

WELCOME TO
GET FIT
&
Sparkle
WITH AMY DOWDEN



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Disclaimer

The content within this guide is not a substitute for professional medical diagnosis, care or treatment. If you are in any doubt whatsoever, have poor health, or pre-existing mental or physical conditions and/or injuries, do not attempt to follow the training or dietary guidance without clearance from your physician or doctor first.

By participating you knowingly and voluntarily assume all risks associated with such diet and exercise guidance. Powah Ltd & Amy Dowden accepts no liability for any injury, loss or damage resulting from physical exercise or dietary choices made

All content and guidance has been created and written by fully qualified industry professionals, and is presented and demonstrated by Amy Dowden.

By following our guide you knowingly and voluntarily assume the inherent risk of physical/resistance training. You must always train in a safe and controlled environment, ensuring you have the requisite supervision of a competent/qualified gym assistant. At no time should you attempt to perform such activities alone and unsupervised.

The dietary guidance given as examples within this guide should act as a general guide only, based around how to formulate a balanced eating plan intended for someone who is in good health and aiming to be in a calorie deficit in order to lose unwanted excess fat. The specifics of an individual's dietary needs are complex, and therefore it is advised that you seek the advice of a qualified dietician in order to put together a full diet plan for yourself.

Should you suffer from any medical conditions, injuries or allergies, or should you be in any doubt whatsoever, you must seek medical/professional advice immediately, do NOT proceed to partake in any activity or change in diet. Any medical questions should be directed to a healthcare professional.

You acknowledge and agree that you are responsible for your own health and safety at all times, and that you have been assessed by a medical expert (e.g. your GP/Doctor) who has given you consent to partake in physical activity.

WELCOME TO GET FIT & *Sparkle*! WITH AMY DOWDEN



I'm so happy that you're reading this because it means you are ready to dance yourself fit with me, we are going to have so much fun and you're going to feel so much fitter, happier, and healthier.

Dancing is such a great way to get fit, in shape, more toned and improve your mood... it really does tick all the boxes!

I really want you to give the next 4 weeks everything you've got, from being consistent at following the plan to giving each routine every ounce of energy you have. Whether you think you've got two left feet or you are new to exercise, this plan is not only going to get you in great shape, it's going to teach you a new skill too.

For me, dancing isn't just my career, it's also my favourite way to keep fit and in shape, and it always lifts my mood, de-stresses me and makes me feel so positive.

I've worked with award winning personal trainer, Katie Bulmer-Cooke to bring this plan to life. The workouts are easy to follow and all you need is your own body...no equipment required.

I'm going to be there dancing with you every step of the way and I really want to follow and support your journey to reaching your goal, whatever it may be, so don't forget to tag me in your sweaty dance selfies!

Now let's get fit and sparkle!

Much love,

Amy x



amy_dowden



Click the button and use password *sparkle* to access the videos.

Getting Started & Goal Setting

We all have our own reasons for putting on our trainers and exercising. Whatever your driving motivation is, it's important to be able to track your progress and results along the way.

If one of your goals is to make changes to things such as muscle tone, weight or body fat then following the steps below will help you to see how your body is changing.

Progress Pictures

Taking pictures is a great way to see how your body is adapting to exercise. For the most accurate representation of these changes, we recommend taking three 'before' pictures and repeating this process again when you reach the end of the plan.

Take the first picture facing the camera, the next from the side and the final one with your back to the camera.

For the most accurate pictures, be sure to take your 'before' and 'after' at the same time of day, wearing the same clothing (preferably fitted), in the same lighting.





If your goal is focused around weight loss, then you may also wish to weigh yourself and record your weight alongside using a tape measure to take measurements from various areas of your body, such as:

Neck

Place the tape around the middle of your neck, while standing up straight with your neck relaxed.

Chest & Back

Standing upright and while breathing normally, pass the tape around your torso in line with your nipples.

Upper Arm

With your arm in a relaxed position by the side of your body, pass the tape around the widest part of the upper arm.

Waist

Standing upright and while breathing normally, pass the tape around the narrowest point of your trunk.

Belly Button Line

Standing upright and while breathing normally, pass the tape around your trunk, inline with your belly button.

Hips & Bum

Standing upright with your feet together, pass the tape around your body inline with your hip bones.

Thighs

Standing upright with your feet apart, pass the tape around the widest part of your thigh.

Just like when taking your progress photographs, ensure you always measure your body and weight at the same time of day, and wearing the same clothes

GET FIT
AND
Sparkle
WITH
AMY DOWDEN

Goal Setting

Setting your goals clearly and correctly will play a big part in ensuring you get to where you want to be, in a time efficient and motivated manner.

Using the SMART principle is the perfect way to do this.

S

Specific

Your goal needs to be specific and should avoid being general. Many people set out to simply 'be more toned' or 'get fit', but neither of these goals are specific. A better goal would be, 'I will lose an inch from my waist measurement' or 'I will be able to complete a full dance fitness workout without stopping'.

M

Measurable

The best way to be able to measure your goal and know if you have achieved it, is to attach a number to it. For example, 'I will be fitter' becomes 'I will be able to complete a full 30 minute dance fitness workout without stopping' or 'I will lose weight' becomes 'I will lose 6lbs.'

A

Achievable

If your goals are not achievable, you will never feel like you are getting closer to achieving them, and are more likely to give up all together. If you are setting big goals, such as aiming to lose a stone, then be sure to break that down into smaller goals, such as achieving a 2-3lb weight loss per week. While it is important for your goal to be achievable it should also be challenging!

R

Realistic

Ask yourself, is the goal you have set realistic given your current commitments? If you've set yourself a weight loss goal, is it realistic? Do you have that much to lose? Can you realistically achieve it in the given timeframe you've set yourself?

T

Time Limited

It is really important to attach dates and deadlines to your goals in order to keep you on track, or it can be easy to lose focus and drive.

It is also important to regularly reassess your goals and set new ones. As you approach completion of your first goal, start thinking about your next goal.

Always choose a goal that YOU feel passionate about and really motivates you. Don't focus on what other people are aiming for, and don't choose something that you think you should be focused on.

Training Terminology

Your programme contains several ways of exercising, and here are some types of training you will come across in the plan.



REST TIME

Displayed in minutes and/or seconds, you will find a range of different rest periods throughout the programme. This is always given as a guide. If at any time you feel you need a little longer, listen to your body and take some more rest if needed.



INTERVALS

Interval Training is a training style that involves short, medium to high intensity exercise periods alternated with periods of rest for a set period of time. These periods of exercise and rest are repeated several times to form part or all of your workout.

HOW TO USE THE PLAN



You have 5 workouts to complete each week, made up of three Dance Workouts, one Dance Conditioning and one Stretch Session.

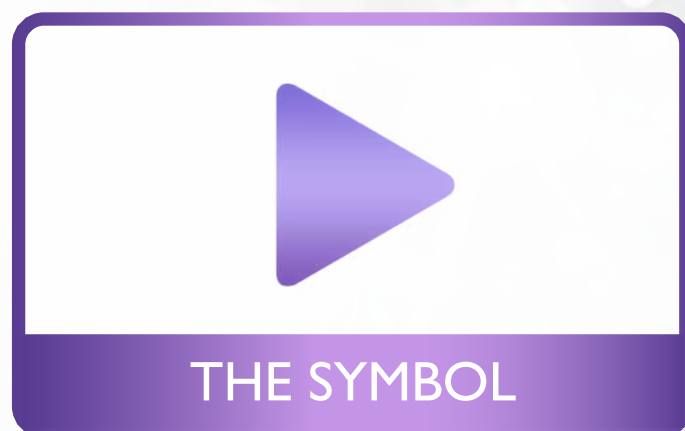
You can choose which days you decide to workout, based on your work, family and general life commitments, but the key is to plan ahead.

In each workout you are encouraged to work at a pace that suits your current fitness level and ability, while always challenging yourself wherever possible.

‘There’s a saying ‘never skip a Monday’ when it comes to workouts, and I totally agree with it as a brilliant workout will always set you up for a positive week ahead.’

—Amy

Throughout the plan you’ll see this symbol



Click the button and use password ‘sparkle’ to access the videos.

What you will need



You can do all of the workouts anywhere, as you don't need any equipment.

Always be sure to work at a level that challenges you but also allows you to maintain good form and technique. Always listen to your body and take a longer rest between dances if needed.

WORKOUT OVERVIEW

Instructions

You have 5 workouts to complete each week, made up of three Dance Workouts, one Dance Conditioning and one Stretch Session.

Additional Information

In all of your workouts, always challenge yourself, while being able to maintain good technique.

Each Week

*Days can be swapped and changed around to suit work and general life commitments

Weeks 1 & 2

Monday: Dance Workout 1
Tuesday: Stretch Session
Wednesday: Dance Workout 2
Thursday: Rest
Friday: Dance Workout 3
Saturday: Dance Conditioning 1
Sunday: Rest

Weeks 3 & 4

Monday: Dance Workout 4
Tuesday: Stretch Session
Wednesday: Dance Workout 5
Thursday: Rest
Friday: Dance Workout 6
Saturday: Dance Conditioning 2
Sunday: Rest

In addition, the workouts are structured in such a way that you can go back to them again and again and make them more challenging, to ensure you keep progressing by:

- Giving each Dance Workout more energy.
- Performing more repetitions (reps) in each of the time periods where interval training is used in the Dance Conditioning workouts.

Dance Workouts



DANCE WORKOUTS

To unlock videos, tap the Play button and enter password 'sparkle'

If you need any help at any time, please don't hesitate to contact our friendly customer support team at support@powah.com.

*Each workout starts with a warm up track.
At the end of each workout always ensure you cool down and stretch.*



DANCE WORKOUT 1

Total Workout Time: 19 minutes

In this workout, Amy will have you sweating and sparkling as she takes you through a range of dance styles, from Salsa and Cha Cha Cha to Bollywood and Jive!



DANCE WORKOUT 2

Total Workout Time: 20 minutes

Get ready to raise your heart rate and shimmy your way to burning some serious calories with Amy in this super fun dance workout.



DANCE WORKOUTS

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At the end of each workout always ensure you cool down and stretch.*



DANCE WORKOUT 3

Total Workout Time: 19 minutes

Disco, Salsa, Samba and so much more...this workout is super high energy and is jam packed with easy to follow moves that will get you heart rate up and help you improve your cardiovascular fitness.



DANCE WORKOUT 4

Total Workout Time: 19 minutes

Get ready to bring the energy for this super fun workout featuring Charleston, Salsa, Dance Pop and so much more!



DANCE WORKOUTS

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*Each workout starts with a warm up track.
At the end of each workout always ensure you cool down and stretch.*



DANCE WORKOUT 5

Total Workout Time: 17 minutes

This workout is full of sparkle and sweat and it's going to seriously help you improve your fitness. Get ready to Jive, Salsa and Cha Cha Cha yourself fit!



DANCE WORKOUT 6

Total Workout Time: 20 minutes

Amy brings you everything from Quick Step and Dance Fitness in this workout, and it's sure to make you sweat, sparkle and smile!



DANCE WORKOUTS

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*Each workout starts with a warm up track.
At the end of each workout always ensure you cool down and stretch.*



COOL DOWN

Total Workout Time: 2 minutes

The perfect way to end your workout, bring the heart rate down and chill out.



Dance Conditioning 1



Dance Conditioning 1

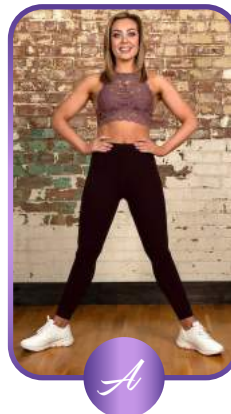
In this interval workout, you'll be performing each exercise for 40 seconds with a 20 second rest between each one.

Perform as many good quality repetitions as you can in each 40 second interval.

Complete the circuit 3-4 times in total.

1. Ballet Squat

1. Stand with your feet wider than shoulder width apart, and have your toes and knees slightly turned out.
2. Keep your upper body tall and bend your knees as you lower into a squat position.
3. As you return to standing, gently squeeze your glutes and draw in your belly button.



2. Superman

1. Place your hands under your shoulders and your knees under your hips.
2. Keep your back still and draw in your belly button as you slowly lift the opposite arm and leg.
3. Hold for 1-2 seconds before slowly lowering back to your start position, and repeating on the other side.



3. Single Leg Glute Bridge

1. Lie with your heels close to your bottom and your lower back pressed gently into the floor.
2. Keep one leg in the air as you lift your hips and then back away from the floor, squeezing your glutes and keeping your hips level.



Dance Conditioning 1

In this interval workout, you'll be performing each exercise for 40 seconds with a 20 second rest between each one.

Perform as many good quality repetitions as you can in each 40 second interval.

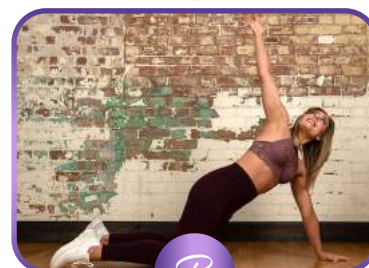
Complete the circuit 3-4 times in total.

4. Press Up Twist

1. Have your hands slightly wider than shoulder width apart, and keep your body weight forward as you lower your chest down between your hands.
2. As you press up and away from the floor raise one hand and rotate the upper body, looking up at your hand as you do so.
3. Repeat on the other side.



A



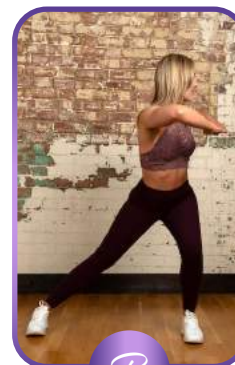
B

5. Side Lunge & Twist

1. Start with your feet under your hips, and while keeping your upper body tall, step out to one side and rotate your upper body in the same direction.
2. Aim to keep your leg that stays in place straight, and have the other leg perform a squatting action.
3. Step your leg back to the start position and repeat on the other side.



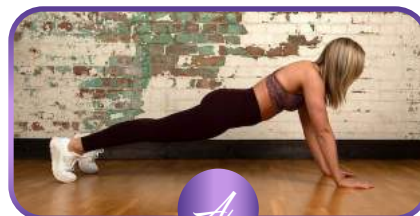
A



B

6. Plank Leg Lift

1. Place your hands under your shoulders, draw in your belly button and lightly tense your glutes.
2. Exhale and lift one leg, while keeping your lower back still.
3. Hold for 1-2 seconds before placing the foot back on the floor and repeating on the other side.



A



B

Dance Conditioning 1

In this interval workout, you'll be performing each exercise for 40 seconds with a 20 second rest between each one.

Perform as many good quality repetitions as you can in each 40 second interval.

Complete the circuit 3-4 times in total.

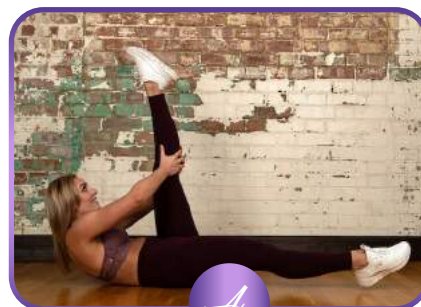
7. Heel Elevated Wide Squat

1. Stand with your feet in a wide stance and lift one heel off the ground.
2. Keep your upper body tall and chest lifted as you squat.
3. Squeeze your glutes as you stand up before placing the heel back on the ground and repeating on the other side.



8. Scissors

1. Lying on your back, hover one leg above the ground and support the other leg with the hands.
2. Keep your chin slightly tucked in and your head and shoulder blades off the ground as you switch legs.
3. Draw in your belly button throughout and aim to exhale as you switch legs.



Dance Conditioning 2



Dance Conditioning 2

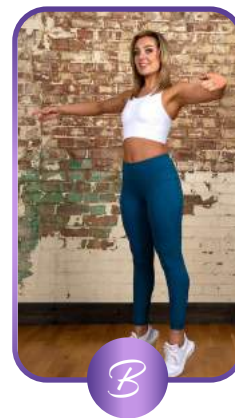
In this interval workout, you'll be performing each exercise for 45 seconds with a 15 second rest between each one.

Perform as many good quality repetitions as you can in each 45 second interval.

Complete the circuit 3-4 times in total.

1. Squat & Calf Raise

1. With your feet slightly wider than hip width apart, sit your hips back and bend your knees into a squat position.
2. As you stand up lightly tense the quads, glutes and calves as you lift your heels and extend your legs.
3. Lower the heels with control and repeat the movement.



2. Back Extension

1. Keep your eyes focused on the ground and your head and neck in line with your back.
2. Slowly, and with control lift the head and chest off the ground.
3. Keep the feet on the floor throughout and, with control, lower your head and chest back to the starting position.



3. Single Leg Dead Lift

1. Place your right foot under your right hip, with a very slight bend in the knee.
2. With control, tip forward at the hips to create a stretch in the right hamstring, before returning to the start position and repeating on the left.
3. Drawing your belly button in will help you balance.



Dance Conditioning 2

In this interval workout, you'll be performing each exercise for 45 seconds with a 15 second rest between each one.

Perform as many good quality repetitions as you can in each 45 second interval.

Complete the circuit 3-4 times in total.

4. *Narrow Press Up & Reach*

1. Place your hands under your shoulders and lower your chest down between your hands, while keeping the elbows tucked in by your sides.
2. As you press up and return to your start position, raise one arm and aim to keep the rest of your body still.
3. Place the hand back in the start position and repeat on the other side.



A



B

5. *Curtsey Lunge*

1. Step back into a curtsy position, bending both knees and keeping your chest lifted.
2. Keep the hips pointing forward and the shoulders relaxed.
3. Repeat on the other side.



A



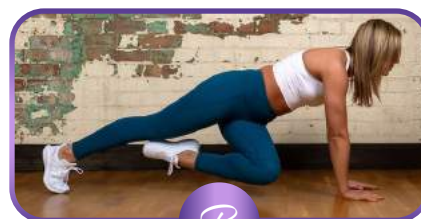
B

6. *Cross Body Mountain Climber*

1. Place your hands underneath your shoulders and draw your belly button in.
2. Drive your right knee across the body, towards the left elbow, then repeat on the other side.
3. Aim to maintain a strong plank position throughout and keep your back as still as possible.



A



B

Dance Conditioning 2

In this interval workout, you'll be performing each exercise for 45 seconds with a 15 second rest between each one.

Perform as many good quality repetitions as you can in each 45 second interval.

Complete the circuit 3-4 times in total.

7. Split Squat & Rear Leg Lift

1. Stand with both feet facing forward, in a split stance that allows you to create approx. a 90° bend at both knees as you lower yourself into the split squat position.
2. As you lift up, lean forward slightly, squeeze your glutes and lift the back leg.
3. Switch sides half way through the interval.



8. Side Plank Clam

1. Place your elbow underneath your shoulder, and keep your feet together as you open the knees and squeeze your glutes.
2. Keep your hips stacked and in the same fixed position throughout the exercise.
3. Switch sides half way through the interval.



Stretch Guide



Stretch Guide

Hold each stretch for approximately 30-60 seconds



Roll Down

1. Stand with your feet under your hips, with the knees soft.
2. Start by tucking your chin into your chest and gradually bend forward, one vertebrae at a time.
3. Let your head and arms hang and roll down as far as feels comfortable for you.
4. Slowly reverse the movement and roll back up to standing.

Full Body Stretch

1. Stand and extend your arms up above your head and lengthen the legs.
2. Imagine someone is pulling up on your fingers and down on your toes.



Stretch Guide

Hold each stretch for approximately 30-60 seconds



Z Stretch

1. Lie on your back with your knees bent.
2. Allow your knees to fall to one side and your arms to the other.
3. Repeat on the other side.

Hamstring Stretch

1. Lie on your back with your knees bent, then lift one leg up straight and support it either above or below the knee with your hands, as you bring the leg towards your body and head.
2. Keep the leg as straight as you can, and keep your bottom pressed onto the floor to create a stretch through the back of the thigh.
3. For the most effective stretch, it is better to have your leg straight and further away from your body, than bent and closer to your body.
4. Repeat on the other side.



Stretch Guide

Hold each stretch for approximately 30-60 seconds



Quadriceps Stretch

1. Lying on your front, bring one heel up towards your bottom and use your hand around your ankle to assist.
2. Keep your knees close together and gently press the hips onto the floor to increase the stretch through the front of the thigh.
3. Repeat on the other side.

Childs' Pose

1. From a kneeling position sit your bottom back towards your heels and reach your arms out in front.
2. Allow your head and chest to relax between your arms .



Stretch Guide

Hold each stretch for approximately 30-60 seconds



Pigeon

1. Sit with your right leg out in front at approximately a 90 degree angle.
2. Have the left leg extended behind you, and gently lay forward over the right leg.
3. Repeat on the other side.

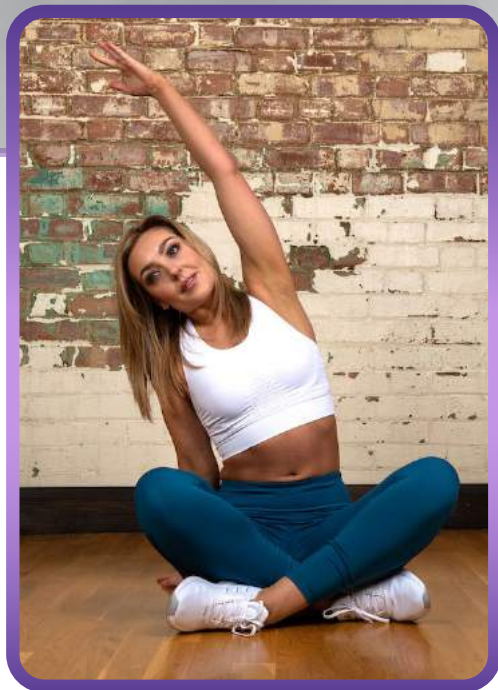
World's Greatest Stretch

1. From a straight arm plank position, step your right foot forwards towards your right hand.
2. Then raise your right arm and look up towards your hand as you rotate your upper body and gently press the hips forward.
3. Repeat on the other side.



Stretch Guide

Hold each stretch for approximately 30-60 seconds



Seated Lat Stretch

1. In a seated position, place one hand on the floor for balance and reach the other arm up and over the head while leaning over with the torso to create a feeling of stretch down the side of the body.
2. Repeat on the other side.

Hip Flexor Stretch

1. In a standing position, step one foot forward, keeping your toes pointing forward.
2. Gently ease the hips forward to create a stretch across the front of the hip.
3. Repeat on the other side.



Stretch Guide

Hold each stretch for approximately 30-60 seconds

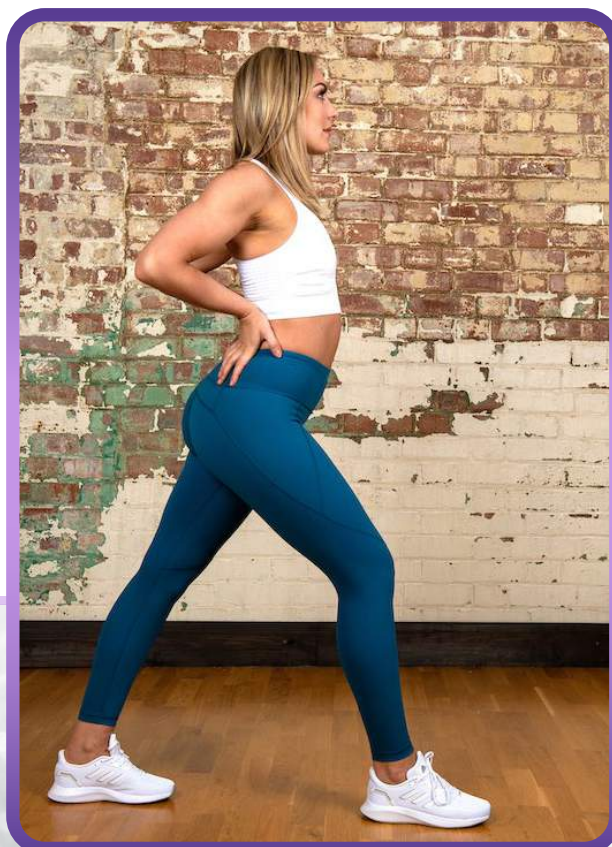


Calf & Upper Back Stretch

1. In a split stance, with both feet pointing forwards, keep your back leg straight and heel pressed into the floor.
2. Bend the front knee and lean slightly forwards to increase the feeling of stretch in the calf.
3. At the same time bring your hands together and press them away from the body while rounding the upper back to create a feeling of stretch across the shoulder blades.

Calf & Chest Stretch

1. In a split stance, with both feet pointing forwards, keep your back leg straight and heel pressed into the floor.
2. Bend the front knee and lean slightly forwards to increase the feeling of stretch in the calf.
3. At the same time bring your hands onto your lower back, stand tall and squeeze your shoulder blades together to create a stretch across your chest.



Stretch Guide

Hold each stretch for approximately 30-60 seconds



Adductor Stretch

1. Stand with the feet wide and toes slightly turned out, then bring both hands on one leg, and bend that same leg.
2. Keep the other leg straight to create a stretch in the inner thigh, while keeping your chest lifted.
3. Repeat on the other side

Tricep Stretch

1. Place one hand on the base of the back of the neck and use the other hand to support the stretch position.
2. Keep the chest lifted and upper body tall.
3. Repeat on the other side.



Stretch Guide

Hold each stretch for approximately 30-60 seconds



Deltoid Stretch

1. Take one arm across the chest and support with the other arm.
2. Keep the shoulder down and relaxed.
3. Repeat on the other side.



Nutrition



Nutrition

‘In this section of the plan I’ve worked with nutritionist Kit Chamier, to bring you a range of healthy recipes to try.

 @truefoodsportnutrition

‘As many people may know, I have Crohn’s Disease, which inevitably has an impact on my diet and the things I can and can’t eat, and if you find yourself in the same position, then it’s important that you find what works best for you too.’

Amy

‘There is no known evidence based diet that causes or prevents Crohn’s. There may be some dietary interventions which ease symptoms for individuals but this is typically on a case by case basis. Remember to use reliable websites (linked below) rather than blogs and online success stories. Talk to your GP and find a IBD Specialist Nurse and Dietitian to get the right treatment in place’

- Kit Chamier (MSc SENr)

Further detailed resources are here:

<https://www.crohnsandcolitis.org.uk>

<https://www.nhs.uk/conditions/crohns-disease/>



Breakfast





Breakfast Wrap

Calories: 365 Kcal
Carbohydrates: 31g
Protein: 14g
Fat: 21g

Serves 4

Prep Time 10 mins

Cook Time 10 mins

Ingredients

- 1 $\frac{3}{4}$ cups (400g) Cottage Cheese
- 2 Avocados, stone removed
- 4 medium Corn Wraps
- $\frac{2}{3}$ cup (100g) Sundried Tomatoes
- 4 handfuls of Lettuce

Method:

1. Heat the wraps according to the instructions. Mash the avocado with a fork and spread over the corn wraps. Season with salt and pepper.
2. Next, divide the cottage cheese, tomatoes and lettuce over the avocado. Roll the wraps and wrap them tightly in cling film. Keep the wraps in the refrigerator until required.



High Protein Blueberry Pancakes

Calories: 257 kcal
Carbohydrates: 8g
Protein: 36g
Fat: 5g

Serves 1

Prep Time 5 mins

Cook Time 10 mins

Ingredients

- 1/4 cup Liquid Egg Whites (around 4 eggs)
- 1 scoop (25g) of Vanilla Whey Powder
- 1/2 Banana (mashed)
- Almond Milk (if needed)
- 1/4 cup (25g) Fresh or Frozen Blueberries
- 1/2 tsp. Coconut Oil

Method:

1. Whisk together the egg whites and protein powder.
2. Stir in the mashed banana and add the blueberries. If the pancake mixture seems too thick, add a splash of almond milk to thin it.
3. Heat the coconut oil in a pan to low-medium heat. Pour in the pancake mixture and cook until little bubbles form (about 5 minutes).
4. Make sure the pancake has set enough before you try flipping it, then flip over. Cook the pancake for another 2-3 minutes.
5. You can also make 3 small pancakes instead of 1 large.
6. Serve with your favourite toppings.

Coco-Nut Oat Bowl

Calories: 341 Kcal
 Carbohydrates: 36g
 Protein: 6g
 Fat: 18g

Serves 3

Prep Time 5 mins

Cook Time 10 mins

Ingredients

- 1 cup Oats (90g/3.17 oz.)
- 2 tbsp. Desiccated Coconut
- 6.7 fl. oz. (200ml) Coconut Milk
- 2 tbsp. Coconut Sugar or Honey
- 1.7 oz. (50g) Dark Chocolate, chopped
- Handful Raspberries

Method:

1. Place the oats in a saucepan and add 1 ½ glasses of water and the desiccated coconut. Bring to boil then reduce the heat, and cook covered for about 10 minutes. In the meantime, stir 2-3 times.
2. Remove the lid, add coconut milk and sugar. Mix and remove from the heat.
3. Divide between bowls, sprinkle with chopped chocolate and top raspberries to serve.

Lunch



Tuna Poke Bowl

Calories: 409 kcal
Carbohydrates: 43g
Protein: 36g
Fat: 11.6g

Serves 1

Prep Time 5 mins

Cook Time 10 mins

Ingredients

- 1 tin of Tuna in Brine or Spring Water
- 40g Brown Rice
- 3 Cherry Tomatoes
- Half an Avocado
- Half a Spring Onion
- 1 tsp. Soy Sauce
- 1 tsp. Sesame Oil
- 1 tsp. Sesame Seeds
- 1 tbs. Orange Juice
- 1 tsp. fresh Ginger, grated

Method:

1. For 40g of brown rice use 60ml of cold water. Put the lid on the pan and bring to the boil as quickly as possible, then bring it down to a simmer for 8-10 minutes. Do not lift the lid, the steam is needed to cook the rice.
2. Meanwhile, put the soy, sesame, ginger, and orange juice and whisk until it's a dressing.
3. Drain the tuna and add to a bowl, put the dressing on top. Mix this with the chopped spring onion.
4. Cut the cherry tomatoes into halves, and the avocado into cubes or slices.
5. Line the serving bowl with the rice, add the tuna, tomato, avocado, and sprinkle the sesame seeds on top.



Moroccan Spiced Chicken Skewers and Coconut Rice

Calories: 582 kcal
Carbohydrates: 64.7g
Protein: 46g
Fat: 15g

Serves 2

Prep Time 10 mins + 60 mins

Cook Time 15 mins

Ingredients

- 500g Coconut Steamed Rice (tilda)
- 300g Chicken Breast
- 1 Lime
- 2 cups Kale
- 1 Shallot
- 1 Clove Garlic
- 1 Red Chilli
- 1 tsp. Turmeric Powder
- 1 tsp. Ras El Hanout

Method:

1. Into a large bowl add the turmeric, ras el hanout, juice of a lime and the shallot and garlic once finely diced.
2. Chop the chicken into small cubes and add into the spices, mix well and leave to marinade for 60 minutes minimum in the fridge.
3. Take the chicken out and place on skewers.
4. Bring the grill to a medium heat and cook the chicken for around 15 minutes, turning at halfway. Ensure it is cooked throughout before setting aside.
5. Cook rice using the instructions on the packet whilst steaming the kale.
6. Finish by serving the chicken skewers on top of a bed of rice and kale.

Salmon Spring Rolls

Calories: 154 kcal
Carbohydrates: 4g
Protein: 13g
Fat: 10g

Serves 4

Prep Time 10 mins

Cook Time 5 mins

Ingredients

- 4 sheets Rice Paper
- Fresh Coriander
- 7 oz. (200g) Salmon, cut into 4 pieces
- 1 tbsp. Coconut Oil
- Soy Sauce or Tamari (GF), to serve

Method:

1. Boil a little bit of the water in a pan, remove from heat, and dip in the rice paper one after the other; leave to soak for 30 seconds. Remove the sheets from the water and place on a damp cloth.
2. Place a piece of coriander on top of each sheet, cover with a piece of salmon, sprinkle with freshly ground black pepper, and wrap the rice paper around the fish.
3. Heat the oil in the pan, and fry the rolls for 2 minutes, then turn over and cook for another 2 - 2.5 minutes until they are nicely browned.
4. Put on a paper towel to cool slightly and serve with soy sauce. Perfect with a side salad.



Dinner





Squashed Chicken Risotto

Calories: 471 kcal
Carbohydrates: 75.9
Protein: 32.2g
Fat: 7.9g

Serves 2

Prep Time 10 mins

Cook Time 40 mins

Ingredients

- 200g Chicken Breast
- 150g Risotto Rice
- 1 cup Butternut Squash (cubed)
- 1 medium White Onion
- 1 Leek
- 1 Vegetable Stock Cube
- 2 tsp. Olive Oil
- 1 tbsp. Parsley (dried)
- 1 tsp. Black Pepper

Method:

1. Preheat the oven to 200 degrees.
2. Pour 500ml of boiling water into a jug and add 1 vegetable stock cube. Stir until fully dissolved.
3. Boil the cubed butternut squash for 10 minutes.
4. Dice the onion, mince garlic and chop the leek into rings.
5. Heat up a large frying pan with a teaspoon of olive oil - low to medium heat will be fine. Once heated add the onion, garlic and leek to the pan, fry for around 5 minutes or until they soften.
6. Cut chicken into small cubes then add to the pan along with half of the salt, pepper and parsley.
7. Transfer the butternut squash from the water into a mixing bowl prior to patting dry with kitchen roll. Coat the squash in the remaining oil, salt, pepper and parsley. Place on a baking tray and cook for 30 minutes.
8. Into the large pan add the risotto rice and slowly add in the vegetable stock 50ml at a time over the course of 25 minutes.
9. Once the rice has fully absorbed all of the stock, it will be ready to serve. Mix in the butternut squash before dishing up.



DINNER

Fisherman's Cake

Calories: 501kcal
Carbohydrates: 14.2g
Protein: 40.3g
Fat: 32.1g

Serves 2

Prep Time 10 mins

Cook Time 5 mins

Ingredients

- 2 fillets Smoked Mackerel
- 1 tin Tuna, in brine
- 1 small Red Onion
- 1 large Egg
- 1 thick slice Seeded Bread
- 1 tbsp. Reduced Fat Cottage Cheese
- 1 tbsp. Vegetable Oil
- 1/3 cup fresh Coriander Leaves
- 1 tsp. Dijon Mustard
- 1 tsp. Black Pepper

Method:

1. Peel and Finely dice the red onion then place in a large bowl. Using a food processor, blitz the bread and add to the bowl.
2. Chop the mackerel fillets roughly with the coriander; then add to the bowl with the remaining ingredients excluding the oil. Mix well or use a food processor depending on the consistency wanted.
3. Transfer the mixture onto a clean surface then divide into even portions. Roll each portion into balls before flattening and putting into a frying pan with a little oil.
4. Cook at a medium heat for around 4 minutes on each side and have some colour on the outer coating.
5. Serve with a side of vegetables or crumble into pasta.



Beasty Butternut Salad

Calories: 525 kcal
Carbohydrates: 68g
Protein: 13.3g
Fat: 22.3g

Serves 4

Prep Time 15 mins

Cook Time 40-45 mins

Ingredients

- 1kg Butternut Squash (1 large)
- 3 single medium Parsnips
- 2 medium Leeks
- 150g Giant Couscous
- 3 Whole Small Beetroot
- 85g Watercress
- 50g Pine Nuts
- 3 tbsp. Olive Oil
- 30g Parsley
- 1 tbsp. Lemon Juice
- Salt and Pepper

Method:

1. Pre- heat the oven to 200 degrees.
2. Cut into small squares/slices the parsnip, beetroots and butternut squash before placing on a baking tray with olive oil, salt and pepper and leaving to cook for 40-45 minutes.
3. Slice up the leeks and gently char on each side using a frying pan then set aside.
4. Cook the couscous by following the instructions on the side of the packet.
5. Using a food processor or blender, blitz the coriander, olive oil, lemon zest and juice with some salt and pepper.
6. After finished cooking, coat the roasted vegetables in the parley dressing and mix whilst adding in the couscous.
7. Finish by serving the couscous and vegetable mixture over a bed of watercress and top with a sprinkling of pine nuts.



Snacks & Sweet Treats



Vegan Lemon and Coconut Cake

Calories: 207 kcal
Carbohydrates: 24g
Protein: 2g
Fat: 11g

Serves 12

Prep 30 mins

Cook 45 mins

Ingredients

WET INGREDIENTS:

- 1 cup (240ml) Almond Milk, at room temp.
- 1/3 cup (80g) Coconut Oil
- 2/3 (125g) Coconut Sugar
- 2 tbsp. Lemon juice

DRY INGREDIENTS:

- Zest of 4 Lemons
- 1 cup (80g) Desiccated Coconut
- 1 3/4 cups (210g) All-Purpose White Flour, sifted
- 1 tsp. Baking Powder
- 3/4 tsp. Baking Soda

Method:

1. Heat the oven to 355°F (180°C).
2. Line a 1 kg./2 lbs. tin with baking paper.
3. Whisk softened coconut oil and sugar together with an electric whisk. Add in the lemon zest, lemon juice and room temperature plant milk and mix well with a spatula. Next, add in the desiccated coconut.
4. In a small bowl, mix the flour with the baking powder and baking soda. Next, fold in the flour into the wet ingredients and mix well, then transfer the batter to the prepared baking tin.
5. Bake for about 45 minutes, until a toothpick comes out clean and the top is nicely browned. Allow to cool completely before serving.
6. Once cool you can sprinkle the cake with some icing sugar (optional).

Chocolate Millet Pudding

Calories: 212 kcal
 Carbohydrates: 40g
 Protein: 6g
 Fat: 3g

Serves 3

Prep Time 5 mins

Cook Time 15 mins

Ingredients

- ½ cup Millet (3.5 oz./100g)
- 2 cups Plant Milk (475ml)
(more if necessary)
- 2 tbsp. Natural Cocoa Powder
- 2 tbsp. Honey
- Handful Berries

Method:

1. Put the millet in a saucepan, add the milk, cover and bring to boil. Reduce the heat and cook covered for about 15 minutes until the millet is soft and absorbs all the liquid.
2. Add in the cocoa powder and honey. Mix thoroughly until the cocoa dissolves.
3. Blend in a food processor or blender until smooth for about 2 minutes. At this point, you can add more milk to achieve the desired consistency.
4. Serve hot or cold, topped with berries.



Banana Loaf

Calories: 274 kcal
Carbohydrates: 0.1g
Protein: 4.8g
Fat: 7.4g

Serves 8

Prep Time 10 mins

Cook Time 45-60 mins

Ingredients

- 3 medium Bananas
- 200g Self Raising Flour
- 175g Demerara Sugar
- 2 Eggs
- 75g Butter
- Salt

Method:

1. Preheat the oven to 180 degrees and grease a loaf tin.
2. Use a fork to mash up the bananas in a large mixing bowl.
3. Beat in the butter and sugar then add the eggs and continue to mix.
4. Gently sieve the flour into the bowl with a pinch of salt. Carefully mix the ingredients well using a spoon.
5. Pour into a loaf tin and bake in the oven for 45-60 minutes.
6. When ready, leave to cool before cutting.



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