



The Ravenous Reboot

BACK ON TRACK WITH MORE VA VA VOOM!

Food and Lifestyle Reboot
for Ravenous Athletes and Friends.
14 Day Meal Plan

Disclaimer

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WELCOME TO THIS MEAL PLANNING BASICS FOR RAVENOUS ATHLETES AND FRIENDS

This plan is a nutritionally optimised programme for athletes who are busy and enjoy food. Joanne Hart has a BSc (Hons) degree in Nutritional Therapy and has worked with individuals, groups, medical doctors and in gyms to deliver nutrition advice to athletes and busy people.

IMPORTANT SMALL PRINT – PLEASE READ

The benefits of taking part in this programme vary from person to person. Your success will depend on complying with the instructions, therefore we cannot guarantee results. The more closely you follow the plan, the more likely you are to experience a positive outcome.

The programme is geared for maximum nutritional value and could be very different from your normal eating patterns. If you have any health issues or concerns, whether you are receiving medical treatment or not, we recommend that you discuss your suitability to take part in the programme with your GP before starting.

It's up to you to check the meal plans and recipes for items to which you may be allergic, sensitive or intolerant and substitute 'safe' foods for those items. It is up to you to decide how much you eat, because athletes are engaged in different types of sports and different levels of intensity and duration and will therefore have different needs.

If you have a history of kidney or liver disease, suffer from Type 1 or medicated type 2 Diabetes, or if you are taking hormonally sensitive medication, please see your GP before changing your diet.

****Do not attempt this if you are pregnant, breast feeding or diabetic.****

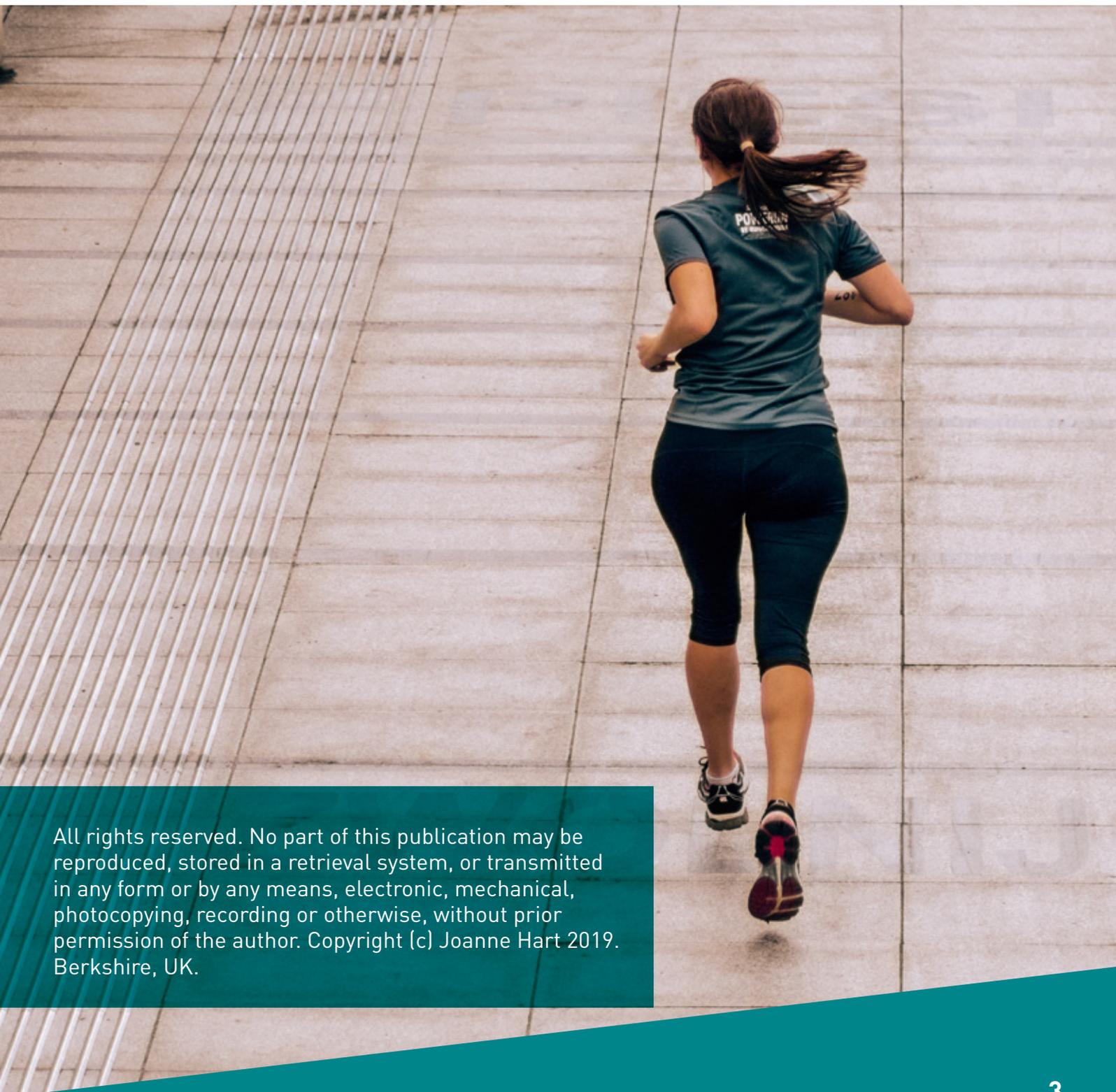
By taking part, you agree to take full responsibility for yourself, your body and your health before, during and after taking part in the programme and you indemnify Health and Hart, and Joanne Hart from all liability in relation to your participation in the Programme.

Are you a Ravenous Athlete?

Are you a Ravenous Athlete? As a Ravenous Athlete you love your sport, and you love food. You're always on the go and need practical, tasty food options. You want to know how to make the best choices to fuel your sport. You want to keep your health tip-top so you can keep training while managing the challenges of working, commuting and living life!

OR MAYBE YOU'RE NOT SO MUCH INTO EXERCISE BUT YOU'RE ALWAYS RAVENOUS?

You will not go hungry on this plan. The aim is to get you back on track and create new healthy habits, you'll be well fuelled for whatever you want to do.



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My Story

I'm Joanne and I've been running since competing in athletics as a junior. I also cycle, I'm a keen gym goer and yogi. After a 12 year corporate career in engineering and IT I got the opportunity to retrain in nutrition, as well as yoga. If I had known what I know now, I would have eaten a whole lot better during those corporate years. I now work with many people who want health or sports nutrition advice.

Performance in life, at work and in sport is influenced by our daily habits, and what we eat and drink. Many of us benefit from a coach in our work or our sport, or a friend to check-in with. This book is here to be your coach and to help you get on track towards your goals, with some new ideas and recipes.

My mission is to help you be healthy though nutrition so you can keep doing what is important to you and feeling good, or even better! As a Registered Nutrition Practitioner and Yoga Teacher I work with sporty people and busy people who are proactive about their health or need expert advice for a particular issue. This book covers the basics of meal planning to set you on your way and give you inspiration for new food ideas. It's a mix of easy to assemble recipes, some you can make ahead and a few that need a bit of extra effort. I'm all about personalised nutrition and making it practical, and while I have designed a 14 day plan there are no rules and you can read from the beginning of the book, or dip in and out as you desire.

Joanne Hart, The Ravenous Runner. BSc (Hons), BWY Dip, MAC

www.healthandhart.com



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Getting Started On The Plan

The book includes goal setting, a 14 day food plan, food list, details on specific goals (weight loss, and clean-up), and recipes. You may also just be interested in following the plan and trying some new recipes. How much and what you eat will depend on your starting point and your goal. For example, if you are resting or you don't do sport, you will need less food than someone doing endurance training such as a training for a marathon.

The recipes are mainly gluten free but not dairy free. If you want to eat gluten then simply include your normal bread and pastas. I encourage you to try gluten free for a couple of weeks; it encourages you to try new foods and you may experience health benefits with a temporary change of diet. If you want dairy free then simply use a variety of dairy alternatives, look for unsweetened versions. If you remove any foods and decide to continue after the 14 days then you need to make sure you replace these foods and get sufficient nutrients such as calcium, I recommend one-one advice if you're uncertain.



Reasons to Reboot, and get more Va Va Voom!

Have you seen the 'Wheel of Life' before?

In each of the eight sections, write down an area of your life that makes you 'whole'.

Start with health in one section and fill in seven others. Examples include sport, work, family, friends, culture, religion, gardening... Anything that is important to you.

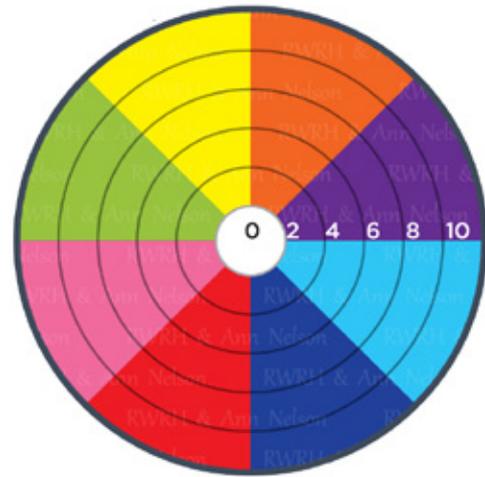
Then rate each one from 10 (satisfied) to 1 (unsatisfied)

You can mark this on the wheel and you end up with a spider diagram.

For each of the ones less than 8, consider and write down one small action you can take.

E.g. Friends at 5 - I'll call my friends this week, or join a new club to start meeting new people

Sport at 6 - I'll book an event to train for.



Health:

How would you rate your health from (1) As bad as it could be to (10) As good as it could be?

Give it a rating from 1 to 10.....

If you score less than 8 then what is your health stopping you doing?

What would you be able to do if you scored 9 or 10?

What one or two things do you need to do to improve the situation?

These are some of the things I hear people say.....

PLAN MY SNACKS SO
I DON'T OVEREAT

EAT AN APPLE EACH DAY

EAT LESS SUGAR

GET SOME PROFESSIONAL
HELP SO I AM FOCUSED

DRINK MORE WATER

I NEED MORE ENERGY

IF MY DIGESTION WAS BETTER I
WOULD COMPETE BETTER

DELEGATE SO I HAVE
MORE TIME TO MYSELF

GET MORE SLEEP SO I HAVE
ENERGY TO TRAIN IN THE
MORNING

Where are you starting from?

We're all starting from a different place. It can be really useful to consider where you are today by taking some measurements and rating how you feel. I prefer waist and hip measurements as a monitoring tool. Excess fat around the stomach is a health concern and linked to Western lifestyle diseases. You could just use belt size and record which belt hole you're at now.

Measurements

| | Day 1 | Day 7 | Day 14 | Day 21 |
|--------|-------|-------|--------|--------|
| Waist | | | | |
| Hip | | | | |
| Weight | | | | |

- Waist. Measure around your belly button
- Hip. Measure around the widest part of your hips.

Other options: Body fat % (Use scales or callipers). Blood pressure, cholesterol, fasting glucose and/or HbA1c (Ask your GP or Pharmacist) - Many of the blood tests can be organised through a nutrition practitioner too.

For the purpose of this programme it is consistency that's important. Use the same scales. Wear the same clothes when you weigh yourself and do it at the same time of day.

Over 2 weeks we're not expecting to see dramatic changes, but you can continue the programme afterwards. Women with menstrual cycles will probably see weight fluctuations across the month.

Rate Yourself

Rather than get too focused on weight, I find that measuring the areas listed in the table can be useful.

Choose (1) As bad as it could be to (5) As good as it could be.

Add in any other health goals you want to focus on.

In general, weight does not change in a liner manner. Blood pressure and cholesterol improvements may need months of healthy living, and of course there may be other factors involved that you need to discuss with your GP or nutrition practitioner.

| | Day 1 | Day 7 | Day 14 | Day 21 | Day 28 |
|-----------|-------|-------|--------|--------|--------|
| Sleep | | | | | |
| Energy | | | | | |
| Mood | | | | | |
| Weight | | | | | |
| Hormones | | | | | |
| Digestion | | | | | |
| Stress | | | | | |

What's Your Reboot Goal?

When you start anything new it makes sense to have a goal, then you can stay focused and you have a reason to make changes. This plan will help, whatever your goal.

Whether you want to create some new eating habits, lose some weight, get more energy, reduce refined sugar in your diet, reassure yourself you're doing the right thing, or investigate which foods suit you – You need to start somewhere!

The 14-day plan will help you to achieve it or move towards it. The most important thing is to get started. Making a change means breaking old habits and creating new ones.

Give it a try, experiment and enjoy trying some new things.

How to goal set

1. Do some brainstorming and work out what you are aiming for.
2. Do the Wheel of Life and fill in the measurements and 'Rate Yourself' on the previous pages.
3. Ask a friend or family member, they usually have some advice to give.
4. Imagine what you want to achieve.
5. Tell someone your goal, it is more likely to happen.

Space to write your goals



Meal Planning

For a balanced plate you need to include protein, carbohydrate and fats.

Protein

You need protein (e.g. Eggs, poultry, meat, beans, dairy, lentils etc.) for growth, repair, hormones, neurotransmitters and stress hormones. Start with the basics and check you have a minimum of 1g protein per kg body weight per day. i.e. an 80kg person needs 80g protein. Spread this protein across the day. You might be surprised how many people aren't achieving this.

In sports, 1.4g to 2g protein/kg body weight/day is stated as sufficient to build muscle (ISSN, 2017). An endurance runner for example though, might be more like 1.2g.

Carbohydrates

Get to know which carbohydrates release energy fast (e.g. Fruit juice), and which release slow energy (e.g. Wholegrain rice). For sport, to compete you want fast energy, but when sitting at your desk you need slow release. If you want weight loss you need to eat less carbohydrate, but enough for training and competing.

Fats

There are healthy (e.g. Oily fish such as salmon) and unhealthy fats (e.g. Trans fats in some processed foods). You need to maximise the good while minimising the unhealthy fats. Fats are dense in energy, a small amount supplies a lot of energy, great when you are hungry. The plan contains healthy fats.

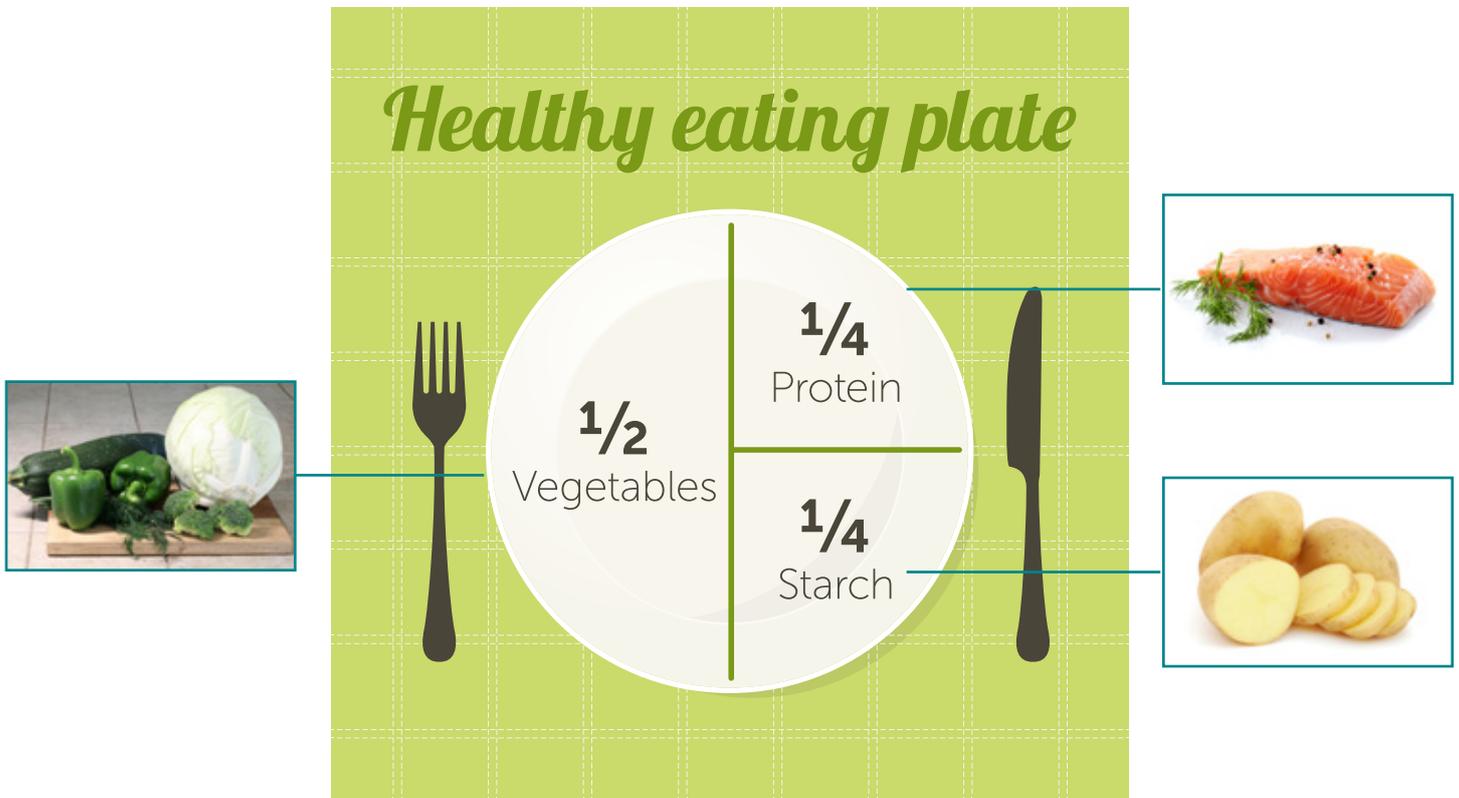
Micronutrients

In addition to protein, carbohydrates and fats we also need micronutrients i.e. vitamins and minerals. Variety of food is key, because that is how you get a range of nutrients. Recent research tells us that diversity of plant food is also important for gut health. Eat a variety of vegetables, fruit, spices and herbs. Gut health links to immunity which could one be key factor towards less colds and having to miss work or training!



Balanced Plate

Some people choose to have carbohydrates at just one or two meals, page 18 summarises which foods contain carbohydrates.



[See food list](#)

*The Risk of Underfuelling

Have you heard of RED-S (Reduced Energy Deficiency in Sport)? Female and male athletes who do not eat enough for the amount of exercise they do are at risk of this, it can have long term implications on health and cause osteoporosis for example. Stress fractures and loss of menstruation are some signs. Speak to a nutrition practitioner or your GP if you need advice.

Carbohydrates for Ravenous Athletes

Carbohydrates are our main fuel and as I mentioned earlier they can be fast or slow fuel providers, as well as a source of fibre which is crucial for our digestive system. Too little may affect our energy, too much may affect our waistline. If you are doing endurance sport or using a lot of energy then you need to eat more than the 1/4 plate carbohydrates I mentioned on the last page. You can put your carbohydrates into specific meals around training, but if you are doing intense training or long duration endurance like a marathon you probably need to spread the carbohydrate across meals and the week. If you want to reduce body fat or weight then you may need less than 1/4 plate carbohydrate in some meals. If you're not training and want to reduce body fat or weight then you may need less than 1/4 plate carbohydrate in some meals.

In the future you may also consider some strategies such as intermittent fasting. Strategies like fasting will be likely to affect your energy levels until you find your personal needs, and I don't recommend trying to cut back on food while training for a marathon for example. Whether certain strategies suit you is a personal thing and you may want individual advice. It can depend upon where you are in your training plan, and how your stress tolerance is. Before and during exercise choose fast releasing energy, such as fruit juice or a banana. Your digestion, the sport and duration may determine when and if you do this. You might not always need extra fuel.



Reboot Your Habits

How many of these do you already do, is there one habit that you know is getting in the way of your goals? The best thing to do is to focus on positive habits instead. Start by choosing one of the health goals below.

It becomes a habit when you do it without thinking, just like changing gears in the car!

- 1) Get a minimum of 7 hours sleep.
- 2) Go for a 15 min walk after lunch.
- 3) Drink 2 litres of water (Government recommendation).
- 4) Walk 10,000 steps a day (Measure with a pedometer).
- 5) Retrain a sweet tooth **(See page 14)**
- 6) Getting to the gym twice a week

Breaking it down - Drinking 2 litres of water

- Start by measuring how much you drink now.
- Get a 1 litre or 2 litre bottle, or a filter jug.
- Fill it up each day
- Have a glass of water when you wake up – front load the day
- Check your urine colour – it should be almost colourless (unless you have medication or supplements that change the colour).

Breaking it down – Walking 10,000 steps a day

- Get a pedometer
- Measure what you do on a normal day
- Set yourself a target to increase by 10% every 2 days
- Brainstorm how you are going to do it
- Keep a record
- Start doing it!

Rebooting Your Sweet Tooth

Some people have a sweet tooth, some have a salt tooth and some have both! You need to retrain your sweet tooth over a couple of weeks at least, dipping in and out of sugar or sweet foods won't help you get back on track. I'm not saying that you can never eat sugar, ever. Instead I want you to understand how sugar or too much sweet food might be affecting your health.

Many people know that they have a sweet tooth but not everyone realises how it affects them. Refined foods such as white bread and pasta, or starch vegetables such as potatoes can have similar effects on the body too.

Are you on the sugar roller coaster?

Rate Yourself – 1 never, 3 occasional, 5 always

| | START | END |
|--|--------------------------|--------------------------|
| - Cravings | <input type="checkbox"/> | <input type="checkbox"/> |
| - Afternoon energy dips | <input type="checkbox"/> | <input type="checkbox"/> |
| - PMS | <input type="checkbox"/> | <input type="checkbox"/> |
| - Anxiety | <input type="checkbox"/> | <input type="checkbox"/> |
| - Disturbed sleep | <input type="checkbox"/> | <input type="checkbox"/> |
| - Fat around the middle | <input type="checkbox"/> | <input type="checkbox"/> |
| - I need something sweet each day | <input type="checkbox"/> | <input type="checkbox"/> |
| - I'm overweight | <input type="checkbox"/> | <input type="checkbox"/> |
| - I need food such as bread, pasta, cakes and biscuits | <input type="checkbox"/> | <input type="checkbox"/> |
| - Other health symptoms..... | <input type="checkbox"/> | <input type="checkbox"/> |



Back on Track – Your Two Week Action Plan

- 1) Remove ALL natural sweeteners – Sugar, honey, agave, molasses, brown rice sugar etc.
- 2) Remove artificial or added sweeteners – Sucralose, aspartame, etc.
- 3) Remove ingredients that sweeten foods – e.g. Inulin, chicory and maltodextrin.
- 4) Remove or minimise sweet fruits – Dried fruits such as dates & raisin, grapes, bananas, pineapple and mango all tend to have a fast releasing sugar effect.
- 5) Remove chocolates, sweets, cakes, desserts and biscuits.
- 6) Remove squash even if it has artificial sweeteners, and juice.
- 7) Avoid alcohol

Instead:

- 1) Focus mainly on vegetables rather than fruit.
- 2) If you eat and enjoy fruit then focus on berries, apples, pears and oranges. Limit to one or two portions a day, unless you do a lot of sport.
- 3) Work out how you will distract yourself if you get a sugar craving.
- 4) Anticipate places where people will want you to offer you sweet foods, have an answer or alternative ready so you can politely refuse.
- 5) Eat a protein based breakfast, lunch and dinner.
- 6) Eat protein based snacks.
- 7) Include foods that contain chromium in your diet – Broccoli, barley, oats, green beans, tomatoes and black pepper.
- 8) Ladies, increase your wholegrain carbohydrates or low starch vegetables, fats or proteins, before your menstrual cycle if you need to (by 100 to 300 calories), rather than eating sweets or chocolate.
- 9) If you fall off track, then get back on track again... and keep going.
- 10) If you're training with energy gels, then you need to get back on track asap after the training and refuelling.

Reboot your Weight

If your goal is to lose some weight or reduce body fat, then you need to consider:

- i) Overall portion sizes and amount of food you eat.
- (ii) The amount and type of carbohydrates.

Useful strategies include:

- Choose only slow release carbohydrates

(See Carbohydrate list), except during training or competition.

- Only eating carbohydrates with breakfast and lunch.
- Not eating after 8pm.
- Occasional training on an empty stomach in the morning
(not recommended if you are doing endurance over 60 min, or are stressed).
- 12h fasting (E.g. Last meal at 7pm, next meal at 7am).

Get some professional advice if you're not sure what is realistic.

Remember, for sports performance you need to add the carbohydrates back in and make use of them when you are competing and training. For immunity you want to make sure you eat adequate carbohydrates, and you need protein for repair and recovery.



Clean Up

If your goal is to clean up your diet then follow these steps for the 2 weeks of the plan. The Food List tells you what you can eat. I also recommend a lower intensity week of sport and to increase yoga and sleep.

1. Remove all processed foods including jar sauces, ready meals, cereals etc.
2. Avoid alcohol, sugary drinks, cakes, biscuits, jam, artificial sweeteners, sugar and other sweeteners such as honey.
3. If you are hungry then eat. Choose a healthy snack from the snack list.
4. If you are dairy free; avoid milk, cheese, yoghurt, butter, cream, whey and other dairy products.
5. Avoid sauces, jar mayonnaise, monosodium glutamate and E numbers.
6. Avoid any food that contains wheat including bread, croissants, cereals, cakes, biscuits, pies, pastry, quiche, battered or bread crumbed foods. Reintroduce 'healthy' options after the programme.
7. If avoiding gluten - avoid foods that contain gluten including oats (unless gluten free oats), wheat, rye, barley, spelt or bulgur wheat, soy sauce and other packaged items containing gluten.
8. Avoid caffeine which is in coffee, cola, chocolate, tea and green tea.
If needed, drink 1 cup of coffee or green tea per day
9. Avoid sausages, bacon, ham, chorizo and other processed meats.
10. You may also want to reduce your use of toiletries and cleaning products that are not natural.

Food List

Protein:

- Eggs (2=14g protein)
- Oily fish (Sardine, mackerel, anchovies, Salmon, herring, trout) & white fish (100g fish approx 25g protein)
- Poultry & lean beef (100g approx 20 to 25g protein)
- Tofu, lentils, chickpeas, beans (Approx 7g protein per 100g)
- Dairy: Cheese, natural yoghurt, milk or dairy alternatives*
(Check labels)

Healthier Fats:

- Olive oil
- Coconut oil
- Avocado
- Unsalted nuts (not peanut) Seeds (E.g. Pumpkin, hemp, sunflower, linseed, chia)
- Oily fish

Carbohydrates

Slower energy release:

- Wholemeal rice
- Quinoa
- Millet
- Gluten free oats
- Buckwheat
- Berries
- Apples, oranges, pears

Faster energy release:

- Root vegetables: i.e. Potatoes, beetroot, parsnip, butternut squash, sweet potatoes
- White products: White rice, white pasta, white bread, couscous
- Fruit juice
- Banana, pineapple, mango, grapes
- Dried fruit

Choose vegetables from each of the groups above and vary your choices, you can also include any other vegetables you like such as courgette or carrots.

Green vegetables: e.g. Kale, savoy, watercress, rocket, spinach & lettuce.

Cruciferous vegetables: e.g. Broccoli, cauliflower, watercress & kohlrabi.

Onion family: e.g. Onion, garlic, chives, leeks & spring onions.

Salad: e.g. Cucumber, radish, pepper & tomatoes.

Other Flavours: Fresh herbs (e.g. Basil). Spices (e.g. Ginger, turmeric, chilli & cinnamon). Lemon & lime.

*Dairy alternatives: Almond, coconut, soya and hemp milk. Coconut, nut and soya yoghurt. Use olive oil, avocado and coconut oil in place of butter and margarine.

14 Day Plan - Week 1

| | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
|------------------|--|--|---|--|---|---|---|
| Breakfast | 60 sec: 2 Boiled egg and spinach (and GF toast or smoked salmon) | 60 second Baked Beans | 60 sec: 3 tbsp Natural Yoghurt +handful of berries +1 tbsp flax or oats | 2 egg muffins | 60 sec: 3 tbsp Natural Yoghurt +handful of berries +1 tbsp flax or oats | Cooked breakfast. 1 GF sausage or piece of bacon, 2 egg, spinach, | Apple pie oats |
| Lunch | Tenerife chicken salad | Tuna salad, or soup day. | Bean salad & citrus dressing | Mackerel, beetroot and horseradish salad | Spanish omelette and veg/salad | Protein based soup + vegetables | Prawn, ½ avocado and greens salad |
| Dinner | Salmon steak + steamed veg | Fish curry, rice, green beans and broccoli (Makes double amount, freeze or use for lunch). | Chicken thighs and roast Mediterranean veg, with garlic and rosemary | Stir fry Protein + vegetables | Cauliflower dahl | Lean steak or fish with 3 new potatoes, and vegetables Or omelette | Sunday Roast (Lean meat, 1/2 plate vegetables (mainly non root vegetables) (Avoid gravy and yorkshire pudding if gluten free) |
| Snacks | Palmful of nuts or seeds. 2 or 3 GF oatcakes + dessertspoon nut butter Boiled egg Natural yoghurt* (small pot) + 20 blueberries | | | | | | |

GF = Gluten free. * Or dairy free alternative

- Avoid skipping meals, avoid gaps of more than 4 hours without food
- Aim for 12 h overnight fast, e.g. First meal 8am, last meal finished by 8pm
- Add in snacks if you need them – morning and afternoon. Don't get hungry and skip snacks to save calories, to start with you may do better to have snacks to help balance your system
- Vegetarian, pescatarian or omnivore? You can swap the meals – just remember to base your meals around a protein source
- Add vegetables – **See FOOD LIST**

14 Day Plan - Week 2

| | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
|------------------|--|-----------------------------|-------------------------------|------------------------------|---------------------------------|-------------------------------|---|
| Breakfast | Black forest oats | 2 egg muffins | Choice of 60 Sec breakfast | 2 egg muffins | Choice of 60 Sec breakfast | Buckwheat pancake and eggs | Apple pie oats |
| Lunch | Korean quinoa power bowl | Protein soup and vegetables | Salmon salad | Tuna, apple and orange wraps | Protein soup and vegetables | Spanish omelette + vegetables | Mackerel, beetroot and horseradish salad |
| Dinner | Prawn and ginger stirfry | Vietnamese chicken skewers | Bean or meat chilli con carne | Stir fry Your choice | Chicken and/or cauliflower dahl | Chickpea & spinach curry | Sunday Roast, meat + mainly non root vegetables |
| Snacks | Mini pot of houmous and carrots, apple dipped in nut butter, closed palmful of nuts or seeds, boiled egg, natural yogurt + 20 raspberries, olives. | | | | | | |

GF = Gluten free. * Or dairy free alternative

- Avoid skipping meals, avoid gaps of more than 4 hours without food.
- Aim for 12 h overnight fast, e.g. First meal 8am, last meal finished by 8pm
- Add in snacks if you need them – morning and afternoon. Don't get hungry and skip snacks to save calories, to start with you may do better to have snacks to help balance your system.
- Vegetarian, pescatarian or omnivore? You can swap the meals – just remember to base your meals around a protein source.
- Add vegetables – **See FOOD LIST**

Shopping List

| Cupboard | Frozen | Fridge/Fruit and Veg |
|---|--|--|
| Oats (GF?) | Cherries | Milk or alternative (unsweetened) |
| Quinoa | Berries | Kefir (cherry?) |
| Wholegrain rice | Frozen spinach | Smoked salmon |
| Dried red lentils | | 100-150g chicken chunks – chicken salad |
| Vegetable stock cube (organic low salt) GF? | Frozen or fresh fish. Include some salmon (ideally wild), trout or mackerel. | Lean steak |
| Buckwheat flour GF?(Pancakes) | | Chicken (Sunday roast) |
| Baking powder (GF?) | Frozen or fresh prawns | 6 eggs – muffins |
| Cacao (or unsweetened cocoa powder) | | 4-8 eggs – Spanish omelette |
| Cacao nibs -optional | Tupperware pots etc. | Eggs – other breakfasts |
| Extra virgin olive oil | Labels | Natural yoghurt full fat (or dairy free) |
| Coconut oil | | Houmous – Full fat |
| Ghee (optional) | | Berries |
| Dried herbs – Your choice | | Spring onions |
| Spices | | 6 cherry tomatoes |
| - Cumin | | Spinach |
| - Chilli | | Mushrooms |
| - Turmeric | | Eating apples |
| - Garam masala | | Satsumas |
| - Cinnamon | | Lemons |
| Microwave baked beans (low sugar/salt) – 60 sec breakfast | | Green leaves like rocket |
| Olive tapenade (olives + anchovies) | | Mixed salad |
| Olives – for own tapenade and snacks. | | Fresh spinach |
| Cans of tuna (in olive oil) | | Broccoli |
| Wrap or gluten free wrap | | Cauliflower |
| Oatcakes (GF if needed) | | Ginger |
| Can of mixed beans | | Onion |
| Bag of cooked lentils | | Garlic |
| Can of chickpeas | | Tomatoes |
| Tofu (if veggie) | | Houmous |
| | | Sundried tomatoes |

Shopping List

| Cupboard | Frozen | Fridge/Fruit and Veg |
|---|--------|---|
| Cans of coconut cream/milk Cans of tomatoes Tamari sauce (GF) or soy sauce (low salt) Apple cider vinegar Fish sauce Seaweed flakes/nori (for Korean Bowl) Kimchi (spicy) or Sauerkraut Nuts & seeds (unflavoured) - snacks Paneer cheese (contains dairy) for spinach curry option. Nut butter – e.g Almond (Without added salt, sugar or other oils). Mayonnaise Horseradish sauce (Check labels for these sauces, you might decide to even avoid these for 2 weeks) | | Fresh basil Fresh rosemary Fresh coriander Beetroot Few new potatoes Soups - Read the page about soups Cauliflower (dahl) Mushrooms 2 Limes Cucumber Mint Fresh chilli Vegetables to accompany many of the meals – read the Food List page |

This is a list of most of the ingredients in the recipes, with a couple of extra ideas. To make the best use of it I would print off the list and then work out which recipes you are going to cook. Then you can mark off the list and add other foods while being mindful of your budget and what's in the cupboard. GF? = You need to look for a gluten free version of this product if desired.

Some of the recipes make larger portions so you will want to freeze them, or eat them for lunch the next day.

Breakfasts 60 Second Breakfasts

- Microwave baked beans (low sugar/salt)
- 2 boiled egg + handful spinach (cook eggs the night before)
- Small pot of natural yoghurt + handful of berries + dessertspoon flaxseed.
- 2 egg muffin (make in advance)*
- Oats, berries (and natural yoghurt)
- Black Forest Oats
- Buckwheat pancakes + eggs
- Apple pie oats



Apple Pie Oats

Ingredients

- 30-40g oats (GF if desired, or use quinoa or buckwheat flakes)
- 150ml milk, dairy alternative or water
- Eating apple – peel and chop this up the night before and gently stew or puree it with some water in a pan (or eat it raw)
- ¼ to ½ tsp cinnamon
- Optional natural yoghurt/alternative



Method

1. Cook the oats with the milk, stir in the apple and cinnamon
2. Serve with 3 tsbp natural yoghurt.

If you prefer less oats or know that you get on better with more protein, then you could have a small pot of natural yoghurt with a dessertspoon of oats and mix the apple and cinnamon in, OR you could make a smoothie by blending all the ingredients together.

Apples are a good source of fibre which nourishes the gut and cinnamon may be beneficial for blood sugar balancing.

Black Forest Oats

Ingredients

- 30 -40g oats (GF if needed, or buckwheat or quinoa flakes)
- 150ml milk
- Handful of frozen or fresh cherries, unsweetened and warmed
- Cacao powder (or cocoa powder without sugar or sweetener)
- Cacao nibs – optional – they add a bitter crunch
- Kefir – cherry flavour would taste good, or unflavoured



Method

1. Mix in 1 -2tsp cacao into the milk
2. Make up the oats with the milk
3. Mix in the cherries, save a spoonful to decorate
4. Pour kefir onto the mixture and sprinkle on some cacao.
5. Decorate with your remaining cherries.

Kefir is a fermented drink which provides our gut with beneficial bacteria. It is made from dairy but some people find that they can tolerate it better than other dairy sources. You can make your own, and you can get coconut versions and goats milk versions too.

DO NOT have dairy kefir if you have a dairy allergy.

Egg Muffin

Ingredients

- 6 eggs - free range, organic
- 3 spring onions
- 6 cherry tomatoes (halved)
- Black pepper

Muffin tin - greased lightly with olive oil

Heat the oven to 200°C/

190°C Fan /Gas mark 5



Method

1. Beat the eggs
2. Add finely chopped spring onion
3. Add cherry tomatoes
4. Add black pepper to season
5. Pour into the muffin cases

Cook for 15 to 20 minutes, check the tops to check they are firm.

Variations:

Crumbled feta or grated cheese on top (Avoid if dairy free).

Chilli powder (to taste).

Herbs

Eggs are a good source of protein, these muffins are perfect for breakfast, lunch, dinner and snacks. They freeze well so you could make a large batch of them and then take them out of the freezer at night, ready for breakfast.

Buckwheat Pancakes

Ingredients

- 80g buckwheat flour
- 1 tsp baking powder (GF if desired)
- 1 tbsp olive oil
- 150 ml milk
- SIDE : Eggs, spinach and garlic OR natural yoghurt, berries and cinnamon

Method

1. Blend all of the ingredients together
2. Heat ½ tbsp. olive oil or coconut oil in a frying pan
3. Spoon in enough to make a thick pancake about 4 to 5 inches in width
4. Cook on one side
5. Flip over and cook the other side

This makes a generous number of pancakes, I would suggest having a couple with a side.

2 poached eggs and wilted spinach and garlic

Natural yoghurt, warmed berries and cinnamon

Buckwheat – It isn't a grain, it is related to rhubarb. If you are coeliac or need to avoid gluten completely then you need to check that the flour you buy meets your needs.



This is just an example image, you can make your pancakes thicker or thinner in size.

Lunches

Ensure that your lunch contains protein. Eggs, chicken, meat, fish, prawns, beans, lentils or tofu. Add lots of colour to it and 'eat a rainbow of vegetables'. If time is short, then cook extra food with dinner and add vegetables to that at lunch.

Protein Packed Soups

Soups are filling and warming. You can make your own or you can buy one from the shop.

Tips for Choosing Soups.

- Choose soups that contains protein
- E.g. Chicken, fish, lentils or beans
- If you are gluten free or dairy free, check the ingredients.
- Avoid sugar, artificial flavours, preservatives and sweeteners. Check the ingredients.
- Read the nutrition label, is there at least as much protein as carbohydrate? If not, add some extra protein (See TOP TIPS).

If you want to lose weight or balance blood sugars, then do not rely on something like carrot soup and a bread roll. Instead you need a chicken or bean soup without a roll. Many people will also benefit from adding some extra protein to a vegetarian soup.

TOP TIP to add Protein

Add a small can of blended butter beans, or a portion of unflavoured pea protein powder (20g protein), or have a boiled egg (7g protein) with your soup, or some houmous. Add in a natural yoghurt for dessert.

Make your own soup

You might like to make your own soup using bone broth which is made from chicken or beef. The bones are a source of collagen which may be beneficial for Ravenous Athletes, as well as for some health issues, such as gut health.

Tenerife Chicken Salad

Ingredients

- 100 -150g Cooked chicken chopped into bite size pieces
- Handful of black olives, or 1 tbsp olive tapenade (sold in a jar)*
- Rosemary - 1/2 to 1 tbsp chopped
- Sundried tomatoes x 1 chopped up
- Olive oil
- Side salad:
- 2 large handfuls of dark green leaves, such as rocket
- 8 cherry tomatoes



Method

1. If you're using olives then make your own tapenade. Process them with olive oil to create a paste, add a pinch of salt and black pepper if desired. You can add anchovies depending on the flavour you like (you won't need extra salt).
2. Process the herbs, tapenade, sundried tomatoes.
3. Taste it, and add extra ingredients if desired.
4. Add the chicken to this mixture and coat it evenly.
5. Serve with 2 large handfuls of green leaves and 8 cherry tomatoes
6. Drizzle with olive oil if desired

*Tapenade may contain anchovies so check the label and buy another type or make your own if you avoid fish.

Bean Salad & Citrus Dressing

Ingredients

- Can of drained, cooked mixed beans (unsweetened) or chickpeas
- ¼ red pepper diced
- ¼ green pepper diced
- ¼ orange pepper diced
- ¼ small red onion diced
- Olive oil
- Juice of 1 lemon (or an orange!)
- Lemon zest from ¼ lemon
- Black pepper
- Pinch of chilli powder – optional
- Parsley
- 1 tbsp pumpkin seeds



Method

1. Blend the lemon juice and olive oil, typically 1 lemon with 6tbsp of olive oil. Start with less oil and taste it. You can then store the rest in the fridge.
2. Mix in the lemon zest into your beans
3. Add a pinch of black pepper
4. Taste and adjust flavours if needed.
5. Mix some of the dressings, herbs, peppers and onions into the beans.
6. Garnish with chopped parsley or any other herb you like.

Option: You might prefer to have a smaller portion of beans as a side dish alongside a main portion of animal protein.

Lemon provides vitamin C, which is needed for production of our stress hormones and to support our immune system.

Mackerel, beetroot and horseradish salad

Ingredients

- Portion of smoked mackerel, or cooked fresh mackerel
- Horseradish sauce (Check ingredients – particularly if you are dairy free) – you could try a bit of wasabi powder/paste instead
- Cooked beetroot – 3 small roots
- 1 handful of green leaves e.g. Mixed leaves
- Black pepper
- Olive oil



Method

1. Slice the beetroot roots.
2. Flake the fish and gently mix it into the beetroot and leaves.
3. Mix the horseradish with some olive oil and black pepper if desired and drizzle onto the fish and beetroot.

Horseradish may be useful for sinus congestion, mackerel is a good source of omega 3 and beetroot is a source of fibre.

Spanish Omelette

Traditional Spanish Omelette is made from eggs and potatoes. This version has less potatoes, but has some other vegetables added. Be adventurous and try your own mixture. This is perfect for breakfast, lunch, dinner and snacks!

If you have a large frying pan then you can use 6 – 8 eggs, if it smaller then 4 to 5. You will be able to see when you pour the mixture in.



Ingredients

- 4 to 8 Eggs – Beaten (Depending on the size of your pan)
- Cooked potato – 1 small potato in cubes, per egg (Increase if you want more carbohydrate)
- Red pepper – chopped into small cubes
- Lightly cooked onion – chopped into small pieces.
- Olive oil

Method

1. Heat 1 tbsp olive oil in a frying pan.
2. Add all the ingredients into the pan and spread it evenly. The idea is to have a chunky omelette (2 cm thick and upwards), add more eggs and vegetables if you want to.
3. Cook the omelette on one side for 5 minutes.
4. Then you can either place a plate over the top, carefully tip the omelette onto the plate, then put the omelette back into the pan OR put the omelette under the grill and cook the other side.

A portion is 2 eggs worth of omelette.

Korean Quinoa Power Bowl

Ingredients

- 100g cooked quinoa (if you're short on time then get ready cooked, or use ready cooked wholegrain rice)
- ½ small avocado sliced
- Cooked beans or lentils (Typically aim for 10g + protein)
- Egg/s – sliced (7g protein each)
- Small handful of coriander
- 4 sliced fresh button mushrooms (or cooked).
- ½ sliced pepper
- 1 tbsp Kimchi
- Olive oil
- Soy sauce or Tamari (if gluten free)
- Optional chilli powder
- Optional seaweed sprinkles or nori sheets

Serves 1

Method

1. In a bowl add the quinoa as a base layer, mix in some chopped coriander, olive oil and 1-2tsp soy sauce (to taste). Mix in some chilli powder (or fresh chilli) if desired.
2. Divide the surface of the quinoa into quarters or five sections
3. In one quarter layer your avocado
4. In another layer your beans or lentils.
5. In another layer your mushrooms
6. In another layer your egg/s
7. In the final section, layer your sliced peppers
8. Sprinkle over some seaweed flakes or crushed nori.
9. Add a generous serving of kimchi in the middle.
10. Add some olive oil and extra soy sauce if you need more dressing.

If you can eat this warm at home, then you may prefer to add a fried egg and cooked mushrooms or other vegetables. For protein you could add some tofu or cooked prawns.

NOTE: Kimchi is a fermented food, which is said to be beneficial for gut health. Kimchi is very tasty and spicy, you could swap to sauerkraut instead. Seaweed is a good source of iodine, which is crucial for thyroid health.



Tuna, apple and orange wraps

Ingredients

- Satsuma, peeled, separated and sliced into chunks
- ½ apple cut into small pieces
- Can of tuna (or salmon), drained. Choose the one in olive oil
- Mayonnaise (Check ingredients if you are dairy free)
- Black pepper
- Lemon juice
- Green leaves
- Wholemeal wrap or gluten free wrap (or just enjoy this as a salad without the wrap)



Method

1. Flake the tuna and mix with 1 tbsp. mayonnaise, pinch of black pepper and few drops of lemon juice.
2. Add the mixture to the wrap with some leaves, apple and satsuma pieces.
3. Serve the remaining tuna and salad on the side.

If you prefer to avoid the jar mayonnaise then you could use an olive oil and lemon dressing instead (have a look at the citrus bean salad).

Dinners

Fish curry

This is really tasty and a great way to sneak in some oily fish. It is nice served with lightly steamed vegetables such as green beans and broccoli. If you want additional carbohydrate then wholegrain rice goes well. The recipe includes turmeric which has anti-inflammatory properties making it useful for athletes. Ginger supports digestive health and can be soothing. Garlic is antimicrobial.

Ingredients

- 1 tbsp coconut oil/olive oil
- Portion of fish per person such as cod, salmon steaks, or seafood.
- Can of coconut cream (Enough for 2 people)
- Fresh tomatoes or canned (2/3 can for 2 people)
- Onion (1 medium chopped finely)
- Garlic (2 cloves chopped finely)
- Ginger (1 to 2 tsp freshly grated)
- Turmeric (1 tsp)
- Optional chilli powder (1/2 tsp, or more)
- Vegetarian option: Tofu (Takes less time to cook).

Method

1. Create a curry base: Heat the oil and then cook the onion, garlic, spices and ginger in a large deep based frying pan, or saucepan. You may need to add a bit more oil (or splash of water) if the mixture looks dry.
2. Add the tomatoes and cook, they darken as they cook. If you want more depth of flavour, cook for longer.
3. Add the fish and the coconut cream, check that the fish is covered, you could add some extra milk (dairy free) if needed.
4. Gently cook the fish, taste the curry and add more spices.
5. The green beans can be cooked in the curry as well.
6. Scatter coriander on top and serve with vegetables, and optional rice.

Mix 'n' Match Stir Fry

A stir-fry is a really fast evening meal. If you have time then prepare your own vegetables, if not then pick up a bag of ready sliced vegetables on your way home. Avoid the sugary stir fry sauces, add your own flavours.

Flavours:

Garlic, chilli, cumin, fresh pineapple, orange juice, pineapple juice, basil, paprika, chinese 5 spice, pepper, tamari (GF) or soy sauce.

Protein:

Chicken, turkey, beef, prawns, tofu, tempeh

Veg:

Rainbow of colours, aim to always include green leafy vegetables, garlic, onion and cruciferous vegetables (See food list).

Carbohydrate (optional):

Buckwheat noodles, wholegrain rice.

Method

1. Heat the oil (1tbsp olive oil/coconut) and chopped garlic in a wok.
2. Add onions and cook
3. Add dried spices and stir
4. Add the protein and almost cook.
5. Add vegetables and extra flavours.
6. Check the protein is cooked and enjoy!

Suggestions

Prawn, ginger (1 tsp grated per person), fresh pineapple (5 cubes per person. Ginger and pineapple support digestives health. Prawns are a source of iodine for thyroid health.

Beef & Broccoli stir fry (use a deck of cards sliced into small pieces, per person): Beef is a good source of iron for energy. Broccoli is a cruciferous vegetable which may support hormonal health.

Cashew (small handful), Tofu (small handful) Select your favourite flavours from the list above.

Cauliflower Dahl

Ingredients

- 1 tbsp olive oil
- 1 red onion, finely chopped
- 1 garlic clove, crushed
- 1 red chilli, deseeded and finely chopped
- 1 tsp ground turmeric
- 1 tsp ground cumin
- 1 tsp garam masala
- 1 small cauliflower cut into small florets
- 150g red split lentils
- 200ml vegetable stock
- 200ml coconut milk
- 80g baby spinach leaves
- 1 tomato, deseeded and diced
- Handful of fresh coriander leaves chopped

Serves 4



Method

1. Heat the oil in a wide-based pan with a tight-fitting lid. Add the onion and cook over a low heat for 5 minutes, stirring occasionally, until softened. Add the garlic and chilli, cook for 1 minute, then add the remaining spices and cook for a further minute.
2. Add the cauliflower and stir everything together so the cauliflower is coated in the spice mixture. Tip in the lentils, stock, coconut milk and season. Bring to the boil, then reduce the heat, cover and simmer gently for 20 mins until the lentils are tender. Add a little extra vegetable stock if the mixture is too dry.
3. Stir in the spinach, tomato. Cover with the lid and allow the spinach to wilt. Spoon into bowls and top with chopped coriander leaves to serve.

Recipe from Nutrilink

Vietnamese style Chicken Skewers with Lime and Tamari Sauce

Ingredients

- 8 boneless chicken thighs
- 1 tbsp olive oil

Marinade

- Juice of 1 lime
- 3 tbsp Tamari sauce
- 2tsp Fish sauce
- (check ingredients if gluten free)
- 1 red chilli finely chopped
- 3 garlic cloves crushed
- 1 tbsp mint leaves
- Black pepper



Salad:

- 1 cucumber cut into shreds
- 2 tbsp chopped coriander leaves
- 2 handful per person of bitter green salad leaves (e.g. Watercress, mizuna or rocket)

Dressing:

- 1 tbsp apple cider vinegar
- Optional chili finely chopped
- ½ tsp fish sauce
- Juice of a lime

Tamari sauce is gluten free soy sauce, if you are not gluten free then you could use low salt soya sauce.

Mix 'n' Match Chilli Con Carne

I'm assuming that you know how to cook a traditional chilli con carne with beef, onions, tomatoes, stock, chilli and kidney beans. If not I have included some simple instructions. I like to make a double quantity so I can freeze 1/2 ready for a quick meal after training.

Here are some other variations.

Base + Protein + Added ingredients + Side dish

Base: Garlic, onion, chopped tomatoes, tomato puree, stock, chilli powder

Protein: Choose from beef, turkey, beans, or try 1/2 beef + 1/2 beans.



Method

Sauté the garlic and onion in a pan with some olive oil. If you are using beef then you could cook this first, drain off some fat and add the onions and garlic second. To the garlic and onion add the protein, then add a can of chopped tomatoes, 1 to 2 tbsp tomato puree to taste. Then add the stock, beans and vegetables and simmer until cooked.

Serve with: Wholegrain rice, side salad, cauliflower rice, courgetti or potato.

Bonus points: Into a beef chilli sneak in some finely chopped liver which is a source of numerous nutrients including vitamin A and B vitamins. Add small pieces of courgette or any other vegetable you want to add: Add mushrooms and peppers to make bolognese.

Chickpea and Spinach Curry

Ingredients

- 3tbsp ghee or olive oil
- 1 medium onion finely sliced
- 1 1/2tsp grated ginger and crushed garlic
- 4 -5 tbsp chopped tinned tomatoes
- 1/2 tsp turmeric powder
- 1 tsp garam masala
- 1 tsp cumin powder
- 1/2 tsp chilli powder (optional)
- 500gm frozen spinach
- 4 oz milk, 8oz water
- 1 can of chickpeas, drained.
- 1 tbsp natural yoghurt



Method

1. Heat the oil in a saucepan and saute the onions into they are golden brown. Add in the ginger and garlic for another minute, then add in the powdered spices, Saute for another minute, add in the tomatoes.
2. Cook until the tomatoes go brown (probably for a bit longer than you would usually cook them!)
3. Add the spinach and milk, and half the water.
4. Cover and cook for another 3 to 4 minutes.
5. Add the chickpeas and heat through.
6. Add in extra water and yoghurt to your taste.

Options: You can use this recipe for chicken, or paneer. Make double and freeze it.

Hydration

You should drink enough liquid so that your urine is almost colourless. Exceptions to this are that it might turn yellow from certain B vitamins, pink from eating beetroot. Liquid should be spread out across the day rather than drinking it all in one go. If you are doing endurance sport, exercising in heat or need extra liquid for some reason then you need to investigate hydration products called 'electrolytes'. Avoid over-hydrating, over hydrating during exercising can cause hyponatraemia which can cause death in rare cases (see NHS website for advice)

Enjoy

- Water
- Water flavoured with fruit
- Warm water with lemon and ginger
- Herbal Teas
- Green Tea

Avoid

- Excessive coffee & black tea
- Sweetened drinks
- Fruit juice
- Artificially sweetened drinks
- Alcohol

Sports Specific Drinks & Treats

- Fruit juice
- Coconut water
- Cherry juice
- Smoothie (Blend yoghurt and fruit)
- Chocolate milk and hot chocolate



What next

When your 2 weeks are complete, you can gently reintroduce dairy and gluten in small amounts if you removed them. That means one piece of bread or 1/4 of a small glass of milk to start with. You can then increase the quantities if you are comfortable to do so. Remember to seek guidance if you plan on leaving foods out of your diet long term though.

Now is the time to consider what worked well, what you liked and what you would do differently next time. You can continue to follow the plan as a basic structure and add in new recipes. If you online shop then you could setup a list with the ingredients for a week using the book and then your list is always there to resort to if life gets busy!

Any time that you want to Reboot, you can return to the plan.

I recommend going back to your goals and measurements to assess where you are. Where else would you like some help? This was the basics and we can do much more. A 1-1 programme might be what you want to help with sports goals, weight, or health issues such as digestion or lack of energy. Don't hesitate to ask me if you want 15 minutes to talk through options.

You can request this via my website www.healthandhart.com or www.facebook.com/groups/Theravenousathlete

Good luck with your training and eating, wherever life takes you!