipes.

<p>A Balance of Protein, Fibre and Healthy Fats</p> <p>For the first 7 days I want you to follow the recommended portion below</p> <p>This will give your weight loss a boost and help you manage hunger and cravings.</p>	
<p>Vegetables</p>	<p>Aim to eat a variety of vegetables fill half your plate at lunch and dinner with salad, vegetables or a vegetable-based soup</p>
<p>Fruit</p>	<p>Aim for 2 or 3 portions a day Berries and apples are the lowest sugar fruits</p>
<p>Protein</p>	<p>Aim to eat a source of protein at breakfast, lunch, and dinner this is essential to keeping you feeling fuller for longer</p>
<p>Dairy Products</p>	<p>Aim to eat 1 or 2 a day dairy is a great source of protein</p>
<p>Healthy Fats Oils, butter & dressing</p>	<p>Don't fear the healthy fat but do watch the portion sizes Aim for 2 teaspoons a day to cook with or use as dressings</p>
<p>Healthy Fats Nuts, seeds & avocado</p>	<p>Aim for 1 portion a day</p>
<p>Healthy Carbohydrates</p>	<p>Aim for 1 portion a day</p>
<p>A 100 Calorie Snack</p>	<p>Enjoy a snack of your choice</p>

If your start weight is between 10 and 12 stone continue the plan above.

If your start weight is between 12 and 14 stone, you will need more calories, add in one portion of carbohydrate and one portion of healthy fats.

If your start weight is 14 stone or more you will need more calories, add in one portion of carbohydrate and one portion of healthy fats and one portion of protein.



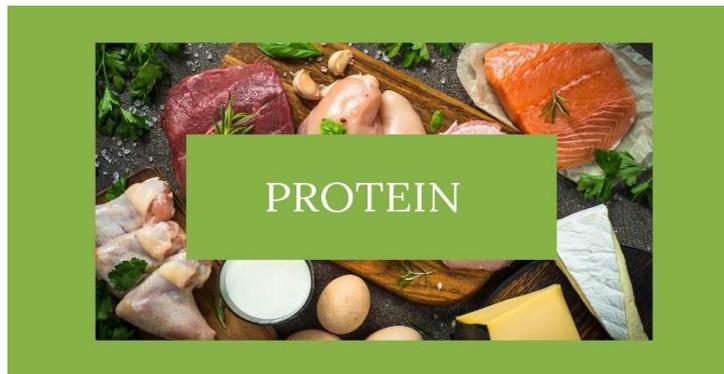
Non starchy vegetables are filling, low in calories and full of fibre. Aim to have half your plate full of salad or vegetables at lunch and dinner. Snacking on vegetables is also a great way to get the goodness in. Celery with peanut butter, hummus with peppers and carrots with soft cheese are just a few suggestions. Don't underestimate how filling and satisfying these are and remember to mix them up. Make a vegetable-based soup or a big salad at lunch. At dinner instead of pasta or rice try spiralized courgette, roasted cauliflower or cauliflower rice. Steam, stir fry or roast your vegetables and mix them up by trying something new.

Asparagus	Chicory	Pumpkin
Aubergine	Collard greens	Rocket
Bamboo Shoots	Courgette	Radish
Bean Sprouts	Cucumbers	Shallot
Broccoli	Green Beans	Spinach
Cabbage	Kale	Sprouts
Carrots	Onions	Tomato
Cauliflower	Pak-choi	Turnip
Celery	Peppers	Watercress
Celeriac		



Fruit is so good for you but higher in calories and carbohydrate than non-starchy vegetables so for that reason we will control how much we eat to start with. Aim for two or three a day, a portion is a fist full or one piece.

Apple	Kiwi	Peaches
Apricots (not dried)	Lemon and Limes	Pears
Banana	Mandarins	Plums
Blackberries	Mango	Pineapples
Blueberries	Melons (all)	Raspberries
Grapes	Nectarine	Rhubarb
Grapefruit	Oranges	Strawberries



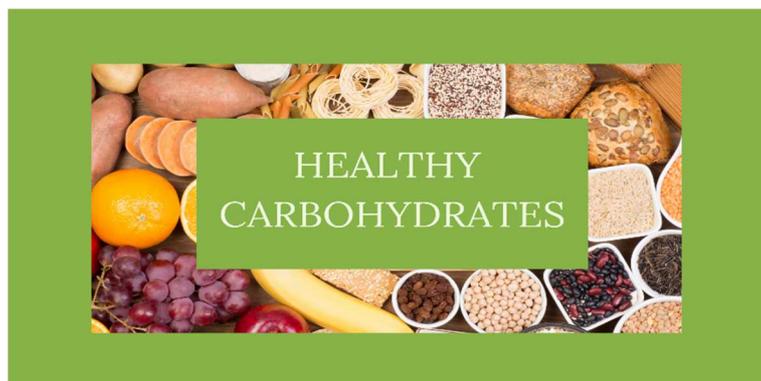
The benefits of eating protein are endless, but our main reason is it keeps us feeling fuller for longer. Consistently eating protein throughout the day will help you manage hunger and cravings. A portion of protein is roughly the size of your palm or otherwise stated below. Aim to eat a source of protein at breakfast, lunch, and dinner. Dairy Products are a good source of protein but aim for only one or two a day.

<p>Protein Aim for 2 or 3 Protein Chicken Breast Turkey Breast Lean Beef Mince Lean Steak Pork Loin Cod Haddock Salmon Mackerel Prawns Tuna 1 large can (in brine or water) Eggs 2 eggs</p> <p>Deli meats such as turkey, ham and roast beef are fine but try to get them at the butcher's counter instead of a packet as they can be heavily processed.</p> <p>Plant Protein Tofu Tempeh Edamame Lentils and Beans are good sources of protein but also contain carbohydrate.</p> <p>All beans & lentils such as pinto, black, cannellini, kidney bean and baked beans are great sources of protein and fibre.</p>	<p>Dairy Aim for 1 or 2 Dairy Low Fat Greek Yogurt Cottage Cheese Milk Full Fat hard Cheese 30g Reduced Fat hard Cheese 50g Full fat Soft Cheese 30g Reduced Fat 50g</p> <p>Nut milks are a good dairy substitute but go for unsweetened. Alpro is a great brand. Almond Milk, Coconut Milk, Goats Milk or Oat Milk</p>
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Healthy Fat is an essential macronutrient, it fills you up and keeps you satisfied. Fats such as avocado, nuts and seeds are also full of fibre. You will feel much more satisfied after having a handful of almonds, for example, than you would from having a cereal bar or a biscuit.

Oils and Butter 2 tsp per day	Nuts and Seeds (a nut portion is approx. 15g) 1 or 2 a day	
Avocado	Almonds	Nut Butter 1 tbsp.
Coconut	Brazils	Chia Seeds 1.5 tbsp
Ground Nut Oil	Cashews	Flax Seeds 2 tbsp.
Hemp	Macadamia	Sunflower Seeds 2 tbsp.
Olive	Soy Nuts	Hummus 2 tbsp.
Sesame	Pecans	Pesto 1 tbsp.
Butter	Pine Nuts	Avocado 1/4
Mayo	Pistachios	
Dressing	Walnuts	



When we limit healthy carbohydrates, we are naturally encouraged to eat more vegetables and fruit to meet our carbohydrate intake. This is a really easy way to maintain a calorie deficit. Vegetables at lunch and dinner plus two portions of fruit and one portion of healthy carbohydrate will give you approximately 25grams of fibre and 130grams of carbohydrate. This will allow for a fast weight loss. But what is important when it comes to carbohydrate is how you feel. Some people need more and some less, listen to your body and adjust accordingly Try week one on one carb portion to get your weight loss started then increase it when you feel the need for more.

Uncooked weight	Whole Wheat Bread	2 Slices
A cooked portion is approximately a fist full.	Whole Wheat Pita	1 Small
Oats 40g	Whole Wheat Wrap	1 Small
Quinoa 40g	Whole Wheat Pasta	40g
Rice 40g	Whole Wheat Couscous	50g
Potato 150g		
Sweet Potato 150g	Try fresh sourdough bread.	
	(it is a healthier alternative to a shop bought loaf)	



It sounds so simple, but it is an easy step to miss. Drinking pure water is one of the easiest and fastest ways to boost your energy levels and feel better instantly. It amazes me how many people I see who are seriously dehydrated. Always aim to drink 2 litres of still water every day.

STORE CUPBOARD

Vinegar, Apple Cider – Balsamic – White and Red Wine Curry powder & Chili powder All herbs and spices Black Bean Sauce Lemon juice Mustard	Soya sauce Stock cubes Tabasco Sauce Thai fish sauce Tomato purée Worcestershire sauce Half fat coconut milk
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If 80% of your nutrition is healthy, nutritious, and unprocessed allow yourself 20% for indulgence. Add a 100-calorie snack of your choice every day. This can be anything you want but do check the calorie content. If you are consistently eating well and following the plan all week you can also take one night per week off plan to indulge but don't go too crazy. I honestly find that these 2 simple things can really keep people on track long term.

But, please be aware, high calorie, high sugar and fat foods are so easy to overeat. Remember, it is overeating that causes us to be overweight, not one particular food. Think about it, you don't crave chicken or broccoli, but you can at times crave the food on the list below. Be aware of your triggers, if you can't have one have none. The most important thing when you indulge is enjoy it and do not feel even in the slightest bit bad about. Get back on track at the next meal not next Monday!

ALCOHOL

The alcohol recommendations for women is no more than 14 units per week which is 7 glasses of wine. Alcohol should be enjoyed in moderation. Gin and Vodka has less calories than wine and beer.

- 150 ml glass of wine 210 calories
- 1 bottle of light beer 150 calories
- 1 Gin or Vodka 65 calories

SUGAR BISCUITS CAKES CHOCOLATE

The sugar intake recommendations are no more than 6 teaspoons a day. If you want to eat chocolate or biscuits check out the label and see how much sugar you are having. When you crave chocolate or sweets remember it is just a craving and will go away. Try some 70% dark chocolate. 2 small squares is approximately a 100 calorie snack and can replace a snack if you can eat it in moderation. If this food triggers you to overeat, avoid it.

ICE CREAM

Loaded with sugar and fat. Should only be enjoyed occasionally. Try freezing a portion of Greek yoghurt and add berries and coconut to sweeten it.

CHIPS AND DEEP-FRIED FOOD

Homemade chips made with potatoes 1 tbsp. of olive oil cooked in the oven with some sea salt. Chips made from the chip shop are deep fried in fat. Is it worth it?

TAKE OUTS, Chinese, Indian and Pizza

Having a takeout occasionally is fine but don't do it any more than once a week. Most are high in calories and fat.

WHITE BREAD PASTA AND RICE AND CEREAL

White stuff has all the fibre stripped out of it and not the most nutritious. Occasional is fine. Most breakfast cereals are processed and loaded with sugar. Weetabix, Bran flakes and All Bran are ok occasionally.

BUILD YOUR OWN MEAL PLAN

Breakfast

- 1 portion of fruit and 2 eggs poached, boiled, or scrambled, you can add bacon mushrooms & tomatoes.
- 2 egg omelette with a choice of tomato, pepper, mushroom, onion, spinach, ham or bacon.
- 2 poached eggs with avocado rocket and tomato sprinkled with chili flakes is delicious and filling.
- Egg muffins for a quick and easy breakfast, mix 2 eggs in a bowl, add in whatever vegetables you fancy, spinach, mushroom, peppers, onion or tomato. Mix, add a little salt and pepper pour the mixture into a lightly greased bun tin and bake in the oven at 160 for 15 mins
- Protein Pancakes, 2 eggs, 1 banana and 1 tbsp. of nut butter, mix in a blender and pour into a hot pan to make into pancakes. Lovely served with a few blueberries and Greek yoghurt or add some cinnamon
- 40g of plain porridge oats with 1.5 tbsp. of chia seeds and 200ml of semi skimmed milk. Use a tsp of honey, maple syrup, cinnamon or some berries to sweeten
- Make it into overnight oats, instead of skimmed milk, use almond milk or Greek yoghurt, mix the oats with milk, cover and leave in the fridge overnight
- 150g of low-fat Greek yoghurt and 1.5 tbsp. of chia seeds add one cup of berries. This is a great mix to give adequate protein to start the day.
- 150g of low fat Greek yoghurt, 1.5 tbsp. of chia seeds with one cup of berries can be made into a smoothie
- Chia seed pudding, soak 1.5 tbsps. Of chia seeds overnight in almond milk, add a portion of berries in the morning.
- Green smoothie, 1 apple, 1 kiwi, a wedge of cucumber, a handful of spinach and ½ a lime to make it more filling add either a tbsp. of chia seeds or ¼ avocado

Lunch

I recommend a salad or vegetable-based soup and protein at lunch as it is so filling and nutritious. It helps to get your recommended vegetables in. It doesn't need to be the same every day you can mix it up and occasionally make it into a wrap or pitta if that's what you choose for a healthy carbohydrate. For soups see the recipe section below.

Start With Greens	Make It Colorful	Make it more filling	Add Protein	Add Fats	Add Dressing	Add Carbs
Spinach Rocket Kale Mixed Leaves	Cucumber Carrots Peppers Tomatoes Red Onion Radish	Beetroot Sugar Snap Peas Green Beans	Chicken Turkey Ham Tuna Salmon Boiled Eggs Sliced Beef	Olives 10 Avocado 1/4 Olive Oil 1 tsp Cheese 30g Mayo 1 tsp	Balsamic or Apple Cider Vinegar	Quinoa Rice salad Potato salad Pasta salad Cous Cous Whole Meal Wrap or Pitta

Dinner

Start With Vegetables	Add Protein	Add Fats	Add Carbs
Choose 2 portions of vegetables: Stir Fried Spiralized Roasted Steamed Boiled	Chicken Turkey Beef Pork Sea Food	For dinners this will mostly be oils to cook with, cheese to garnish, coconut milk or low fat crème fresh, Oils 1 tsp per person Cheese to garnish 30g Low fat crème fresh 2 tbsp. Half fat Coconut milk ½ can	Quinoa Rice Potato Sweet potato Pasta

Healthy Snacks

ALWAYS have healthy snacks with you in work, in the car or anytime you are on the move. A few great options are,

- A portion of fruit or nuts
- Celery and peanut butter
- Apple and peanut butter
- Yogurt
- Hummus with peppers, carrots or cucumber
- Soft cheese with pepper, carrots or cumber
- 2 squares of dark chocolate

HEALTHY NUTRITIOUS DELICIOUS DINNER RECIPES

All of the dinners include a protein source - a little oil - seasoning and vegetables
If you want to use your carbohydrate portion for the day add it in unless otherwise stated.

CHICKEN AND TURKEY

Chicken Stir Fry (makes 4 portions)

Ingredients

4 chicken breasts, 4 tsp of ground nut oil, 1 clove of garlic chopped, thumb size wedge of fresh ginger chopped, ½ tsp of chili flakes, soy sauce and 1 bag of stir fry vegetables.

Method

Marinate 4 breasts of chicken for 30 minutes to 1 hour with the chopped garlic, fresh ginger, chili flakes and soy sauce. Heat pan and add ground nut oil or sesame oil. Fry chicken until cooked and add in a full bag of shop bought stir fried vegetables. Continue to stir fry until vegetables are cooked. Serve with Cauliflower rice or a portion of rice from your daily carbohydrate allowance.

Chicken Curry x (makes 4 portions)

Ingredients

4 chicken breasts, 4 tsp of coconut oil, 1 small onion, ½ a red pepper, ½ a green pepper, 1 clove of garlic, 1 tbsp. of curry powder, 1 tsp of garam masala, 1tsp turmeric, 1 tsp of cumin, ½ tin of half fat coconut milk and 1 tin of tomatoes. Serve with roasted cauliflower or cauliflower rice and garnish with a squeeze of lime and chopped coriander

Method

Melt coconut oil in a hot pan add in 4 chicken breasts until cooked. Soften 1 small onion with ½ a red and ½ a green pepper. Add 1 clove of garlic, 1 tbsp. of curry powder, 1 tsp of garam masala, 1tsp turmeric and 1 tsp of cumin, mix together for 1-2mins to release the spice flavours. Add ½ can of half fat coconut milk and one tin of tomatoes. Simmer for 30-40 minutes.

Garnish with a squeeze of lime and chopped coriander Serve with roasted cauliflower or cauliflower rice.

Chicken Fajitas (makes 4 portions)

Ingredients

4 chicken breasts, 4 tsp of oil, fajita spices, 1 onion sliced, ½ a red and ½ a green pepper sliced, tomato salsa and sliced avocado, coriander and lime to garnish

Method

Fry chicken in oil and add in the fajita spices, add in onion and peppers to slightly soften
Serve with sliced avocado, tomato salsa and garnish with coriander

Chicken wrapped in Parma ham

Ingredients

1 chicken breast per person, 1 slice of parma ham or lean bacon per person.

Method

Wrap the chicken breast in parma ham and cook in the oven at 180 for 25 minutes
Service with asparagus and green beans or any other vegetables of choice

Lemon & Garlic Chicken with Roast Peppers

Ingredients and Method

Cook Chicken breast with 1 tsp of olive oil, 1 clove of garlic and the juice from ½ a lemon in the oven at 180 for 25 minutes. Roast one red pepper and one yellow pepper with one sliced red onion, drizzle with olive oil, chili flakes and one garlic clove.

Chicken with Pesto tomato and mozzarella

Ingredients & Method

Cover one Chicken breast with 2 tbsp. of pesto, add 30g of mozzarella cheese and one sliced tomato, cook in the oven at 180 for 25 minutes. Serve with green beans & broccoli

Creamy Chicken and Mustard (makes 4 portions)

Ingredients and Method

Cook 4 chicken breasts in the oven at 180 for 25 minutes

For the sauce chop 1 onion and a handful of mushrooms and sauté in a pan until cooked, add in 2 tsp of wholegrain mustard and 1 pot of half fat crème fresh. Serve with 2 vegetables of choice.

Cajun Chicken & Sweet Potato Fries

Ingredients & Method

Using the Cajun chicken rub, cover the breast of chicken and cook at 180 for 25 mins.

Chop sweet potato into wedges, place in a bowl drizzle with olive oil for extra flavor sprinkle with paprika or chilli flakes and shake to mix, place on a pre heated baking tray cook at 200 for around 45 mins. Serve with salad or vegetables of your choice. The sweet potato will be you carbohydrate for the day.

Home Made Turkey Burgers (makes 4 portions)

Ingredients and Method

500g Turkey Mince, ½ beaten egg, 1 clove of garlic chopped and 1 small chopped onion, 1 tsp of

Paprika, 1 tsp oregano, ½ tsp parsley, ½ tsp sage and salt and pepper to taste.

Mix together in a bowl and split into 4 equal sized burger patties. Place on a griddle pan until browned then cook in the oven for 15 minutes at 180. Serve with lettuce, tomato, red onion

BEEF

Bolognese (makes 4 portions)

Ingredients

500g lean mince, 4 tsp of oil, 1 clove of garlic chopped, 1 tbsp. of Italian herbs, 1 chopped onion, ½ green and ½ a red pepper, 1 tin of chopped tomatoes. Courgette and parmesan cheese

Method

Brown the mince in olive oil, add in chopped garlic and Italian herbs, add peppers and 1 chopped onion to soften, add 1 tin of chopped tomatoes and simmer for 30-40 minutes. Serve with spiralized courgette and a small amount of parmesan cheese.

Chilli (makes 4 portions)

Ingredients

500g lean beef mince, 4 tsp of oil, 1 chopped onion, 1 stick of celery finely chopped, 1 chopped red pepper, 1 clove of garlic chopped, 1 tsp chilli flakes, 3 tsp ground cumin, ½ tsp ground cinnamon, 1 tsp dried oregano, 2tsp chilli powder (own heat preference), 1 tin of chopped tomatoes, 1 small can of kidney beans, fresh coriander and squeeze of lime.

Method

Fry the mince in oil add onion, celery and pepper, cook until veg is soft and meat is brown add the chopped garlic, chili flakes, ground cumin, chilli powder, ground cinnamon and mix. Add chopped tomatoes and gently simmer for 30 mins, add one small can of kidney beans and gently simmer for a further 30 mins. Serve with fresh coriander and squeeze of lime.

Home Made Beef Burgers (makes 4 portions)

Ingredients and Method

500g lean mince, ½ beaten egg, 1 clove of garlic chopped and 1 small chopped onion. Mix together in a bowl and split into 4 equal sized burger patties. Place on BBQ/griddle pan until cooked through. Serve with lettuce, tomato, red onion and gherkins.

Steak and Asparagus stir fry

Ingredients

120g lean steak per person, 1 tsp of oil per person, 2 cloves of garlic chopped, a wedge of chopped ginger, 10 spears of chopped asparagus, 1 tablespoon of black bean sauce

Method

Stir fry beef with olive oil, garlic and ginger, add 10 spears of chopped asparagus Add in one tbsp of black bean sauce.

PORK

Pork with Mushroom & Cheese

Ingredients and Method

Sauté mushrooms and sliced onions until the onions are soft and the mushrooms have released their juices. Remove from the pan, and sauté pork chop (fat off) until cooked through. Top the pork chop with the sautéed vegetables and 30g cheese. Place in the oven to melt. Serve with 2 portions of veg

Smokey Sausage Casserole (this is also lovely with chicken)

Ingredients

2 lean sausages per person (try the HECK sausages they are 95% pork or chicken) 1 tsp of oil per person, 1 onion chopped, 1 clove of garlic chopped, 1 stick of celery, 1 red and 1 green pepper, 1 tsp of smoked paprika, 1 tsp ground cumin, ½ tsp chili flakes. 2 tins of chopped tomatoes 1 tin of cannellini beans and 1 bag of spinach.

Method

Brown sausages 2 per person for colour and set aside, in the same pan add oil, onion, chopped garlic, celery and peppers give it a good stir and cook for 5 minutes, add in the spices, cook for 2 minutes to release the flavor. Add the sausages and chopped tomatoes and bring to a simmer cover and gently simmer for 40 minutes, add in cannellini beans and a bag of spinach and stir to warm through.

Chinese Pork Stir Fry (makes 4 portions) (this is also lovely made with chicken)

Ingredients

400g of pork tenderloin, 1 tsp of corn flour, 2 cloves of garlic, ½ onion chopped, ½ tsp of chili flakes, 1 inch of fresh ginger grated, 2 tbsp of coconut oil, 1 sliced red pepper, 2 spring onions, 1 small can of pineapple chunks. For the sauce use the juice from the pineapple, 5 tbsp of soy sauce, 3 tbsp of rice vinegar.

Method

Prepare the sauce by mixing the pineapple juice, soy sauce and rice vinegar
Cut the pork into thin slices, season with salt and pepper and coat in corn flour. Melt the coconut oil in a pan, add the pork cook for approx. 3 minutes, add the onion, pepper, garlic, ginger, chili and stir fry for another 3 minutes. Add the pineapple and the sauce and cook until it thickens. Sprinkle with chopped spring onions and serve with cauliflower rice or a portion of rice from your healthy carbohydrate allowance.

SEAFOOD

Cod with Bacon Mozzarella Cheese and Olives

Melt 1 tsp of butter in a pan, add 2 rashers of bacon and ½ a red onion. Fry for 2 minutes then add in one clove of garlic, cut cod into chunks and add to the pan Turn every few minutes until it is nearly cooked add 1 tin of chopped tomatoes reduce the heat and simmer for 5 minutes, add in 8 olives and 30g of mozzarella cheese, take off the heat and cover until the cheese has melted serve with fresh basil leaves and vegetables of your choice.

Fish Curry x 4

Melt 1 Tbsp of coconut oil in a hot pan Soften 1 small onion with ½ a red and ½ a green pepper. Add 1 clove of garlic, 1 Tbsp of curry powder, 1 tsp of garam masala and 1 tsp of cumin, mix together for 1-2mins to release the spice flavours.

Add ½ can of half fat coconut milk and one tin of tomatoes add in cod cut in to equal sizes chunks and simmer for 10 minutes until cod is cooked through Garnish with a squeeze of lime and chopped coriander, serve with roasted cauliflower for extra heat add chilli flakes

Lemon Pepper Prawns

Ingredients and Method

Marinate 120g of prawns in lemon juice and a pinch of black pepper for 10 minutes. Heat a pan 1 tsp of olive oil. Drain the prawns and sauté until cooked through, add in mixed peppers serve with 1 portions of vegetables or salad

Teriyaki Salmon with Green Beans and broccoli

(this is also good to use with chicken breast instead of salmon)

Ingredients and Method

Marinate Salmon in 2 tbsp. soy sauce, a wedge of grated ginger and 1 garlic clove chopped for 30 minutes to 1 hour. Grill the salmon, serve with green beans and broccoli

Home Made Pizza

Ingredients and Method

One whole meal tortilla wrap per person, cover with a thin layer of passata sauce and add toppings of choice, peppers, onion, mushroom, chicken, ham, bacon.

Cover with 30g of grated cheese or mozzarella cheese and bake in the oven at 180 for 10 minutes. The tortilla wrap will be your carbohydrate allowance for the day.

Spicy Lentil Soup (makes 4 portions)

Ingredients and Method

250g of red lentils, 1 tbsp. olive oil, 1 onion, 1 carrot, 1 stick of celery, 1 tsp of ground cumin
½ tsp of turmeric, ½ tsp of chilies, 2 garlic cloves, 2 stock cubes (Chicken/veg)

Heat the oil, add onion, carrot and celery and cook on a low heat for 10 minutes

Add the cumin, turmeric, garlic and chili and cook for 1-2 minutes until the aroma is

Released, add the stock cubes to 1.25 litres of boiling water, add the stock and the lentils to the pot and simmer for 20 minutes stirring occasionally. This can then be blended or eaten as is.

Broccoli Pea and Basil Soup

Ingredients and Method

1 tbsp of butter or olive oil, 1 chopped onion, 2 cloves of garlic, 2 celery sticks, ½ tsp of oregano, 1 pack of fresh basil leaves (separate the stocks and the leaves) 2 vegetables stock cubes in 1.25 litres of water, 3 or 4 heads of broccoli, 300g of peas and juice of ½ a lemon, sea salt and black pepper to season.

Heat the oil and fry the onion for minutes, add the garlic, celery, oregano and basil stocks and stir for another 5 minutes, add the broccoli and stock and simmer for 10/15 minutes (don't overcook the broccoli) remove from the heat and add the peas, basil leaves and lemon juice. Blend and serve with another squeeze of lemon and a sprinkle of parmesan cheese.

These rubs are a great way to keep your meats tasty and interesting.

Fajita Rub 1 tbsp. of sea salt 1 tbsp. of ground cumin 1 tbsp. of chili powder 1 tsp of onion granules 1 tsp garlic granules 1 tsp of cayenne pepper 1 tsp of smoked paprika	Southwest Rub (great for chicken, pork, red meat, sea food and vegetables) 2 tsp chilli powder 2 tsp garlic granules 2 tsp paprika 2 tsp of sea salt 1 tsp ground coriander 1 tsp of ground cumin 1 tsp freshly ground black pepper	Cajun Rub (great for chicken, pork, red meat, sea food and vegetables) 2 tsp of finely chopped fresh thyme 1 ½ tsp of sea salt 1 tsp of garlic granules 1 tsp of onion granules 1 tsp of paprika 1 tsp of light brown sugar 1 tsp of freshly ground black pepper ½ tsp of cayenne pepper
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