

WELCOME TO

# MASS MOTIVATION

WITH NATHAN MASSEY



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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 & Nathan Massey 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 Nathan Massey.

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 MASS MOTIVATION WITH NATHAN MASSEY

Welcome to Mass Motivation!

This plan is here to help you go from beginner to being able to run at least 5k without stopping, or if you're already running, it's designed to help you up your speed and distance.

Running has become such a big and important part of my life. It's helped me shift some extra pounds I'd put on and it helped keep me sane during lockdown...I truly believe that it's as good for the mind as it is for the body.

I love running...it's really helped me improve my fitness and how I feel. It's had a really positive impact on my daily life, from improving my mental health to giving me the energy to run around after my kids.

It won't always be easy but the results will be worth it!

I'll be in your ears on all of your interval runs, supporting and motivating you and I want to follow your progress too, so don't be shy...share your running selfies and run tracker screenshots on Instagram and tag me @nathanmassey\_.

Come on, let's smash this.

I believe in you!

- Nathan

 @nathanmassey\_



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## GETTING STARTED & GOAL SETTING

We all have our own reasons for putting our running trainers on and pounding the pavements or hitting the treadmill. Whatever your reason is, it's important to be able to track your progress and be able to see your results. .

If one of your goals is to make changes to your body in terms of body composition, being more toned and slimming down 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 your runs.

For these pictures to be as accurate as possible, it's recommended that you take three 'before' pictures and repeat 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, make sure you take your 'before' and 'after' at the same time of day, wearing the same clothing, in the same place with 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

# 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 generalised. Many people set out to simply 'lose weight' or 'be able to run', but neither of these goals are specific. A better, more specific goal would be, 'I will run 5k 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 get back into running' becomes 'I will be able to run 4k without stopping.'

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 losing 3lb per week. While your goal should be achievable it should also be challenging, so if you want to stay focused and on track don't make your goals too easy to achieve.

R

## Realistic

Ask yourself, is the goal you have set realistic given your current commitments? If, for example, you've set yourself the goal of training for a half marathon, does your current job and family commitments allow you the time to put in the hours and miles needed each week to achieve the goal? 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 momentum.

In addition to using the SMART principle, 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 motivated to achieve. Don't worry about anyone else...this goal is all about you!



# FITNESS JARGON

Your programme contains several ways of training:



## 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



Each week you'll have 5 workouts to do, made up of two Interval Runs, one Long Run, one Strength & Conditioning workout and a 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 run and workout you are encouraged to work at a pace that suits your current fitness level and ability, while always challenging yourself wherever possible.

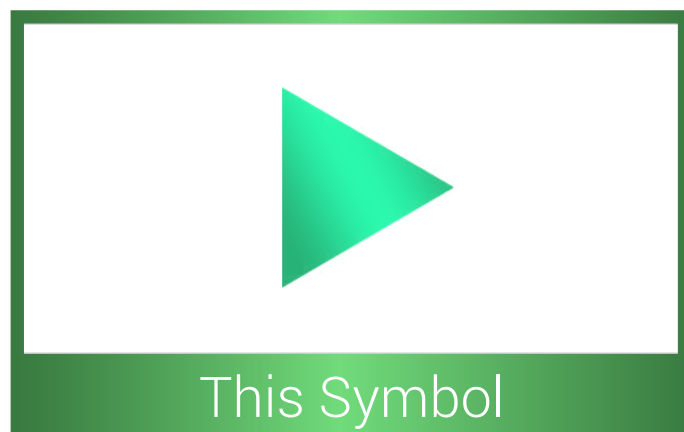
If you are new to running or are getting back into running after a while, then your focus will be on steadily increasing the distance you can cover, each week, in your long run.

If you're already running then you may choose to, not only increase the distance you can cover in your weekly long run, but also work on improving the time it takes for you to run a longer distance such as 5km or even 10km.

'Ideally I like to plan ahead which days I'm going to train, but with two young kids and work to juggle, that isn't always possible, so I always have my running shoes and my run accessories at the front door, so that if I get a chance to get out for a run at the last minute I can just grab the opportunity and go.'

*-Nathan*

Throughout the plan you'll see this symbol.



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

# WHAT YOU WILL NEED



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

You can choose to do your running workouts outdoors or on the treadmill.

In each workout video, you'll see options to make some of the exercises harder (progression) or easier/low impact (regression) to allow you to work at a level that is best for you. Always be sure to choose a level that challenges you but also allows you to maintain good form and technique.



# WORKOUT OVERVIEW

## INSTRUCTIONS

Each week you'll have 5 workouts to do, made up of two Interval Runs, one Long Run, one Strength & Conditioning workout and a Stretch Session.

On your weekly Long Run, warm up as normal and then ease yourself into the run at a steady pace, and track how far you can go without stopping.

## 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 family, work and other life commitments

**Monday:**

Strength & Conditioning

**Tuesday:**

Rest

**Wednesday:**

Interval Run

**Thursday:**

Stretch Session

**Friday:**

Interval Run

**Saturday:**

Rest

**Sunday:**

Long Run

(track how far you can go)



## WEEK 1

**Monday:** Strength & Conditioning 1

**Tuesday:** Rest

**Wednesday:** Interval Run 1

**Thursday:** Stretch Session 1

**Friday:** Interval Run 1

**Saturday:** Rest

**Sunday:** Long Run (track how far you can go)

## WEEK 2

**Monday:** Strength & Conditioning 1

**Tuesday:** Rest

**Wednesday:** Interval Run 2

**Thursday:** Stretch Session 2

**Friday:** Interval Run 2

**Saturday:** Rest

**Sunday:** Long Run (track how far you can go)



### WEEK 3

**Monday:** Strength & Conditioning 2

**Tuesday:** Rest

**Wednesday:** Interval Run 3

**Thursday:** Stretch Session 1

**Friday:** Interval Run 3

**Saturday:** Rest

**Sunday:** Long Run (track how far you can go)

### WEEK 4

**Monday:** Strength & Conditioning 2

**Tuesday:** Rest

**Wednesday:** Interval Run 4

**Thursday:** Stretch Session 2

**Friday:** Interval Run 4

**Saturday:** Rest

**Sunday:** Long Run (track how far you can go)





## WEEK 5

**Monday:** Strength & Conditioning 3

**Tuesday:** Rest

**Wednesday:** Interval Run 5

**Thursday:** Stretch Session 1

**Friday:** Interval Run 5

**Saturday:** Rest

**Sunday:** Long Run (track how far you can go)

## WEEK 6

**Monday:** Strength & Conditioning 3

**Tuesday:** Rest

**Wednesday:** Interval Run 6

**Thursday:** Stretch Session 2

**Friday:** Interval Run 6

**Saturday:** Rest

**Sunday:** Long Run (track how far you can go)



## WEEK 7

**Monday:** Strength & Conditioning 4

**Tuesday:** Rest

**Wednesday:** Interval Run 7

**Thursday:** Stretch Session 1

**Friday:** Interval Run 7

**Saturday:** Rest

**Sunday:** Long Run (track how far you can go)

## WEEK 8

**Monday:** Strength & Conditioning 4

**Tuesday:** Rest

**Wednesday:** Interval Run 8

**Thursday:** Stretch Session 2

**Friday:** Interval Run 8

**Saturday:** Rest

**Sunday:** Long Run (track how far you can go)

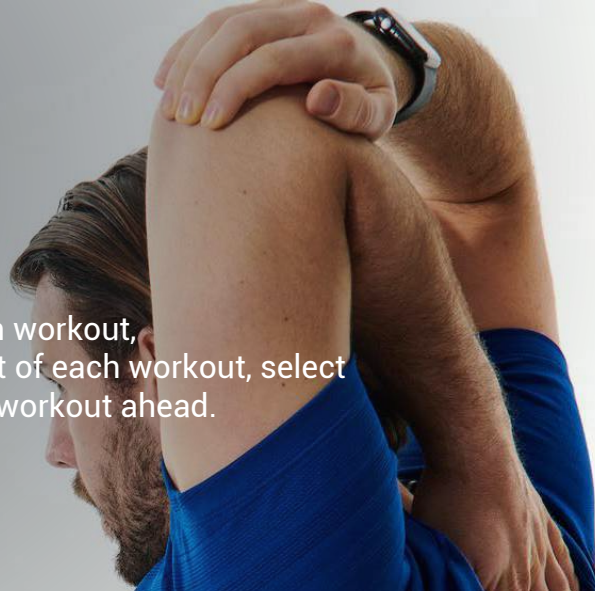
In addition, the workouts are structured in such a way that you can go back to them again and again and make them more challenging, to ensure you keep progressing by:

Performing the Progression options  
Performing more repetitions (reps) in each of the time periods where interval training is used

Reducing your rest periods  
Increasing pace/speed in the run sessions

# WARM UP

Always ensure that you warm up before starting each workout, including your runs, and don't skip ahead. At the start of each workout, select the warm up video, to help your body prepare for the workout ahead.



Warm Up

Running Knee Lift  
x 20 Reps

Knee To Elbow & Squat  
x 20 Reps

Side Lunge & Reach  
x 20 Reps

Active Hamstring Stretch  
x 10 Reps each leg

Walk Outs  
x 5 Reps

Pike Plank Calf Stretch  
x 10 Reps each leg





# COOL DOWN

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

Hold each stretch for approximately 30-60 seconds



## Cool Down

Hamstrings Stretch

Calf & Chest Stretch

Calf & Upper Back Stretch

Hip Flexor Stretch

Quadriceps Stretch

Adductor Stretch

Tricep & Lat Stretch



# INTERVAL RUN WORKOUTS





# INTERVAL RUNS

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## Interval Run 1

Total Workout Time: 18 minutes

In this workout you'll start by walking for 30 seconds and jogging for 30 seconds, for a total of 10 rounds. You'll then move onto walking for 60 seconds and running for 30 seconds for a total of 5 rounds.



## Interval Run 2

Total Workout Time: 25 minutes

In this workout you'll start by walking for 30 seconds, jogging for 30 seconds and running for 30 seconds, for a total of 10 rounds. You'll then move onto walking for 45 seconds and sprinting for 15 seconds for a total of 10 rounds.





# INTERVAL RUNS

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## Interval Run 3

Total Workout Time: 24 minutes

In this workout you'll be walking for 20 seconds and running for 40 seconds for a total of 15 rounds. You'll then move onto walking for 1 minute and jogging for 2 minutes for a total of 3 rounds.



## Interval Run 4

Total Workout Time: 24 minutes

In this workout you'll be jogging for 2 minutes, running for 1 minute and walking for 1 minute, for a total of 6 rounds.



# INTERVAL RUNS

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## Interval Run 5

Total Workout Time: 30 minutes

In this workout you'll be jogging for 1 minute, running for 1 minute, sprinting for 30 seconds and walking for 30 seconds, for a total of 10 rounds.



## Interval Run 6

Total Workout Time: 24 minutes

In this workout you'll be jogging for 2 minutes and running for 2 minutes, for a total of 3 rounds. You'll then move onto jogging for 40 seconds and sprinting for 20 seconds for a total of 12 rounds.



# INTERVAL RUNS

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## Interval Run 7

Total Workout Time: 24 minutes

In this workout you'll be jogging for 2 minutes, running for 30 seconds and sprinting for 30 seconds, for a total of 8 rounds.



## Interval Run 8

Total Workout Time: 24 minutes

In this workout you'll be jogging for 2 minutes, running for 1 minute 30 seconds and sprinting for 30 seconds, for a total of 6 rounds.





# STRETCH SESSIONS



# STRETCH SESSIONS

*These sessions are designed to help you prevent injury and any muscle imbalance and fit important stretching and flexibility work into a hectic schedule.*

*Following your warm up, hold each stretch for 60 seconds.*



## Stretch Session 1

Lying Hamstring Stretch

Lying Glute & Lower Back Stretch

Lying Quad Stretch

Cat Stretch

Kneeling Hip Flexor Stretch

Kneeling Chest Stretch

Seated Adductor Stretch

Seated Lateral Stretch

Standing Calf Stretch



## Stretch Session 2

Child's Pose

Kneeling Calf Stretch

Kneeling Adductor Stretch

Plank Lunge & Rotate

Standing Hamstring Stretch

Standing Quad Stretch

Standing Chest Stretch

Standing Tricep & Lateral Stretch





# THE STRENGTH & CONDITIONING WORKOUTS



# STRENGTH & CONDITIONING WORKOUTS

*The Strength & Conditioning workouts are designed to improve the strength and endurance of the muscles that play key roles in running.*



## Strength & Conditioning Workout 1: Interval Training

In this workout you'll be performing each exercise for 35 seconds with a 25 second rest between exercises. Complete the circuit 4-5 times in total depending on your fitness level.

Walking Lunge

Press Up

Glute Bridge

Back Extension

Squat with Heel Lift

Plank with Leg Lift



## Strength & Conditioning Workout 2: Interval Training

In this workout you'll be performing each exercise for 40 seconds with a 20 second rest between exercises. Complete the circuit 4-5 times in total depending on your fitness level.

Double Lunge (right)

Double Lunge (left)

Superman

Side Plank & Clam (right)

Side Plank & Clam (left)

T Press Up

# STRENGTH & CONDITIONING WORKOUTS

*The Strength & Conditioning workouts are designed to improve the strength and endurance of the muscles that play key roles in running.*



## Strength & Conditioning Workout 3: Interval Training

In this workout you'll be performing each exercise for 45 seconds with a 15 second rest between exercises. Complete the circuit 4-5 times in total depending on your fitness level.

Single Leg Glute Bridge (right)

Single Leg Glute Bridge (left)

Press Up & Row

Alternating Lunge & Twist

V Sit Twists

Alternating Side Lunge & Twist



## Strength & Conditioning Workout 4: Interval Training

In this workout you'll be performing each exercise for 50 seconds with a 10 second rest between exercises. Complete the circuit 4-5 times in total depending on your fitness level.

Alternating Plank Lunge

Press Up Shoulder Tap

Split Squat (right)

Split Squat (left)

Calf Raise

Butt Kicks

# MEASURING YOUR INTENSITY AND SPEED

Whenever you're running, it's important to monitor your intensity and speed.

A great way to do this is to use a scale ranging from 1 to 10.

1= You don't feel challenged and your effort and intensity is very low.

10= You are working as hard as you possibly can and couldn't possibly increase your effort and intensity.

Walking: Aim to work at an intensity level of around 4-5/10

Jogging: Aim to work at an intensity level of around 6-7/10

Running: Aim to work at an intensity of around 8/10

Sprinting: Aim to work at an intensity of around 10/10

It's really important to listen to your body and, if at any point, you need to take some extra recovery, you can switch your jog intervals to walking or your running intervals to jogging.

Everytime you run, focus on finding the right pace for you that you can maintain, while still challenging yourself.





# NUTRITION





# NUTRITION

Fuelling your body correctly will aid your running performance and recovery between sessions. It's good to remember to 'fuel the work' and eat well around your running rather than just using it as a way to burn calories. This will mean you can perform better during the session, aiding adaptations in your body and meaning you don't finish completely depleted and exhausted. You can then bounce back day after day and train well to get the best results.

## If your run is less than an hour

Before you do your shorter runs, especially if they are first thing in the morning, you might not be able to eat anything. Your body will use some of its carbohydrate and fat stores for energy. It might also work out that you do this run mid-afternoon, so your lunch will suffice as a fuel source even if it is a few hours before you start.

During these shorter runs you will likely only need water. This is a crucial part of performance that often gets overlooked. Take small, regular drinks throughout your training.

After you finish these shorter sessions we would advise that you do eat something. Your recovery means your body can bounce back quickly and be ready to train again that day or the next day. Depending on the time of day, it may well be that your breakfast becomes your recovery meal, or if you run mid-afternoon your dinner will fit well.

This meal should include some carbohydrates like oats, noodles, rice, or sweet potato, and a protein source such as meat, fish, or tofu. This is key for replenishing your energy stores and sending in some proteins to help repair your muscles.





# NUTRITION

## If your run is more than an hour

Before you do your longer run we highly recommend you have a meal. This meal will be crucial in making sure your body is topped up with carbohydrates to give you energy for a prolonged period of time.

A good example would be to eat a porridge oat breakfast, with fruit, and start your run about 45 minutes later once it has digested.

During your longer run it's important you take on some nutrition. Your body only holds enough energy itself for about 90 minutes worth of exercise so foods like banana, dates (as bars or balls if you want) and oat bars would work well. These are carbohydrate based and easily digested. It is important to practice with these foods if they are new to you, and take small and regular bites from the start with your water.

After your longer run it's crucial to replenish your body's energy stores. If you do not do this, you will find yourself tired and snacking for the rest of the day and it will impact how you perform the next day.

This meal should include some carbohydrates like oats, noodles, rice, or sweet potato and a protein source such as meat, fish, or tofu. This is key for replenishing your energy stores and sending in some proteins to help repair your muscles.

## Hydration

This part of your nutrition is often overlooked. Keeping hydrated will mean your muscles can perform optimally and massively reduce the chances of fatigue and cramping. Water is the best fluid to hydrate with. Checking the colour of your urine is the easiest way to check your hydration status - you ideally want to see a light straw colour. Anything darker indicates dehydration.





# BREAKFAST RECIPES







# SUPER PROTEIN BLUEBERRY PANCAKES

Calories: 257 kcal  
Carbohydrates: 18g  
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 too thin it out.
3. Heat the coconut oil in a pan to low-medium. 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.

# TOMATO AND TUNA FRIED EGGS

Calories: 307 kcal  
Carbohydrates: 8g  
Protein: 32g  
Fat: 15g

Serves 1

Prep Time 5 mins

Cook Time 5 mins

## INGREDIENTS

- 1 large Tomato
- 1 tsp. Coconut Oil
- 2 Eggs
- 3 oz. (80g) Tuna in Brine
- A pinch of Oregano
- A pinch of Chilli Flakes
- Parsley (chopped) to serve

## METHOD:

1. Peel the tomato and chop into cubes.
2. Heat the oil in a small frying pan, add the chopped tomato and fry over a high heat for about 3 minutes.
3. Create 2 gaps in the tomato and break the eggs into them. Season with salt and pepper.
4. Arrange pieces of Tuna on top. Then sprinkle with dried oregano and optionally chilli flakes.
5. Fry for a further 3 minutes or until the egg whites are cooked. Serve with fresh parsley.





# LUNCH RECIPES





# AROMATIC CHICKEN BURGERS

Calories: 146kcal  
Carbohydrates: 6.6g  
Protein: 25.9g  
Fat: 1.9g

Serves 5

Prep Time 10 mins

Cook Time 18 mins

## INGREDIENTS

- 4 medium Chicken Breasts
- 1 medium Red Onion
- 1 thick sliced Brown Bread
- ½ Lime
- 1 tbsp. reduced fat Cottage Cheese
- 2 Cloves Garlic
- ½ cup Coriander
- 1 Red Chilli
- 1 tsp. Ginger

## METHOD:

1. Preheat the oven to 180 degrees.
2. Dice the red onion, chilli, garlic, ginger and coriander. Cut the chicken into cubes and transfer into a food processor.
3. Pulse until the mixture is binding- add the cottage cheese and lime juice halfway through.
4. Split the mixture evenly then in a medium heated frying pan add a little oil before frying the burgers for around 3 minutes on each side- then transferring to the oven for a further 15 minutes.



# CUCUMBER AND SMOKED SALMON SALAD

Calories: 323 Kcal  
Carbohydrates: 10g  
Protein: 23g  
Fat: 23g

Serves 2

Prep Time 10 mins

Cook Time 0 mins

## INGREDIENTS

### FOR THE SALAD:

- 1 Red Bell Pepper, chopped
- 1 Cucumber, crushed, chopped
- 1 Garlic Clove, sliced
- Fresh Coriander, chopped
- 6 oz. (180g) hot Smoked Salmon fillets

### FOR THE DRESSING:

- 1 Lime, juiced
- 1 tbsp. Fish Sauce
- 1 tbsp. Rice Wine Vinegar
- 1 tbsp. Sesame Oil
- 1 tbsp. Black Sesame Seeds

## METHOD:

1. Roughly chop the red pepper and place in a bowl.
2. Using a meat mallet or rolling pin smash the cucumber, then slice into bite-size pieces and transfer into the bowl. Add the sliced garlic and chopped coriander.
3. Mix all dressing ingredients and drizzle over the cucumber. Mix well and divide between 2 plates.
4. To serve, break the salmon up into pieces and top the cucumber salad — season with freshly ground black pepper.



# DINNER RECIPES





# CHINESE STYLE SESAME BEEF WITH COURGETTE NOODLES

Calories: 242 Kcal  
Carbohydrates: 10g  
Protein: 25g  
Fat: 12g

Serves 4

Prep Time 5 mins

Cook Time 12 mins

## INGREDIENTS

- 1/4 cup (60ml) Reduced Sodium Soy Sauce
- 1 tbsp. Xylitol (or other sweetener)
- 2 tbsp. Rice Wine Vinegar
- 1 lb. (450g) Ground Lean Beef, 5% fat
- 2 tbsp. Sesame Oil
- 1 tbsp. fresh Ginger, grated
- 3 Cloves Garlic, minced
- 2 medium Courgettes, spiralized

## METHOD:

1. Mix the soy sauce, rice wine vinegar and sweetener in a small bowl and set aside.
2. Heat a dry non-stick pan over medium heat, add the beef and cook for 7-10 minutes, until cooked through.
3. Move the beef to one side of the pan, then add the sesame oil, ginger and garlic. Cook for 1 minute.
4. Add the earlier prepared sauce and toss the beef to coat. Cook for 1 minute mixing everything.
5. Spiralize the courgette and heat slightly with the beef (if eating straight away), or divide courgette and beef into containers and then heat in the microwave or pan when needed.

# TOFU CAESAR SALAD RICE PAPER WRAPS

Calories: 191 kcal  
Carbohydrates: 8g  
Protein: 5g  
Fat: 10g

Serves 4

Prep Time 15 mins

Cook Time 10 mins

## INGREDIENTS

- 5/8 cup (100g) Firm Tofu
- 1 tbsp. Coconut Oil
- 4 Romaine Lettuce Leaves (shredded)
- ½ Avocado (sliced)
- 2 tbsp. Parmesan, grated
- Caesar salad dressing
- 4 Rice Paper Wrappers

## METHOD:

1. Slice the tofu into two thin rectangles and press between a towel to remove excess moisture.
2. Heat the oil in a pan over medium-high heat and add the tofu. Season generously with salt and pepper. Cook for 4-5 minutes per side, until golden. Remove and let cool before slicing into 8 strips.
3. Dip one rice paper in a bowl of warm water. Remove when slightly softened and place carefully on a plate lined with a dampened cloth or kitchen towel.
4. Place a few strips of tofu in the centre, top with avocado, and a sprinkle of parmesan. Lastly, top with some lettuce.
5. Now fold the rice paper around the filling, firstly the sides, and then wrap tightly. Set the finished roll aside on your serving plate lined with a damp kitchen towel. Repeat with the rest of the papers.
6. Serve straight away with the Caesar dressing as a dipping sauce, serve with a side of vegetables.
7. Top Tip: Dip your fingers in water, so your hands are damp when handling the rice paper, they will stick less.



# FISHERMAN'S BURGER

Calories: 501 kcal  
 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 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.



# SWEET TREATS & SNACK RECIPES





# CHOC AND NUT ENERGY BALLS

Calories: 181 Kcal  
Carbohydrates: 18.7g  
Protein: 3.8g  
Fat: 10.4g

Serves 12  
Prep Time  
Cook Time 0

## METHOD:

1. Pulse using a food processor, the hazelnuts, oats and almonds. Add the dark chocolate, cocoa powder, dates and honey.
2. Once mixture is combined, evenly divide the mix into balls, roll them using your palms.
3. Store in the fridge.

## INGREDIENTS

- 200g pitted Medjool Dates
- 100g Oats
- 100g 85% Dark Chocolate
- 4 heaped tsp. Honey
- 50g Almonds
- 50g Hazelnuts
- 2 tbsp. Cocoa Powder





# VEGAN CHOCOLATE BROWNIES

Calories: 223 kcal  
Carbohydrates: 21g  
Protein: 3g  
Fat: 15g

Serves 16

Prep Time 20 mins

Cook Time 35 mins

## INGREDIENTS

- 8 oz. (220g) +70% Dark Chocolate (chopped)
- 3 tbsp. Coconut Oil
- 2 ripe Avocados
- 1 cup (200g) Coconut Palm Sugar
- 2 Flax Eggs
- 1 tsp. Vanilla Extract
- $\frac{3}{4}$  cup (75g) Almond Meal
- $\frac{1}{4}$  cup (30g) Unsweetened Cocoa Powder
- $\frac{1}{2}$  tsp. Baking Powder
- $\frac{1}{2}$  teaspoon Sea Salt
- $\frac{1}{2}$  cup (50g) Walnuts (chopped)

## METHOD:

1. Preheat the oven to 350°F (175°C).
2. Line a 8x8-inch baking pan with baking paper.
3. Place the coconut oil and chopped chocolate in a medium size heatproof bowl. Place the bowl over a pot of lightly simmering water. Stir the chocolate and coconut oil until they are completely melted.
4. In a large bowl, mash avocado and then stir in the chocolate mixture. Whisk in the sugar, then add in the flax eggs and vanilla extract, mix well.
5. Next add in the cocoa powder, almond meal, baking powder and salt, mixing until just combined (do not overmix). Finally, stir in chopped walnuts.
6. Spread the batter into the prepared baking tin and place it in the middle of the oven. Bake for about 25 to 30 minutes until the middle is set.
7. Let completely cool on a rack and cut into 12 squares.

# BANANA FLAPJACKS

Calories: 327 kcal  
Carbohydrates: 40.8g  
Protein: 6.8g  
Fat: 16g

Prep Time 10 mins  
Cook Time 20-30 mins

## INGREDIENTS

- 275g Porridge Oats
- 2 medium Bananas
- 4 tbsp. Coconut Oil
- 50g Peanut Butter
- 50g Honey
- 50g Dried Cranberries
- 50g Almonds
- 5ml Vanilla Extract
- 1 tsp Cinnamon

## METHOD:

1. Preheat the oven to 180 degrees and lightly grease a medium sized baking tin, around 9"x5".
2. In a bowl mash all of the banana, leaving a few slices for the top.
3. Mix the oats, cinnamon, fruits and nuts together into the same bowl.
4. Melt in a separate bowl the peanut butter, honey, coconut oil and vanilla extract and then combine all the ingredients together to form a sticky mixture.
5. Press this mix evenly into the baking tray and press down to ensure the oats stick together.
6. Add the remaining sliced banana to the top. Bake for 20-30 minutes and slice into 8 after leaving to cool.





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