

DAY 4 - BOOST DAY!

Carbohydrate intake remains raised on day four, in preparation for carbo-loading starting on day 5. The focus is on wholegrain carbohydrates and protein, complimented by healthy fats and antioxidant fuelled vegetables.

BREAKFAST

A LARGE BOWL OF OATMEAL + VEGAN MILK OF CHOICE - WITH 1 TABLESPOON EACH OF WALNUTS AND RAISINS

Fresh fruit salad – choose apples, hard pears, berries or nectarines. Chop a selection of fruits into a bowl, with a squeeze of lime or lemon juice. Add 2-3 spoons of coconut yogurt or soya yogurt and 2 tablespoons of seeds. Try pumpkin or sunflower seeds, or shelled hempseeds, or simply use a mix. The seeds are a great source of much-needed protein, and essential fats.

BREAKFAST 2 OR MID-MORNING SNACK...

PROTEIN SMOOTHIE

- 1 cup blueberries + 1 chopped apple or other fruit
- 2 large handfuls of spinach
- 20g pea protein powder (or other vegan protein of choice)
- 1 spoon of coconut butter
- Water or vegan milk for blending

- 2 slices of rye bread spread with wholegrain peanut butter or almond butter

LUNCH

RAW RED PEPPER AND AVOCADO SOUP

- 1 large red, yellow or orange bell pepper, seeded and chopped
- 1 large carrot, chopped
- 1 medium avocado, chopped (about 1 cup of flesh)
- ½ tsp of rock salt, Celtic sea salt or Himalayan pink salt
- Up to ½ cup filtered hot water (add as necessary)
- Basil, as a garnish

Place all ingredients in the blender placing the peppers at the bottom. Blend on high until smooth. Heat in a pan if preferred or enjoy cold. Serve with a large baked sweet potato.



SNACK

5 OATCAKES SPREAD WITH 2 TABLESPOONS OF HUMMUS

EVENING

BROAD BEAN, ASPARAGUS AND AVOCADO SALAD

SERVES 2

- 200g shelled broad beans, OR Edamame beans - fresh or frozen
- 6-10 asparagus spears, sliced or in ribbons – use sliced courgette/ courgetti if asparagus is unavailable
- 1 ripe avocado
- 2 handfuls of rocket (arugula)
- A handful of mixed chopped mint and parsley
- Juice of ½ lemon
- 1 clove of crushed garlic
- Pinch of sea salt
- Drizzle of hempseed oil or flax oil



To cook the beans, drop them into a pan of boiling water until tender – approximately 2 min, and then refresh under a cold tap. Remove any tough outer skins of broad beans by pinching the edge of the shell between your thumb and forefinger and squeeze out the bright green beans.

Trim the ends of the asparagus and slice thinly on the diagonal, working down the spear, cutting into 2-3 pieces. Prepare the avocado by running a knife round the length of the avocado, cutting to the stone. Gently twist apart, and remove the stone. With the skin still intact, cut the flesh lengthways and then widthways into chunks.

Scoop out the chunks into a mixing bowl, and add the beans, chopped herbs, and asparagus. Squeeze over the juice from ½ a lemon, the crushed garlic, and a pinch of sea salt. Gently toss everything together.

To serve the salad, place a handful of rocket each onto 2 plates, and pile on top equal amounts of the broad bean, asparagus and avocado mixture.

Finish by drizzling on a little hempseed or flax oil, and then enjoy. Serve with plenty of wholegrain rye bread, or sprouted grain bread, and serve the rocket and salad on top.

BEFORE BED

1 BANANA

