

THE FITNESS & WELLBEING PLAN

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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 & Georgia Harrison 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 Georgia Harrison.

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 FITNESS & WELLBEING PLAN



Welcome to my fitness and wellbeing plan. I'm so happy that you are reading this and are at the start of what I know will be a brilliant 4 weeks for both your mind and your body.

Everything in this plan, I use myself, every single day and I can't even begin to tell you how much it's impacted my life. I feel fit, healthy and have a clear and positive mindset...all thanks to making the things in this plan part of my daily routine.

I want to start by saying that I believe in you...you are amazing and are capable of achieving anything and everything you want and this plan is here to help you get there.

Establishing a solid daily routine is key to long term success and we will focus a lot on this throughout the plan. Although it is a 4 week plan, you can repeat and reuse it again and again...it's yours to keep forever.

I've worked with an award winning personal trainer, Katie Bulmer-Cooke, and an incredible nutritionist, Kit Chamier, to bring this plan to life. The workouts are great because all you need is your own body- no equipment, and the recipes and nutritional advice can be easily implemented into your life too.

I want to follow you on your journey and support you along the way, so don't forget to tag me in your sweaty post-workout selfies and your foodie pics too!

Let's go and smash this!

Much love,

Georgia x

 [georgialouiseharrison](https://www.instagram.com/georgialouiseharrison)






GETTING STARTED

If becoming more toned and working on your body is one of your goals, then it is important to establish your starting point.

To truly see your results and progress, 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

FALL IN LOVE WITH JOURNALING

Whether your goal is related to your physical or mental wellbeing, keeping a journal is a great idea. You can journal on paper or even in the Notes app on your phone.

Each day write down how you feel in the morning, what you are grateful for and what you are going to do that day to take you a step closer to your goals.

Each time you workout, make notes on what you did, what you enjoyed, what achievements you made and what you'd like to try and improve on in the next session. Also include how you felt at the beginning and end of the session.

Journaling is a great way to help you start each day on the right track and looking back on these notes can prove to be very motivating.

GOAL SETTING

Once you've established your starting point it's time to work out where you are heading, and set some goals.

Setting your goals correctly will play a big part in ensuring you get to where you want to be, quickly and with tons of motivation.

Goal setting is super beneficial, but be mindful not to always be looking into the future. Take time to appreciate the present and praise yourself for the daily achievements you have made. Also remember that not everyday will be perfect, but bare in mind that this plan is about progress not perfection.



Using the SMART principle is a great way to do this.

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 3cms from my waist measurement' or 'I want to be more positive' becomes 'I will increase my positivity by keeping a daily journal of the things I am grateful for.'

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 better at running' becomes 'I will run 3k without stopping.'

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 4lbs at a time. Conversely, 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.

REALISTIC

Ask yourself, is the goal you have set realistic given your current commitments? Have you got time needed to dedicate to a big goal? Do your work commitments allow you the flexibility to exercise twice a day, or is once 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?

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 lock in 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.

You may begin with a fitness related goal and your next goal may be more related to improving your mindset, but whatever you choose always work towards a goal that you feel truly passionate about. Don't focus on what other people are aiming for, and don't choose something that you think you should be focused on. Instead, choose something that YOU want and go get it.

TRAINING TERMINOLOGY

Your programme will contain several training techniques:



SETS & REPS

Sets and reps are the terms used to describe the number of times you perform an exercise. 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.



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. You will find this style of training in your Boxing, Skipping and Conditioning workouts.



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.



AMRAP

AMRAP stands for as many reps or rounds as possible either way, you're performing as many reps of a single exercise as you can in a given period of time, or as many rounds of several exercises as you can in a given period of time.

TRAINING TERMINOLOGY

Your programme will contain several training techniques:



EMOM

EMOM (Every Minute On the Minute) workouts challenge you to complete an exercise for a certain number of reps in less than 60 seconds. The remaining time within the minute is your recovery.



CIRCUIT TRAINING

Circuit training is a combination of exercises performed with short rest periods between them for either a set number of repetitions or a prescribed amount of time. One circuit is when all of the chosen exercises have been completed.



GIANT SETS

Giant Sets involve performing four exercises, back to back, with no rest inbetween. Once all four exercises are complete, you take a given amount of rest before completing the Giant Set again.



LADDERS

To complete one ladder, perform 10 reps of each given exercise, then 8 reps of each exercise, followed by 6, 4 and 2, before resting for up to 1 minute.

HOW TO USE THE PLAN



Each day you'll also have a Morning Motivation video to watch, a positive quote to read and a Meditation track to listen to in the evening, before bed.

Each week you'll have 5 workouts to do, made up of two HIIT Cardio workouts, 2 Core & More workouts and one walk/run or skipping session.

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

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

'Creating a clear daily routine helps me stay on track with my workouts as well as keeping me goal-focused and my positive energy high.'

- Georgia x

Throughout the plan you'll see this symbol



This Symbol

Click the button and use password 'ghfit'. If you need any help or have any questions along the way, please don't hesitate to contact our friendly customer support team at support@powah.com.

WEEKLY CHECKLIST

‘To help you stay on track, and create positive daily habits, why not print off this weekly checklist’

- *Georgia*

Day	Watched Morning Motivation Video	Wrote in my Journal	Read Positive Quote	Completed Workout (or planned tomorrow's)	Completed Meditation
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					

WARM UP

Always ensure that you warm up before starting each workout 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

10 x Squat & Open Arms

10 x Upper Body Twist

10 x Side To Side Lunge

10 x Plank Lunge

30 seconds Light Jog



COOL DOWN

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



Cool Down

Hold each stretch for
15-30 seconds

- > Hamstrings
- > Quads
- > Calf & Upper Back
- > Calf & Chest
- > Hip Flexor
- > Triceps
- > Deltoids



WHAT YOU WILL NEED



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

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

Each week you will have 5 workouts to complete.

WEEKS:

WEEKS 1 & 3

Monday: HIIT Cardio 1
Tuesday: Core & More Workout 1
Wednesday: HIIT Cardio 2
Thursday: Rest
Friday: Core & More Workout 2
Saturday: Skipping Session or Walk/Run
Sunday: Rest

WEEKS 2 & 4

Monday: HIIT Cardio 3
Tuesday: Core & More Workout 3
Wednesday: HIIT Cardio 4
Thursday: Rest
Friday: Core & More Workout 4
Saturday: Skipping Session or Walk/Run
Sunday: Rest

*You can chop and change the days to suit your life commitments and how your body is feeling

INSTRUCTIONS

You have 5 workouts to complete each week, alternating between HIIT Cardio workouts, Core & More workouts and a walk/run or skipping session.

In weeks 1 and 3 you'll complete the '1 & 2' workouts and in weeks 2 and 4 you'll complete the '3 & 4' workouts.

ADDITIONAL INFORMATION

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

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 or AMRAP training is used
- Reducing your rest periods
- Increasing pace/speed in the walk/run, skipping, Ladders or EMOM sessions

WORKOUTS

To unlock videos, hit the Play button and use your password 'ghfit.'

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



HIIT Cardio 1



3 minute AMRAPs
Rest for up to 1 minute between rounds

AMRAP A:

10 x Squat
10 x Press Up
10 x Frog Sit Up

AMRAP B:

10 x Burpee
10 x Star Jumps
10 seconds x Plank

AMRAP C:

10 x Side To Side Squat
10 x Plank Row
10 x Bicycle Crunch

Notes:

Beginners complete each AMRAP once,
Intermediate complete each AMRAP twice,
Advanced complete each AMRAP 3 times.

HIIT Cardio 2



Circuit 45 seconds work/15 seconds rest
Once you've completed the circuit, rest for up to 1 minute

Glute Bridge

Superman Plank

Ankle Tap Crunch

Cross Body Mountain Climber

Lunge

Press Up

V Sit Twist

Walk Out

Notes:

Beginners complete the circuit 1-2 times in total,
Intermediate complete the circuit 3-4 times in total,
Advanced complete the circuit 5-6 times in total.

WORKOUTS

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HIIT Cardio 3



EMOM

Every Minute On The Minute
March/Jog on the spot for the remainder of the minute

Kneel & Stand x 10

Press Up Ankle Tap x 8

Glute Bridge x 16

Plank Row x 16

Boxing Burpee x 10

High Knees x 30

Starfish Crunch x 12

Notes:

Beginners complete twice in total, Intermediate complete 3-4 times in total, Advanced complete 5-6 times in total.

HIIT Cardio 4



Giant Sets

Complete 4 exercises, each for 1 minute, back to back with no rest
Once each Set is complete, rest for 1 minute.

Set 1

Jump Squat & Side Squat
T Plank
Sprint
Back Extension

Set 2

Heel Elevated Wide Squat
Arm Crawl Plank
Burpee
Plank Lunge

Set 3

Squat, Lunge, Knee
Dive Bomber Press Up
Side To Side Lunge
Crab Walk & Squat Thrust

Notes:

Beginners complete each set once, Intermediate complete each set twice, Advanced complete each set three times in total.

WORKOUTS

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Core & More 1



Circuit 40 seconds work/20 seconds rest
Once you've completed the circuit, rest for up to 1 minute

Hover Hold

Ankle Tap Crunch

Plank Leg Lift

Side Plank Crunch (right)

Crunch & Bridge

Side Plank Crunch (left)

Bicycle Crunch

Notes:

Beginners complete the circuit 1-2 times in total,
Intermediate complete the circuit 3-4 times in total,
Advanced complete the circuit 5-6 times in total.

Core & More 2



Ladders

To complete one ladder, perform 10 reps of each exercise, then 8 reps of each exercise, followed by 6, 4 and 2, before resting for up to 1 minute.

Plank Lunge

Back Extension

Walk Out

V Sit Twist

Frog Sit Up

Notes:

Beginners complete the ladder 1-2 times in total,
Intermediate complete the ladder 3-4 times in total,
Advanced complete the circuit ladder times in total.

WORKOUTS

To unlock videos, hit the Play button and use your password 'ghfit.'

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



Core & More 3



Circuit 45 seconds work/15 seconds rest
Once you've completed the circuit, rest for up to 1 minute

Rocking Plank

Leg Raise

Pike Plank

Side Plank Twist (left)

V Sit Hold

Side Plank Twist (right)

Plank Jacks

Notes:

Beginners complete the circuit 1-2 times in total,
Intermediate complete the circuit 3-4 times in total,
Advanced complete the circuit 5-6 times in total.

Core & More 4



Ladders

To complete one ladder, perform 10 reps of each exercise, then 8 reps of each exercise, followed by 6, 4 and 2, before resting for up to 1 minute.

Leg Lift Figure of 8

Dart

Plank Twist

Frog Sit Up

Pulsing Crunch

Notes:

Beginners complete the ladder 1-2 times in total,
Intermediate complete the ladder 3-4 times in total,
Advanced complete the circuit ladder times in total.

WORKOUTS



Skipping Session



Interval training
20 seconds work/10 seconds rest = 1 round
Skip in the style that works best for you.

Notes:
Beginners complete 8-16 rounds in total,
Intermediate complete 16-24 rounds in total,
Advanced complete 24-32 rounds in total.

Walk/ Run



In this workout, you can choose to walk, run or use a combination of both. The focus of this workout is maintain a baseline pace whereby you can feel that your heart rate and breathing rate is elevated throughout. Aim to walk/run for a minimum of 30 minutes.

MORNING MOTIVATION

There is no better feeling than starting your day full of positive energy, and brimming with motivation and enthusiasm for the day!

Each week you have a new Morning Motivation video, each with a different theme, to watch first thing in the morning to help you kick off your day with positive thoughts.

All you need to do is make time for a couple of minutes in your morning routine to watch the video and you'll be feeling motivated to smash your goals in no time!

Week 1 Morning Motivation:
Make Today Great



Week 2 Morning Motivation:
Believe In Yourself



Week 3 Morning Motivation:
Building A Fit, Healthy Body



Week 4 Morning Motivation:
Go Get Your Goals



POSITIVE QUOTES

'I love reading positive quotes! They are so powerful and can motivate, inspire and encourage. If I ever feel low, find myself lacking motivation or just want to start my day with a positive outlook, I read a favourite quote and it really lifts my mood. Reading motivational quotes always energises me and makes me want to get up, get out there and take action, so if you feel like you need a little lift then they are a really quick win!' - Georgia

Each day, read your daily positive quote, pay attention to the words and take a few moments to really think about the meaning and how you can apply it to your own life.

DAY 1: "Happiness cannot be travelled to, owned, earned, worn or consumed. Happiness is the spiritual experience of living every minute with love, grace and gratitude."

DAY 2: "Take one day at a time. Today, after all, is the tomorrow you worried about yesterday."

DAY 3: "Success doesn't come from what you do occasionally. It comes from what you do consistently."

DAY 4: "Stop being afraid of what can go wrong and start being positive about what can go right."

DAY 5: "Don't be the girl who fell. Be the girl who got back up."

DAY 6: "Winning does always mean being first. Winning means you're doing. Better than you've done before."

DAY 7: "Fall in love with taking care of your body."

DAY 8: "Tough times don't last, tough people do."

DAY 9: "Yes it's going to be hard, but it's going to be worth it."

DAY 10: "Winners are not people who never fail, but people who never quit."

DAY 11: "When you focus on the good, the good gets better."

DAY 12: "Don't wish for a good body, work for it."

DAY 13: "Push yourself, because no one else is going to do it for you."

DAY 14: "Be thankful for what you have; you'll end up having more. If you concentrate on what you don't have, you will never, ever have enough."

POSITIVE QUOTES

DAY 15: "Don't dream of winning, train for it."

DAY 16: "It's a slow process but quitting won't speed it up."

DAY 17: "Believe in yourself and you will be unstoppable."

DAY 18: "Master your mindset and you will master your body."

DAY 19: "You can't outrun your fork."

DAY 20: "The only bad workout is the one you didn't do."

DAY 21: "Age wrinkles the body, quitting wrinkles the soul."

DAY 22: "Be stronger than your excuses."

DAY 23: "What may be hard today makes you stronger tomorrow."

DAY 24: "A grateful heart is a magnet for miracles."

DAY 25: "You'll never change your life until you change something you do daily. The secret to success is found in your daily routine."

DAY 26: "Habits and routines have nothing to stick to without mindset."

DAY 27: "Dream big, work hard, stay focussed and surround yourself with good people."

DAY 28: "Too many people want to look like winners without having the guts to do what it takes to become one."

MEDITATION MP3'S

Each week you have a new Meditation, each with a different theme, to listen to in the evening, to help you drift off to sleep.

Mediation can help everyone and has many benefits, including reduced stress and anxiety, enhanced self awareness and improved mood and sleep to name a few.

Click the Download icon, to download your track and save it to your device, then each night listen to it in bed.

Each time you meditate, start by finding a comfortable position and just take a moment to settle yourself and get comfortable before starting the track.

Week 1 Meditation: The Meditation Basics



Week 2 Meditation: Relaxation & Sleep



Week 3 Meditation: Gratitude



Week 4 Meditation: Confidence & Motivation



NUTRITION



You have probably heard it before, that it's all about calories in vs calories out. Changing your calories to either a deficit or surplus will allow you to lose or gain weight respectively, but it shouldn't always just be about that. We wanted to make it clear that there is so much to consider beyond these numbers. It's important to make sure you nourish your body and mind with what it really needs.

Having a range of foods in your diet, full of colourful vegetables and fruits, meats, fish, dairy, nuts, seeds, pulses, and grains means your body can gather all the essential nutrients to help it function at its best.

Choosing foods which make you feel good can still be done healthily. Comfort foods often have the negative connotation of being high calorie and high fat, but it doesn't have to be that way. There are so many ways to cook and create these meals so they still have that feel-good factor and help nourish your body at the same time.

From warm to cold dishes, quick fry to slow cooker, there are so many options for all occasions. Embracing and enjoying these healthier versions will help you maintain a good balance with your health through the week, helping you avoid the restriction and indulgence cycle you might be facing every weekend, and helping you understand that there isn't a one size fits all solution to being healthy. These meals will give you that flexibility and freedom to feel great, enjoy amazing food and nurture your body.

Take care of your nutrition and look past the numbers. Be mindful, be happy, and embrace these comforting meals.



Breakfast



LEAN HERBY BREAKFAST SAUSAGES

Makes 8

Prep 10 mins

Cook 10 mins

Per Serving

56 kcal

3g Fat

2g Carbohydrate

7g Protein

Ingredients

9 oz. (250g) Ground Pork

Salt & Pepper

2 tbsp. Sage (chopped)

2 tbsp. Basil (chopped)

1 tbsp. Coconut Oil

Method

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





FULL ENGLISH REVISITED

Makes 1

Prep 5 mins

Cook 5 mins

Per Serving

378 kcal

32g Fat

14g Carbohydrate

23g Protein

Ingredients

2 Bacon Medallions

2 Hard Boiled Eggs (chopped)

1/2 Large Avocado (chopped)

1 tbsp. Red Onion (finely chopped)

1 tbsp. Red Bell Pepper (finely chopped)

Sea Salt and Ground Pepper (to taste)

Optional Extra: Sourdough Bread

Method

- Fry the bacon until crispy in a non-stick pan, let it cool slightly and chop.
- Combine the bacon, eggs, avocado, onion and bell pepper in a bowl.
- Season with salt and pepper to serve.
- Optional 1 slice of sourdough toast - 160kcal, 32g carb, 6g pro, 2g fat.
- breakfast 3 of 3





HIGH PROTEIN BLUEBERRY PANCAKES

Makes 1

Prep 5 mins

Cook 10 mins

Per Serving

257 kcal

5g Fat

8g Carbohydrate

36g Protein

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

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





Main Meals





ROOT VEGGIE SALAD

Makes 4

Prep 5 mins

Cook 50 mins

Per Serving

525 kcal

22.3g Fat

68g Carbohydrate

13.3g Protein

Ingredients

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

Method

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



CHICKEN THIGHS IN HOISIN SAUCE

Makes 8

Prep 5 mins

Cook 50 mins

Per Serving

366 kcal

15g Fat

16g Carbohydrate

29g Protein

Ingredients

2 tbsp. Coconut Oil
8 Skinless Chicken Thighs
1 cup (200g) Jasmine Rice
4 Spring Onions (chopped)
4 cloves Garlic (sliced)
200ml White Wine
500ml Chicken stock
4 tbsp. Dried Cranberries

FOR THE SAUCE:

3 tbsp. Soy Sauce
2 tbsp. Rice Vinegar
1 tbsp. Peanut Butter
1 tsp. Chili Flakes
1 tsp. Honey
1 tsp. Sesame Oil

Method

- Heat the oven to 375F (190C). Heat the oil in a large pan.
- Season the chicken thighs with salt and pepper and fry for 5 minutes each side until golden brown, then take off the heat and transfer onto a plate.
- Pour out most of the fat from the pan, leaving about 1 tbsp in the pan.
- Add into the pan the peeled and sliced garlic and the spring onion, fry for 1 minute.
- Add uncooked rice and fry again for about 1 minute. Pour in the wine and cook for a further 2 minutes until most of the liquid evaporates.
- Next, add all ingredients of hoisin sauce, hot stock, and cranberries, bring to a boil.
- Transfer the rice into an ovenproof dish and place the chicken thighs in the centre. Bake in the preheated oven for 30 minutes.
- Once cooked, divide into 4 plates and serve, or store in the fridge for up to 2-3 days.



MOROCCO COD AND BULGUR SALAD

Makes 2

Prep 5 + 30 mins

Cook 15-25 mins

Per Serving

447 kcal

18g Fat

42g Carbohydrate

34g Protein

Ingredients

10 oz. (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)

1/4 Onion (chopped)

15 Green Olives (halved)

3 sprigs of Parsley (chopped)

Lemon Wedges (to serve)

Method

- Drizzle the cod fillets with lemon juice, then season with salt and pepper, rub with the garlic, and the rest of the spices, coat with 1 tbsp. of oil. Leave for half an hour to marinade, if you have time.
- 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.
- Heat the pan, and fry the cod for about 3-4 minutes each side, until cooked throughout, then remove from the pan.
- 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.





SIMPLE CHICKEN CURRY WITH SAFFRON RICE

Makes 4

Prep 10-15mins

Cook 30-45 mins

Per Serving

531 kcal

22g Fat

47g Carbohydrate

36g Protein

Ingredients

8 Skinless Chicken Thigh Fillets

1 tbsp. Oil

1 large Onion (diced)

1 tbsp. Ginger (minced)

5 cloves Garlic (minced)

½ tsp. Black Pepper

3 large Tomatoes (chopped)

1 ½ tsp. Turmeric

FOR THE RICE:

60ml Boiling Water

Pinch of Saffron Threads (roughly 1/8 tsp.)

225g Basmati Rice

1 tsp. Coconut Oil

1/2 tsp. Onion Powder

1/4 tsp. Salt

1 ¾ cup Vegetable Stock

Method

- Season the thighs with salt and pepper.
- Heat the oil in the pan and fry the thighs on both sides until golden brown. Remove from the pan and set aside.
- In the same pan sauté the diced onion, garlic and ginger for 3-4 mins, stirring often and season with pepper and turmeric.
- Add chopped tomatoes, and 1/4 cup of water, season with salt and bring to a boil.
- Place the chicken thighs in the simmering sauce, cover with a lid and cook for about 30-45 mins or until the meat is tender.
- In the meantime cook the rice. Combine saffron threads and boiling water and allow to 'brew' for at least 5 minutes.
- In a medium pot, combine saffron and the water with the rice and all other ingredients.
- Cover and bring to a boil, then reduce heat and simmer for 15 minutes. Remove from heat and let sit for another 10 minutes before serving.
- Serve 2 chicken thighs along with sauce and a serving of saffron rice.



HEALTHY CORONATION CHICKEN

Makes 2

Prep 10 mins

Cook 10 mins

Per Serving

217 kcal

8g Fat

10g Carbohydrate

25g Protein

Ingredients

1 tbsp. Mayonnaise

2 tbsp. Greek Yoghurt (0% fat)

1 tsp. Curry Powder (or more, to taste)

5 oz. (150g) Cold Cooked Chicken (chopped)

*leftover roast chicken is perfect for this

6 Dried Apricots (chopped)

1 Celery Stick (chopped)

Method

- Mix the mayonnaise, yoghurt and curry powder. If needed, add a splash of water to thin the sauce to the consistency you like.
- Stir in the chicken, apricots, celery and almonds and season to taste with salt and pepper.
- Serve with a side iceberg lettuce salad or as a sandwich filling.





QUINOA CHICKEN NUGGETS

Makes 4

Prep 25 mins

Cook 20 mins

Per Serving

224 kcal

6g Fat

10g Carbohydrate

33g Protein

Ingredients

1 lbs. (450g) Chicken Breasts (cut into chunks)

1 cup (185g) Cooked Quinoa

1 Egg (beaten)

¼ cup (30g) Parmesan Cheese (grated)

1 tbsp. Dried Herbs (of choice)

Method

- Set the oven to 350F (180C).
- Prepare a baking tray covered with baking paper and evenly spread out the cooked quinoa. Bake for around 20-25 mins, checking often and stirring to avoid burning. Once quinoa is crispy, set aside to cool.
- Increase the oven temperature to 390F (200C).
- Chop the chicken into chunks.
- Whisk the egg in a bowl together with the parmesan and herbs. Prepare a separate plate with the quinoa. Dip the chicken first in the egg, then coat with the quinoa.
- Place the chicken nuggets on a baking tray covered with baking paper and bake for about 15-20 minutes, until the chicken is cooked through.





CHILLI AND SWEET POTATO CHIPS

Makes 4

Prep 10 mins

Cook 40 mins

Per Serving

382 kcal

16g Fat

33g Carbohydrate

29g Protein

Ingredients

3 medium sweet potatoes

2 tsp. garlic powder

1 tsp. onion powder

2 tbsp. buckwheat flour

1 tbsp. olive oil

Salt & pepper

FOR THE CHILLI:

1 lb. (450g) Lean Ground Beef

1 tbsp. Chilli Flakes

1 can Chopped Tomatoes (14oz./400g)

6 fl. oz. (170ml) Water

FOR THE GARNISH:

2 tbsp. Coriander (chopped)

1 Avocado (mashed)

Method

- Heat the oven to 420F (215°C).
- Wash the potatoes and cut them into chips. Season the chopped potatoes with the garlic, onion powder, salt and pepper and sprinkle with buckwheat flour. Drizzle with olive oil and cover well by rubbing in.
- Spread the potatoes on a baking tray, making sure they are not too close together. Bake in the oven for 40 mins, stirring halfway through.
- In the meantime, heat a non-stick pan over a medium-high skillet and add the ground beef. Cook for about 2-3 mins and season with chilli flakes.
- Add the chopped tomatoes and water and stir, reducing the heat to low. Simmer uncovered for about 20 mins, until most liquid evaporates.
- To serve, divide the potatoes between plates and top with chilli, mashed avocado and sprinkle with coriander.
- For a vegetarian option exchange the beef mince for Quorn Mince.

A photograph of a white bowl filled with fresh blueberries, with a few more blueberries scattered on the surface next to it. To the right, there is a glass jar containing almonds. The background is a soft, out-of-focus white surface.

Smoothies and shakes





VANILLA AND COFFEE PROTEIN SMOOTHIE

Makes 2

Prep 10 mins

Cook 0 mins

Per Serving

174 kcal

6g Fat

4g Carbohydrate

26g Protein

Ingredients

1/4 cup (60ml) Espresso

1 2/3 cup (400ml) Almond Milk

2 scoops Vanilla Whey

2 tsp. Cinnamon

2 tbsp. Flax Seeds

Handful of Ice

Method

- Place all ingredients in a high-speed blender and mix until smooth. Serve cold in a glass.





GINGER ZINGER

Makes 1

Prep 5 mins

Cook 0 mins

Per Serving

57 kcal

0.6g Fat

12.8g Carbohydrate

1.2g Protein

Ingredients

125ml Water

1 small Apple

1 small Carrot

½ Lemon

1 inch Fresh Ginger

Method

- Remove the core from the apple, and the tops of the carrot after washing.
- Chop ingredients roughly before adding to a blender with the water and blitzing for around 1 minute or until all chunks have gone.





THE VERY BERRY

Makes 1

Prep 5 mins

Cook 0 mins

Per Serving

282 kcal

3.3g Fat

43.4g Carbohydrate

20.1g Protein

Ingredients

150ml Semi-Skimmed Milk

150ml Skyr Yoghurt (Berry flavoured)

100g Strawberries

50g Blueberries

1 heaped teaspoon Honey

Method

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





NUTS ABOUT NUT BUTTER SMOOTHIE

Makes 1

Prep 5 mins

Cook 0 mins

Per Serving

545 kcal

20g Fat

59.5g Carbohydrate

31.4g Protein

Ingredients

150g Plain Skyr Yoghurt

150ml Semi Skimmed Milk

1 large Banana

25g Peanut Butter

1 heaped tbsp. Honey

1 tbsp. Chia seeds

Method

- Add all ingredients to a blender and combine.





GINGER & TURMERIC BLAST

Makes 1

Prep 5 mins

Cook 0 mins

Per Serving

210 kcal

2.7g Fat

39g Carbohydrate

3.3g Protein

Ingredients

1 inch Ginger

1 tsp. Ground Turmeric

Pinch of Black Pepper

150ml Orange Juice

1 tsp. Flax Seed

1 small Apple

¼ Lemon

1 level tsp. Honey

Method

- Peel and wash the ginger.
- Take the core out of the apple and roughly chop.
- Blend all ingredients and serve over ice.





Sweet Treats





VEGAN CREME BRÛLÉE

Makes 4

Prep 10 mins

Chill 1 hour

Per Serving

138 kcal

9g Fat

15g Carbohydrate

1g Protein

Ingredients

1 Vanilla Pod

6.7 fl. oz. (200ml) Canned Coconut Milk (full fat)

13.5 fl. oz. (400ml) Almond Milk (unsweetened)

4 tbsp. Brown Sugar

2 ½ tsp. Agar-Agar

Method

- Cut the vanilla pod with a knife, lengthwise. Scrape the marrow out with the tip of the blade and set aside.
- In a pan, bring the coconut milk, almond milk, half of the cane sugar, agar-agar, the vanilla pod and the marrow to the boil while stirring often. Remove from heat as soon as it boils and allow to cool to room temperature.
- Remove the vanilla pod. Divide the mixture over 4 dishes and leave to set in the refrigerator for 1 hour.
- Sprinkle the crème with the rest of the brown sugar and caramelise it with a burner torch.





VEGAN MOCHA TRUFFLES

Makes 10

Prep 10 mins

Chill 2 hours

Per Serving

100 kcal

7g Fat

7g Carbohydrate

1g Protein

Ingredients

3 oz. (100g) Dark Chocolate (70-80%)

1/3 cup (80ml) Full-Fat Coconut Milk

2 tbsp. Coconut Sugar

2 tbsp. Instant Coffee

2 tbsp. Almond Butter

Pinch of Sea Salt

2 tbsp. Cocoa Powder (for dusting)

Method

- Place the chocolate in a bowl and heat in a microwave, just until it starts to melt.
- In a small pot, heat the coconut milk, along with the instant coffee and sugar, just until it's coming to the boil. Next, whisk in the almond butter with a pinch of sea salt, and stir until smooth.
- Pour the hot coconut milk mixture into the bowl with the chocolate and stir it very gently and slowly until well combined.
- Fix a layer of cling film right over the top of the mixture, to prevent a skin forming, and chill in the fridge for about 2 hours, until firm.
- Lightly dust a clean surface with cacao powder and roll a spoonful of the chocolate in it. Shape into balls and serve at room temperature. Store in the fridge.





A special thank you to Gary and the team at [@target_fitness](#) for hosting the filming for the plan.

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