

DAY 5 - GEARING UP!

48 hours of carb-loading begins here! This means the focus is on easily digestible carbohydrate at each meal and snack and you are even allowed to include a dessert option.

Don't worry if bodyweight increases by 1-2kg at this time as the body stores water alongside the carbohydrate.

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

QUICK QUINOA "WALDORF" SALAD

SERVES 2

- 150g of quinoa (dry grain)
- 2 tablespoons of raisins
- 20g walnuts
- 1 large apple, washed, cored and cut into small pieces
- 4 stalks of celery cut into ½ cm chunks
- 5 or 6 pale green celery leaves, chopped
- 4 sprigs fresh "curly" parsley, chopped
- Sea salt and black pepper to taste
- 1 tbsp extra virgin olive oil, hempseed or flax oil
- The juice of a whole orange
- Grated zest from ½ the orange
- 1 tblsp apple cider vinegar



Place the quinoa in a saucepan. Cook, using twice the amount of water to grain, bringing to the boil and then simmering on a very low heat, covered. When cooked, quinoa is tender to the bite, rather like rice. Chop the walnuts coarsely and set aside.

Now in a large bowl, combine the oil, orange zest, orange juice, vinegar, sea salt, and pepper. Mix well. Add the cooked quinoa when ready, as well as the raisins, chopped apple, celery, celery leaves, parsley and walnuts. Toss all together until the salad is well mixed. Serve immediately.

SNACK

5 OATCAKES SPREAD WITH 2 TABLESPOONS OF HUMMUS



EVENING

BUTTERNUT SQUASH, GREEN BEAN, COURGETTE AND ALMOND STIR-FRY

SERVES 2

- A dessertspoon of sesame oil
- 1 onion, peeled and sliced
- 2 tsp of freshly grated ginger
- 1 clove of garlic, crushed or finely chopped
- 2 small or 1 large courgette, sliced
- 150-200g green beans – topped and tailed
- chopped into cubes
- 30g/1oz almonds
- 2 tablespoons Tamari
- 150g rice noodles

Heat the sesame oil in a wok over a moderately high heat and add the onion, garlic and ginger. Avoid burning the garlic and ginger. Continually stir for a minute and then add the squash cubes, and cook for a further 5 minutes or so.

Add the beans and almonds, and stir-fry the whole mixture for another 5 minutes. Finally add the courgette slices and Tamari. Reduce the heat and cook slowly until the pumpkin is tender. Serve over a portion of cooked rice noodles and a side of crisp watercress.

DESSERT CHOCOLATE MOUSSE POT

SERVES 2

- 2 ripe avocados
- 8 tbsp Cocoa powder
- 8 tbsp Maple syrup – or to taste
- 120ml Dairy free milk

Grab your avocados and scoop out the flesh before blending along with the syrup, milk and cocoa powder. Take the blended mixture and divide equally before spooning into your serving glasses. Leave them in the fridge for around 30 minutes before serving. Shave a few shreds of dark chocolate on to or top with blueberries, serve and munch!



BEFORE BED 1 BANANA

