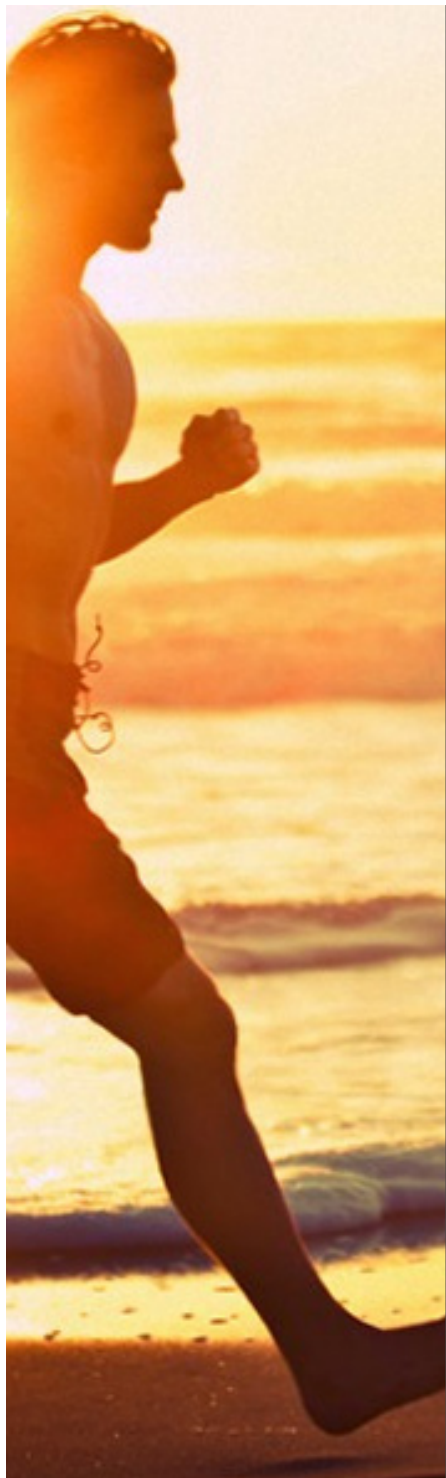


TRANSFORM IN 4 CHALLENGE



CHALLENGE

Challenge guidelines, nutrition and sample meal plans



CHALLENGE GUIDELINES

How to maximise your results:

ACTIVITY GOALS

Complete 2-3 strength workouts per week

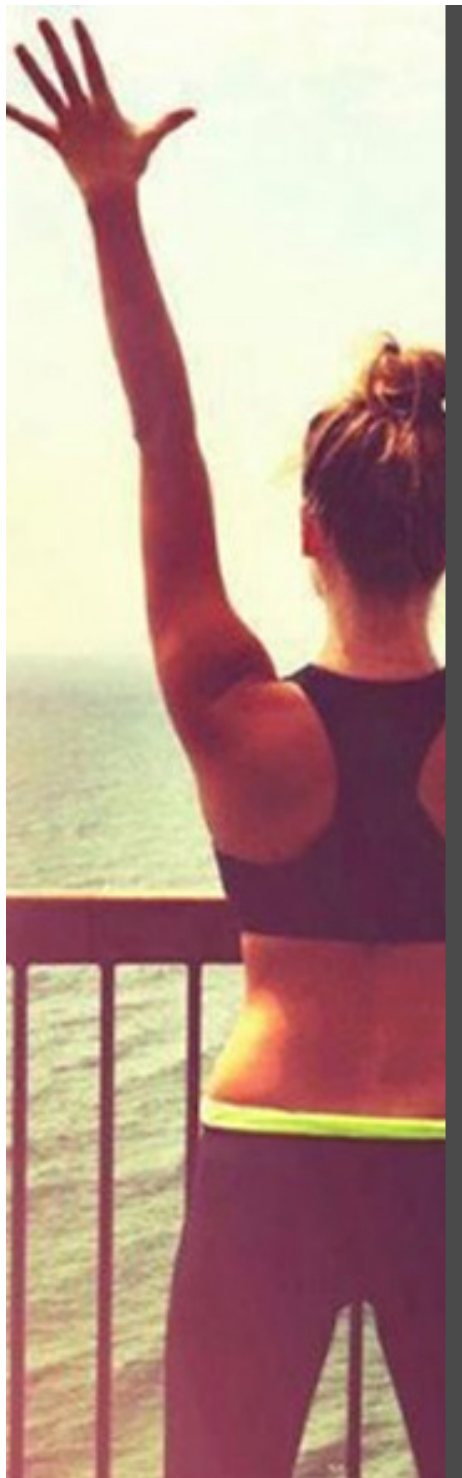
Complete 2-3 interval training sessions per week

Complete 30-60 minute low intensity activities most days
(something you enjoy)

NUTRITION GOALS

Eat whole foods - plenty of vegetable and protein, and a moderate amount of fruits, starches and healthy fat

Avoid processed foods



CHALLENGE NUTRITION

The nutrition is simple!

Say yes to...

- ✓ Vegetables (the greener, the better);
- ✓ Protein (opt for leaner cuts of meats);
- ✓ Good fats (avocados, olive oil, coconut oil, eggs, nuts, seeds);
- ✓ Water, tea, coffee, herbal teas;
- ✓ No added sugar condiments.

Say no to...

- ✗ Alcohol;
- ✗ Added sugar or artificial sweeteners (soft drinks, diet soft drinks, ketchup, etc);
- ✗ Calorie-containing beverages (milk, soft drinks, fruit juice etc);
- ✗ Processed grains (bread, pasta, biscuits, cake, you know the sweet stuff, etc). Most people will achieve better results by eliminating all grains, especially gluten-containing grains, most notably wheat.



WHAT TO EAT

VEGETABLES

- ✓ Asparagus
- ✓ Artichoke
- ✓ Aubergine
- ✓ Bean sprouts
- ✓ Beetroot
- ✓ Bell peppers
- ✓ Broccoli
- ✓ Brussels sprouts
- ✓ Cabbage
- ✓ Cauliflower
- ✓ Celeriac
- ✓ Celery
- ✓ Courgette
- ✓ Cucumber
- ✓ Fennel
- ✓ Garlic
- ✓ Ginger
- ✓ Green beans
- ✓ Leeks
- ✓ Mushrooms
- ✓ Onions
- ✓ Radishes
- ✓ Tomatoes
- ✓ Spring onions
- ✓ Sugar snap peas
- ✓ Swede

PROTEIN

- ✓ Beef
- ✓ Lamb
- ✓ Pork
- ✓ Poultry
- ✓ Fish
- ✓ Seafood
- ✓ Eggs
- ✓ Plain, strained yoghurt
- ✓ Cottage cheese
- ✓ Whey or plant protein
- ✓ Beans
- ✓ Chickpeas
- ✓ Lentils

SALAD

- ✓ Spinach
- ✓ Kale
- ✓ Lambs lettuce
- ✓ Lettuce
- ✓ Pak choi
- ✓ Radicchio
- ✓ Red chard
- ✓ Rocket
- ✓ Watercress

FRUIT

- ✓ Apricots
- ✓ Apples
- ✓ Bananas
- ✓ Blackberries
- ✓ Blueberries
- ✓ Cherries
- ✓ Gooseberries
- ✓ Grapefruit
- ✓ Grapes
- ✓ Lemon
- ✓ Lime
- ✓ Mango
- ✓ Melon
- ✓ Nectarines
- ✓ Oranges
- ✓ Papaya
- ✓ Peaches
- ✓ Pineapple
- ✓ Plums
- ✓ Pomegranate
- ✓ Raspberries
- ✓ Rhubarb
- ✓ Satsumas
- ✓ Strawberries
- ✓ Watermelon

HEALTHY FATS

- ✓ Avocados
- ✓ Coconuts
- ✓ Olives
- ✓ Nuts, eg:
 - ✓ Almond
 - ✓ Cashews
 - ✓ Macadamia
 - ✓ Pistachios
 - ✓ Walnuts
- ✓ Seeds, eg:
 - ✓ Chia
 - ✓ Flax
 - ✓ Sunflower
- ✓ Natural peanut butter
- ✓ Omega 3 supplement
- ✓ Avocado oil
- ✓ Extra virgin olive oil
- ✓ Coconut oil
- ✓ Flaxseed oil
- ✓ Butter
- ✓ Ghee

STARCHES

- ✓ Potatoes
- ✓ Sweet potatoes
- ✓ Butternut squash
- ✓ Parsnips
- ✓ Carrots
- ✓ Corn
- ✓ Peas
- ✓ Quinoa
- ✓ Barley
- ✓ Brown rice
- ✓ Millet
- ✓ Steel cut oats

CONDIMENTS

- ✓ Fresh herbs
- ✓ Dried herbs
- ✓ Vinegars
- ✓ Spices

CONTENTS

PLANS

WEEK 1

- [Week 1 Plan](#)
- [Week 1 Shopping List](#)

WEEK 2

- [Week 2 Plan](#)
- [Week 2 Shopping List](#)

WEEK 3

- [Week 3 Plan](#)
- [Week 3 Shopping List](#)

WEEK 4

- [Week 4 Plan](#)
- [Week 4 Shopping List](#)

RECIPES

BREAKFASTS

- [Fajita frittata with avocado salsa](#)
- [Sweet potato and bacon quiche](#)
- [Bacon, egg and avocado mash](#)
- [Breakfast stuffed pepper](#)
- [Vegetable loaded egg bake](#)
- [Mediterranean omelette](#)
- [Sausage and sweet potato hash](#)
- [Egg scramble and bacon](#)

LUNCHES AND DINNERS

- [Slow cooker balsamic pulled pork](#)
- [Chilli chilli bang bang](#)
- [Slow cooker Mexican chicken](#)
- [Beef burgers](#)
- [Avocado chicken salad](#)
- [Thai curry chicken and noodles](#)
- [Marinated steak kebobs](#)
- [Vegetable beef soup](#)
- [Buffalo chicken lettuce wraps](#)
- [Ratatouille](#)
- [Greek chicken and feta salad](#)
- [Salmon quinoa burgers](#)
- [Lemony red lentil soup](#)
- [Spaghetti bolognese](#)
- [Italian chicken bowls](#)
- [Pesto and sweet potato chicken](#)
- [Balsamic roast beef](#)
- [Roasted chickpea with broccoli](#)
- [Slow cooker pot roast](#)
- [Lemon and herb chicken with asparagus](#)
- [Lemon basil baked garlic salmon](#)
- [Loaded sweet potato nachos](#)
- [Cauliflower crust pizza](#)



WEEK ONE MEAL PLAN

MONDAY

BREAKFAST:

Fajita Frittata with
Avocado Salsa

LUNCH:

Balsamic Pulled Pork
and Vegetables

DINNER:

Chilli Chilli Bang Bang

TUESDAY

BREAKFAST:

Fajita Frittata with
Avocado Salsa

LUNCH:

Balsamic Pulled Pork
and Vegetables

DINNER:

Chilli Chilli Bang Bang

WEDNESDAY

BREAKFAST:

Fajita Frittata with
Avocado Salsa

LUNCH:

Balsamic Pulled Pork
and Vegetables

DINNER:

Chilli Chilli Bang Bang

THURSDAY

BREAKFAST:

Fajita Frittata with
Avocado Salsa

LUNCH:

Slow Cooker Mexican
Chicken

DINNER:

Burgers

FRIDAY

BREAKFAST:

Sweet Potato, Spinach,
Bacon Quiche

LUNCH:

Slow Cooker Mexican
Chicken

DINNER:

Burgers

SATURDAY

BREAKFAST:

Sweet Potato, Spinach,
Bacon Quiche

LUNCH:

Avocado and Chicken
Salad

DINNER:

Thai Curry

SUNDAY

BREAKFAST:

Sweet Potato, Spinach,
Bacon Quiche

LUNCH:

Avocado and Chicken
Salad

DINNER:

Thai Curry



WEEK ONE SHOPPING LIST

MEAT AND DAIRY

- ☐ Bacon (nitrite free)
- ☐ Beef (minced)
- ☐ Beef steak, thinly sliced
- ☐ Chicken breast
- ☐ Pork shoulder
- ☐ Eggs

CUPBOARD ITEMS

- ☐ Black beans, tinned
- ☐ Chickpeas, tinned
- ☐ Chicken broth
- ☐ Coconut Milk
- ☐ Diced tinned tomatoes with juice

HEALTHY FATS/OILS

- ☐ Avocados
- ☐ Coconut Oil
- ☐ Olive Oil
- ☐ Butter

VEGETABLES

- ☐ Bell peppers (red and green)
- ☐ Broccoli
- ☐ Carrots
- ☐ Celery
- ☐ Courgette
- ☐ Jalapeno peppers
- ☐ Garlic
- ☐ Ginger
- ☐ Lettuce
- ☐ Mushrooms
- ☐ Onions
- ☐ Red Onions
- ☐ Spinach
- ☐ Spring Onions
- ☐ Sweet Potatoes
- ☐ Tomato

FRUITS

- ☐ Lime
- ☐ Mango

CONDIMENTS

- ☐ Apple cider vinegar
- ☐ Balsamic vinegar
- ☐ Mustard
- ☐ Honey

DRIED HERBS AND SPICES

- ☐ Coriander
- ☐ Chives
- ☐ Garlic powder
- ☐ Chilli powder
- ☐ Onion powder
- ☐ Yellow curry powder
- ☐ Crushed red pepper flakes
- ☐ Dried oregano
- ☐ Dried basil
- ☐ Dried chives
- ☐ Ground cumin
- ☐ Ground mustard
- ☐ Smoked paprika
- ☐ Kosher Salt
- ☐ Cayenne pepper
- ☐ Salt and pepper



FAJITA FRITTATA WITH AVOCADO SALSA

ADAPTED FROM MARKS DAILY APPLE

INGREDIENTS

- 450g beef steak, thinly sliced
- 10 eggs, whisked
- 1 jalapeno pepper, finely chopped (optional)
- 1-2 green bell peppers, cut into thin slices or strips
- 1 red bell pepper, cut into thin slices or strips
- 2-3 avocados, cut into small chunks
- 2 spring onions, sliced
- 2 tablespoons olive oil
- 2 cloves of garlic, finely chopped
- 2 teaspoons cumin
- ½ teaspoon chilli powder
- 1 small bunch coriander, roughly chopped
- sea salt to taste
- juice of one lime juice

DIRECTIONS

Season steak with cumin, chilli powder and salt.

Preheat oven broiler to high.

Heat coconut oil in a 30 cm ovenproof frying pan over medium-high heat on the stove. Add steak.

Saute 3 minutes (meat should be just slightly pink) then add garlic and peppers.

Saute 3 minutes more then add eggs and a handful of coriander. Stir quickly then turn heat down to medium. Let cook 3-4 minutes, until the egg is set around the edges but still runny in the middle.

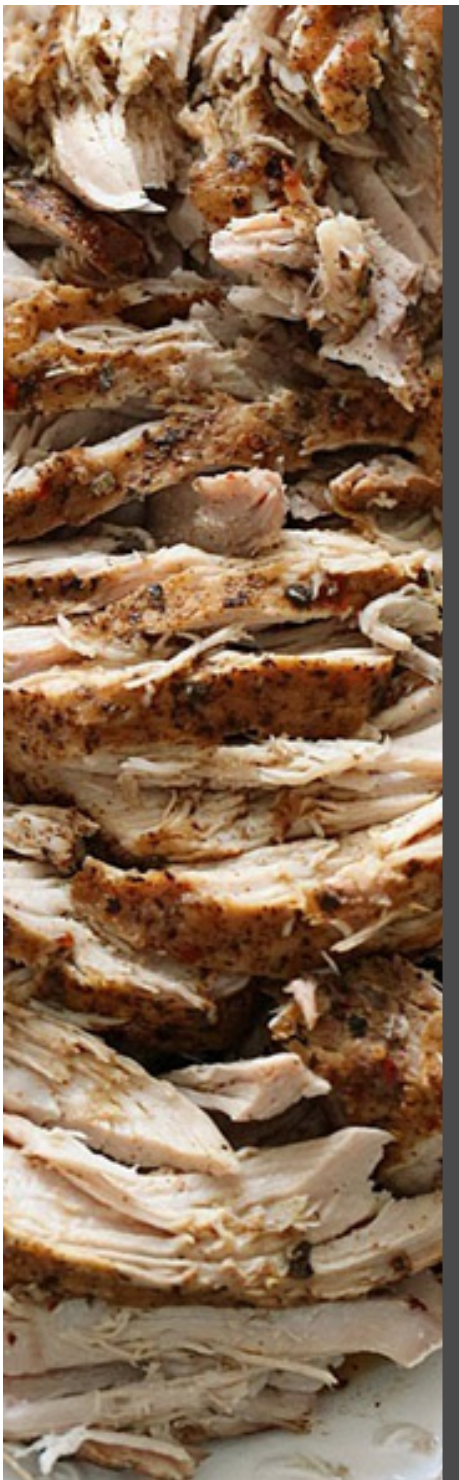
Transfer the pan to the oven under the broiler and cook until the frittata is golden and firm in the middle, about 3-5 minutes.

Remove from oven.

Gently mix together avocado, spring onion, jalapeno and lime juice. Add sea salt to taste.

Serve with slices of frittata.

Serves: 4



SLOW COOKER BALSAMIC PULLED PORK

ADAPTED FROM SKINNYTASTE.COM

INGREDIENTS

- 900g pork shoulder
- 120ml water or broth
- 120ml balsamic vinegar
- garlic powder
- crushed red pepper flakes
- salt and pepper
- honey (optional)

DIRECTIONS

Place pork shoulder in slow cooker.

Mix water/broth and balsamic vinegar and pour over pork.

Season pork with garlic, crushed red pepper flakes, salt and pepper.

Drizzle with honey.

Cook on low for 8-10 hours.

Shred and enjoy!

Enjoy in many different ways:

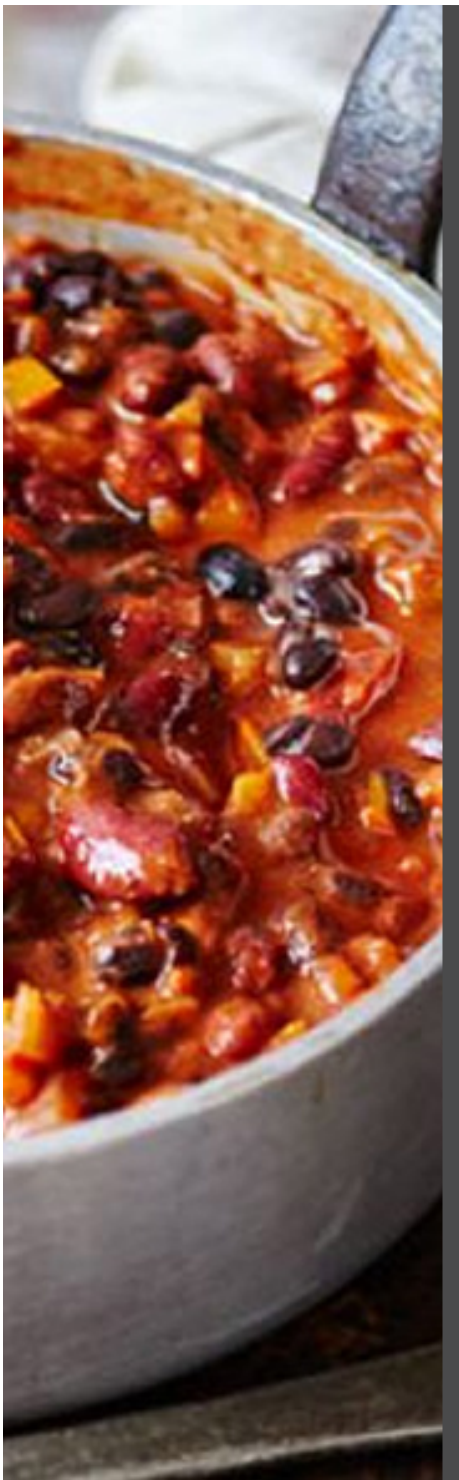
- mix with eggs;
- serve with sauerkraut;
- eat with beans;
- serve with vegetable - such as steamed Brussels sprouts!

Serves: 8

TIP:

Prepare in the morning and have it ready by dinner **OR** prepare before bed and it'll be done by the morning!

TRANSFORM IN 4 CHALLENGE: LUNCH



CHILLI CHILLI BANG BANG

ADAPTED FROM WONDERFULLYMADEANDDEARLYLOVED

INGREDIENTS

- 500g tinned diced tomatoes, with juice
- 500g tinned black beans, (rinsed and drained)
- 300g tinned, canned (rinsed and drained)
- 1 onion (chopped)
- 1 medium red bell pepper (chopped)
- 1 medium green bell pepper (chopped)
- 1-2 stalks celery (chopped)
- 1 medium carrot (chopped)
- 50g mushrooms (quartered)
- 100g courgette (cubed)
- 2 cloves garlic (minced)
- $\frac{2}{3}$ tablespoon chilli powder
- $\frac{2}{3}$ tablespoon ground cumin
- $\frac{3}{4}$ teaspoon dried oregano
- $\frac{3}{4}$ teaspoon dried basil
- $\frac{1}{3}$ teaspoon cayenne pepper

DIRECTIONS

Combine everything into a 5 litre slow cooker.

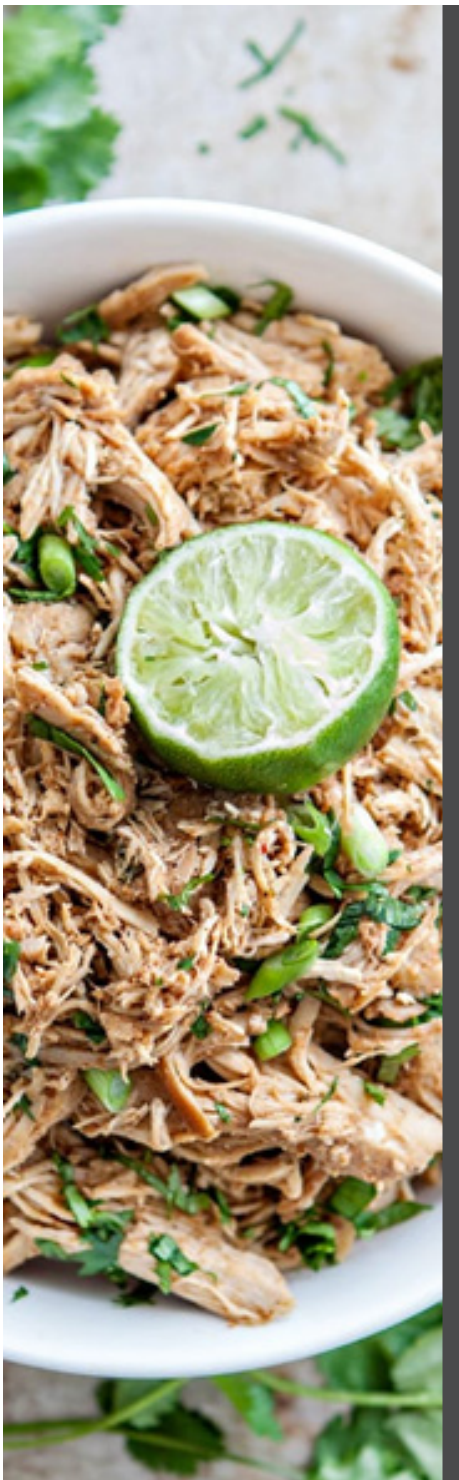
Cover and cook for 8 hours on low, while you're at work!

Serves: 4

TIP:

This recipe is meatless but feel free to add 450g of shredded chicken, minced beef or turkey!

TRANSFORM IN 4 CHALLENGE: DINNER



SLOW COOKER MEXICAN CHICKEN

ADAPTED FROM GOODLIFEEATS.COM

INGREDIENTS

- 4 boneless, skinless chicken breasts
- 1 large onion, cut into wedges
- 1 jalapeño, sliced
- 1¼ teaspoons cumin
- 1 tablespoon chilli powder
- ¼ teaspoon onion powder
- ¾ teaspoon garlic powder
- ½ teaspoon smoked paprika
- ½ teaspoon coriander
- 1½ teaspoons salt
- ½ teaspoon black pepper
- 80ml chicken broth or water
- 2 limes
- 15g (packed) coriander leaves
- optional garnish: sliced spring onion and chopped coriander

DIRECTIONS

In a small bowl, combine the cumin, chilli powder, onion powder, garlic powder, smoked paprika, coriander, salt and black pepper. Stir until well mixed. Place the chicken inside the insert of your slow cooker. Sprinkle the top of the chicken breasts with half of the seasoning. Then, flip the chicken and sprinkle the other side with the remaining seasoning mixture.

Add the chicken broth or water to the slow cooker. Squeeze the juice from the limes over the top of the seasoned chicken. Add the coriander leaves, onion wedges, and jalapeño slices to the slow cooker, arranging them in and around the seasoned chicken breasts.

Cook on low for 3-5 hours, or until cooked through (different slow cookers cook at varying heats) and tender. Remove chicken breasts from the slow cooker, shred and place in a bowl. Set aside.

Strain the liquid through a fine mesh strainer, reserving the liquid and discarding the solids. Add all of the juices back to the shredded chicken. Stir to distribute them all over the meat. Garnish, if desired, with chopped coriander and sliced spring onions.

Enjoy in a variety of ways throughout the week:

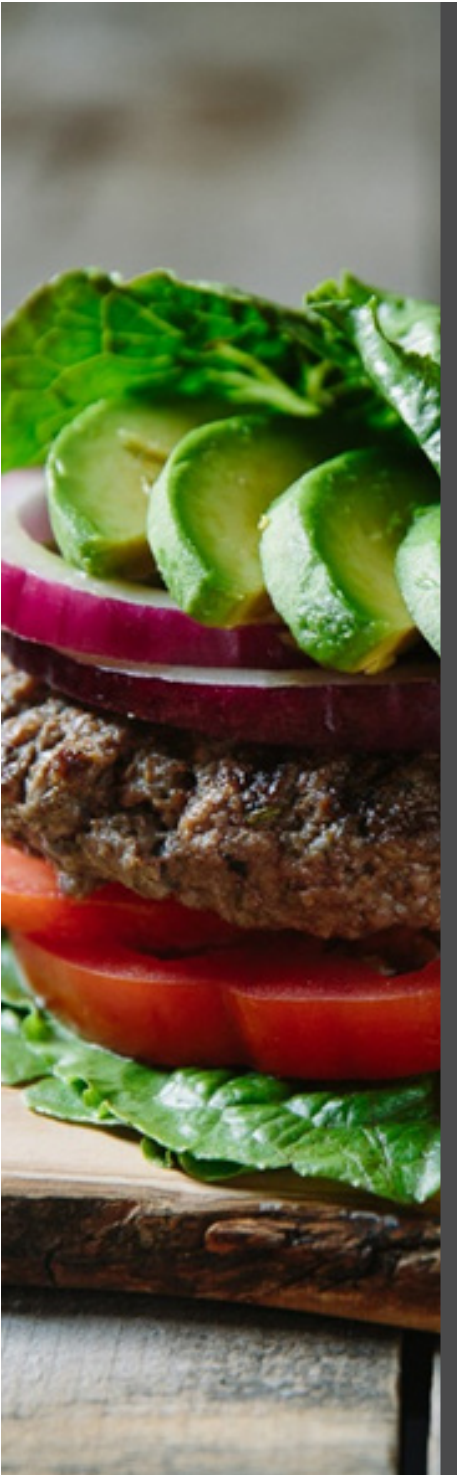
- side salad;
- bowl with rice, beans, salsa, vegetables;
- with roasted peppers, courgette, tomatoes and onions;
- in a lettuce wrap!

Serves: 4

TRANSFORM IN 4 CHALLENGE: LUNCH

BEEF BURGERS

ADAPTED FROM ALCHEMY 365



INGREDIENTS

- 900g minced beef (grass fed, organic)
- butter lettuce or other large leaf greens
- 1 avocado
- ½ red onion, sliced
- 1 ripe tomato
- 1 teaspoon salt
- ½ teaspoon fresh ground black pepper
- 1 teaspoon granulated garlic
- 1 teaspoon dried chives
- 1 clove garlic, minced
- 1 tablespoon coconut oil
- mustard (sugar free)

DIRECTIONS

Preheat a cast iron frying pan (or heavy bottomed pan) on the stove on high heat. Add 1 tbsp coconut oil to the pan. Mix together the minced beef, salt, pepper, garlic granules, garlic clove, and chives and form 4 burger patties.

Place the patties on the frying pan and press down on them with your spatula.

Cook for 3-5 minutes on each side, depending on how you like them cooked.

Let rest 5 minutes, then serve with lettuce, avocado, onion and tomato.

Serves: 4 (quarter pounders)



SWEET POTATO, SPINACH AND BACON QUICHE

ADAPTED FROM PALEO LEAP

INGREDIENTS

- 4 sweet potatoes, peeled and chopped into thin slices (the rounds slices be thin enough to bend easily)
- 5 eggs, beaten
- 80g fresh spinach
- 3 bacon slices (nitrate free), cooked and crumbled
- 1 onion, sliced
- 1 garlic clove minced
- 2 tablespoon fresh chives
- 2 teaspoon olive oil
- butter or coconut oil
- sea salt and freshly ground black pepper

DIRECTIONS

Preheat oven to 200C.

Arrange potato slices in a pie dish in a circular pattern to form a 'crust' for the quiche. Drizzle sweet potatoes with olive oil and season to taste. Place in the oven and bake 15 to 20 minutes.

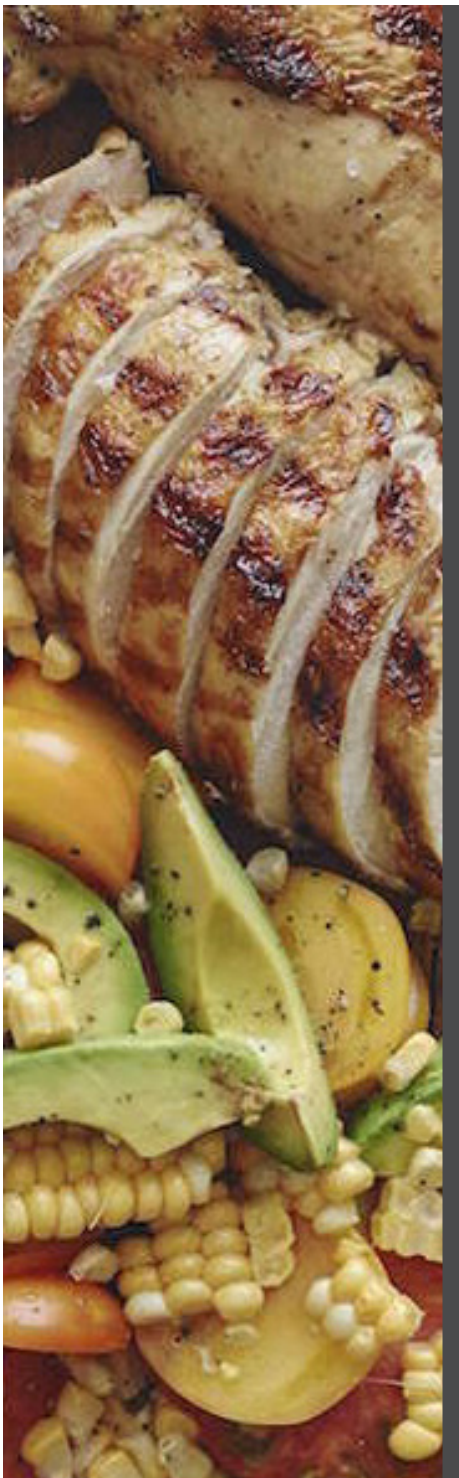
Meanwhile, melt some cooking fat in a frying pan over medium heat and add the garlic and onion. Cook until the onion and garlic are soft and fragrant, around 5 minutes. Add in the spinach and sauté until wilted (2 to 3 minutes). Set aside to cool down.

When the sweet potatoes are done, lower the oven heat to 180C.

In a bowl, combine beaten eggs with the spinach mixture, bacon, and chives. Pour over the sweet potato crust and place back in the oven.

Bake 30 to 35 minutes, or until the eggs are set; serve warm.

Serves: 4



AVOCADO CHICKEN SALAD

ADAPTED FROM BECOMINGBETTY.BLOGSPOT.COM AND ALCHEMY 365 CHALLENGE

INGREDIENTS

- chicken, cooked and shredded
- avocado
- mayonnaise, just a little
- spring onion, sliced
- coriander
- lime juice to taste
- salt/pepper to taste

DIY MAYONNAISE

- 1 egg
- ½ teaspoon salt
- ½ teaspoon ground mustard
- 2 tablespoon lemon juice
- 300ml lightly flavoured olive oil

SALAD DIRECTIONS

Combine everything in a bowl - experiment with amounts to meet your needs as far as flavour and texture goes!

TIP:
Serve on butter lettuce for makeshift sandwiches without the bread!

MAYONNAISE DIRECTIONS

Option 1: Add egg, salt, mustard and lemon juice to a food processor. Put the lid on, and turn on. Very lightly drizzle the olive oil in slowly as the food processor is running.

Option 2: Add egg, salt, mustard and lemon juice to a large cup or bowl. Place an immersion blender in the mixture and blend while slowly drizzling olive oil in.



THAI CURRY CHICKEN OVER SWEET POTATO NOODLES

ADAPTED FROM PAINTTHEKITCHENRED

INGREDIENTS

- 450g boneless chicken breasts/thighs
- 400g full fat coconut milk
- 1 red and/or green bell pepper, cubed
- 1 medium carrot, sliced
- 80g broccoli, sliced
- ½ medium onion, cubed
- 120ml chicken broth
- ½ tablespoon yellow curry powder
- ½ teaspoon ginger
- ½ tablespoon coconut oil

NOODLES

- 1 large sweet potato, peeled
- ½ tablespoon coconut oil
- pinch of salt

MANGO SALSA

- 1 large mango, diced
- 2 red onions, diced
- 1 red Thai chilli
- ½ teaspoon apple cider vinegar
- 10g fresh coriander
- pinch of salt

DIRECTIONS

Slice chicken into bite sized pieces. Heat coconut oil on medium/high heat, add the chicken and the carrots and cook for about 3 minutes, until the carrots just begin to soften.

Turn the heat down to medium and add in the pepper, broccoli, onion and ginger and cook until they begin to soften and brown, about 5 minutes. Add in the curry powder and cook until fragrant, about 1 minute. Add in the can of coconut milk (make sure you mix it well before adding!) and a pinch of salt, mixing well.

Raise the heat to medium/high and bring the mixture to a boil. Once boiling, turn the heat down to medium/low heat and simmer for 15 minutes, stirring occasionally, until the sauce begins to thicken. While the sauce cooks, heat the remaining coconut oil in a separate pan over medium heat.

Spiralise the potato using the 3 mm blade and then add it into the pan. Cook the noodles, stirring often, until they just begin to wilt, about 10 minutes. Season with salt.

While you wait, toss together the diced mango, red onion, Thai chilli (adjust to preferred level of spiciness), apple cider vinegar and coriander in a medium bowl. Season with a pinch of salt.

Divide the noodles between two plates and top with the curry. Garnish with the mango salsa and extra coriander and DEVOUR.

Serves: 4

WEEK TWO MEAL PLAN

MONDAY

BREAKFAST:
Bacon, Egg and
Avocado Mash

LUNCH:
Marinated Steak
Kebobs

DINNER:
Vegetable Beef Soup

TUESDAY

BREAKFAST:
Bacon, Egg and
Avocado Mash

LUNCH:
Marinated Steak
Kebobs

DINNER:
Vegetable Beef Soup

WEDNESDAY

BREAKFAST:
Bacon, Egg and
Avocado Mash

LUNCH:
Marinated Steak
Kebobs

DINNER:
Buffalo Chicken Wraps

THURSDAY

BREAKFAST:
Bacon, Egg and
Avocado Mash

LUNCH:
Buffalo Chicken Wraps

DINNER:
Ratatouille

FRIDAY

BREAKFAST:
Bacon, Egg and
Avocado Mash

LUNCH:
Buffalo Chicken Wraps

DINNER:
Ratatouille

SATURDAY

BREAKFAST:
Breakfast Stuffed
peppers

LUNCH:
Greek Chicken

DINNER:
Salmon Quinoa
Burgers

SUNDAY

BREAKFAST:
Breakfast Stuffed
peppers

LUNCH:
Greek Chicken

DINNER:
Salmon Quinoa
Burgers

TRANSFORM IN 4 CHALLENGE



WEEK TWO SHOPPING LIST

MEAT AND DAIRY

- ☐ Bacon (nitrite free)
- ☐ Beef steak
- ☐ Beef (minced)
- ☐ Chicken breast
- ☐ Salmon
- ☐ Eggs
- ☐ Feta Cheese

CUPBOARD ITEMS

- ☐ Mixed soup vegetables (tinned or a fresh pack)
- ☐ Chicken broth
- ☐ Quinoa
- ☐ Chickpeas (optional)
- ☐ Passata with garlic and herbs
- ☐ Tomato soup

HEALTHY FATS/OILS

- ☐ Avocados
- ☐ Coconut oil
- ☐ Olive oil

VEGETABLES

- ☐ Aubergines
- ☐ Bell peppers
- ☐ Butternut squash
- ☐ Cabbage or coleslaw mix
- ☐ Carrots
- ☐ Celery
- ☐ Courgette
- ☐ Frozen peas
- ☐ Garlic
- ☐ Mushrooms
- ☐ Lettuce
- ☐ Onion
- ☐ Rocket
- ☐ Shallots
- ☐ Spinach
- ☐ Tomatoes and cherry tomatoes

FRUITS

- ☐ Lemon
- ☐ Lime
- ☐ Grapefruit
- ☐ Orange

CONDIMENTS

- ☐ White wine vinegar or champagne vinegar
- ☐ Dijon mustard

DRIED HERBS AND SPICES

- ☐ Bay leaves
- ☐ Fresh oregano
- ☐ Chilli powder
- ☐ Cumin
- ☐ Crushed red pepper
- ☐ Gourmet goodness seafood twist seasoning
- ☐ Smoked paprika
- ☐ Salt and pepper



BACON, EGG AND AVOCADO MASH

ADAPTED FROM MARKS DAILY APPLE

INGREDIENTS

- 12 boiled eggs, chopped into chunks
- 1 pack bacon (nitrite free), cooked and crumbled
- 4 ripe avocado, chopped into chunks
- 4 medium-sized tomato, chopped into chunks
- juice from one lemon
- salt and pepper to taste

DIRECTIONS

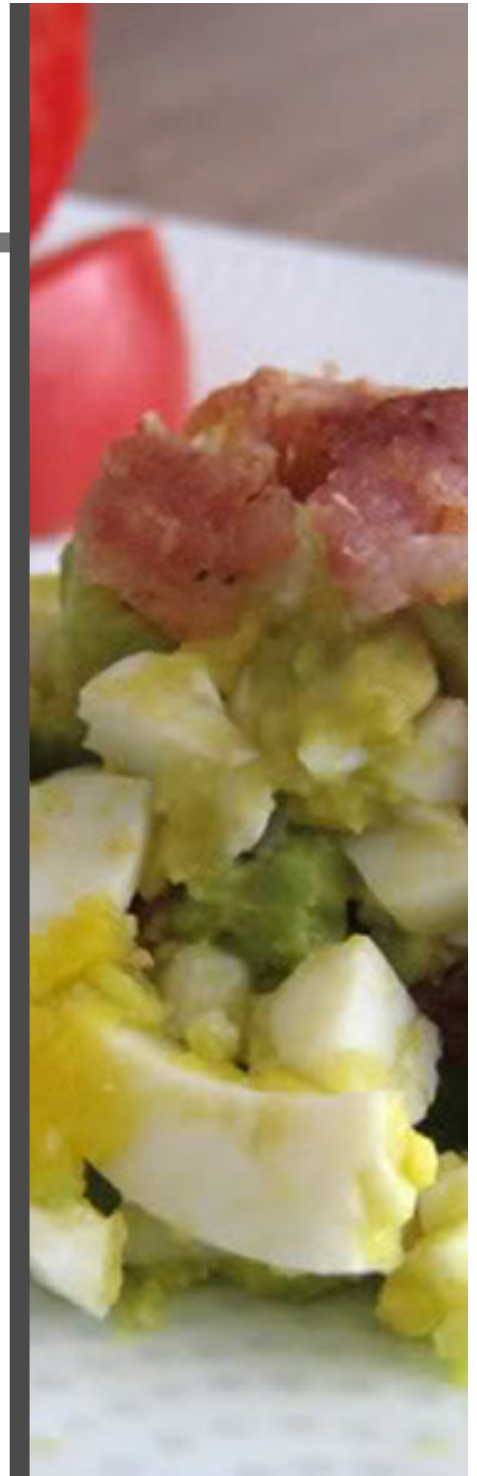
Mix all ingredients together, stirring not too much, but just enough to make some of the avocado and egg into mush.

BONUS: Top with Frank's RedHot for extra flavour

Serves: 4

TIP:
Add avocado as
you eat this mash
to prevent it from
browning

TRANSFORM IN 4 CHALLENGE: BREAKFAST



CITRUS GARLIC MARINATED STEAK KEBOBS

ADAPTED FROM MARKS DAILY APPLE

INGREDIENTS

- 450g steak, cut into cubes
- 1 lemon, 1 orange and 1 lime (zest and juice)
- 1 tablespoon olive oil
- 2 or 3 garlic cloves, minced
- 1 teaspoon salt
- 1 teaspoon smoked paprika
- ½ teaspoon pepper

VEGETABLES OF CHOICE:

- bell peppers
- mushrooms
- baby tomatoes
- courgette
- yellow squash

DIRECTIONS

To Marinade:

Put the steak cubes in a freezer bag. Add the zest and juice of the citrus fruit, olive oil, garlic, salt, smoked paprika and pepper. Coat the ingredients thoroughly.

Let marinate in the refrigerator for at least 30-60 minutes for best results. Re-coat once or twice as it's marinating.

For Kebobs:

Thread the steak and vegetable pieces onto skewers alternately. NOTE: If using wooden skewers, soak in water before threading.

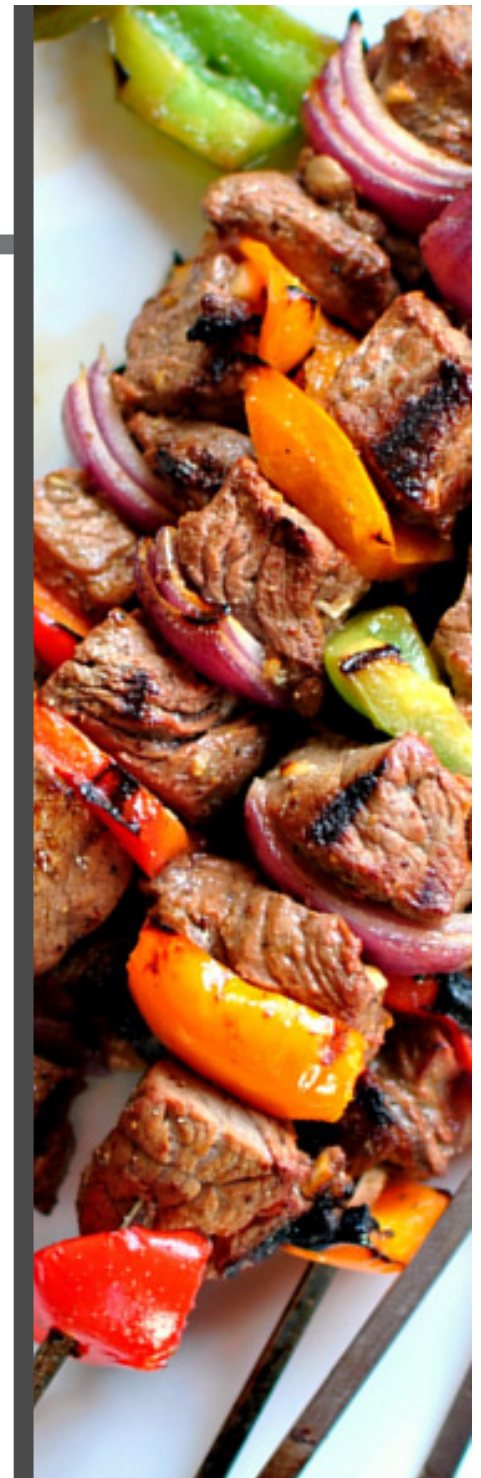
Grill the kebobs over direct high heat, with the lid closed, until the meat is cooked to your desired 'doneness', 6 to 8 minutes for medium rare, turning occasionally.

Enjoy throughout the week in many different ways:

- mix with eggs
- serve on bed of greens
- eat with beans, rice or sweet potatoes

Serves: 4

TRANSFORM IN 4 CHALLENGE: LUNCH



VEGETABLE BEEF SOUP

ADAPTED FROM FF END OF CHALLENGE PARTY

INGREDIENTS

- 450g minced beef
- 900ml beef broth
- 1 tin tomato soup
- 1 pack of mixed soup vegetables (tinned or a fresh)
- ½ bag frozen peas
- ½ bag shredded cabbage or coleslaw mix
- ½ onion
- fresh mushrooms
- 3 bay leaves
- salt and pepper to taste

DIRECTIONS

Brown minced beef in a frying pan.

Add all ingredients (including browned beef) to slow cooker. Cook on high 4 - 6 hours or low 8 hours, until the frozen vegetables have heated through.

Remove and discard bay leaves.

Season to taste before serving.

Serves: 4

TRANSFORM IN 4 CHALLENGE: DINNER



BUFFALO CHICKEN LETTUCE WRAPS

ADAPTED FROM SKINNYTASTE.COM

INGREDIENTS

FOR THE CHICKEN:

- 650g boneless skinless chicken breast
- 1 celery stalk
- ½ onion, diced
- 1 clove garlic
- 450g fat free low sodium chicken broth
- 120ml hot chilli sauce or hot cayenne pepper sauce (eg, Frank's Hot Sauce)

FOR THE WRAPS:

- 6 large lettuce leaves or Iceberg
- 2 medium carrots, shredded or grated
- 2 large celery stalks, cut into 5cm long pieces

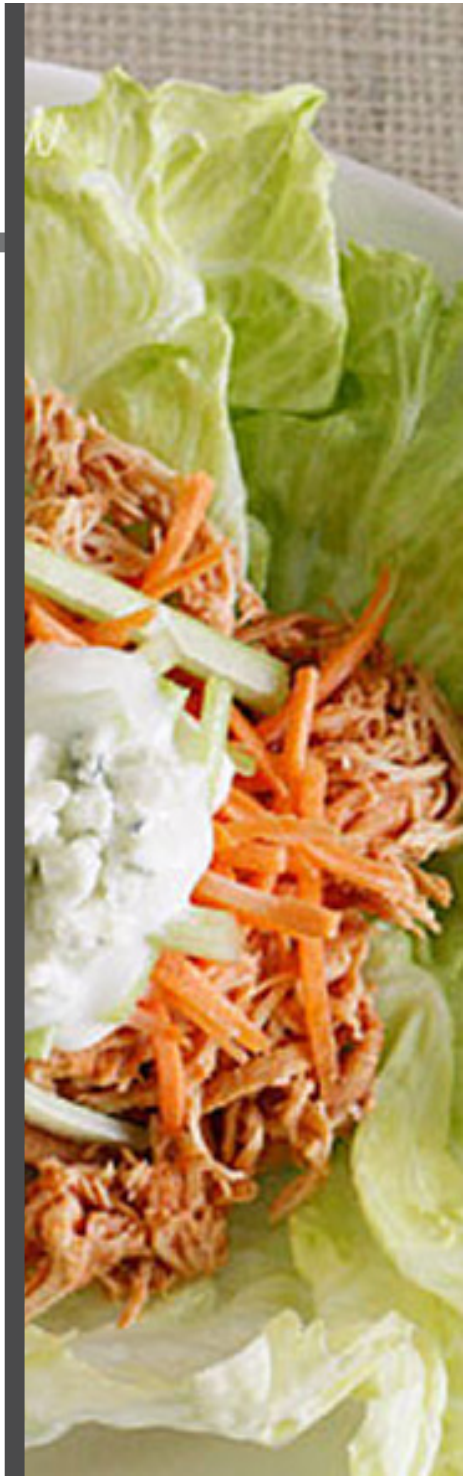
DIRECTIONS

In a slow cooker, combine chicken, onions, celery stalk, garlic and broth (enough to cover your chicken, use water if the can of broth isn't enough). Cover and cook on high 4 hours.

Remove the chicken from pot, reserve 120ml broth and discard the rest. Shred the chicken with two forks, return to the slow cooker with the 120ml broth and the hot sauce and set to on high for an additional 30 minutes.

To prepare lettuce cups, place some buffalo chicken in each leaf, top with shredded carrots, celery and dressing of your choice. Wrap up and start eating!

Serves: 4



TRANSFORM IN 4 CHALLENGE: LUNCH AND DINNER

RATATOUILLE

ADAPTED FROM YANN AND PAM

INGREDIENTS

- 500g carton Italian passata with garlic and herbs
- 6 large tomatoes, sliced
- 2½ onions, thinly sliced
- 2 large courgettes, sliced
- 2 medium aubergines, sliced
- 60g parmesan, or vegetarian hard cheese, grated
- handful basil leaves (optional)
- 1 tablespoon olive oil, plus extra for greasing

DIRECTIONS

Preheat the oven to gas 6, 200°C, fan 180°C.

Lightly grease a 20cm x 30cm baking dish with some oil. Pour in the two-thirds of the passata.

Thinly slice the vegetable (so they are less than half a centimetre in thickness). Arrange the tomato, onion, courgette and aubergine slices on top of the passata, so that they are standing up on their sides, in straight lines. You may need to halve some of the larger aubergine slices. Scatter half of the Parmesan over the top, allowing some to fall between the vegetables.

Cover with foil and bake in the oven for 60 minutes. Remove from the oven and discard the foil. Brush the tops of the veg with the oil, season with salt and black pepper, and sprinkle over the remaining Parmesan.

Return to the oven for 30 minutes, or until the veg is cooked through. Scatter over the basil, if using.

This dish tastes great served with chicken breast and a side of chickpeas.

Serves: 4

TRANSFORM IN 4 CHALLENGE: DINNER



BREAKFAST STUFFED PEPPERS

ADAPTED FROM PALEOLEAP.COM

INGREDIENTS

- 4 bell peppers, sliced in half, core and seeds removed
- bacon (nitrite free)
- 8 eggs, beaten
- 6 button mushrooms, sliced
- 1 onion, diced
- 120g baby spinach
- 1 tomato, diced
- ½ teaspoon garlic powder
- 1 tablespoon coconut oil
- sea salt and freshly ground black pepper

DIRECTIONS

Preheat your oven to 220C.

Melt coconut oil in a frying pan placed over a medium-heat. Sauté the onion until soft, about 4 minutes, then add the mushrooms and tomatoes and cook about 2 minutes. Add the spinach and cook until wilted, about 1 or 2 minutes.

Season to taste with salt, pepper, and garlic powder.

Divide the vegetable mixture equally among the bell pepper halves. Top off each bell pepper half with some of the beaten eggs, and add the meat of your choice, if using.

Place the stuffed peppers in the oven, on a baking sheet, and bake for 40 minutes.

Serves: 4

TRANSFORM IN 4 CHALLENGE: BREAKFAST



GREEK CHICKEN WITH TOMATO, OLIVE, AND FETA TOPPING

ADAPTED FROM KALYNSKITCHEN.COM

INGREDIENTS

- 4 boneless, skinless chicken breasts, trimmed and scored on top
- 120ml olive oil (plus a little more for cooking chicken)
- 150g chopped cherry tomatoes (I cut them in fourths lengthwise)
- 60g sliced Kalamata olives (cut lengthwise into quarters)
- 40g crumbled feta cheese
- 120ml fresh-squeezed lemon juice
- 2-3 tablespoon chopped fresh oregano (or 1 teaspoon dried oregano)
- 1-2 teaspoon, finely chopped fresh garlic
- salt and fresh-ground black pepper to taste

DIRECTIONS

Score the top of your chicken breasts with small diagonal cuts that criss-cross, being careful not to cut too far into the chicken so you can still turn them when you cook.

Mix together the olive oil, lemon juice, oregano, and minced garlic. Remove 60ml of that mixture and set aside for the topping later. Put scored chicken pieces into a glass baking dish or a Ziploc bag and marinate in the refrigerator at least one hour or as long as all day.

When you're ready to cook, take the chicken out of the fridge and let it come to room temperature while you cut up the olives and tomatoes. Gently mix together the cut tomatoes, olives, crumbled Feta and reserved marinade.

Heat about 1 tsp additional olive oil in a large heavy frying pan over medium-high heat. Remove chicken from the marinade and arrange in frying pan so they aren't crowded, scored side down. Cook 3-4 minutes on the top side, or until nicely brown, then turn and cook another 3-4 minutes on the second side. Season chicken to taste with salt and fresh-ground black pepper.

Arrange chicken on a platter or on individual serving plates and spoon over the tomato, olive, and Feta topping. Serve hot.



TRANSFORM IN 4 CHALLENGE: LUNCH

SALMON QUINOA BURGERS

ADAPTED FROM SKINNYTASTE.COM

INGREDIENTS

FOR THE BURGERS:

- 900g wild salmon fillet, skin removed
- 135g cooked quinoa
- 1 medium shallot, diced
- 80g kale, chopped
- 1 teaspoon olive oil
- 2 tablespoons Dijon mustard
- ½ teaspoon gourmet goodness seafood twist seasoning
- 1 large egg, beaten
- Salt and freshly ground black pepper, to taste

FOR THE SALAD:

- 2½ tablespoons olive oil
- 2½ tablespoons white wine vinegar or champagne vinegar
- 2 tablespoons minced shallots
- 1¼ teaspoons Dijon mustard
- salt and pepper, to taste
- 160g rocket
- 1 large pink grapefruit, peeled and diced

DIRECTIONS

In a small bowl, whisk the olive oil, vinegar, shallots, Dijon, salt and pepper.

Cut about a 120g piece off of the salmon and place in a food processor or chopper to finely chop. This will help hold the burgers together. With a knife finely chop the remaining salmon, transfer to a large work bowl.

Heat a large nonstick frying pan over medium heat, add the oil and saute shallots and kale. Season with salt and pepper and cook over medium heat until wilted and tender, about 4 to 5 minutes.

Transfer to the bowl with salmon along with quinoa, Dijon, seafood seasoning and egg. Mix to combine, then form into 5 patties.

Lightly heat a nonstick grill pan or frying pan over medium heat, when hot spray with oil and add the salmon patties. Cook the 4 to 5 minutes, then gently turn and cook an additional 4 to 5 minutes, or until cooked through.

Toss the dressing with the arugula and grapefruit; divide on four plates. Top each salad with a salmon burger.

Serves: 4

TRANSFORM IN 4 CHALLENGE: DINNER





WEEK THREE MEAL PLAN

MONDAY

BREAKFAST:

Vegetable Loaded Egg
Bake

LUNCH:

Lemony Red Lentil
Soup

DINNER:

Spaghetti Bolognese

TUESDAY

BREAKFAST:

Vegetable Loaded Egg
Bake

LUNCH:

Lemony Red Lentil
Soup

DINNER:

Spaghetti Bolognese

WEDNESDAY

BREAKFAST:

Vegetable Loaded Egg
Bake

LUNCH:

Lemony Red Lentil
Soup

DINNER:

Spaghetti Bolognese

THURSDAY

BREAKFAST:

Vegetable Loaded Egg
Bake

LUNCH:

Buffalo Chicken Wraps

DINNER:

Pesto and Sweet
Potato Chicken

FRIDAY

BREAKFAST:

Mediterranean
Omelette

LUNCH:

Buffalo Chicken Wraps

DINNER:

Pesto and Sweet
Potato Chicken

SATURDAY

BREAKFAST:

Mediterranean
Omelette

LUNCH:

Italian Chicken Bowl

DINNER:

Balsamic Roast Beef

SUNDAY

BREAKFAST:

Mediterranean
Omelette

LUNCH:

Italian Chicken Bowl

DINNER:

Balsamic Roast Beef



WEEK THREE SHOPPING LIST

MEAT AND DAIRY

- ☐ Chicken breast
- ☐ Minced beef
- ☐ Eggs
- ☐ Greek yoghurt
- ☐ Low fat cheese
- ☐ Pecorino cheese
- ☐ Goats cheese

CONDIMENTS

- ☐ Beef broth
- ☐ Chicken broth
- ☐ Chicken stock
- ☐ Vegetable broth
- ☐ Salsa
- ☐ Lemon juice
- ☐ Lime juice
- ☐ Honey
- ☐ Hot sauce
- ☐ Tamari or soy sauce

VEGETABLES

- ☐ Bell peppers
- ☐ Broccoli
- ☐ Butternut squash
- ☐ Carrot
- ☐ Celery
- ☐ Courgette
- ☐ Garlic
- ☐ Lettuce
- ☐ Mushrooms
- ☐ Onion
- ☐ Potato (russet/baking)
- ☐ Red onion
- ☐ Spinach
- ☐ Sweet potato
- ☐ Tomatoes
- ☐ Cherry and plum tomatoes

HEALTHY FATS/OILS

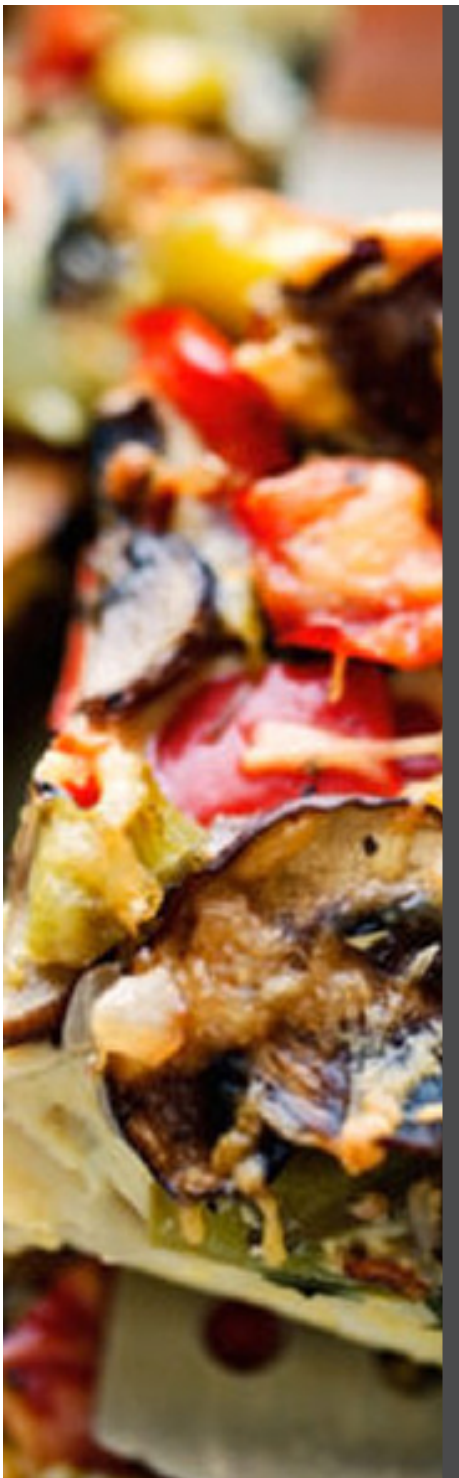
- ☐ Avocados
- ☐ Coconut Oil
- ☐ Olive Oil

HERBS AND SPICES

- ☐ Basil
- ☐ Coriander
- ☐ Oregano
- ☐ Rosemary
- ☐ Thyme
- ☐ Chilli flakes
- ☐ Chilli powder
- ☐ Garlic powder
- ☐ Crushed red pepper
- ☐ Cayenne pepper
- ☐ Cumin
- ☐ Marjoram
- ☐ Paprika
- ☐ Salt and pepper

CUPBOARD ITEMS

- ☐ Black beans
- ☐ Red lentils
- ☐ Rice
- ☐ Pine nuts
- ☐ Unsweetened nut milk



VEGETABLE LOADED EGG BAKE

ADAPTED FROM ALCHEMY 365 CHALLENGE

INGREDIENTS

- 10-12 eggs
- 2 tablespoons coconut oil
- 2 bell peppers, diced
- 8-10 mushrooms, sliced
- 80g baby spinach, roughly chopped
- ½ red onion, diced
- 2 teaspoon minced garlic
- 80ml unsweetened nut milk
- 60ml hot sauce (more or less to taste)
- suggested spices: cumin, oregano, garlic, chilli powder
- add a kick: crushed red pepper or cayenne
- salt and pepper

DIRECTIONS

In a large frying pan over medium heat, heat 1 tablespoon of oil. Add the mushrooms and sauté them for 4 minutes or until they start to brown. Add a small pinch of salt along with onions and garlic and let cook for 2 minutes. Remove to a plate. Add the second tablespoon of oil, if needed, and sauté the peppers for 1 minute. Add in the baby spinach and allow it to wilt, remove from heat, set aside.

Generously spray a 20cm x 30cm baking dish with nonstick cooking spray. Add the vegetables (both the mushrooms and the pepper mixtures) to cover bottom of pan, set aside.

Position a rack in the center of the oven and preheat the oven to 190C.

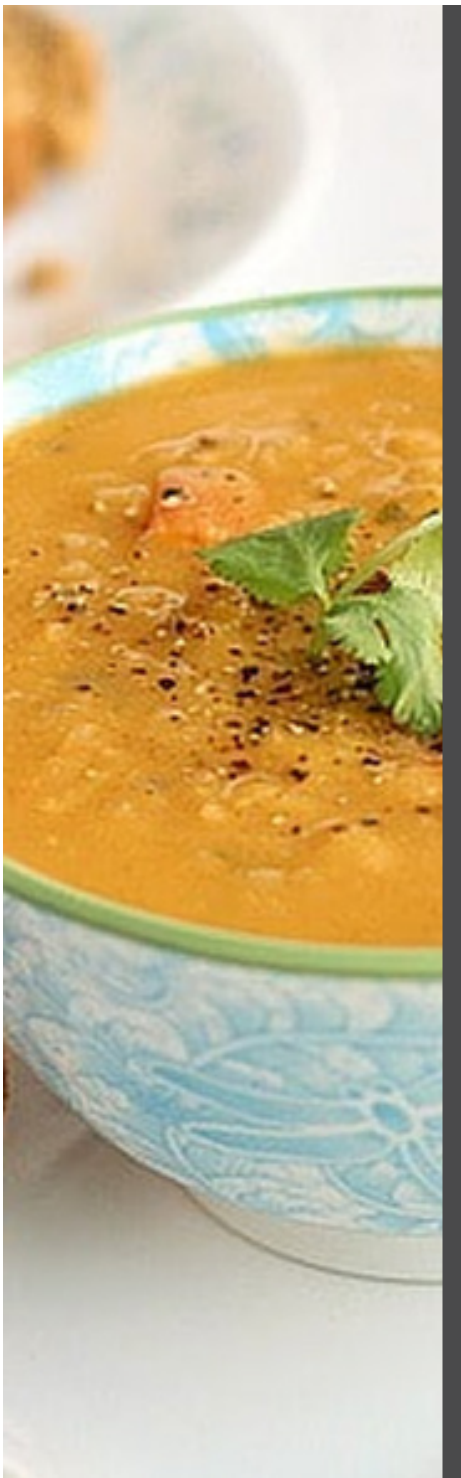
In a large bowl, whisk together the egg, nut milk, hot sauce, and a big pinch of salt and pepper. Pour the egg mixture over the prepared vegetables. Add another small pinch of salt and pepper.

Bake the casserole, uncovered, until the eggs set, and the top gets in and golden, 45-50 minutes. Allow the casserole to cool for 10 minutes before slicing and serving.

Note: insert knife or toothpick to check 'doneness' - it should pull out clean when done.

Serves: 4

TRANSFORM IN 4 CHALLENGE: BREAKFAST



LEMONY RED LENTIL SOUP

ADAPTED FROM THUG KITCHEN COOKBOOK

INGREDIENTS

- 400g red lentils, rinsed
- 1400ml vegetable broth
- 1 fist-size russet (baking) potato, peeled and cut into cubes about the size of dice
- ½ onion, chopped
- 1 carrot, chopped
- 2 cloves garlic, minced
- 1 tablespoon olive or coconut oil
- 1 teaspoon minced coriander
- ½ teaspoon ground cumin
- ¼ teaspoon salt
- ½ teaspoon grated lemon zest
- 1 tablespoon lemon juice
- 30g chopped fresh coriander (optional)

DIRECTIONS

In a large soup pot, heat oil over medium heat. Add the onion and let it saute for about 3 minutes until it starts getting soft and golden. Add the potato and carrot. Saute for another 2 minutes; add the garlic and spices. Saute for another 30 seconds then add salt, lentils and broth.

Let the lentils simmer, uncovered, until they're soft and kind of falling apart, 15-20 minutes. Stir every now and then. Add the lemon zest and juice and turn off the heat.

Stop now if you prefer chunky lentil soup.

-OR-

Blend half of it for a creamy chunky hybrid soup. The blended soup will thicken up if you throw it back on the stove with some low heat for a minute or two.

Serve warm, topped with chopped coriander.



ZUCCHINI AND CARROT SPAGHETTI BOLOGNESE

ADAPTED FROM GOODFOOD

INGREDIENTS

500g beef (minced)
500g tomato passata or whole peeled tomatoes
1 onion, chopped
1 carrot, diced
1 celery stalk, finely diced
4 garlic cloves, finely chopped
2 tbsp tomato paste
1 tbsp chopped oregano leaves
2 tbsp coconut oil or good-quality animal fat
300ml chicken bone broth (either homemade or high-quality, shop-bought)
pinch of chilli flakes (optional)
sea salt and freshly ground black pepper
baby basil leaves, to serve

SPAGHETTI

3 zucchini
2 carrots

DIRECTIONS

To make the spaghetti, use the thick noodle blade on a spiraliser to create carrot and zucchini noodles. If you don't have a spiraliser, simply julienne the carrot and zucchini using a sharp knife. Set aside until needed.

Melt the oil or fat in a large frying pan over medium–high heat. Add the onion, carrot and celery and cook for 4–5 minutes until the onion is soft. Stir in the garlic and cook for 1 minute until fragrant and starting to brown.

Add the beef and brown, breaking up any lumps with a wooden spoon, for 5–6 minutes. Add the tomato paste, stir and cook for 1 minute. Mix in the oregano and cook for 4–5 minutes until the wine has almost evaporated.

Add the passata, half the broth and the chilli flakes (if using) and season with salt and pepper.

Simmer on low heat for 30 minutes, adding more broth if needed.

Bring a saucepan of salted water to the boil. Add the carrot noodles and cook for 30 seconds, then add the zucchini noodles and cook for a further 15 seconds until just tender. Drain well.

Spoon the noodles into four serving bowls, top with the bolognese, then sprinkle on the basil.

Serves: 4

TRANSFORM IN 4 CHALLENGE: DINNER



ITALIAN CHICKEN BOWLS

ADAPTED FROM EAZYPEAZYMEALZ.COM

INGREDIENTS

- 900g boneless skinless chicken breasts, cut into bite sized pieces
- 120g broccoli florets
- 1 small red onion, chopped
- 150g plum tomatoes
- 1 medium courgette, chopped
- 2 teaspoon garlic minced
- 1 teaspoon salt
- ½ teaspoon pepper
- 2 teaspoon basil
- 2 teaspoon marjoram
- 2 teaspoon rosemary
- 2 teaspoon thyme
- 1 teaspoon paprika
- 2 tablespoon olive oil
- rice of choice, (optional)
200g weight uncooked

DIRECTIONS

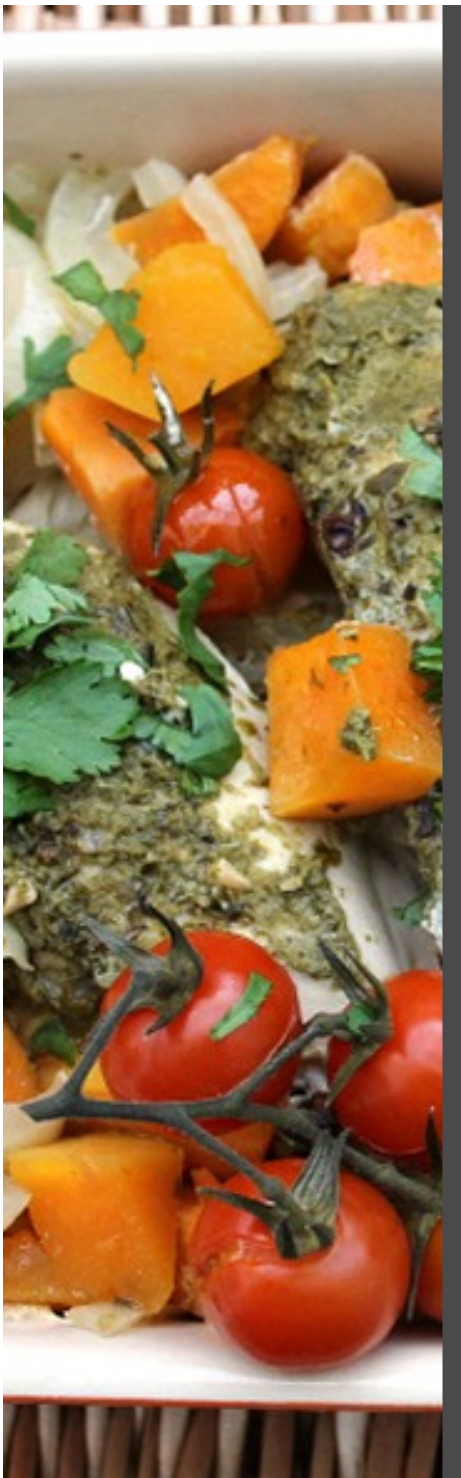
Pre-heat oven to 220C. Line a baking sheet with aluminum foil and set aside.

In a small bowl, mix salt, pepper, basil, marjoram, rosemary, thyme, and paprika. Place the chicken and vegetables in the baking dish. Sprinkle all the spices and garlic evenly over the chicken and vegetables. Drizzle with the olive oil.

Bake for 15-20 minutes until chicken is cooked, and vegetables are slightly charred (insert knife or toothpick to check 'doneness' - it should pull out clean when done). Broil 1-2 minutes to brown chicken.

Divide the cooked rice of choice into 4 individual meal prep containers. Divide chicken and vegetables evenly on top of the rice. Cover and store in the fridge for 3-5 days or serve for dinner!

Serves: 4



SLOW COOKER PESTO AND SWEET POTATO CHICKEN

ADAPTED FROM BAKINGQUEEN74.CO.UK

INGREDIENTS

- 4 chicken breasts large
- 2 medium onions sliced
- 300g sweet potato chopped
- 300g butternut squash chopped
- 360ml chicken stock
- 14 cherry tomatoes
- 1 teaspoon oregano
- salt and pepper to taste
- 3 teaspoon pesto (recipe below)

PESTO INGREDIENTS

- 75g packed fresh basil leaves
- 3 cloves garlic
- 45g pine nuts
- 180ml extra-virgin olive oil, divided
- Salt and freshly ground black pepper, to taste
- 100g freshly grated Pecorino cheese

DIRECTIONS

Place the chopped onions in the base of the slow cooker. Put half of the sweet potato and butternut squash in with the onion. Place the chicken breasts on top of the vegetables.

Spread 1 teaspoon of pesto over each chicken breast, season with salt and pepper and sprinkle over the oregano.

Put the rest of the sweet potato and butternut squash, and the cherry tomatoes, around the chicken breasts. Pour the stock under the chicken in the vegetables. Cook on low for 5-6 hours. Check the chicken is cooked through.

Using a large slotted spoon, lift the chicken breasts out of the slow cooker and place them in a serving dish. Put the cooked vegetables around the chicken and serve.

PESTO RECIPE

Combine the basil, garlic, and pine nuts in a food processor and pulse until coarsely chopped. Add 120ml of the oil and process until fully incorporated and smooth. Season with salt and pepper.

Add all the remaining oil and pulse until smooth. Transfer the pesto to a large serving bowl and mix in the cheese.

TIP: Prep pesto the night before. Prepare Slow cooker before work and voila it's ready when you get home!

Serves: 4



MEDITERRANEAN OMELETTE

ADAPTED FROM GOOD DAY CAFE

INGREDIENTS

- 3-4 eggs per omelette
- coconut oil or butter
- vegetables of choice:
courgette, yellow squash,
roasted red peppers,
spinach, mushrooms
(diced or chopped)
- goat cheese, crumbled or
feta cheese crumbles

DIRECTIONS

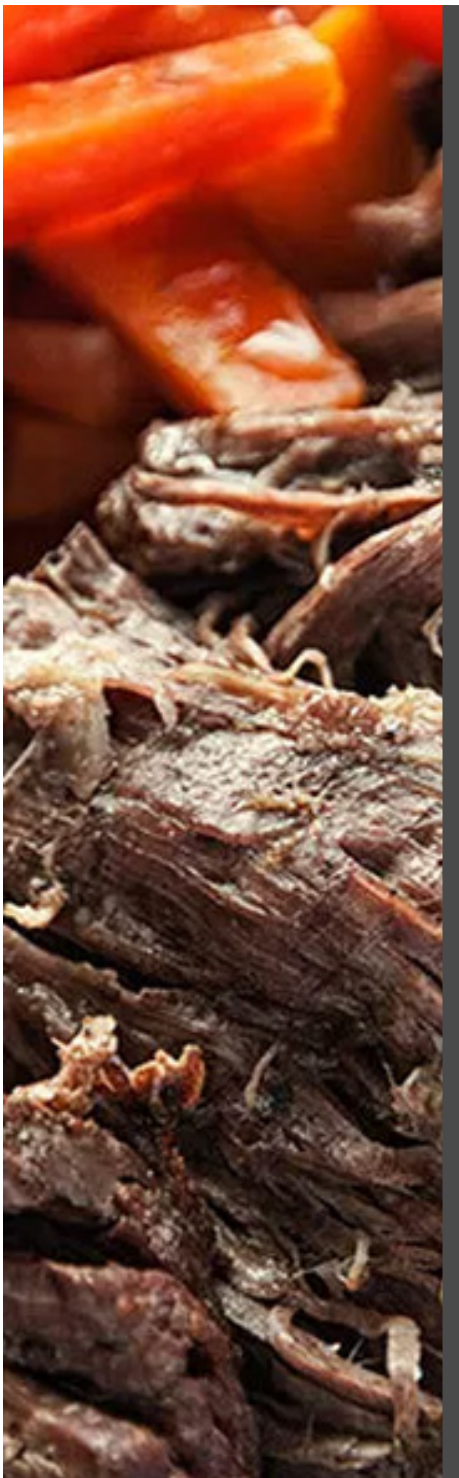
In a large frying pan over medium heat, heat 1 tablespoon of oil. Add the vegetables and sauté them for 4 minutes or until they start to soften. Remove to a plate.

In a small bowl, whisk together the eggs for one omelette and splash of nut milk. Pour the egg mixture into the pan that was used for vegetables. Mixture should set immediately at edges.

Gently push cooked portions from edges toward the center with inverted turner so that uncooked eggs can reach the hot pan surface. Continue cooking, tilting pan and gently moving cooked portions as needed.

When top surface of eggs is thickened and no visible liquid egg remains, place filling on one side of the omelette. Fold omelette in half with turner. With a quick flip of the wrist, turn pan and invert or slide omelette onto plate. Serve immediately.

TIP:
Substitute or add any
vegetables you prefer



BALSAMIC ROAST BEEF

ADAPTED FROM QUICKNEASYRECIPES.NET

INGREDIENTS

- 1.4 - 1.8kg boneless roast beef joint
- 240ml beef broth
- 120ml balsamic vinegar
- 1 tablespoon soy sauce
- 1 tablespoon honey
- ½ teaspoon red pepper flakes
- 4 cloves garlic, chopped

DIRECTIONS

Place roast beef into the insert of your slow cooker. In a bowl, mix together all remaining ingredients. Pour over roast beef and set the timer for your slow cooker.
(4 hours on High or 6-8 hours on Low)

Once roast beef has cooked, remove from slow cooker with tongs into a serving dish. Break apart lightly with two forks and then ladle about 100 - 120ml of juice from slow cooker over roast beef.

Store remaining juices in an airtight container in the refrigerator for another use.

TIP:
Add sweet potatoes, mushrooms, onions and carrots to your Slow cooker for a complete meal!

WEEK FOUR MEAL PLAN

MONDAY

BREAKFAST:

Sausage and Sweet Potato Hash

LUNCH:

Roasted Chickpeas with Broccoli

DINNER:

Beef Pot Roast

TUESDAY

BREAKFAST:

Sausage and Sweet Potato Hash

LUNCH:

Roasted Chickpeas with Broccoli

DINNER:

Beef Pot Roast

WEDNESDAY

BREAKFAST:

Sausage and Sweet Potato Hash

LUNCH:

Roasted Chickpeas with Broccoli

DINNER:

Lemon Herb Chicken

THURSDAY

BREAKFAST:

Sausage and Sweet Potato Hash

LUNCH:

Lemon Herb Chicken and Asparagus

DINNER:

Garlic Butter Salmon

FRIDAY

BREAKFAST:

Egg Scramble and Bacon

LUNCH:

Slow cooker Chicken and Asparagus

DINNER:

Garlic Butter Salmon

SATURDAY

BREAKFAST:

Egg Scramble and Bacon

LUNCH:

Loaded Sweet Potato Nachos

DINNER:

Cauliflower Crust Pizza

SUNDAY

BREAKFAST:

Egg Scramble and Bacon

LUNCH:

Loaded Sweet Potato Nachos

DINNER:

Cauliflower Crust Pizza

TRANSFORM IN 4 CHALLENGE



WEEK FOUR SHOPPING LIST

MEAT AND DAIRY

- ☐ Bacon (nitrite free)
- ☐ Beef steak
- ☐ Beef (ground)
- ☐ Chicken breast
- ☐ Pork (ground)
- ☐ Eggs
- ☐ Low Fat Cheese
- ☐ Parmesan Cheese
- ☐ Mozzarella Cheese

CUPBOARD ITEMS

- ☐ Chickpeas
- ☐ Black beans
- ☐ Beef broth
- ☐ Walnuts
- ☐ Sunflower seeds
- ☐ Almond Meal
- ☐ Pizza sauce (no added sugar/
pasta sauce)
- ☐ Pico de gallo (or tomatoes,
onions, coriander and lime)

VEGETABLES

- ☐ Asparagus
- ☐ Bell peppers
- ☐ Beets
- ☐ Brussels sprouts
- ☐ Carrots and baby carrots
- ☐ Cauliflower
- ☐ Garlic
- ☐ Spring onion
- ☐ Jalapeño
- ☐ Mushrooms
- ☐ Onion
- ☐ Potatoes (red)
- ☐ Spinach
- ☐ Sweet potato

FRUITS

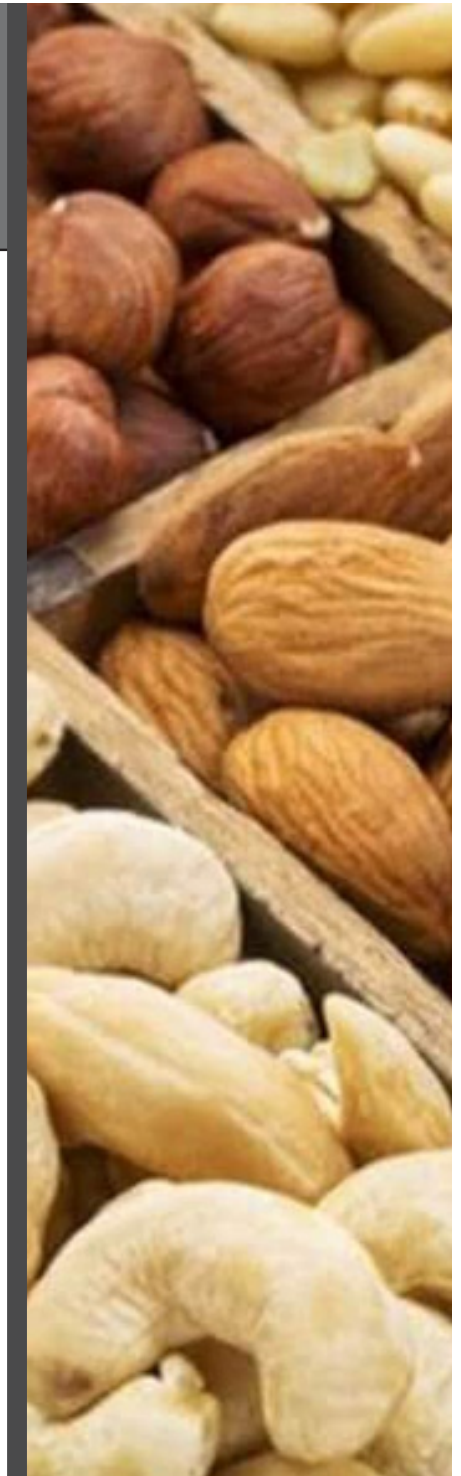
- ☐ Apples
- ☐ Lemon
- ☐ Lime

HEALTHY FATS/OILS

- ☐ Avocados
- ☐ Butter
- ☐ Olive oil

HERBS AND SPICES

- ☐ Chilli powder
- ☐ Crushed red pepper
- ☐ Garlic powder
- ☐ Basil
- ☐ Coriander
- ☐ Cumin
- ☐ Oregano
- ☐ Nutmeg
- ☐ Paprika
- ☐ Sage
- ☐ Rosemary
- ☐ Thyme
- ☐ Dijon mustard
- ☐ Tamari or soy sauce
- ☐ Kosher Salt
- ☐ Salt and pepper



SAUSAGE AND SWEET POTATO HASH

ADAPTED FROM ALCHEMY 365

INGREDIENTS

- 1350g breakfast sausage (see recipe below or buy nitrate-free, no sugar added)
- 1.3kg sweet potatoes, diced
- 300g beetroot, diced
- 2 medium carrots, diced
- 2 green peppers, diced
- 1 onion, diced
- 2 tablespoon olive oil
- salt and pepper
- 1½ teaspoon thyme

BREAKFAST SAUSAGE

- 1350g minced pork
- 1½ teaspoon dry rubbed sage
- 1½ teaspoon garlic powder
- 1½ nutmeg
- 1½ teaspoon dried thyme
- 1½ teaspoon rosemary
- ½ teaspoon crushed red pepper

DIRECTIONS

Peel carrots and sweet potatoes. Dice all ingredients to uniform size (2cm cubes work well). Boil beetroot until tender, then drain and peel.

Toss all ingredients in large mixing bowl, spread on sheet lined with parchment paper, and roast in oven at 450 for 25 minutes.
(Check potatoes to be sure they're done before you take them out)

Combine hash and sausage and store in glass containers, like Pyrex. Reheat throughout the week by microwaving or re-frying.

>> Top with eggs if you choose -- make eggs fresh on the day.

Serves: 4

DIRECTIONS

Add all ingredients to a standing mixer and mix on medium speed until spices are well distributed.

Brown on stove top - breaking up into chunks with wooden spoon as you cook it.

TRANSFORM IN 4 CHALLENGE: BREAKFAST



ROASTED CHICKPEAS, BROCCOLI, ONIONS AND PEPPERS

ADAPTED FROM THUG KITCHEN COOKBOOK

INGREDIENTS

- 850g cooked chickpeas (2 cans, drained)
- 1 large yellow onion
- 1 red bell pepper
- 1 large crown of broccoli
- 4 cloves of garlic
- 1 lime

SPICE BLEND:

- 3 tablespoons olive oil
- 1-2 tablespoons soy sauce
- 2 teaspoons chilli powder
- 1 teaspoon ground cumin
- 1 teaspoon smoked paprika
- ½ teaspoon minced coriander
- black pepper or cayenne pepper to taste

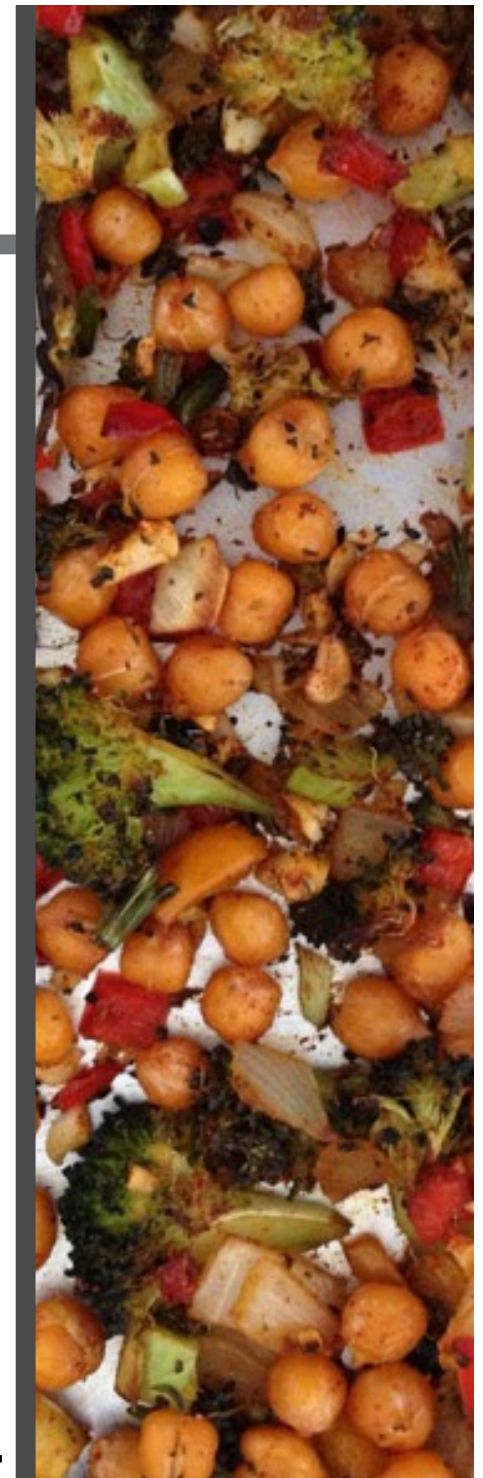
DIRECTIONS

Heat the oven to 220C. Chop up the onion, bell pepper, and broccoli so that all the pieces about the size of a chickpea. Chop up the garlic real small to save for later. Place all the chopped up vegetables in a large bowl with the cooked/tinned chickpeas. Pour in the oil and soy sauce, stir, and then throw all the spices in there. Mix until all the vegetables are covered.

Put all of that on a large rimmed baking sheet (like what you would put cookies on but with an edge) and bake for 20 minutes. Take it out of the oven, add the garlic, and bake for another 15 minutes. The broccoli will look a little burned at this point but that's okay; take it out of the oven. Squeeze the juice of half of the lime over the pan and stir the roasted chickpeas and vegetables all around. Taste some and see if it needs more spices or anything.

Try it with spinach, avocado, coriander, and some fire roasted salsa!

Serves: 6



TRANSFORM IN 4 CHALLENGE: LUNCH

SLOW COOKER BEEF POT ROAST

ADAPTED FROM TASTE OF HOME

INGREDIENTS

- 1 boneless beef roast joint (1.4 - 1.8kgs)
- 450g medium red potatoes, quartered
- 450g sweet potatoes, quartered
- 12 fresh baby carrots
- ½ head cabbage, sliced
- 60ml Dijon mustard
- 2 teaspoons dried rosemary, crushed
- 1 teaspoon garlic salt
- ½ teaspoon dried thyme
- ½ teaspoon pepper
- ⅓ medium chopped onion
- 360ml beef broth

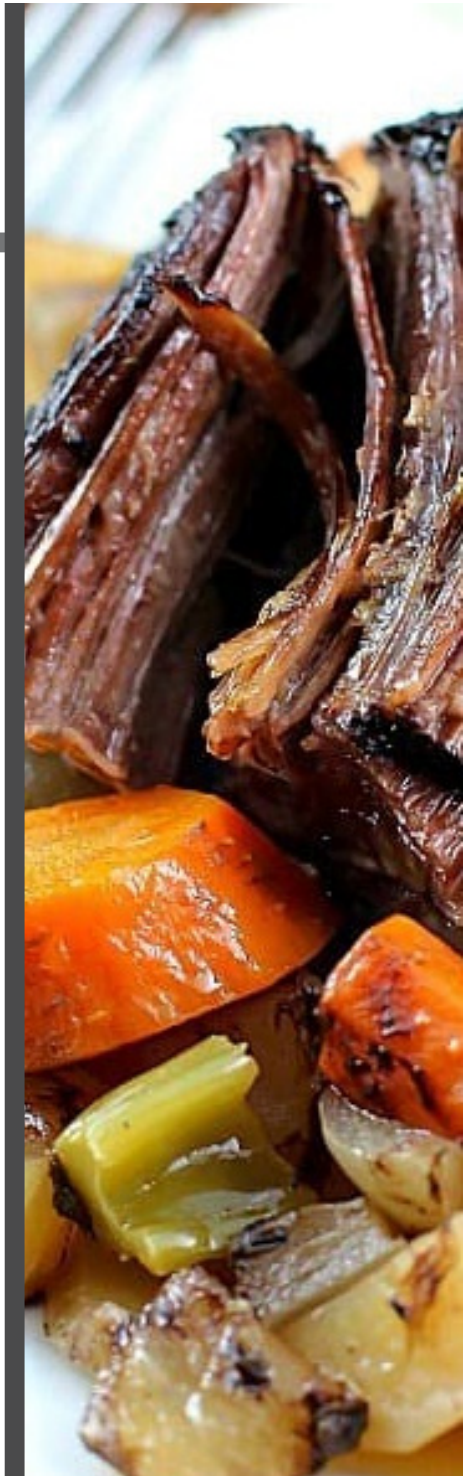
DIRECTIONS

Place potatoes and carrots in a 5 litre slow cooker. Cut roast in half. Combine the mustard, rosemary, garlic salt, thyme and pepper; rub over roast.

Place in slow cooker; top with onion, cabbage and broth. Cover and cook on low for 6-8 hours or until meat and vegetables are tender.

Serves: 8

TRANSFORM IN 4 CHALLENGE: DINNER



LEMON AND HERB CHICKEN WITH ASPARAGUS

ADAPTED FROM BAKINGQUEEN74.CO.UK

INGREDIENTS

- 4 chicken breasts
- 1 onion, sliced
- 1-2 teaspoon dried oregano
- 3-4 sprigs of fresh thyme
- juice of half a lemon
- 1 bunch asparagus
- lemon and parsley, to serve

DIRECTIONS

Place the onion in the bottom of the slow cooker, then place the chicken breasts on top.

Sprinkle the oregano over the chicken, and squeeze the lemon half over the chicken. Arrange the fresh thyme on and between the chicken breasts.

Cook on high for 3 hours (or on low for 5-6 hours).

Add the asparagus on top of the chicken for the last 15 minutes, to steam.

Squeeze the rest of the lemon juice over it, with more fresh lemon segments on the side.

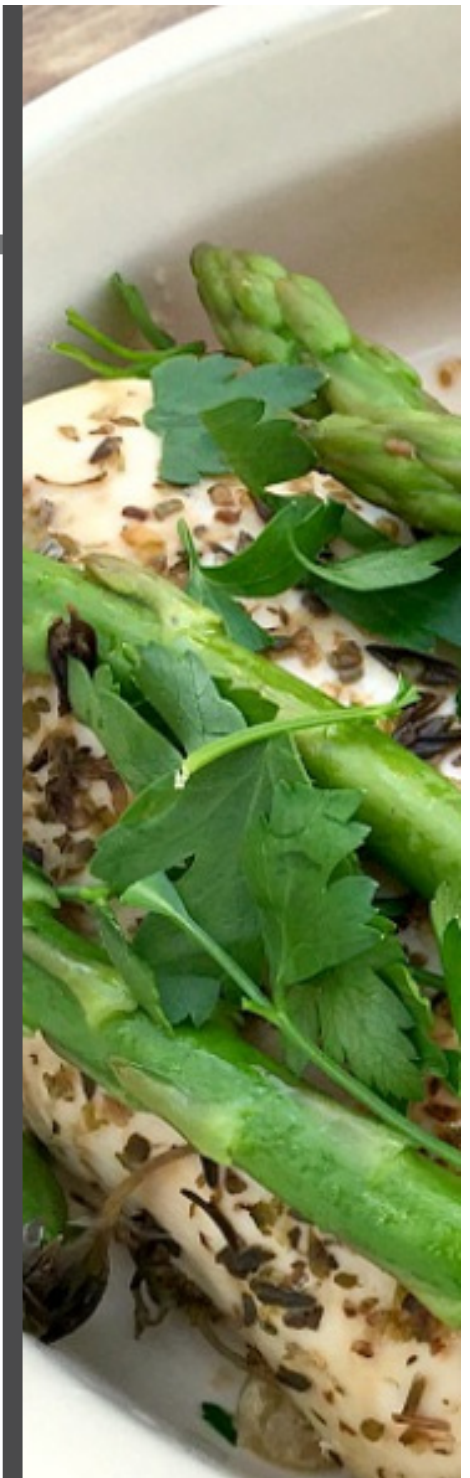
Optional: Serve with fresh parsley.

Serves: 4

TIP:

For a complete meals, serve with rice and a side of vegetables.

TRANSFORM IN 4 CHALLENGE: LUNCH



LEMON BASIL BAKED GARLIC BUTTER SALMON

ADAPTED FROM EAZYPEAZYMEALZ.COM

INGREDIENTS

- 4 pieces of salmon (170g fillet)
- 2 lemons
- 100g butter
- 2 tablespoons minced garlic
- 1 teaspoon sweet basil leaf (dried)
- a pinch of red pepper flakes (more if you like it spicy)
- aluminum foil
- baking sheet

SIDE SALAD

- spinach
- bag of tricolour coleslaw mix (no dressing)
- apples, diced
- walnuts
- sunflower seeds
- olive oil + vinegar of choice

DIRECTIONS

Preheat oven to 190C.

Lay out your foil sheets, one per fillet of fish. Put your salmon on your foil.

In a microwave safe bowl, combine butter, garlic, basil, and red pepper. Microwave 30 seconds to 1 minute until butter is melted, stir well. Spoon butter mixture evenly over the fish.

Squeeze half a lemon over each fillet. Wrap in foil, place on baking sheet.

Bake for 15-17 minutes, until desired 'doneness' is reached. Turn oven on to broil on high. Broil 1-2 minutes to crisp up edges of Salmon. Serve immediately.

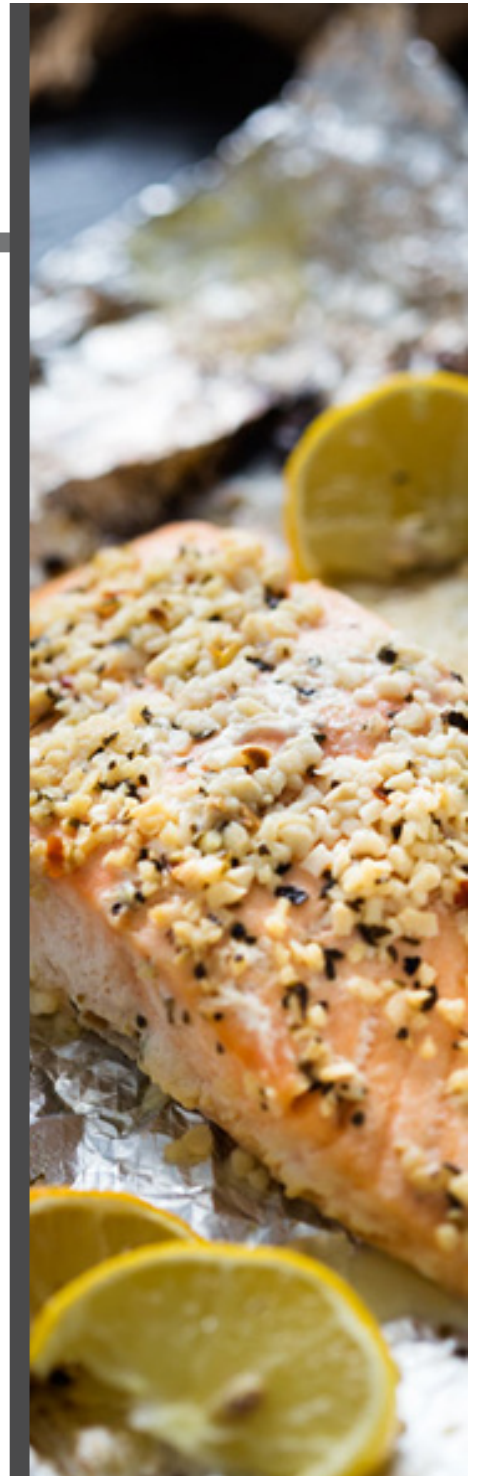
DIRECTIONS

Shred spinach with hands or cut with knife and place in bowl. Add a handful of coleslaw mix, diced apple, walnuts, and seeds. Mix together.

Add dressing when you're ready to eat it!

Great vinegar choices: red wine, apple cider, balsamic

TRANSFORM IN 4 CHALLENGE: DINNER



EGG SCRAMBLE AND BACON

ADAPTED FROM FF COACHES

INGREDIENTS

- 3-5 eggs per person
- bacon (nitrite free)
- Brussels sprouts, cut in half or quarters
- onions, diced
- garlic powder
- salt and pepper, to taste

DIRECTIONS

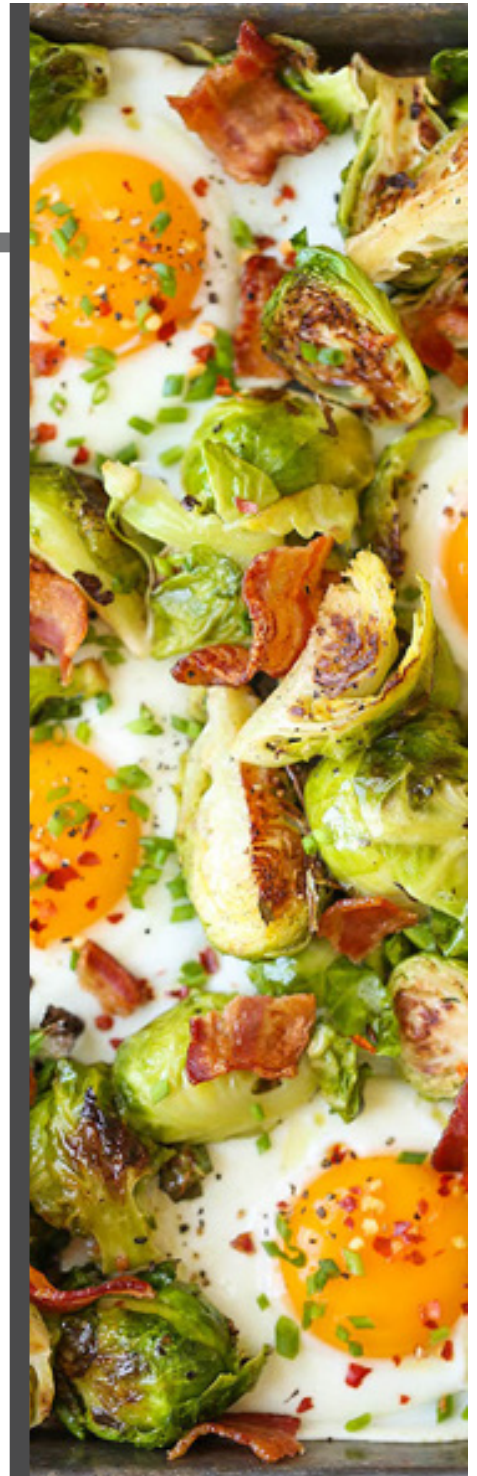
Preheat pan on stove with coconut oil. Place bacon strips in pan. Fry until preferred crispiness and set aside on paper towel-lined plate.

In same pan as bacon, cook sprouts and onions until tender, about 5 minutes. Add garlic powder, salt and pepper to taste.

When Brussels sprouts are done, prepare eggs to your preference.

Serve together in bowl or on a plate and enjoy!

TRANSFORM IN 4 CHALLENGE: BREAKFAST



LOADED SWEET POTATO NACHOS

ADAPTED FROM FF CHALLENGE PARTY

INGREDIENTS

- 1 skinless chicken breast
- 120g black beans
- 2 small sweet potatoes
- 1 tablespoon olive oil
- ¼ teaspoon salt
- ¼ teaspoon pepper
- 1 teaspoon paprika
- 1 teaspoon garlic powder
- 1 jalapeño (optional)
- 60g low fat cheese
- ½ avocado
- pico de gallo (optional)
- spring onion, for garnish

DIRECTIONS

Preheat oven to 200C. Evenly slice sweet potatoes into thin slices.

In a medium-sized bowl, coat sweet potato slices with 1 tablespoon of olive oil, garlic powder, paprika, salt, and pepper until well-coated. Lay rounds flat on a parchment-lined baking sheet and set aside.

On a second parchment-lined baking sheet, season chicken breast with olive oil, salt, and pepper, to taste. Wrap the parchment around the chicken, folding at the edges.

Bake the sweet potatoes and the chicken in the oven for 20 minutes or until the chicken is cooked through and juices run clear. Allow both to cool. Then, shred the chicken using two forks.

Line the bottom of a medium-sized frying pan with the sweet potato rounds. Top with shredded chicken, black beans, jalapeño if desired, and cheese. Broil for 5-10 minutes or until toppings are heated through and cheese is melted.

Garnish with avocado, pico de gallo, and spring onion, if desired. Serve immediately.

To make pico de gallo: put the 4 finely chopped tomatoes, 1 tbsp finely chopped onion and a small bunch of coriander into a small bowl. Stir through a pinch of salt and zest of half a lime. Add the lime juice to taste.

Serves: 1

TRANSFORM IN 4 CHALLENGE: DINNER



CAULIFLOWER CRUST PIZZA LOADED WITH VEGETABLES

ADAPTED FROM TASTYKITCHEN.COM

INGREDIENTS

- 1 head (small head) cauliflower
- 30g Parmesan cheese
- 30g mozzarella cheese
- ½ teaspoon dried basil
- ½ teaspoon dried oregano
- ½ teaspoon garlic powder
- red pepper flakes (optional)
- 1 tablespoon almond meal (optional)
- 1 whole egg

PIZZA TOPPINGS

- sauce - no sugar added (such as pizza sauce or pasta sauce)
- vegetables of choice
- recommended: saute peppers, mushrooms, and onions while crust cooks
- meat: minced beef or pulled chicken (skip the pepperoni!)
- top with cheese, but don't go overboard!

DIRECTIONS

Place a baking sheet in the oven. Preheat oven to 200C. On a cutting board, place a large piece of parchment paper and spray it with nonstick cooking oil. Wash and thoroughly dry a small head of cauliflower. Don't get one the size of your head unless you are planning on making 2 pizzas.

Cut off the florets and pulse in your food processor for about 30 seconds, until you get powdery snow-like cauliflower. You should end up with 2 to 3 cups cauliflower. Place the cauliflower in a microwave safe bowl and cover. Cook for 4 minutes. Dump cooked cauliflower onto a towel and allow to cool for a bit.

Once cauliflower has cooled, wring in towel. You want to squeeze out as much water as possible. *This will ensure you get a chewy pizza like crust instead of a crumbly mess.* Dump squeezed cauliflower into a bowl. Now add Parmesan cheese, mozzarella cheese, dried basil (crush up the leaves even more between your fingers before adding), dried oregano (crush up the leaves even more between your fingers before adding), garlic powder (not garlic salt), and a dash of red pepper, if you want it spicy. You may also add 1 tablespoon almond meal if you have closer to 2 cups, but not if you have 3. Now add the egg and mix away. Hands tend to work best.

Once mixed together, use your hands to form the dough into a crust on your oiled parchment paper. Pat it down thoroughly, you want it nice and tightly formed together. Don't make it too thick or thin either. Using a cutting board, slide the parchment paper onto your baking sheet in the oven. Bake for 8-11 minutes, until it starts to turn golden brown. Remove from oven. Add however much sauce, cheese, and toppings you want. Cook for another 5-7 minutes, or until cheese is golden brown.

Serves: 2

TRANSFORM IN 4 CHALLENGE: DINNER

