

ACTIVE

with
*Amber*_{SV}



ACTIVE WITH AMBER

ACTIVE ABS

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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 & Amber Turner accepts no liability for any injury, loss or damage resulting from physical exercise or dietary choices made.

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 THE ACTIVE WITH AMBER ACTIVE ABS



Hey! Welcome to my Active Abs plan!

I'm so excited to be bringing you this plan, as I'm always asked on Instagram about my ab workouts. This plan is all about helping you to reduce your body fat percentage and create toned abs through training and nutrition.

Just like in my other plans, I've worked with award winning personal trainer Katie Bulmer-Cooke and sought after nutritionist Kit Chamier, to make sure you guys have a results driven plan to follow. I love this plan so much and it's really helped me take my results to the next level.

The key to achieving the results you want is to be consistent with both good diet and exercise. Commit fully and give the plan everything you've got, and in 4 weeks time you'll be fitter, leaner and brimming with energy.

I always love to hear how everyone is doing with my plans, so don't be shy...tag me in your sweaty workout selfies and progress pics on Instagram!

Let's do this,

Amber x

Throughout the plan, you'll see this symbol



This Symbol

To unlock the videos, click the Play button and use password 'activeabs'. If you need help at any time please email support@powah.com.



GETTING STARTED



To truly see your results, we recommend taking three 'before' pictures and repeating this process again when you reach the end of the plan, so that you will be able to see how your body has changed and adapted over the course 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, 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.



HOW TO USE THIS MONTH'S PLAN

Each week you'll have 5 workouts to do, made up of two Cardio & Core, one Weighted Abs, one Active Abs and one Running Workout.

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.

'I always like to make sure I do a workout on a Monday to set me on the right track for the week, and I usually train everyday Monday to Friday. However, as my work commitments vary I like to have the flexibility to move my workout days around if I need to. My best advice would be to plan your week in advance and know which workout you're going to do each day.'

Amber x

Throughout the plan, you'll see this symbol



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TRAINING TERMINOLOGY

Your programme contains several ways of exercising:



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.



GIANT SETS

Giant Sets involve performing four or more exercises back to back with no rest in between. Once you have completed all exercises in the set, take up to 60 seconds rest. Complete each Giant Set 3-4 times in total.



TRI SETS

A tri-set involves performing 3 exercises back to back with no rest in between. Once all 3 exercises have been completed you then take the given rest time before starting the tri-set again. This is a very time-efficient way to workout.



SUPER SETS

A super set involves performing 2 exercises back to back with no rest in between. Once both exercises have been completed you then take the given rest time before starting the super set again. This is a very time-efficient way to workout.

TRAINING TERMINOLOGY

Your programme contains several ways of exercising:



SETS & REPS

Short for repetition, a rep is the number of times you perform a specific exercise, and a set is the number of cycles of reps that you complete.



TEMPO

Tempo training is adding a set tempo or speed into your training, and can be used to aid building muscle, improving strength and reducing body fat.

Tempo can be broken down into 4 separate parts and is represented by 4 numbers, for example 3-1-1-0. Each of the numbers represents a different part of the movement.

The first number represents the first part of the exercise. For example, in a squat with a tempo of 3-1-1-0, you'd take 3 counts/seconds to lower into the squat.

The second number represents the pause in the stretched position, for example, at the bottom of a press up. For example, in a squat with a tempo of 3-1-1-0, you'd hold the squat position for 1 count/second.

The third number represents the phase of the movement that returns you to your start position, e.g. pushing yourself back up out of a press up. For example, in a squat with a tempo of 3-1-1-0, you'd take 1 count/second to lift out of the squat.

The fourth number represents the pause at the start/finish position of the exercise, and is often a 0. For example, in a squat with a tempo of 3-1-1-0, as soon as you stand up from the squat you go straight back into the next rep with no pause between reps.

Dynamic tempo is a flowing movement.

WHAT YOU WILL NEED



You can do all of the workouts either at home or in the gym. If you're exercising at home you will need a set of dumbbells (preferably adjustable in weight), which can be purchased cheaply and easily online or at your local sports retailer.

In each workout, when selecting your weight, always be sure to choose a weight that challenges you but also allows you to maintain good form and technique.

WORKOUT OVERVIEW

Each week you will have 5 workouts to complete.



Instructions

Each week you'll have 5 workouts to do, made up of two Cardio & Core, one Weighted Abs, one Active Abs and one Running Workout.

Additional Information

In all of your workouts, when using weights, always ensure the weight you select is challenging, making your last few reps or seconds of each set a struggle, while always being able to maintain good technique.

EACH WEEK:

Each Week...

Monday: Cardio & Core 1

Tuesday: Weighted Abs

Wednesday: Rest

Thursday: Active Abs

Friday: Run Workout

Saturday: Cardio & Core 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:

- Increasing the weight of your dumbbells
- Performing more repetitions (reps) in each of the workouts where time periods are used
- Reduce your rest periods
- Complete more rounds/sets
- Increase your speed in the Run workouts

WARM UP

At the beginning of each workout always ensure you warm up, and always cool down and stretch once your workout is complete.



Squat & Throw
x 20 Reps (Dynamic)

Wood Chop
x 20 Reps each side (Dynamic)

Walk Out
x 5 Reps (Dynamic)

World's Greatest Stretch
x 5 Reps each side (Dynamic)

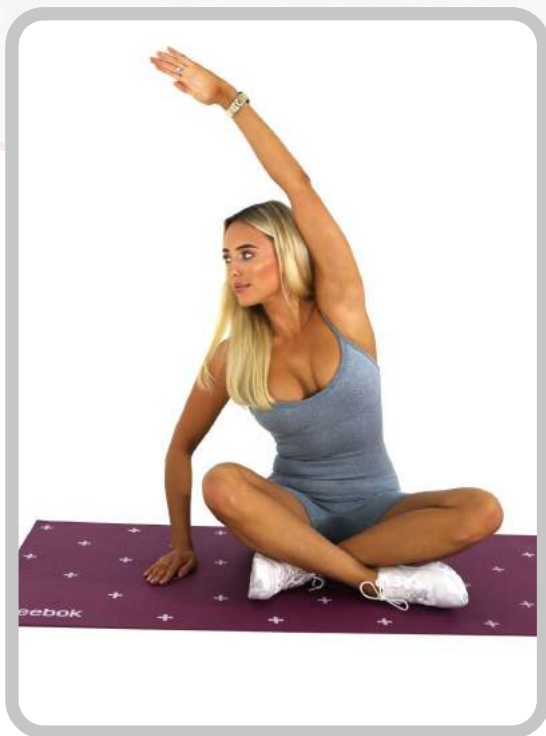
Floor Scorpion
x 10 Reps each side (Dynamic)



Warm Up

COOL DOWN

At the end of each workout always ensure you cool down and stretch. Hold each stretch for 15-30 seconds.

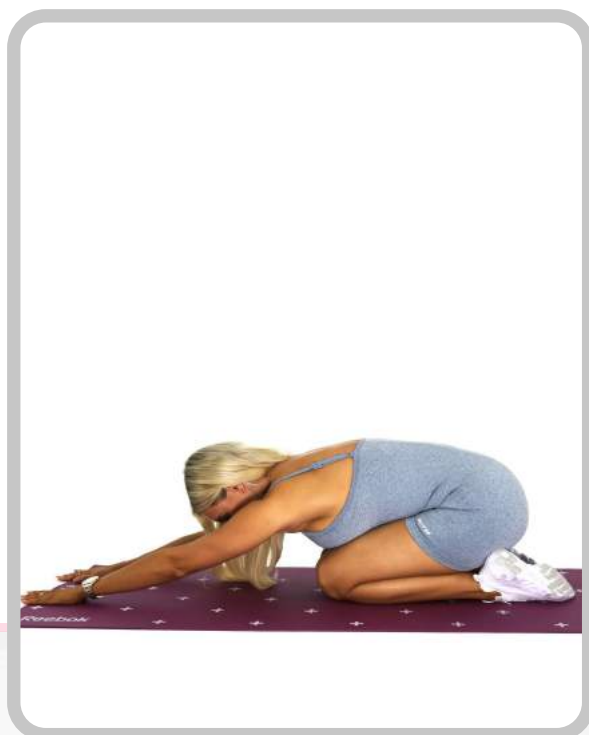


Lats (Seated)

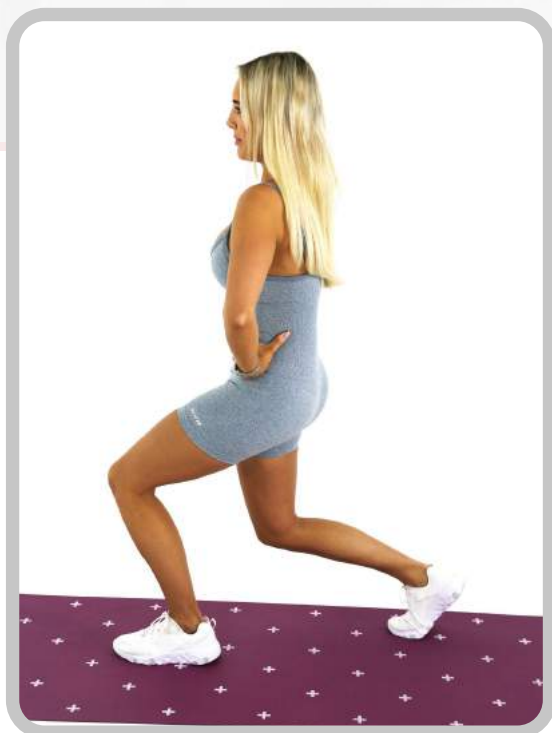
- In a seated position, place one hand on the floor for balance and reach the other arm up and over the head while leaning over with the torso to create a feeling of stretch down the side of the body.

Child's Pose

- From a kneeling position, press your bottom back towards your heels and reach your arms out in front of you.
 - Gently press your chest towards the floor.
- As you stay in the stretch, if you can, walk your hands further away from your head to increase the stretch.



COOL DOWN



Hip Flexor

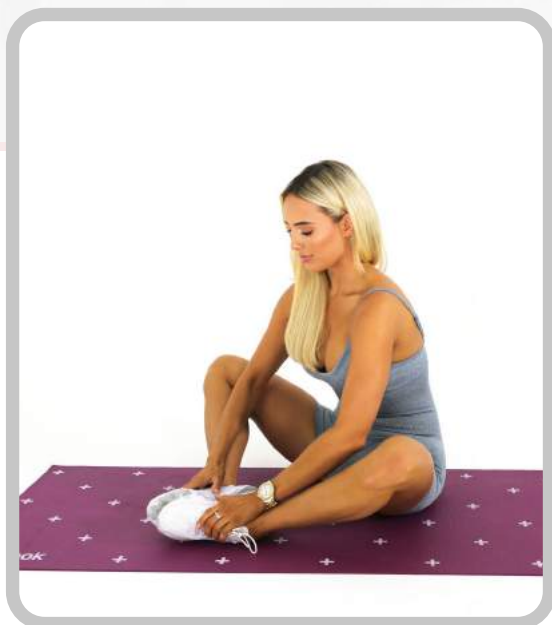
- Step one foot forward, keeping your toes pointing forward.
- Gently ease the hips forward to create a stretch across the front of the hip.
- Repeat on the other side.

Calf (Kneeling)

- With your hands under your shoulders and knees under your hips, slide one leg straight back and press the heel towards the floor.
- Repeat on the other side.



COOL DOWN



Adductor (Seated)

- Sit with the soles of your feet together and gently use your elbows to press your knees towards the floor.
- Keep your chest lifted and avoid rounding your back.

Hamstrings (Lying)

- Lie on your back and bring one leg straight up, supporting it with the hands and creating a stretch through the back of the leg by keeping the leg straight.
- Keep your bottom pressed down into the floor throughout.
- Repeat on the other side.



COOL DOWN



Full Body (Lying)

- Lying on your back, fully extend your legs and take your arms overhead.
- Imagine you're being pulled up by your fingers and down by your toes.

Cobra

- Start by lying on your front and place your hands under your shoulders.
- Extend your arms, lifting the chest and head, and creating a stretch through your abdominals.



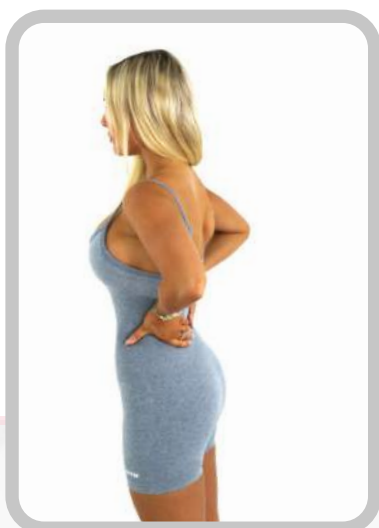


Quadriceps (Lying)

- Lying on your front, keep your knees together and gently press your hips into the floor.
- Pick up one foot and bring it towards your bottom to create a stretch through the front of the thigh.
- Repeat on the other side.

Upper Back

- Take your hands together and press them away from your chest, rounding your upper back and aiming to feel the stretch across the shoulder blades.



Chest

- Place your hands on your lower back.
- Squeeze your shoulder blades together, pressing the chest forward, aiming to feel a stretch across the front of the chest and shoulders.

WORKOUTS

To view videos, tap the Play button and enter the password 'activeabs'.

If you need any help at any time please email support@powah.com.



Cardio & Core I Giant Sets



A1: Floor To Sky Jump x 12-15 (Dynamic)
A2: Scissors x 12-15 each leg (2-0-2-0)
A3: High Knees x 30 seconds (Dynamic)
A4: Low Spiderman Plank x 12-15 each side (2-0-2-0)
Rest for 30-60 seconds
3-4 sets

B1: Burpee x 12-15 (Dynamic)
B2: StarFish Crunch x 12-15 (2-0-2-0)
B3: Side Kicks x 12-15 each leg (Dynamic)
B4: Cross Body Mountain Climber x 12-15 each leg (Dynamic)
Rest for 30-60 seconds
3-4 sets

Weighted Abs Super Sets



A1: DB Kneeling Wood Chop x 12-15 each side (Dynamic)
A2: DB Crunch x 12-15 (2-1-2-0)
Rest for 30 seconds
3-4 sets

B1: DBV Sit OH Press x 12-15 (2-0-2-0)
B2: DB Side Bend x 12-15 each side (3-1-1-0)
Rest for 30 seconds
3-4 sets

C1: DBV Sit Twist x 12-15 each side (2-0-2-0)
C2: DB Roll Back & Press x 12-15 (2-0-2-0)
Rest for 30 seconds
3-4 sets

D1: DB Arm & Leg Extension x 12-15 (2-1-2-1)
D2: DB Plank Pull Through x 12-15 (Dynamic)
Rest for 30 seconds
3-4 sets



WORKOUTS

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Active Abs Tri Sets



A1: Side Plank Leg Lift (right) x 12-15 (2-0-2-0)
A2: Side Plank Leg Lift (left) x 12-15 (2-0-2-0)
A3: Bicycle Crunch x 12-15 each side (2-0-2-0)
Rest for 30 seconds
3-4 sets

B1: Plank Jacks x 12-15 (Dynamic)
B2: Reverse Curl x 12-15 (1-1-3-0)
B3: Ankle Taps x 12-15 each side (2-0-2-0)
Rest for 30 seconds
3-4 sets

C1: Side Plank Twist (right) x 12-15 (2-0-2-0)
C2: Side Plank Twist (left) x 12-15 (2-0-2-0)
C3: Plank Ankle Touch x 12-15 (Dynamic)
Rest for 30 seconds
3-4 sets

Cardio & Core 2 Giant Sets



A1: DB Squat & Press x 12-15 (Dynamic)
A2: Side To Side Squat Thrust x 12-15 (Dynamic)
A3: Front Kicks x 12-15 each leg (Dynamic)
A4: Pulsing Sit Up x 12-15 (Dynamic)
Rest for 30-60 seconds
3-4 sets

B1: DB Jump Jack & Press x 12-15 (Dynamic)
B2: High Plank x 30 seconds (No Tempo)
B3: DB Lunge & Bicep Curl x 12-15 each leg (Dynamic)
B4: V Sit Leg Push x 12-15 (2-1-2-0)
Rest for 30-60 seconds
3-4 sets



Run Workout (MP3)

'In this workout, I will be with you every step of the way, guiding and supporting you through the whole session. Simply click the Download button and save the mp3 workout to your phone, then pop your headphones on and you're good to go.'

Amber x

In this workout you'll start with a 5 minute walk, before going onto a 5 minute jog and 5 minute run. Finally, you'll do 8 rounds of sprinting for 20 seconds with 10 second walks in between, followed by a 5 minute jog, giving you a total workout time of 24 minutes.



DOWNLOAD



MEASURING YOUR INTENSITY

Throughout your run workout, be sure to monitor your intensity.

We would recommend using a scale of 1-10.

1= Your effort level is minimal and you don't feel at all challenged

10= You are working as hard as you can and couldn't possibly increase your effort and intensity. You're giving it everything you've got!

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

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

Running: Aim to work at an intensity of around 8-9/10

Sprinting: Aim to work at an intensity of 10/10...give it everything you've got!

Run Your Own Race

The run workout has been designed so that everyone can work at their own pace, offering an equal challenge for beginners and those who already enjoy running.

For example, a beginner may cover 600 metres during a 5 minute run interval, while a seasoned runner may cover 1km in the same time.

Over time, by following the plan, each person will be able to increase the distance they cover in each interval, and in turn the full workout.

What matters most is that you keep challenging yourself and do the best YOU can!



‘I do enjoy cooking, but I like easy to follow recipes that are quick and don’t require a lot of time in the kitchen, as like most people these days, I have a very busy life, so all of the recipes you’ll find in the plan require minimal prep time.’

Amber x

Fuelling your body with good nutrients is so important just when it comes to how your body looks but also how you feel on the inside too.

Having a balanced diet and fuelling your body correctly is really important for achieving physical results, as well as helping your body to recover from your workouts.

Creating A Calorie Deficit



The term 'calorie deficit' is used a lot in the world of fitness and nutrition and is a key part of reducing your body fat percentage and losing weight...but what does it mean and how do you implement it into your life?

What Are Calories?

Calories are units of energy that your body gets from the things you eat and drink.

When you consume fewer calories than you burn or use you create a calories deficit.

Each day you expend or burn calories (this is known as calorie expenditure), via:

- **BMR** (Basal Metabolic Rate). This refers to the calories your body uses for basic bodily functions that keep you alive, like circulating blood around the body and breathing.
- **TEF** (Thermic Effect of Food). This refers to the calories your body uses to digest, absorb and metabolise food.
- **Active energy expenditure**. This refers to the calories you use during physical activity, and includes anything from cleaning the house or walking the dog, to structured workouts and running.

Put simply, if you consume fewer calories than your body needs to support these three elements of calorie expenditure, you create a calorie deficit. If you do this consistently, over time, this will result in weight loss and body fat reduction.

At the opposite end of the scale, if you consume more calories than your body needs to support these three functions, you will create a calories surplus, which over time will lead to weight gain and increased body fat.

As a general rule, a calorie deficit of 500 calories per day is enough for most people to reduce body fat, without affecting energy or hunger levels, but in order to achieve this deficit, you first need to know what your maintenance calories are (the precise number of calories your body needs to support energy expenditure).





HOW TO USE MY FITNESSPAL

The My Fitness Pal app makes it really easy to track your calorie intake.

Once you have downloaded the app, add your information - gender, height, weight, and target weight. They also ask for your activity levels.

From this information, MyFitnessPal will calculate your maintenance calories, and if your goal is to lose weight, they will create a small calorie deficit for you.

Creating a small calorie deficit every day will mean that your body begins to lose weight.

If you link up your exercise to the app, it automatically adds in more calories per day, so it is recommended to not do this, as it confuses the process.

The macronutrients which make up those calories are your fat, carbohydrate, and protein. The percentages/grams of these will vary depending on your goals. As long as the calories are met, it is highly likely you will get your desired results. However for optimal efficiency and best results, it's worth tailoring your macronutrient levels to your needs.

It is likely that your protein levels will need to be 1.3-2.0 grams per kilogram of bodyweight.

It is likely your carbohydrates will need to be 2.5-6.0 grams per kilogram of bodyweight.

It is likely that your fats will need to be 0.8-1.2 grams per kilogram of bodyweight.

If you tap 'more' > 'goals' > 'calorie, carbs, protein, fat goals', you can then adjust your macronutrients as you wish.

If you wish to calculate your own calorie needs and deficit outside of the app, you can use an online free Basal Metabolic Rate (BMR) calculator. This equation needs your age, gender, weight, and height. The Mifflin-St Joer equation is the most accurate and is super easy to find via Google.

Once you have your BMR, you bolt on your current activity levels which range from sedentary to very intense. This will mean a certain amount of calories are added on to your daily needs.

It is recommended to create a daily calorie deficit of 300-500kcal to facilitate healthy and steady fat loss.

As your weight drops, your calorie needs will therefore drop too. So every 3 months you should recalculate your BMR.

As you progress with your body composition and training it is also likely you will need to recalculate your macronutrients.



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. Tea does count but coffee does not, so if you want something hot then use normal or herbal teas. 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.

PRACTICAL TIPS TO INCREASE THE AMOUNT YOU DRINK.



Include 'watery' foods during the day, especially if work or other things make drinking difficult. Watermelon, cucumbers, most vegetables, yoghurts and other similar foods all have liquid in and they all help towards optimal hydration.



Get some citrus fruits, fruit tea bags (throw them into your water bottle the night before and leave it in the fridge overnight), or as a last option some sugar free squash to mix into your water to make it taste great. Experiment with different concoctions and find ones you like.



Fill your waterbottle up with high quality water and drink it during the day. Try to drink before you get thirsty, as thirst is there to tell you when you are already dehydrated (we want to avoid this). A few sips every half hour is a great move (alarm reminders can help).



During the day (not necessarily your morning pee) your urine should be clear to a pale yellow. If it's any darker, you may need to up the intake!



Drink 500ml of water upon waking up, before your morning coffee. This will help you wake up and will get you off to a really good start for the day.



Buy a cool looking water bottle. If you have a cool water bottle just like a gadget or accessory you are proud of then you are more likely to carry it around with you.



During your exercise routine and any physical activity, drink at least 500ml of water per hour. Increase the amount you drink should it be hotter than usual.



PLANNING

Planning ahead will really help you to maintain consistency and therefore get the best results.

Taking some time each week or every few days to plan your meals is a great way to help you stay on track and organise things like knowing what to buy when food shopping.

If you're short on time, you may want to consider making an extra portion of your evening meal to have for lunch the following day or set some time aside each week to batch cook and freeze some of your favourite meals.

➤ To help you plan, why not print off this page and pop it on your fridge!

	MON	TUE	WED	THU	FRI	SAT	SUN
Breakfast							
Calories							
Lunch							
Calories							
Evening Meal							
Calories							
Snack							
Calories							
Total Calories							
Workout							



RECIPES



TOASTED WALNUT AND HONEY PORRIDGE

Calories: 498 kcal
Carbohydrates: 65g
Protein: 20g
Fat: 18g

Serves 1

Prep Time 5 mins

Cook Time 10 mins

Ingredients

- 50g Rolled Oats
- 250ml Skimmed Milk
- 1 tbsp. Honey
- 25g Walnuts

Method:

1. Toast the walnuts in a non-stick frying pan for a few minutes.
2. Put the oats and milk in another saucepan on a low heat, bring to the boil, then simmer for 3-5 minutes, stirring occasionally until thick.
3. Transfer to a bowl, top with the walnuts and stir in the honey.





OATY BANANA PANCAKES

Calories: 371 kcal
Carbohydrates: 57g
Protein: 17g
Fat: 9.2g

Serves 1

Prep Time 5 min

Cook Time 8 mins

Ingredients

- 100g Rolled Oats
- 1 Egg
- 1 tbsp. Low Fat Soft Cheese
- 2 tbsp. Skimmed Milk
- 1 Banana
- 2 tsp. Honey

Method:

1. Put the oats, egg, cream cheese and milk in a bowl and whisk until there is a smooth batter.
2. Heat a non-stick frying pan over a medium heat, then pour in half the batter and cook for 4 minutes, or until bubbles appear in the pancake.
3. Flip it and cook on the other side. Serve with chopped banana and honey.



CINNAMON FRENCH TOAST WITH BERRIES AND COCONUT

Calories: 385 kcal
Carbohydrates: 41g
Protein: 17g
Fat: 15g

Serves 1

Prep Time 5 mins

Cook Time 6 mins

Ingredients

- 2 Eggs
- 75ml Skimmed Milk
- 1/2 tsp. Cinnamon
- 1/4 tsp. Nutmeg
- 4 slices of Wholegrain or Sourdough Bread
- 2 tsp. Olive Oil or Butter
- 1 Banana
- 100g of Strawberries and Blueberries
- 2 tbsp. Desiccated Coconut

Method:

1. Whisk the eggs, milk, cinnamon and nutmeg in a shallow dish.
2. Dip the bread slices in this mixture for 30 seconds on each side ensuring they are soaked through.
3. Heat the oil in a large non-stick frying pan on a medium heat.
4. Add the bread for 2 minutes until golden brown then flip to the other side.
5. Serve immediately with the chopped banana, berries and desiccated coconut sprinkled on top.



QUINOA EDAMAME AND BROCCOLI SALAD WITH HAZELNUTS

Calories: 449 kcal
Carbohydrates: 32g
Protein: 18g
Fat: 26g

Serves 4

Prep Time 10 mins

Cook 20 mins

Ingredients

For the Salad:

- 150g Quinoa
- 200g Tenderstem Broccoli
- 250g Edamame Beans
- 2 Red Peppers, cut into strips
- 1 Red Onion, cut into wedges
- 2 tbsp. Olive Oil
- 50g Hazelnuts
- Seasoning

For the Dressing:

- 2 tbsp. Olive Oil
- 2 tbsp. Lemon Juice
- 1 tsp. Honey

Method:

1. Preheat the oven to 200 degrees.
2. Cook the quinoa in a large saucepan of boiling water for 12 minutes. Add the broccoli for the last 5 minutes and frozen edamame beans for the last 30 seconds. Run under cold water and set aside.
3. Arrange the peppers and onion in a roasting tin. Drizzle with oil and season with salt and pepper. Roast in the oven for 15 minutes until the vegetables are slightly charred.
4. Place the hazelnuts in another baking tray and roast for 8 minutes. Meanwhile make the dressing by putting the olive oil, lemon juice, and honey in a sealed jar and shaking.
5. Mix the roast vegetables into the quinoa mixture. Add the dressing and toss together. Place in a serving bowl and sprinkle the hazelnuts over.

SPICY STEAK WRAPS

Calories: 403 kcal
 Carbohydrates: 37g
 Protein: 37.5g
 Fat: 10g

Serves 2

Prep Time 10 mins

Cook Time 10 mins

Ingredients

- 2 Lean Beef Steaks (150g each)
- 1 Red Pepper, sliced
- 2 Wholemeal Tortilla Wraps

For the salsa:

- 1 Garlic Clove
- 1 Small Onion
- 1 Red Chilli, deseeded
- 1 Beef Tomato, chopped
- 2 tsp. Balsamic Vinegar
- 1 handful Chopped Coriander.

Method:

1. Preheat the grill. Grill the steaks for 2-3 minutes each side.
2. To make the salsa, put the onion, chilli and garlic into a food processor and whizz until finely chopped. Add the tomato, vinegar, coriander and mix well.
3. Slice the steak into strips and lay into the wrap, then top with the salsa mix. Wrap up the tortilla and serve.

TOFU PAD THAI

Calories: 530 kcal
 Carbohydrates: 45g
 Protein: 16.6g
 Fat: 30g

Serves 4

Prep Time 15 mins

Cook Time 15 mins

Ingredients

- 1 tbsp. Olive Oil
- 1 Garlic Clove, finely chopped
- 1 cm Root Ginger, peeled and finely chopped
- 2 tbsp. Red Curry Paste
- 400g Mixed Stir Fry Veg (such as baby corn, sugar snap peas, carrots)
- 2 packets Pre Cooked Straight To Wok Egg Noodles
- 200g Smoked Tofu Pieces
- 400g Canned Chickpeas, drained and rinsed
- 400ml Coconut Milk
- 1 handful Coriander, chopped

Method:

1. Heat the oil in a large wok and add the garlic and ginger. Cook until golden brown, add the red curry paste. Cook for a further 3 minutes.
2. Add the vegetables and stir-fry for 5 minutes then add the noodles and cook for a further 3 minutes.
3. Add the tofu and chickpeas and pour over the coconut milk. Cook for 2 minutes and stir in the coriander and serve.



SPRING CHICKEN ONE POT

Calories: 339 kcal
 Carbohydrates: 27g
 Protein: 36g
 Fat: 10g

Serves 4

Prep Time 20 mins

Cook Time 45 mins

Ingredients

- 1 tbsp. Olive Oil
- 1 Onion, chopped
- 500g Skinless Chicken Thigh
- 300 small New Potatoes
- 425ml Low-Salt Vegetable Stock
- 350g Broccoli, cut into small florets
- 350g Spring Greens, shredded
- 140g Petit Pois
- 1 bunch Spring Onion, sliced
- 2 tbsp. Pesto

Method:

1. Heat the oil in a large pan. Add the onion and fry for 5 minutes, then add the chicken and cook until lightly coloured.
2. Add the potatoes, stock and black pepper and bring to the boil. Cover and simmer for 30 minutes until the potatoes are tender and the chicken is cooked.
3. Add the broccoli, spring greens, petit pois and spring onions and stir well.
4. Cover and cook for 5 more minutes and then stir the pesto through and serve.



BERRY AND TOASTED ALMOND POT

Calories: 241 kcal
Carbohydrates: 27g
Protein: 15g
Fat: 8.7g

Serves 4

Prep Time 10 min

Cook Time 10 min

Ingredients

- 50g Slivered Almonds
- 500g Mixed Berries
- 400g Fat Free Greek Yoghurt
- 4 heaped tsp. Honey

Method:

1. Put the almonds in a dry frying pan over a medium heat and toss for a few minutes so they brown. Tip out and leave to one side.
2. Put the berries in a saucepan with 4 tablespoons of water over a medium heat and bring to the boil, then turn the heat down to simmer for 10 minutes. Leave to cool.
3. Spoon the berries into a tall glass, spoon the yoghurt on top then drizzle the honey and top with almonds.



DARK CHOCOLATE GINGER MUFFINS

Calories: 155 kcal
Carbohydrates: 20g
Protein: 3.3g
Fat: 6.7g

Serves 12

Prep Time 15 mins

Cook Time 15 mins

Ingredients

- 200g Self Raising Flour
- 1/2 tsp. Baking Powder
- 2 Eggs, beaten
- 3 tbsp. Rapeseed Oil
- 100ml Skimmed Milk
- 1 tsp. Vanilla Extract
- 50g Light Soft Brown Sugar
- 75g Bittersweet Chocolate with Ginger Pieces
- 2cm Root Ginger, peeled and grated

Method:

1. Preheat the oven to 180 degrees and line a 12 hole muffin pan with paper cases.
2. Sift the flour and baking powder together in a large bowl. Beat the eggs, oil, milk, vanilla and sugar together in a separate bowl.
3. Gently fold the liquid mixture into the flour mixture but do not over mix. Add the chocolate chunks and grated ginger and fold in together.
4. Spoon the mixture into the cases and bake for 15 minutes until they are well risen and spring back when pressed with a finger.
5. Put on a wire rack to cool, these can be stored for 3 days in an airtight container.

GREEN SMOOTHIE

Calories: 329 kcal
Carbohydrates: 36g
Protein: 8g
Fat: 15g

Serves 1

Prep Time 5 mins

Cook Time 0 mins

Method:

1. Add all the ingredients to a high speed blender and blitz until smooth.

Ingredients

- 250ml Skimmed Milk (or alternative)
- 1 tbsp. Ground Flaxseed
- 1 tsp. Maca Powder
- Pinch of Ground Cinnamon
- 1 Medjool Date
- 1 small Ripe Banana
- Handful of Kale or Spinach
- 1 tbsp. Almond Butter

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