



WELCOME TO  
**BRIDGE THE GAP**  
WITH  
**AMY WILLERTON**



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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.

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

By participating you knowingly and voluntarily assume all risks associated with such diet and exercise guidance. Powah Ltd & Amy Willerton 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  
**AMY WILLERTON**  
BRIDGE THE GAP PLAN



Hey, and welcome to Bridge The Gap.

I'm really excited for you to get started on your plan as I know how much this helped me after I had Demz.

This plan is all about helping you bridge the gap between where you are now and where you want to be. Whether you've had a baby and want to get back to your pre-baby jeans or you're already exercising and want to take your fitness and figure to the next level, this plan is going to get you there...all you have to do is be consistent and follow the plan.

The workouts are designed to help you improve your fitness levels, muscle tone and core stability and strength to help you get the results you want, feel more confident and full of vibrant energy.



If you follow me on social media, you'll already know how much I enjoy working out, not just because it keeps me in shape but also because of how it makes me feel, and I'm really excited for you to feel the same.

One of the great things about this plan is you can do it either at home or at the gym, as all you need is a kettlebell. You'll find these in all gyms and they are easy and cheap to pick up online if you're working out at home.

I really can't wait to see your results and all of your workout posts along the way too.

Much love,

*Amy x*



@ missamywillerton



# Getting Started

‘There are lots of different ways to track your progress, from using scales and taking pictures to using the tape measure. Ultimately you can choose which method you prefer, but it is advisable to use at least two together, for example if you’re weighing yourself also take pictures.’ - Amy

For the most accurate pictures, everytime you take them, follow these guidelines:

- Take 3 pictures, one facing the camera, one facing the side and one with your back to the camera.
- Take your pictures at the start of the plan and then every 2-3 weeks after that.
- Always take your pictures at the same time of day, wearing the same clothing.
- Your clothing should be fitted rather than baggy. Things like a sports bra and shorts work really well.
- Have your camera at the same level each time, and take your pictures in the same place with the same lighting each time.



# Goal Setting

Once you've established your starting point it's time to work out what you want to achieve, and set some goals.

Getting your goal setting right will really help you to maintain clear focus and consistency and using the SMART principle is a brilliant way to do this.

# S

## Specific

Your goal needs to be specific and should avoid being broad.

For example, 'I want to lose weight and tone up' becomes 'I will lose an inch from my waist measurement'.

# M

## Measurable

The best way to really measure your goal and know if you have achieved it, is to attach a number to it.

For example, 'I will get fitter' becomes 'I will be able to do a full body circuit from my plan without taking extra rest.'

# 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 lot of weight, then be sure to break that down into smaller goals, such as losing 3-5lbs at a time. On the flip side, always challenge yourself, and don't make your goals too easy to achieve, otherwise it's too easy to throw discipline and motivation out of the window.

# R

## Realistic

Ask yourself, is the goal you have set realistic given your current commitments? Have you got the time needed to dedicate to a big goal? Do your current commitments allow you the flexibility to exercise every day, or is 4-5 times per week more realistic? If you've set yourself a weight loss goal, is it realistic? Do you even have that much to lose? Can you realistically achieve it in the given timeframe you've set yourself?

# T

## Time Limited

It is super important to attach dates and deadlines to your goals in order to keep yourself disciplined and motivated, otherwise it is way too easy to wonder off track...so grab your diary and set those dates!

Now that you know how to set a goal, it's time to take those old goals and give them a SMART makeover!

As well as using the SMART principle, it is also important to regularly reassess your goals and set new ones...always keep looking forward. As you come close to achieving your first goal, start thinking about what is next.

Goal setting is brilliant and will really help you press on with your results, but be aware that you don't need to spend all of your time looking to the future. Also spend some time looking back at how far you've come and give yourself the praise you deserve.



# Training Terms

Your plan contains several different training methods.

Below you will find information on each one and how it works.



## 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.



## 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.



## 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.



## Interval Training

Interval Training involves performing an exercise and working hard for a given time period, followed by a given rest time before moving onto the next exercise.

# Training Terms

Your plan contains several different training methods.

Below you will find information on each one and how it works.



## Rest Time

Displayed in minutes and/or seconds, you will find a range of different rest periods throughout the plan. 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.



## Multiple Sets

Multiple sets involve performing a given number of reps of an exercise, then taking a rest before repeating the exercise again.





# How To Use The Plan

## How to use the plan

Each week you'll have 4 workouts to do, made up of the following:

### Sweat

A cardio interval workout.

### Sculpt

A full body resistance workout. In week's 5 and 6 your Sculpt workouts will be split into upper and lower body.

### Core

A workout designed to improve the stability and strength of your core muscles.

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 addition to the main workouts, also included in your weekly plan is The Foundations and Active Recovery.

### The Foundations

To ensure you get the most out of all of the workouts, and to help you improve your posture and core function, we recommend that you include this short core stability and strength workout in your daily routine. It can be done on it's own, or can be added to your workout pre warm up.

### Active Recovery

A 3-5km Power Walk, which gradually increases in distance from week 1 to week 6. Complete this twice each week.

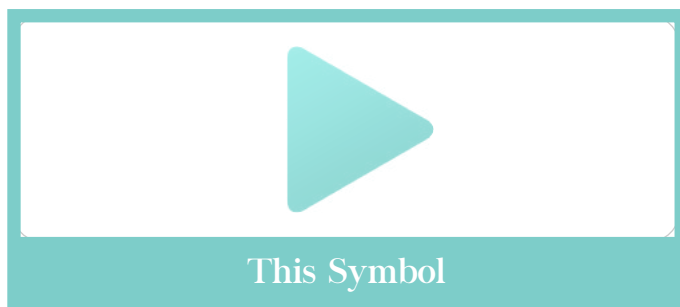
Throughout your Active Recovery sessions, be sure to monitor your intensity.

We would recommend using a scale of 1-10.

- 1= Your effort level is minimal and your 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!
- Aim to maintain an intensity level of 6-7/10 throughout your Active Recovery session.

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. *Amy*

Throughout the plan you'll see this symbol...



To view the videos, click the Play button and enter the password 'bridge'.

If you need help at any time please email  
[support@powah.com](mailto:support@powah.com).

# 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 kettlebell (or two kettlebells if you wish to choose different weights for different exercises), 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.

For my top picks for kettlebells click the button below.

For Kettlebells [CLICK HERE](#)



# Workout Overview

Each week you will have 4 workouts to complete.



## Instructions

You have 4 workouts to complete each week, each one focusing on an element of fitness.

## Additional Information

In all of your workouts, when using a kettlebell, 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.

Once you've completed the initial 6 week plan, you can go back and start again at week 1 and make the workouts more challenging by doing one or more of the following:

- Increase the number of kilometres you cover on your active recovery days
- Increase the weight of your kettlebell(s)
- Have shorter rest periods
- Complete more sets
- Complete more reps in your interval training workouts

## Weeks:

### Week 1

Monday: Sweat 1: Full Body Interval Workout  
Tuesday: Sculpt 1: Full Body Resistance Workout  
Wednesday: Core 1  
Thursday: Rest  
Friday: Sweat 1: Full Body Interval Workout  
Saturday: Active Recovery (3-5km)  
Sunday: Active Recovery (3-5km)

### Week 2

Monday: Sculpt 1: Full Body Resistance Workout  
Tuesday: Sweat 1: Full Body Interval Workout  
Wednesday: Core 1  
Thursday: Rest  
Friday: Sculpt 1: Full Body Resistance Workout  
Saturday: Active Recovery (3-5km)  
Sunday: Active Recovery (3-5km)

### Week 3

Monday: Sweat 2: Full Body Interval Workout  
Tuesday: Sculpt 2: Full Body Resistance Workout  
Wednesday: Core 2  
Thursday: Rest  
Friday: Sweat 2: Full Body Interval Workout  
Saturday: Active Recovery (4-5km)  
Sunday: Active Recovery (4-5km)

### Week 4

Monday: Sculpt 2: Full Body Resistance Workout  
Tuesday: Sweat 2: Full Body Interval Workout  
Wednesday: Core 2  
Thursday: Rest  
Friday: Sculpt 2: Full Body Resistance Workout  
Saturday: Active Recovery (4-5km)  
Sunday: Active Recovery (4-5km)

### Week 5

Monday: Sculpt 3A: Lower Body Resistance Workout  
Tuesday: Sculpt 3B: Upper Body Resistance Workout  
Wednesday: Core 3  
Thursday: Rest  
Friday: Sweat 3: Full Body Interval Workout  
Saturday: Active Recovery (5km)  
Sunday: Active Recovery (5km)

### Week 6

Monday: Sculpt 3A: Lower Body Resistance Workout  
Tuesday: Sculpt 3B: Upper Body Resistance Workout  
Wednesday: Core 3  
Thursday: Rest  
Friday: Sweat 3: Full Body Interval Workout  
Saturday: Active Recovery (5km)  
Sunday: Active Recovery (5km)



# Warm Up

At the start of each workout always ensure you warm up.

To unlock the videos, click the Play button and enter the password 'bridge'.  
If you need help at any time please email [support@powah.com](mailto:support@powah.com).



Abdominal Prep  
x 12-15

Glute Bridge  
x 12-15

T Squat  
x 12-15

Squat & Rotate  
x 12-15

Active Hamstring Stretch  
x 12-15

Active Adductor Stretch  
x 12-15

Roll Down  
x 8-10

Plank Lunge  
x 12-15

Pike Active Calf Stretch  
x 12-15

Hip Twist  
x 12-15 each side



Warm Up



# Cool Down/Full Body Stretch

At the start of each workout always ensure you warm up.

To unlock the videos, click the Play button and enter the password 'bridge'.  
If you need help at any time please email [support@powah.com](mailto:support@powah.com).

Hold each stretch for 30-60 seconds

Hamstrings (lying)

Lower Back & Glutes (lying)

Full Body (lying)

Quadriceps (lying)

Child's Pose

Child's Pose Reach Through

Hip Flexor (kneeling)

Calf (kneeling)

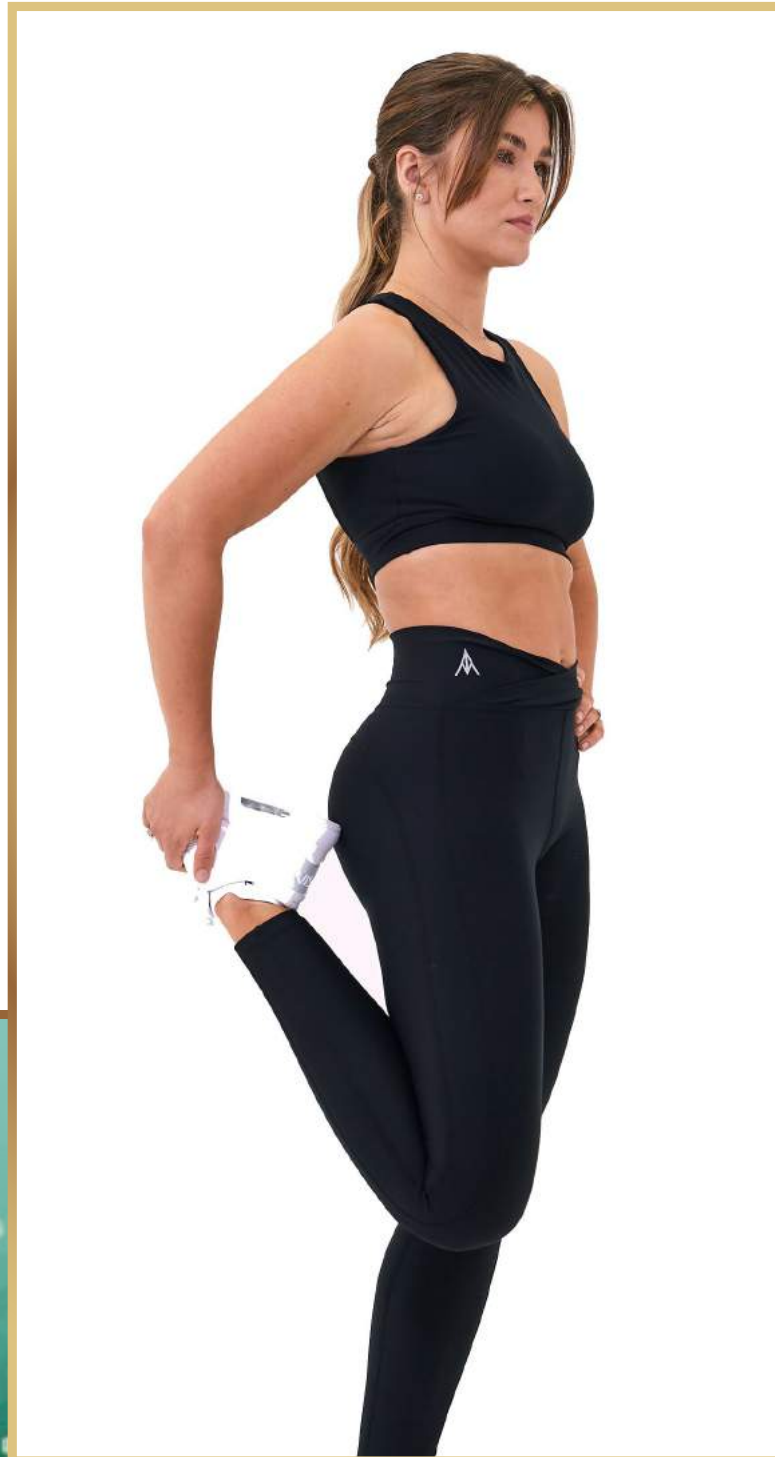
Adductor (seated)

Lats (seated)

Triceps (seated)

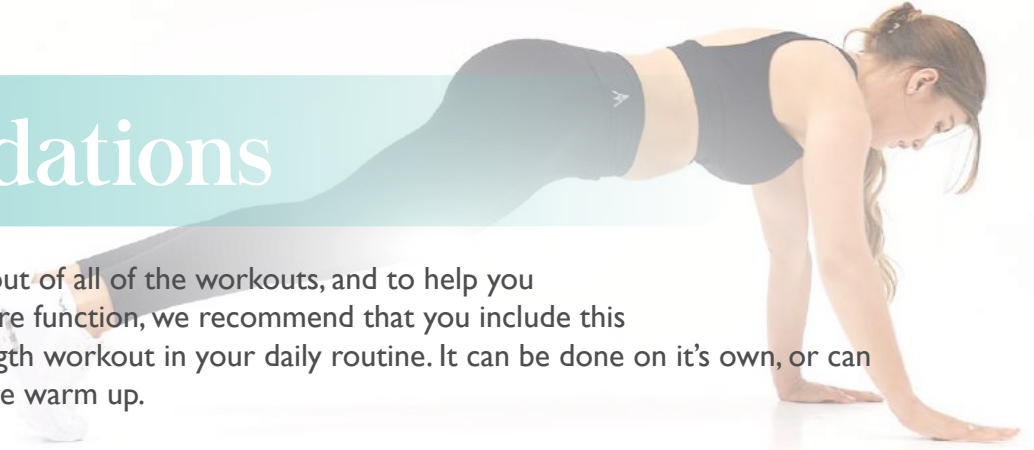
Chest

Upper Back



# The Foundations

To ensure you get the most out of all of the workouts, and to help you improve your posture and core function, we recommend that you include this short core stability and strength workout in your daily routine. It can be done on it's own, or can be added to your workout pre warm up.



Dead Bug x 10

Table Top & Upper Body Rotation x 10

Glute Bridge x 10

Glute Bridge (toes lifted) x 10

Single Leg Glute Bridge (right) x 10

Single Leg Glute Bridge (left) x 10

Push Up From Floor x 10

Hover x 10 seconds

Side Plank (right) x 30 seconds

Side Plank (left) x 30 seconds

Overhead Split Squat (right) x 10

Overhead Split Squat (left) x 10

‘Engaging your core’ is a phrase that is used frequently in the fitness industry, but what does it really mean?

Watch this video to learn what it means and how to do it properly.



The Foundations



# Workouts

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## Sculpt 1: Full Body Resistance Workout (Kettlebell)



Training System: Multiple Sets  
12-15 reps per exercise  
3-4 sets  
30-40 seconds rest between sets

KB Squat x 12-15

KB Single Arm Row x 12-15 each side

KB RDL x 12-15

KB Single Arm Chest Press x 12-15 each side

KB Swing x 12-15

KB Overhead Press x 12-15

## Sweat 1: Full Body Interval Workout (Body Weight)



Training System: Intervals  
40 seconds per exercise  
20 seconds rest between exercises  
3-4 sets

Speed Squat  
Press Up  
Side Lunge & Reach  
Walk Out  
Side to Side Shuffle  
Wood Chop

# Workouts

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## Core 1



Training System: Multiple Sets  
12-15 reps per exercise  
3-4 sets  
30-40 seconds rest between sets

Hover x 12-15 (exhale on lift)

Heel Slide x 12-15 each side

Half Roll Back x 12-15

Side Plank Clam (right) x 12-15

Side Plank Clam (left) x 12-15

Toe Tap x 12-15 each side

## Sculpt 2: Full Body Resistance Workout (Kettlebell)



Training System: Super Sets  
12-15 reps per exercise  
3-4 sets  
30-40 seconds rest between super sets

A1: KB Dead Lift x 12-15  
A2: KB Split Stance Single Arm Row x 12-15 each side

B1: KB Side Lunge x 12-15 each side  
B2: KB Narrow Press x 12-15

C1: KB Glute Bridge x 12-15  
C2: KB Upright Row x 12-15



# Workouts

To view the videos, click the Play button and enter the password 'bridge'.

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## Sweat 2: Full Body Interval Workout (Body Weight)



Training System: Intervals  
45 seconds per exercise  
15 seconds rest between exercises  
3-4 sets

Floor to Ceiling Squat  
Plank Row  
Lunge & Kick  
Shadow Boxing  
Squat & Side Knee Lift  
Arm Crawl

## Core 2



Training System: Super Sets  
12-15 reps per exercise  
3-4 sets  
30-40 seconds rest between super sets

A1: Single Leg Stretch x 12-15 each side  
A2: Superman x 12-15 each side

B1: Hover Pike x 12-15 (inhale on lift)  
B2: Bow & Arrow x 12-15 each side

C1: Side Plank Hip Lift (right) x 12-15  
C2: Side Plank Hip Lift (left) x 12-15

# Workouts

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If you need help at any time please email [support@powah.com](mailto:support@powah.com).



## Sculpt 3A: Lower Body Resistance Workout (Kettlebell)



Training System: Tri Sets  
12-15 reps per exercise  
3-4 sets  
30-40 seconds rest between tri sets

A1: KB Suitcase Reverse Lunge x 12-15 each side  
A2: KB Sumo Squat Pulse x 12-15  
A3: KB Dead Lift x 12-15

B1: KB Staggered RDL x 12-15 each side  
B2: KB Side Lunge x 12-15 each side  
B3: KB Pass Under Lunge x 12-15

C1: KB Goblet Curtsey Lunge x 12-15 each side  
C2: KB Kneel To Stand x 12-15  
C3: KB Swing x 12-15

## Sculpt 3B: Upper Body Resistance Workout (Kettlebell)



Training System: Tri Sets  
12-15 reps per exercise  
3-4 sets  
30-40 seconds rest between tri sets

A1: KB Alternating Sumo Row x 12-15 each side  
A2: KB Single Arm Chest Press x 12-15 each side  
A3: KB Overhead Press x 12-15

B1: KB Narrow Press x 12-15  
B2: KB Single Arm Bent Over Row x 12-15 each side  
B3: KB Kneeling Halo x 12-15 each side

C1: KB Bottoms Up Curl x 12-15  
C2: KB Skull Crusher x 12-15  
C3: KB Rotational Press x 12-15 each side



# Workouts

To view the videos, click the Play button and enter the password 'bridge'.

If you need help at any time please email [support@powah.com](mailto:support@powah.com).



## Sweat 3: Full Body Interval Workout (Body Weight & Kettlebell)



Training System: Intervals  
50 seconds per exercise  
10 seconds rest between exercises  
3-4 sets

KB Single Arm Swing  
KB Squat & Press  
KB Side Lunge & Press Forward  
KB Clean  
KB Snatch  
KB RDL & Row

## Core 3



Training System: Tri Sets  
12-15 reps per exercise  
3-4 sets  
30-40 seconds rest between tri sets

A1: Scissors x 12-15 each side  
A2: Diagonal Superman x 12-15 each side  
A3: Reverse Curl x 12-15

B1: Hover Shoulder Tap x 12-15 (exhale on lift)  
B2: V Sit Arm Lift x 12-15  
B3: Bridge & Curl Up x 12-15

C1: Side Plank Rotation (right) x 12-15  
C2: Side Plank Rotation (left) x 12-15  
C3: Back Extension x 12-15

# NUTRITION



‘I’ve always found that planning my meals and writing down or logging what I eat and drink really helps me to stay on track- it’s amazing how you can forget little snacks you’ve had here and there if you don’t make a note of them. I either use a little notebook and pen or the My Fitness Pal app is really useful too.’ - Amy

If you have a lot of commitments and don’t have a lot of time, then batch cooking and prepping your meals in advance can be really effective when it comes to staying on track.

To help you plan and also record, why not print off the next page and pop it on your fridge.



	MON	TUE	WED	THU	FRI	SAT	SUN
Break-fast							
Calories							
Lunch							
Calories							
Evening Meal							
Calories							
Snack							
Calories							
Total Calories							
Workout							

‘As well as tracking what I eat and drink, placing some focus on a good daily routine really helps me too. I try to keep it simple so that I don’t put too much pressure on myself and feel like I’ve got a big, long list of things to do, but having a simple checklist either in my head or on paper is a great way to ensure you hit daily hydration goals, for example.’  
-Amy

You can save the daily checklist to your phone as your home screen or print off the next page and pop it in your notebook or on the fridge... anywhere that you are likely to see it several times each day.

# Check List

Drink 500ml of water

☐

Write down what I want to achieve today

☐

Complete my workout

☐

Drink another 500ml of water

☐

Plan/prep my meals for today/tomorrow

☐

Drink another 500ml of water

☐

Complete my goal for the day

☐

Drink another 500ml of water

☐

Complete 10,000 steps

☐



# Creating A Calorie Deficit

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.

I enjoy cooking but I don't always have a lot of time, and I'm no chef, so I like to follow recipes that are straight forward, but taste really nice and we can enjoy as a family.

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?

Let's start with what calories are in the first place...

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 calorie 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.

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.

As a general rule, a calorie deficit of 500 calories per day is enough for most people to lose weight, 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

'I used the My Fitness Pal app from day one of my health and fitness journey. It's really easy to use and is a great way to track your calorie intake.' - Amy

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.





# RECIPES







# BREAKFAST



# Avocado Feta Pomegranate On Toast

Calories: 322 kcal  
Carbohydrates: 27g  
Protein: 9g  
Fat: 21g

Serves 2

Prep Time 5 mins

Cook Time 0 mins

## Ingredients

2 slices Wholemeal Bread  
1 Avocado  
¼ cup (50g) Feta Cheese, crumbled  
¼ Pomegranate Seeds  
Mint Leaves to garnish

## Method:

1. Toast the bread to your liking. Remove the avocado flesh and mash it up with a fork, season with salt and pepper.
2. Divide the avocado between the 2 slices of toasted bread. Crumble the feta cheese on top and sprinkle with pomegranate seeds. Garnish with mint leaves and serve.



# Chocolate Protein Banana & Hazelnut Pancakes

Calories: 249 kcal  
Carbohydrates: 26.6g  
Protein: 16.6g  
Fat: 9.2g

Prep Time 5 mins  
Cook Time 6 mins

## Ingredients

170ml Semi Skimmed Milk  
2 small Bananas  
2 Eggs  
100g Porridge Oats  
2 scoops Whey Protein  
2 tbsp. Chocolate Nut Spread  
20g Hazelnuts, kernel only  
1 tsp. Baking Powder

## Method:

1. Using a blender or a food processor, blitz together the milk, 1 banana, eggs, porridge, baking powder and whey protein.
2. Chop up the hazelnuts and add them into the combined ingredients.
3. Heat a large frying pan over a medium heat, apply a small amount of oil/fry light. Cook for around 3-4 minutes before flipping and repeating for a further 2 minutes
4. Plate up and top with the remaining banana slices and chocolate spread.





## Lean Herby Breakfast Sausages

Calories: 56 kcal  
Carbohydrates: 2g  
Protein: 7g  
Fat: 3g

Serves 8

Prep Time 10 mins

Cook Time 10 mins

### Ingredients

250g Ground Pork  
Salt & Pepper  
2 tbsp. Sage (chopped)  
2 tbsp. Basil (chopped)  
1 tbsp. Coconut Oil

### Method:

1. In a bowl, mix together the pork with salt, pepper, sage, and basil. Combine well and shape into eight sausages.
2. Heat the coconut oil in a large non-stick frying pan and cook the sausages over medium heat until well browned and thoroughly cooked.
3. Serve hot or store in the refrigerator for later.

# LUNCH



# Moroccan Cod and Bulgur Salad

Calories: 447 kcal  
 Carbohydrates: 42g  
 Protein: 34g  
 Fat: 18g

Serves 2

Prep Time 5 + 30 mins

Cook Time 15 - 25 mins

## Ingredients

300g Cod Fillets  
 1 tbsp. Lemon Juice  
 2 cloves Garlic (crushed)  
 ½ tsp. Turmeric  
 ½ tsp. Paprika  
 ½ tsp. Cumin  
 Pinch of Saffron  
 2 tbsp. Olive Oil  
 100g Bulgur Oats  
 1 Tomato (chopped)  
 ¼ Onion (chopped)  
 15 Green Olives (halved)  
 3 sprigs of Parsley (chopped)  
 Lemon Wedges (to serve)

## Method:

1. Drizzle the cod fillets with lemon juice, season with salt and pepper, and then rub with the garlic and the rest of the spices, coat with a tablespoon of oil and leave for half an hour to marinate, if you have time.
2. Cook the bulgur in salted water (for about 15 minutes) and once cooked set aside. Place the chopped tomato in a salad bowl, add in the chopped onion, olives and parsley. Season with salt and pepper, mix and set aside.
3. Heat the pan, and fry the cod for about 3-4 minutes each side, until cooked throughout, then remove from the pan.
4. Heat the cooked bulgur in the same pan, with the remaining juices, then divide between plates. Serve with the cod and top with the earlier prepared tomato salad. Serve with lemon wedges.



# Butternut, Rocket and Goats Cheese Frittata

Calories: 234 kcal  
Carbohydrates: 14.6g  
Protein: 16.7g  
Fat: 12.4g

Serves 6

Prep Time 20 mins

Cook Time 1 hour

## Ingredients

1 kg Butternut Squash  
10 Eggs  
1 medium Leek  
80g Goats' Cheese  
60g Rocket  
1 tbsp. Olive Oil

## Method:

1. Preheat the oven to 190 degrees.
2. Cut the squash into small cubes and coat with olive oil and salt and pepper and leave to bake for 35-40 minutes and then turn down the oven to 170 degrees.
3. Separately crack the eggs into a large bowl, season with salt and pepper and whisk.
4. Use fry light or a small amount of oil to grease the bottom of a large (10 inch) frying pan. Crank up to a medium heat and cook the sliced leeks until softened (10 minutes should be enough).
5. Add the rocket to the pan and allow to wilt before adding the squash and crumbled goats cheese.
6. Pour the eggs over the ingredients in the frying pan and reduce the heat to low. Cook for 4 minutes before transferring into the oven for around 20 minutes or once set throughout.

# Tandoori Chicken and Spinach Wraps

Calories: 593 kcal  
Carbohydrates: 51.3g  
Protein: 51.3g  
Fat: 18.9g

Serves 2

Prep Time 10 mins

Cook Time 12 mins

## Ingredients

2 large Tomatoes  
250g Chicken Breast  
4 large Wholemeal Tortilla Wraps  
1 Lemon  
60g 0% fat Greek Yoghurt  
60g Cheddar Cheese  
1 small Carrot  
40g Spinach  
15g Tandoori Curry Powder

## Method:

1. Slice the chicken breast into thumb sized pieces before adding the tandoori seasoning along with the juice of the lemon. Mix together ensuring each piece has been coated, finish this by adding salt and pepper.
2. Bake the chicken at 200 degrees for around 12 minutes or until fully cooked throughout.
3. Onto each wrap spread 15g of yoghurt, 15g cheese, some tomato, spinach and grated carrot. Top this with the sliced, cooked chicken and wrap up.

# DINNER





# Jerk Chicken and Cauliflower Rice

Calories: 397 kcal  
Carbohydrates: 15g  
Protein: 33g  
Fat: 24g

Serve 4

Prep Time 15 min

Cook Time 15 min

## Ingredients

### For The Marinade

1 tsp. Dried Thyme Leaves  
1 tsp. Ground Allspice  
2 tbsp. Brown Sugar  
½ tsp. Salt  
½ tsp. Pepper  
2 tsp. Garlic Powder  
½ tsp. Cinnamon  
½ tsp. Cayenne  
2 tbsp. Olive Oil  
2 tbsp. Lime juice

### For the Chicken & Rice:

450g Chicken Breast  
400g Cauliflower Rice  
2 tbsp. Coconut Oil  
1 Onion, diced  
3 Garlic Cloves, minced  
250ml canned Light Coconut Milk  
1 Lime, zest and juice  
Handful Coriander, to garnish  
Lime wedges, to serve

## Method:

1. Combine all marinade ingredients in a bowl or container. Add the chicken breasts and turn to coat in the marinade, leave to marinate for 15 mins or overnight.
2. Heat the tablespoon of coconut oil in a pan over medium-high heat. Add in the onion and sauté for 3 minutes, until softened.
3. Next add in the garlic and cauliflower rice, cook for 2 minutes and add in the coconut milk. Cook for about 10 minutes, or until the coconut milk is absorbed, then remove from heat and stir in the lime zest and juice. Season with salt and pepper to taste.
4. In the meantime, heat the remaining oil in another pan over medium heat and cook the chicken for 8-10 mins until cooked through and browned. Once cooked, serve with the cauliflower rice.
5. Garnish the rice with chopped coriander and serve with lime wedges.

# Garlic Prawn Linguine

Calories: 490 kcal  
 Carbohydrates: 79.2g  
 Protein: 36.3g  
 Fat: 5.3g

Serves 2

Prep Time 10 mins

Cook Time 15 mins

## Ingredients

1 tin Chopped Tomatoes  
 225g Cooked Prawns  
 200g Cherry Tomatoes  
 180g Spaghetti, Whole-Wheat  
 1 medium White Onion  
 100g Rocket  
 1 Lemon  
 2 Garlic Cloves  
 2 Anchovies  
 1 tsp. Chilli Flakes  
 2 sprigs Fresh Parsley  
 1 tsp. Olive Oil

## Method:

1. Add the olive oil to a large frying pan at a medium heat, whilst heating up chop the onion and crush the garlic cloves before adding them to the pan, at this time also add the anchovies and chilli flakes.
2. Cut the cherry tomatoes in half and add them to the pan along with the tinned tomatoes.
3. Bring this to the boil and then leave to simmer for around 10 minutes or until the sauce has thickened.
4. In a separate pan cook the pasta using the packet instructions.
5. Once the sauce has thickened proceed to add the prawns and parsley. Add into the sauce some salt, pepper, more chilli if wanted and lemon juice.
6. Drain all but 2 tablespoons of the water away from the pasta. Mix the pasta through the sauce with the leftover water.
7. Serve with a lemon wedge and rocket on top.





DINNER

## Asian Tofu Salad

Calories: 479 kcal  
Carbohydrates: 14.7g  
Protein: 28.1g  
Fat: 34.4g

Serves 3

Prep Time 15 mins

Cook Time 6 mins

### Ingredients

400g Firm Tofu  
300g Cucumber  
3 small Carrots  
150g Iceberg Lettuce  
5 Spring Onions  
50g Peanuts  
50g Cashew nuts  
2 tbsp. Tahini Paste  
2 slices Red Pepper  
2 inches Fresh Ginger  
15ml Dark Soy Sauce  
2 tsp. Sesame Seeds  
1 Red Chilli

### Method:

1. Preheat the oven to 180 degrees and place the nuts onto a baking tray. Once heated, roast the nuts for around 5-6 minutes then set aside to cool.
2. Cut up finely the ginger, spring onion and chilli before adding to a bowl with the soy sauce and tahini. Combine with a whisk or a fork until all mixed together.
3. Cube the tofu then place into the bowl to marinate in the dressing for around 15 minutes, longer if possible.
4. Remove the middle of the cucumber then slice and slice in half again, leaving moon-like shapes.
5. Grate the carrots and add these to the marinating tofu. Chop up the cooled nuts then also add them to the bowl.
6. Serve the mixture on to a bed of lettuce then top with peppers that have been sliced and a sprinkling of sesame seeds.



# SNACKS & SWEET TREATS



## Banana Almond Muffins (Vegan)

Calories: 210 kcal  
Carbohydrates: 28g  
Protein: 5g  
Fat: 10g

Serves 6

Prep Time 10 mins

Cook Time 20 mins

### Ingredients

2 ripe Bananas, mashed  
60ml Maple Syrup  
60ml Almond Butter  
55g Spelt Flour  
1 tsp. Baking Powder  
¼ tsp. Baking Soda  
30g Walnuts

### Method:

1. Heat the oven to 180 degrees and line a muffin tray with paper muffin cups.
2. Mash the bananas with a fork and combine with the maple syrup and almond butter. Fold in the flour, baking powder, and baking soda and mix well.
3. Divide the batter between the 6 muffin cups. Top each one with the walnuts.
4. Bake for about 18-20 minutes in the middle of the oven, or until a toothpick comes out clean.
5. Remove the muffins from the oven and cool completely before serving.

## Cashew and Fig Chocolate Bars

Calories: 302 kcal  
Carbohydrates: 50.8g  
Protein: 5.6g  
Fat: 9.7g

Serves 6

Prep Time 10 mins

Chill Time 2 hours

### Ingredients

150g Semi-Dried Figs  
100g Porridge Oats  
100g Sultans  
4 tbsp. Honey  
50g Cashew Nuts  
50g 70% Dark Chocolate

### Method:

1. In a food processor blitz together the oats and cashew nuts. Add the dried fruit and the honey, then continue to blitz until well combined.
2. Transfer this mixture into a tray and press down using a spoon.
3. Melt the chocolate and drizzle on top, then leave in the fridge for at least 2 hours before portioning out.



## The Very Berry

Calories: 282 kcal  
Carbohydrates: 43.4g  
Protein: 20.1g  
Fat: 3.3g

Serves 1

Prep 5 mins

Cook 0 mins

### Method:

1. Cut off the tops of the strawberries.
2. Add all berries and ingredients to the blender and blitz until smooth.

### Ingredients

150ml Semi-Skimmed Milk  
150ml Skyr Yoghurt (Berry flavoured)  
100g Strawberries  
50g Blueberries  
1 heaped tsp. Honey

