



100 WAYS TO EAT YOURSELF LEAN





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Further, if you choose to cook and consume these recipes and feel that you are experiencing any adverse effects, then you should cease using these recipes immediately and consult your doctor.

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Welcome...



Welcome to the 100 Ways to Eat Yourself Lean Recipe Book.

This book will be your bible over the coming weeks! In case you didn't know, nutrition will count for about 80% of your results. That's right 80%! There is an important lesson to be learned from the story below...



You see I used to have a client, let's call her Lisa.

Now Lisa trained very hard and never missed a training session and so with all this effort and dedication to her training she thought that the

scales and the measuring tape would really be moving in the right direction at her weights and measurement day. I never forget the look on her face when she found out that she lost only 1lb and half an inch from her waist. She was disappointed and so was I.

"You have read the information on the importance of nutrition and you have been using the recipe book I gave you?" I asked. It turned out she never read it because she thought she already knew about nutrition and that her personal trainer wasn't going to know more than she did.

Sometimes we learn the hard way! I'm pleased to say that once Lisa had become fully aware of the importance of nutrition for fat loss, we were able to make some important changes. 28 days later she was 14lbs down and almost 2 dress sizes smaller.

As the saying goes, "**When the student is ready, the teacher will appear.**"

And you are ready! That's why you are reading this!

Below I have included the key principles that work for nutrition for health and fat loss. If anything you read, see or hear deviates from any of the six principles below, chances are you can dismiss it immediately as a short term fad diet. This is a way of eating that will enable you to achieve both fast and permanent results in a way that is 100% sustainable. You see this change has to be permanent so it has to be both straightforward and above all enjoyable. The good news is that my recipe book will show you how quick, easy and tasty eating this way is.

Follow these principles and you will get results...

1. Eating fewer calories than you burn (calorie deficit)
2. Eat more vegetables and fruits because they are rich in antioxidants and micro-nutrients (vitamins and minerals)
3. Eat plenty of protein for repair and maintenance of lean tissue, and to keep you feeling full (protein satisfies the appetite more than any other macronutrient)
4. Eat enough healthy fats from oily fish, nuts, avocados, coconut and olive oils (healthy fats are an essential part of a balanced diet)
5. Drink plenty of water to naturally detoxify the body, keeping the brain and body hydrated so it can function properly (green and herbal teas count towards this water intake)
6. Limit processed foods and artificial sweeteners and preservatives

Now go and learn, cook, and experience the benefits that my recipes have to offer – enjoy!

Testimonials



I started training with Steve after I realised I had become too comfortable and gained 2 stone. My goal was simple, to lose the weight I had gained and Get my fitness back to where it was, I also wanted to regain my confidence.

Steve has been absolutely amazing through out the whole process, immediately I felt comfortable working with him and could ask any questions if I wasn't sure. Steve has taught me so much about nutrition, fitness, different exercises and Has even shown me I can do things I never thought I could.

I signed up to the full time package and would recommend this to anyone looking to gain a real focus point in their lives from fitness. it is challenging but as Steve always says "nothing is meant to be easy" and the rewards are massive!

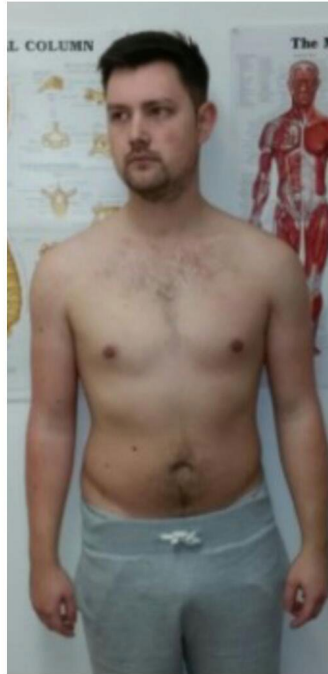
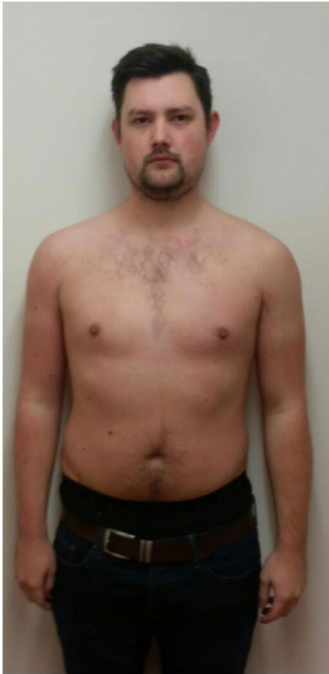
A real strong point to mention is yes these sessions will be hard and require dedication but they are always fun!! You will never get bored and you will always be laughing your way through the sessions!

I lost my weight within 8 weeks and I am now in the best shape of my life, not only am I back to where I was pre weight gain, I am better than I was! I couldn't run 10 minutes without feeling sick but now I can comfortably run for an hour with tons of energy spare!

Thank you so much Steve for all you have done to help me achieve my goals and I will definitely be looking forward to working with you again!

Emma





I have been a client of Steve for just over 2 months now and I can safely say his work is fantastic! I have Cerebral Palsy and one of my main struggles is getting to get my body to work together due to one side being a lot stronger than the other.

During my consultation with Steve he picked up on this and before we started any serious workouts using weights, machines etc. he started me out with all over body workouts where my main focus was muscle/mind connection, 2 months on we are now working on my form to get me on to the weight training I originally wanted to do, this is all due to Steve's work with me and his patience. He is totally professional with his work and is an extremely trustworthy guy!

Not only has Steve helped me with being able to get my muscles and mind working in unison he has also provided me with an incredible nutrition plan to help me lose weight. It isn't your basic day by day plan with Steve, he provides vital information for you to work out meals and nutrition values for yourself so when it comes to the point of you moving away from Steve, you have learnt a huge amount of knowledge that you carry on with. Biggest respect for Steve as he enjoys and loves what he is doing! If you are looking for a personal trainer in Swindon, Steve is your guy!

Tom

I was recommend Steve by a friend after months of yo yo dieting. At first I was a bit unsure about the whole thing, as I'm not a confident person, and the thought of going to a gym terrified me. I contacted Steve and he came out and visited me, and went through how everything would work, from nutrition to how the weeks would work.

When I first went to the gym, Steve made me feel completely at ease with the gym environment and went straight into the first session. When I came out, I had such a buzz and could not wait for the next one.

The time I've spent with Steve I've learnt various different exercise and different way of using different equipment. Each session was different every time but still as much fun as the last one was, and still had the buzz feeling after each one. My confidence was growing by the day, and my health was improving. Any questions I had about nutrition Steve answered. Even when I was not at training, I could just send him a message and he would reply.

By putting in the hard work, I've been getting the results that I've only ever dreamed of before, and there is no better feeling then people commenting on how well I look.

I could not recommend Steve enough. Every session is a challenge, but I've never enjoyed fitness as much as I do now, and that is down to Steve.

Vikki



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Let's get started...



Below are a few hints and tips to help you along the way.
Please spare a few minutes to read this before you get cooking.

COOKING WITH FATS AND OILS

For cooking and frying at high temperatures, coconut oil is safe to use, as it remains stable at higher temperatures. In other words, unlike many other oils and fats, it won't become damaged when heated above a certain temperature. When oils become damaged, they turn rancid, which can be damaging to your body. Coconut oil is high in lauric acid, a fatty acid that is anti-fungal, anti-bacterial and anti-viral.



For salads, use cold pressed extra virgin olive oils, sesame or peanut oils. There are also a variety of fats and oils that should be avoided completely. All hydrogenated and partially hydrogenated oils are bad for you and can contribute to a range of serious health problems such as cancer, heart disease and immune dysfunction.

A note about dairy / dairy free products:

If you are following a dairy free diet, it is best to cook with coconut oil where possible. Good quality ghee contains very small amounts of lactose and casein and therefore is suitable for many people who are lactose intolerant.

COCONUT FLOUR

A gluten free alternative to normal flour. This is a versatile ingredient, which can be used in baking and cooking. Makes great pancakes!



WHERE TO BUY

Coconut Oil and Coconut Flour:

Available on [Amazon](https://www.amazon.co.uk) and in **health stores** and **major supermarkets**

TEA

Green tea has lots of amazing health benefits. It is high in antioxidants and contains about half the amount of caffeine of normal tea. It is widely available in supermarkets, health shops and online.

Tulsi Brahmi (caffeine free) is another healthy alternative with healing properties, as well as also being a rich source of antioxidants.



Of all herbal teas, liquorice tea is arguably one of the most beneficial yet under-appreciated herbal teas. Liquorice tea can help the liver to rid the body of unwanted toxins, can relieve constipation, is used to treat low blood pressure, helps to lower cholesterol and is an anti-allergenic so is helpful for hay fever and conjunctivitis sufferers.

STORECUPBOARD SAVIOURS

There are plenty of simple ways to make your food taste good. Why not keep your cupboards stocked up with a handy supply of spices and rubs, which are generally very cheap to buy, simple to use, and a much healthier alternative to the artificial flavourings, additives and sugars found in many of the processed sauces available.



Consider replacing cheap, processed table salt (which is full of chemicals and some even contain sugar!) with a good quality organic sea salt or Himalayan pink salt. This salt contains many beneficial minerals and can help balance electrolytes, eliminate toxins and support nutrient absorption.

WHERE TO BUY

Tulsi Brahmi Tea: Available on [Amazon](#) and www.discount-supplements.co.uk

Liquorice Tea: Available on [Amazon](#) and in **health stores** and **major supermarkets**

Himalayan Pink Salt: Available on [Amazon](#) and in **health stores** and **major supermarkets**

A LITTLE SWEETNESS

Sugar gets a lot of bad press these days due to the negative effects it can have on your health. For example, excessive consumption suppresses the immune system and reduces insulin sensitivity.



However, I believe it is important to consider the for and against, and not just react to what we see in the news. If you lead a healthy lifestyle, eat a balanced, varied diet, and enjoy moderate regular exercise, then there really shouldn't be cause for panic.

Within the huge category that sugar spans, are a range of good and bad food choices. If, for example, you cut out all fruit for the rest of your life (because fruit contains sugar), you might well miss out on some key nutrients. Plus you may feel deprived.

My advice to you is that it is your choice if you consume sugar and/or sugar alternatives. But what is probably more important is to consider that worrying about the matter could be equally bad or even worse for your health. Instead, why not try to look at sugar and sugar alternatives as a 'treat' rather than a necessity... something to really savour and enjoy every once in a while (without the guilt!).

In some of my recipes I have used natural sweeteners such as Stevia. Many research studies have been conducted on the safety of these products and while no definite links have been made to any negative health effects, overall the evidence for and against it is still inconclusive. If you'd prefer to swap the sweeteners in my recipes with something else then feel free to do so. Home made apple sauce, raisins and bananas can add enough sweetness to a variety of baking recipes.

Note: There are several forms of Stevia available - a very light powdery texture, and a more granulated/grainy texture. In all of my recipes, I have used the granulated version. I recommend you use the same, so that the ingredient weight is accurate.

WHERE TO BUY

Stevia: Available on [Amazon](#) and in **health stores** and **major supermarkets**

FLAXSEED

Flaxseed is rich in omega-3 fatty acids and fibre. It is a great ingredient to use in cooking and baking, e.g. spelt bread, cakes, pizzas (yes, healthy ones!), mixed in with nut butter or humous dips, added to pancake mixes, sprinkled over cereals or salads or added to smoothies.



It's best to grind the flaxseed up in a coffee grinder first, as it is not absorbed by the body if left whole. If you mix flaxseed with water and leave to stand for 10 minutes, it develops a sticky coating, which makes it a great egg substitute in baking (as do chia seeds). Always store your flaxseed in the fridge in an airtight container.

WHERE TO BUY

Flaxseed: Available in **major supermarkets**

WHITE OR WHOLEGRAIN RICE?

Generally speaking, wholegrain, unprocessed carbohydrates tend to be better handled than processed carbohydrates such as white rice, pasta, bread and cereals.

Wholegrain rice is probably a healthier option than white rice, nevertheless it should still be consumed in moderation, especially if you are trying to lose fat. In most cases, where rice appears in this book, I haven't specified white or wholegrain rice. Please decide for yourself which is the best option for you.



A helping hand...



Through a combination of good nutrition and exercise, the following recipes will help you achieve optimum fat loss results.

Here are some low carb recipes, ideal for a non training day:

Breakfast

- Meat & nuts
- Bacon & egg frittata
- Allowable English breakfast
- Poached salmon protein breakfast

Lunch & Dinner

- Dill & caper salmon burgers
- Turkey coconut burgers
- Low carb quiche
- Crunchy mackerel salad
- Low carb chilli cheese burgers
- Spicy salmon parcels
- B.C.T.A.
- Quick fish stew

Snacks & Treats

- Mediterranean meatloaf
- Protein-rich Scotch eggs
- Pistachio & goji bark
- Strawberry protein balls

Smoothies

- Supreme green smoothie
- Pina colada

Research has shown that the body can tolerate carbohydrate better after exercise. If you are going to consume carbs, you should aim to do this within 2 hours of exercise.

Here are some recipes which are ideal post-workout. These are also medium / high protein to aid muscle repair.

Breakfast

- Crunchy protein quinoa
- Fruit & nut porridge
- Breakfast burrito
- Summer fruit pancakes

Lunch & Dinner

- Chicken, rice & pepper pot
- Lentil pepper soup
- Authentic curry
- Chilli con cauli
- Fragrant fish soup
- Warming stew
- Hot Thai Pie

Snacks & Treats

- Flaxseed spelt bread
- Carrot & ginger loaf
- Indulgent cookie cakes
- Banana yoghurt

Smoothies

- Beetroot, orange & carrot cooler
- Oaty berry smoothie

Your guide to Hormones



Understanding how hormones work and how our lifestyle choices affect our hormone levels is vital if we want to get the best results possible. In fact I'd go as far to say that if our hormones are not regulated properly it can massively sabotage our results and lead to poor health.

Obesity, diabetes, heart disease and depression are just a few of the diseases that hormonal imbalances contribute towards. The good news is that the recipes in this book have been designed to help get and keep you healthy. Whilst the diagnosis and treatment of hormonal imbalances should be left to medical experts, we can have a positive impact on our hormones by leading a healthy lifestyle.

A basic understanding of the key hormones that regulate metabolism, hunger, body fat, and energy levels is useful for understanding how different lifestyle choices affect your body.

Every time we eat, exercise, sleep, get stressed or meditate; hormones are released.

We want to make sure that our lifestyle choices are geared towards controlling these hormones.

What are hormones?

Hormones are chemical messengers that communicate information throughout the body. You can think of hormones as radio signals that are telling different cells in the body to do different things.

Depending on our lifestyle choices, the hormones released will dictate whether we burn or store body fat, feel hungry or satisfied, build muscle or not, feel relaxed or stressed, and whether we are able to sleep well or have restless nights.

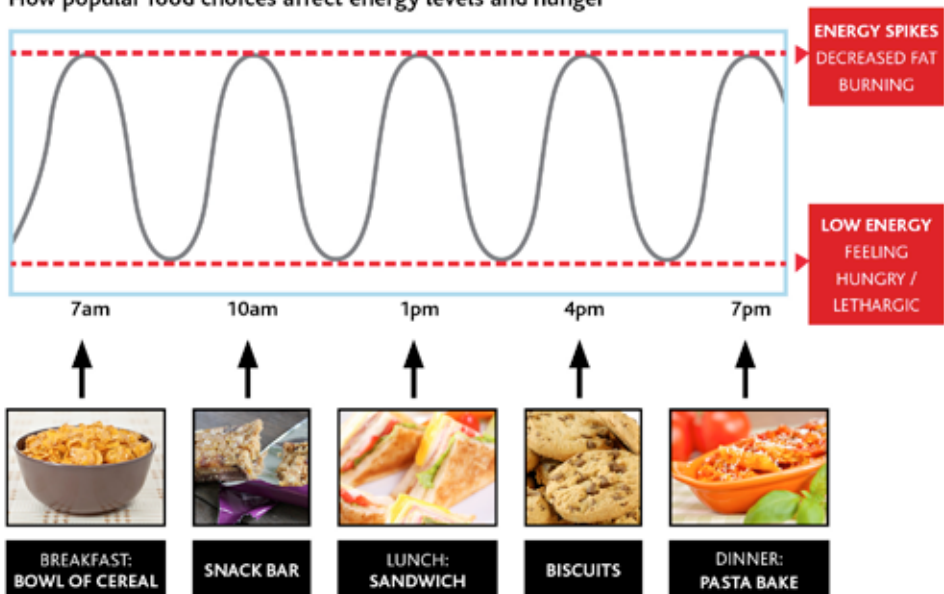
Can you see why this is so important to your health and the results you want to achieve? We're going to look at a variety of different hormones that influence our health and our body composition. Let's get started...

Insulin

Insulin is released from the pancreas in response to our blood sugar levels. When our blood sugars increase, insulin is released and it's job is to tell the body to store the sugar in our muscles and liver. In order for us to have steady energy levels throughout the day and be able to burn body fat, we need to manage our insulin levels properly.

We do this by controlling the amount and type of carbohydrates we consume. This doesn't necessarily mean eating a low carbohydrate diet all of the time (although that might work for some people), it means that we avoid the overconsumption of foods with lots of added sugars. After eating a sugary snack you may have experienced an energy spike followed by an energy crash. This happens because blood sugar levels increase rapidly, prompting the release of insulin to lower our blood sugars, since high blood sugar is toxic. We can then be left with blood sugar levels that are too low. This can make us feel lethargic and hungry. It's at these times when we are likely to crave more sugary, carbohydrate rich foods. This causes us to experience "peaks and troughs" in our energy levels.

How popular food choices affect energy levels and hunger

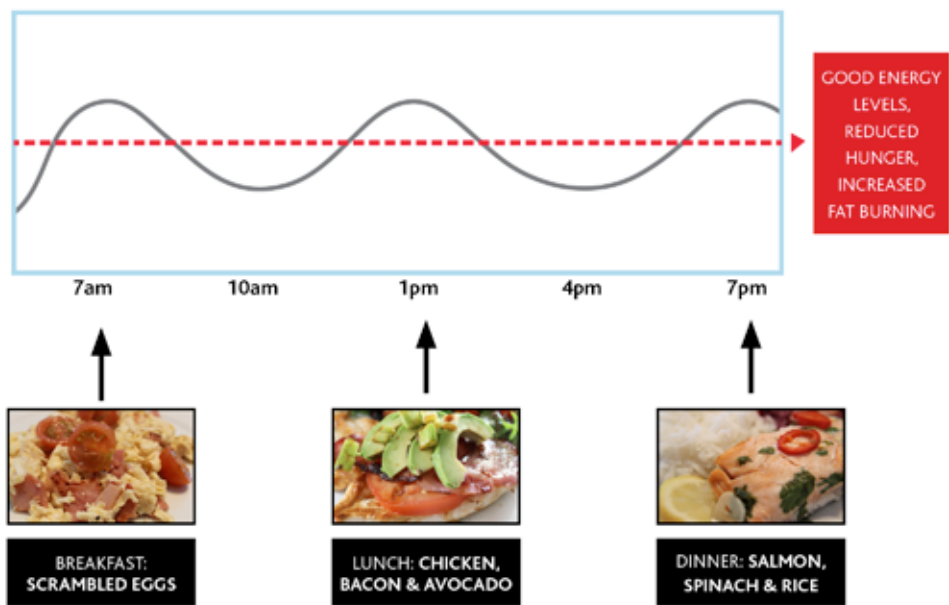


The ideal scenario, both from an energy perspective and for us to get the results we want is to consume the right nutrients that will allow us to have stable, steady blood sugars and well regulated insulin levels throughout the day.

These nutrients include:

- Proteins
- Fats
- Fibre-rich complex carbohydrates

Fats and proteins do not cause insulin levels to increase anywhere near as much as carbohydrates do, that's why it's essential that we eat proteins and healthy fats. By doing this we can feel full and avoid energy crashes.



There is a term called **insulin resistance**, which is when the body is producing insulin but the cells just aren't listening. Imagine an 18 year old having their first alcoholic drink, they'd probably get drunk quite quickly. Next imagine a 30 year old who has been binge drinking most weekends, it probably takes a lot more alcohol for them to get drunk. It's similar with insulin and after years of eating too many sugary carbohydrates, our cells can become resistant to insulin.

We then need our pancreas to produce more insulin to shift the same amount of sugar out of the blood and into storage. This can be the beginning of metabolic syndrome and type 2 diabetes.

The two main culprits behind insulin resistance are a lack of exercise and a hyper-caloric diet high in refined carbohydrates. The good news is that insulin sensitivity can be regained with the right combination of diet and exercise.

Glucagon

If we think of insulin as a **"storage hormone"** then we can think of glucagon as a **"mobilisation hormone"**.

Glucagon tells our muscle and fat cells to release energy for us to use to fuel our daily activities. If we consume a surplus of Calories and lots of sugary carbohydrates, glucagon doesn't need to do its job because there's already too much energy available. Insulin and glucagon are both released from the pancreas and work with each other to regulate our blood sugars and energy levels. If our insulin levels are jacked up due to having too much blood sugar, not much glucagon will be released and we won't be able to burn fat effectively. When our insulin levels are low, the body will release more glucagon which can then prompt the release of our energy stores (including stored body fat). This is what we want!

In a nut shell, by eating the right foods to prevent insulin spikes, glucagon can do what we want it to do; help us to use our fat stores for energy!



Cortisol

Cortisol is a hormone that is released from the adrenal glands (along with adrenaline). Although cortisol gets a bad wrap, it's actually very necessary for us to have cortisol; just not chronically elevated levels or unhealthy cortisol rhythms.

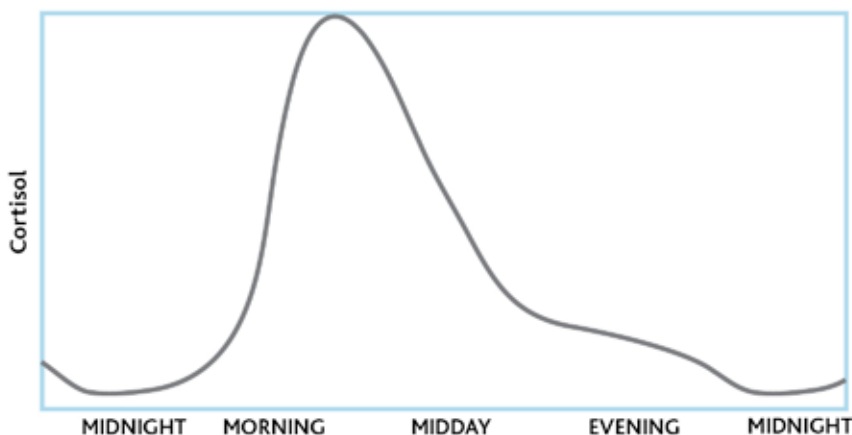
It's usually described as a stress hormone because we release cortisol (and adrenaline) in stressful situations. If we didn't release cortisol in the morning then we would struggle to wake up.

Cortisol levels should rise in the mornings so that we feel energetic in the daytime and our cortisol levels should gradually lower throughout the day, enabling us to feel relaxed and naturally tired in the evenings.

Modern life can be stressful and if, for example, we are stressing out over a work situation at night, then our cortisol levels can become elevated at a time when they should be low.

Overtraining can also cause our cortisol levels to become chronically elevated so it's important that our training programmes are assessed regularly.

How healthy cortisol levels look:



Some of the reasons that our cortisol levels become imbalanced:

- Poor sleeping habits
- Inability to handle or manage stress
- Overconsumption of stimulants; caffeine for example
- Overtraining; training too long / frequently at high intensity

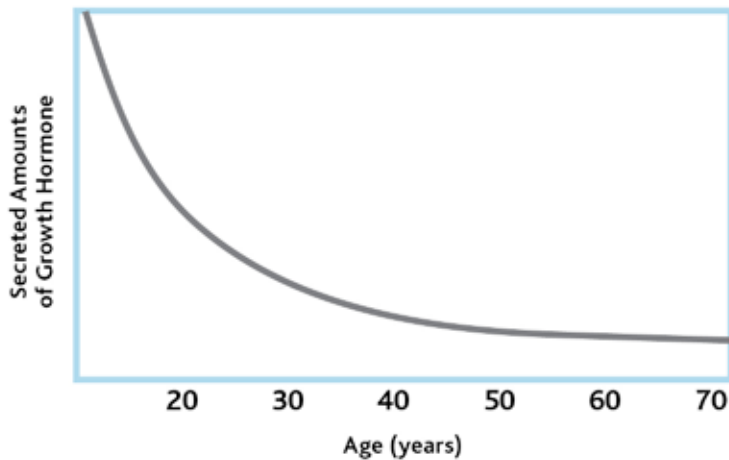
When cortisol gets out of control we can experience suppressed immune system function, elevated blood sugars, faster ageing, poor insulin sensitivity, lower sex drive and an increase in abdominal fat storage. This is the perfect recipe for getting sick, fat and wrinkly. As if that's not bad enough, chronically elevated cortisol often leads to cravings for high Calorie, sugary foods.

Things that can help to restore healthy cortisol levels:

- Getting to bed before 10:30pm every night
- Learning a cognitive strategy such as CBT to learn how to cope better with stress
- Taking time to meditate / relax / chill out more often
- Reducing caffeine intake, especially in the afternoons
- Ensuring your training regimen is assessed regularly

Growth hormone

Human growth hormone has been described as **"the fountain of youth"** and not surprisingly growth hormone supplementation is now big business, especially in the USA. **Healthy growth hormone levels help to keep us lean, healthy and strong.** As we age our levels of growth hormone decline, for example a 60 year old may only produce 25% of the growth hormone that a 20 year old produces. In that sense there's not a lot we can do, because we're all getting older! What we can do is to look at ways to help our bodies produce growth hormone normally and naturally.



Growth hormone is mainly released / elevated when we are:

- Sleeping
- Exercising
- Fasting

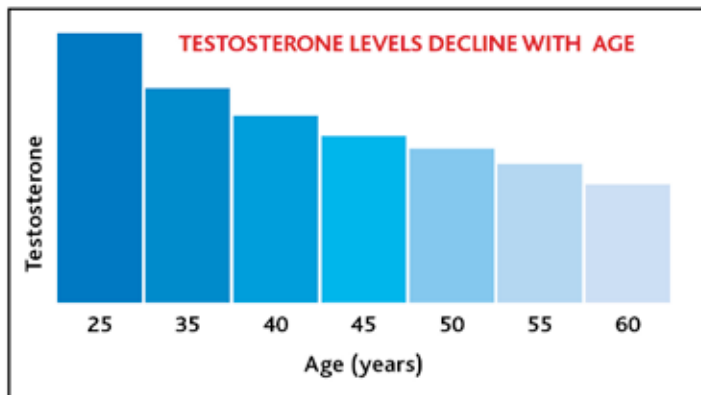
So if we are not sleeping properly, not only is our cortisol rhythm disturbed, we miss out on our natural growth hormone release during sleep. Another great reason to get to bed early and to ditch the caffeine!

Exercise causes the release of growth hormones, so if we are exercising regularly then our bodies will be producing growth hormones naturally. Fasting also increases growth hormone levels, that's one of the reasons why intermittent fasting has become popular. Whether or not you should fast is an individual decision and it's important to note that although it can increase growth hormone, it can also increase cortisol levels, so if you're already stressed then fasting might not be the best option.

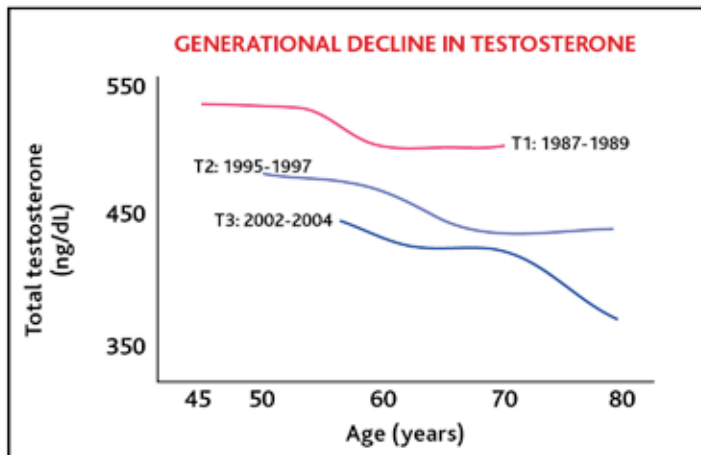
Eating too many sugary carbohydrates can also lower growth hormone, yet another reason to ditch the junk foods.

Testosterone

Although testosterone is the dominant male sex hormone, it is produced by both men and women. **Healthy testosterone levels are associated with drive, motivation and virility.** As we age, testosterone production declines and this contributes to the loss of muscle mass that people experience as they age. Low testosterone levels are associated with increased risk of cardiovascular diseases, depression, lethargy and lack of motivation.



It is to be expected that certain hormones decline with age, in fact it's completely normal and natural, but what is a concern is the generational decline in testosterone levels in males. Our grandfathers, on average would have had much higher testosterone levels throughout their lives.



One of the reasons for this is that modern life can be a lot more stressful. So it's not that surprising when we see studies showing that cortisol blocks the effects of testosterone.

What can we do?

Luckily there are things we can do to maintain healthy testosterone levels:

- Get to bed early
- Learn stress management techniques
- Train with heavy weights
- Eat enough fat (our bodies make testosterone from cholesterol)

Training with heavy weights will not cause women to look big and bulky because females have a very small amount of testosterone compared to males.

TOTAL TESTOSTERONE LEVELS		
SEX	ng/dl	ng/ml
Females	6-86	0.1-1.2
Males	270-1100	1.4-12

As you can see from the table above, males have a lot more testosterone than females, which explains the difference in ability to build muscle mass.

Oestrogen

It's often thought that information about oestrogen is only relevant to females. Oestrogen however, is an important topic for any man experiencing the dreaded "man boobs" or "moobs". **Men need a normal, healthy level of oestrogen just as women need a normal healthy level of testosterone.** The problem arises when oestrogen becomes out of balance with testosterone, this is when guys can literally start growing what look like breasts. Obesity as well as exposure to environmental oestrogens such as plastics are thought to contribute towards the disruption of healthy sex hormone levels in males.

For women, healthy oestrogen levels are essential for heart and bone health as well as many other functions in the body.

Estradiol is the primary oestrogen that a woman relies upon during her younger years to keep her healthy and lean. Estradiol also helps to regulate appetite, mood and energy levels. As a woman goes through the menopause, production of estradiol decreases and this leaves another form of oestrogen, estrone, as the main oestrogen. Estrone is linked with increased abdominal fat storage and unfortunately, the more fat that is gained, the more estrone is produced. This can make losing body fat much more difficult and extra attention must be placed upon diet and exercise during and after the menopause. Estrone can also contribute to insulin resistance, another good reason to avoid binging on sugary carbohydrates and opt instead for proteins, fats, vegetables and complex carbohydrates.

Another hormone that drops at the menopause is **progesterone**. Because progesterone is a precursor for testosterone and estradiol, this now means that there is less testosterone and estradiol available to have a positive effect on body composition, mood and appetite regulation. This is why it's so important to do everything within our control to promote healthy body composition, mood and appetite regulation. We can do this by paying attention to diet, exercise and stress levels.

Chronically elevated cortisol around the time of the menopause needs to be avoided because cortisol and progesterone may compete for the same receptors. This means that cortisol can exhibit a blocking affect on progesterone. This is definitely not good if we consider progesterone levels are already dramatically lowered after the menopause. **The key message is to learn how to manage stress and make the right lifestyle choices.**

Thyroid

Thyroid hormone is often referred to as "the master hormone" and with good reason. Thyroid hormones have a huge impact on metabolic rate. If you or anyone you know has suffered with under-active thyroid then you know all about the weight gain and lethargy that can be experienced when the thyroid isn't functioning optimally. On the contrary, when the thyroid is over-active, people lose weight rapidly and can become anxious.

Important nutrients for thyroid health include; iodine, selenium, vitamin D3 and vitamin B12.



Cruciferous vegetables like broccoli contain substances called goitrogens that inhibit the thyroid gland. Most of these substances are destroyed by cooking, so it's important to cook your cruciferous vegetables.

Leptin

Leptin is a hormone that decreases hunger by signalling to the brain that we have enough energy (fat) stores in our body. The problem is that, as in the case with insulin resistance, we can become resistant to leptin. The leaner someone is, the more sensitive to leptin they are, so a small amount of leptin does the job of telling us we're not hungry. This makes sense when we consider that leaner people actually have less leptin, even though they have less energy (fat) stored in their bodies.

When someone is leptin resistant, although they may have more leptin, the message doesn't get through and the result is feeling hungry. Not sleeping properly can also decrease leptin levels.

What can we do?

- Take Omega 3 fish oil – Omega 3 fats are associated with decreased hunger
- Go to bed early
- Reduce stress
- Reduce caffeine



Ghrelin

Ghrelin is the hormone that tells us that we are hungry. When it's coming up to meal time, we will naturally feel hungry, this is because ghrelin is being released. There's not a whole lot we can do to directly influence ghrelin, apart from, you guessed it, sleep well! Studies show that lack of sleep increases ghrelin, possibly making us hungrier and more likely to make poor food choices.

It's not only leptin and ghrelin that regulate our appetite, so we still can put practices into place to help us get our appetite under control.

There are other ways to help:

- Consume fibre rich foods to help keep us feeling full
- Consume enough protein and fat because these two nutrients help to satiate us more than carbohydrates
- Drink enough water – sometimes when we think we are hungry, we're really just thirsty
- Avoid consuming too many sugary foods that cause blood sugar to spike then crash



Conclusion

There are many hormones in the body, all having unique actions in maintaining sound health. The interplay between all the different hormones is complex, and while we don't need to understand everything about hormones, we can conclude that **the right lifestyle choices play a huge role in balancing our hormones.**

To help balance all of our hormones naturally we need to:

- Get to bed early as often as possible
- Learn strategies to cope better with stress
- Taking time to meditate / relax / chill out
- Ensure we are not overtraining
- Perform resistance training
- Reduce caffeine intake
- Eat well

Please be aware that this information does not constitute medical advice. If you are concerned about your hormonal health, please see a qualified medical professional.

Mango, mint & cucumber smoothie



- 200g fresh mango, roughly chopped
- 100g cucumber
- 60g fresh spinach
- 1 tbsp coconut milk (optional)
- 5 ice cubes
- 100ml cold fresh water
- 1 sprig fresh mint

SERVES 2

Put all of the ingredients into a blender and blend until smooth. Add more water if necessary to achieve the desired consistency.



PER SERVING:

81 Calories

16g Carbs

2g Protein

1g Fat

Alkalising tonic



handful fresh spinach
1 kiwi, halved
2 tbsps wheatgrass powder
juice of half a lemon
300ml cold water (add more or less,
depending on desired consistency)



Put all of the ingredients into a blender and blend until smooth.

SERVES 1

PER SERVING:
121 Calories
20g Carbs
8g Protein
1g Fat



Supreme green smoothie

30g baby leaf spinach
15g fresh ginger, peeled
and roughly chopped
1 tsp wheatgrass powder
50g blueberries
200ml cold water (add more or
less, depending on desired
consistency)



Put all of the ingredients into a blender and blend until smooth.

SERVES 1

PER SERVING:
64 Calories
11g Carbs
5g Protein
0g Fat



Refresher cooler



- 50g fresh mango
- handful fresh spinach
- 1 tbsp wheatgrass powder
- handful cucumber, roughly diced
- 1 kiwi, peeled and diced
- 2 ice cubes



Put all of the ingredients into a blender and blend until smooth. Add more water if necessary to achieve the desired consistency.

SERVES 1

PER SERVING:
109 Calories
21g Carbs
4g Protein
1g Fat



Pina colada



- 1 slice fresh pineapple, peeled and chopped roughly
- 1 tbsp light coconut milk
- 2 ice cubes
- 40g vanilla flavour whey or rice protein powder (optional)

SERVES 2

PER SERVING:
145 Calories
7g Carbs
15g Protein
6g Fat



Put all of the ingredients into a blender and blend until smooth.

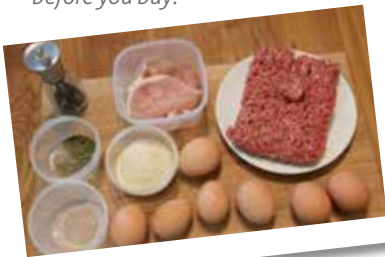
Protein-rich Scotch eggs



7 medium sized eggs
600g lean pork mince/low fat
vegetarian mince*
4 rashers lean unsmoked
back bacon, fat removed, cut
into small pieces (use vegetarian
bacon if preferred*)
½ tsp Himalayan pink salt
pinch of black pepper
1 tsp dried oregano
4 tbsps ground almonds

MAKES 6 SERVINGS

* *Note: Some meat free alternatives contain gluten and/or MSG. Please check the label before you buy!*



PER SERVING:
324 Calories
1g Carbs
32g Protein
15g Fat

Preheat oven to 150°C/300°F.

Place six of the eggs in a saucepan and cover with water. Bring to the boil, then simmer for 5 minutes. Remove from heat and replace the hot water in the pan with cold water. Set aside.

In a large bowl use your hands to combine the mince, bacon, salt, pepper and oregano.

Break the remaining egg into a separate bowl and whisk lightly. Add a small amount to the pork mixture and mix together.

Cover the surface of a large plate with the ground almonds. When the boiled eggs are cool, peel carefully. Take some of the pork mixture and use your hands to shape it around the egg. Add a coating of the whisked egg to the Scotch egg, smoothing it to help keep the pork mixture in place.

Gently roll the Scotch egg in the ground almonds, until it has an even coating. Place the scotch egg on a baking tray. Repeat the process with the remaining boiled eggs. Bake for 30 minutes.

Store in an airtight container and refrigerate for up to 3 days.



Mediterranean meatloaf



small amount of organic butter to grease loaf tin

750g extra lean minced beef (use vegetarian mince if preferred*)

250g tinned chopped tomatoes

1 large white onion, diced

1 handful fresh parsley, chopped finely

2 tsp dried oregano

2 large eggs, beaten

3 cloves garlic, chopped finely

1 tsp chilli flakes

½ tsp sea salt flakes

1 tbsp olive oil plus a drizzle extra salt and pepper to season

** Note: Some meat free alternatives contain gluten and/or MSG. Please check the label before you buy!*

Preheat oven to 150°C/300°F.

Grease a loaf tin with butter.

In a large bowl, mash up the mince, using a masher or your hands. Add all the other ingredients and mix until thoroughly combined.

Cook in the oven for 1 hour.

Drain away any excess juice, then allow to rest for 5-10 minutes before slicing.

Store in an airtight container and refrigerate for up to 2 days.

SERVES 6



PER SERVING:
208 Calories
5g Carbs
29g Protein
8g Fat

Berry sandwich bars



100g coconut flour
60g vanilla flavour whey or rice protein powder (optional)
1 tbsp ground flaxseed
½ tsp baking soda
1½ tsps cinnamon
½ tsp sea salt flakes
50ml melted organic coconut oil
25ml light unsweetened coconut milk
4 medium sized eggs
2 tsps vanilla extract
20g pitted dates, finely chopped
200g mixed berries
10g unsweetened coconut flakes

MAKES 8 SQUARES

Preheat the oven to 175°C/350°F. Line a 9x9 inch baking tray with baking paper.

Sieve the flour into a bowl and add the protein powder (if using), flaxseed, baking soda, cinnamon, and salt. Set aside.

In a separate bowl whisk together the coconut oil, coconut milk, eggs, and vanilla until creamy. Add the dates then slowly stir in the flour mixture until well combined and a firm dough forms.

PER SQUARE:
204 Calories
12g Carbs
12g Protein
12g Fat

Divide the dough in half and press half evenly into the bottom of the baking paper lined pan. Spread the berries evenly over top of the dough.

On a separate sheet of baking paper, gently shape the remaining dough into a similar size and shape as before. Lift the dough onto the paper and transfer over the berries like a lid, removing the paper as you go. If it breaks apart, that's fine, just cover the berries as much as possible. Sprinkle the dough lid with coconut flakes, and press lightly to hold them in place.

Bake for 20 minutes, until the coconut is golden and they spring back to the touch. Allow to cool in the pan completely before cutting into squares.

Store in an airtight container and refrigerate for up to 4 days.



Chocolate & coconut bark



80g organic coconut oil
3 tbsps organic cocoa powder
1 tsp stevia (or natural sweetener of your choice)
80g chopped nuts
50g chocolate flavour whey or rice protein powder (optional)

SERVES 6

Line a baking tray with baking paper and put in the freezer.

Melt the coconut oil gently in a pan over a medium/low heat. Add the cocoa powder and stevia. Stir well to combine. Remove from heat.

Stir the nuts and protein powder into the mixture. Add a little cold water so that the consistency is thick but pourable.

Remove baking tray from freezer and pour the mixture onto the baking paper, spreading evenly to desired thickness.

Place in freezer on a level shelf and leave for 20 minutes.

Freeze for up to 2 weeks.

PER SERVING:
222 Calories
3g Carbs
9g Protein
22g Fat

A low carb treat that tastes truly indulgent and will satisfy any sweet tooth.

You can use any type of nuts. Hazelnuts, brazils, macademias or pistachios work very well. Chop them roughly to add extra texture.



Carrot & ginger loaf



20g flaxseed, ground
180g bramley apple, peeled,
cored and sliced
150g coconut flour
½ tsp xanthan gum
2 tsps baking powder
50g chocolate flavour whey
or rice protein powder
pinch of sea salt
2 tsps ground cinnamon
1 tsp ground ginger
8 cloves, ground
3 tsps stevia (or natural
sweetener of your choice)
50g pure maple syrup
100ml light coconut milk
100ml extra virgin olive oil
1 egg
1 egg white
200g carrots, peeled and grated
80g organic raisins
20g nuts, chopped (any kind)

MAKES 14 SERVINGS

PER SERVING:
191 Calories
15g Carbs
8g Protein
11g Fat



Preheat oven to 180°C/350°F. Line the base of two medium sized loaf tins with baking paper.

Mix the flaxseed with a little water until the consistency thickens. Leave to stand.

Bring a small saucepan of water to the boil. Add the apple and simmer gently for around 4 minutes, until soft. Remove from heat and drain through a fine sieve. Stir gently to remove excess water. Transfer apple to a bowl and leave to cool.

In a large bowl, mix the flour, xanthan gum, baking powder, protein powder, salt, cinnamon, ginger, cloves, stevia and maple syrup.

In a separate bowl, mix the coconut milk, olive oil, egg, egg white, apple sauce until smooth. Gently stir in the carrots and raisins and mix.

Divide the mixture between the two loaf tins and sprinkle the nuts over the top. Bake for 30 minutes. Remove from oven and leave to cool for 5 minutes on a wire rack. Remove from tins and allow to cool.

Store in an airtight container at room temperature for up to 3 days.



Bacon & egg frittata



3 medium sized eggs
5-6 cherry tomatoes, halved
1 tsp organic butter
2 rashers unsmoked back bacon,
diced (use vegetarian bacon if
preferred*)
sprinkle fresh chopped parsley

SERVES 1

** Note: Some meat free alternatives contain gluten and/or MSG. Please check the label before you buy!*



PER SERVING:
420 Calories
5g Carbs
37g Protein
28g Fat

Preheat oven to 175°C/350°F.

Beat the eggs in a bowl until stiff peaks form.

Gently melt the butter in a skillet or frying pan and fry the bacon until crispy. Add the tomatoes and cook for 2 minutes.

Pour the egg batter into the skillet so that it covers the base of the pan evenly. Cook on a medium heat for two minutes, then bake in the oven for 15 minutes.

Remove the frittata gently from the skillet, loosening with a spatula. Serve garnished with a fresh salad.

Store in an airtight container and refrigerate for up to 24 hours.

Breakfast burrito



3 medium sized eggs, yolks and whites separated
1 tsp organic coconut oil or butter
half a small red onion, finely chopped
1 tomato, finely chopped
1 green chilli, finely chopped
½ pepper (any colour), diced
handful fresh coriander, finely chopped
60g cooked chicken, sliced
½ a small avocado, cut into small chunks

SERVES 1

Whisk the egg whites for one minute.

Melt half of the oil or butter over a medium heat in a skillet or frying pan. Pour the egg whites into the pan, tilting the base of the pan to spread them evenly.

Cook for around 1-2 minutes until the egg is cooked through. Use a spatula to gently loosen and slide onto a plate.

Sauté the onion with the remaining oil for one minute then add the tomato, chilli, pepper, coriander and chicken.

PER SERVING:
540 Calories
20g Carbs
43g Protein
32g Fat



Whisk egg yolks and pour into the pan, mixing well into the other ingredients. Season with salt and pepper.

When the egg yolks are cooked, add the avocado then spoon the mixture onto the egg white. Roll the egg white up into a burrito.

Consume immediately.

Summer fruit pancakes



- 3 tps coconut flour
- 2 medium sized eggs
- 1 egg yolk
- ½ tsp ground cinnamon
- 2 tps stevia (or natural sweetener of your choice)
- 3 tps organic coconut oil
- 1 tbsp plain or Greek yoghurt (use dairy free yoghurt if preferred)
- 100g mixed berries

SERVES 2



Suggestion:

Berries are medium / low sugar fruits, ideal if you are watching your carb intake

Place the flour, eggs, cinnamon and stevia in a blender and mix until smooth. Add a bit more flour if the mixture is too thin, or if the mixture is too thick, add a drop of cold water or unsweetened almond milk. The aim is to achieve a pourable but not runny consistency.

Heat the coconut oil in a pan over a medium/high heat and then pour in around 50ml of the mixture into the centre of the pan.

Move the pan around gently to even out the mixture into a circular shape. When small holes appear in the pancake, turn it over and cook for 1-2 minutes, until golden. Transfer to a plate.

Repeat with the remaining batter. Serve with yoghurt and berries.

Store any leftover pancakes in an airtight container and refrigerate for up to 4 days.

PER SERVING:
220 Calories
9g Carbs
10g Protein
16g Fat



Fruit & nut porridge



40g porridge oats, (use gluten free oats if preferred), ideally soaked overnight in cold fresh water

1 tsp stevia (or natural sweetener of your choice)

1 kiwi, diced

7g flaked almonds

5 dried pitted prunes, chopped

SERVES 1

Top Tip:

Pre-soaking the oats overnight makes it easier for the body to digest. It also speeds up the cooking process, which is ideal if you are short on time in the mornings

Place the oats in a saucepan and cook over a medium heat for several minutes, stirring continuously. Stir in the stevia.

Spoon the contents into a bowl. Add the kiwi, almonds, and prunes.

Consume immediately.



PER SERVING:
276 Calories
51g Carbs
9g Protein
6g Fat

Egg drop soup



500ml fresh stock
(see recipes on right)
200g fresh chicken breast,
diced
300g frozen vegetables, (broccoli,
carrots, sweetcorn, beans, etc)
2 medium sized eggs, beaten
3 spring onions, finely sliced
salt and pepper

SERVES 2

In a large saucepan, bring the stock to a gentle simmer. Add the chicken and vegetables. Simmer rapidly for 5 minutes.

Pour eggs into the soup in a steady stream, then stir gently while the egg cooks. Season with salt and pepper to taste. Spoon into bowls and garnish with spring onions.

Consume immediately.



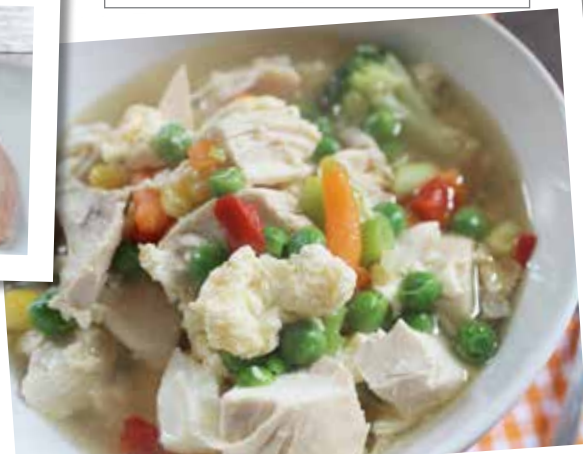
PER SERVING:
365 Calories
21g Carbs
41g Protein
13g Fat

Home-made chicken stock: Chicken stock is quick to make and so good for you! Place a whole chicken carcass in a large pan full of water (enough to cover the chicken). Season well with salt and pepper and add a bay leaf.

Simmer for 2 hours. Remove from heat and allow to cool completely, then drain the liquid from the carcass. Discard carcass and bay leaf. The stock can be frozen or kept in the fridge for several days

Home-made vegetable stock: Add a drop of olive oil to a large saucepan over a medium heat. Add a large diced white onion, a sliced leek, and chopped carrot and sweat for 2-3 minutes. Add enough cold water to cover the vegetables and turn up the heat to high. Add some finely chopped garlic, one stick of chopped celery, several chopped tomatoes, 1 tsp dried parsley, half a tsp of black pepper, half a tsp salt, 1 tsp dried fennel, a sprig of fresh or 1 tsp dried rosemary.

Stir well, bring to the boil, cover, then reduce to a simmer for 25 minutes. Pour the stock through a sieve. Discard the vegetable pieces or re-use. The liquid stock can be stored in the fridge for up to three days or frozen in batches for future use.



Tomato baked salmon



1 tsp organic butter or coconut oil
1-2 cloves garlic, finely chopped
½ small red onion, finely chopped
2 vine ripened tomatoes, diced
¼ pint chicken or vegetable stock
(see recipes on page 58)
40g bulgur wheat
30g tomato purée
salt and pepper
1 x 150g salmon fillet
handful fresh coriander,
finely chopped
wedge lemon to garnish

SERVES 1



Preheat oven to 150°C/300°F.

In a pan, melt half of the butter or oil over a medium heat. Add the onion and sauté for 3-4 minutes until softened. Add the garlic and sauté for 2-3 minutes, stirring frequently.

Add the tomatoes and cook for 5 minutes.

Add the stock and bring to a steady simmer. Season with salt and pepper and cook for 5 minutes.

Melt the remaining butter or oil in a frying pan over a medium heat. Add the bulgur wheat and gently fry for one minute, stirring frequently.

Pour into an ovenproof dish. Add the tomato mixture and stir well. Add the salmon. Cover loosely with tin foil and cook in the oven for 15-25 minutes, until the salmon is cooked throughout.

Remove from the oven and stir in the coriander. Serve garnished with a wedge of lemon.

Store any leftover salmon in an airtight container and refrigerate for up to 2 days.

PER SERVING:
778 Calories
64g Carbs
54g Protein
34g Fat

Chicken, rice & pepper pot



- 1 tbsp organic coconut oil
- 1kg chicken legs
- 1 large white onion, chopped
- 1 large stick celery, finely chopped
- 1 red pepper, diced
- 3 garlic cloves, crushed
- 1 tbsp tomato purée
- 1 tbsp dried thyme
- 1¼ pts fresh chicken stock (see recipe on page 58)
- 150g long grain rice (dry weight)
- 150g cauliflower, finely chopped
- salt and pepper

SERVES 4



Melt the oil over a medium/high heat in a large saucepan. Brown the chicken pieces on all sides. You may have to do this in batches. Remove from the dish and put to one side.

Lower the heat, add the onion, celery and pepper and gently cook for 10 minutes until softened. Add the garlic and cook for a further 2 minutes. Stir in the tomato purée and cook for 1 minute.

PER SERVING:
418 Calories
48g Carbs
27g Protein
6g Fat

Return the chicken pieces to the dish along with the thyme and stock. Bring the liquid to a boil, cover and reduce the heat to medium / low. Cook for 30 minutes.

Add the rice and stir well. Cover, set over a low heat and cook for a further 15 minutes or until the rice is cooked and has absorbed most of the liquid.

Add the cauliflower and cook for a further 5 minutes. Remove from the heat and leave the dish to sit for 10 minutes to absorb any of the remaining liquid. Season to taste.

Once cooled, store any leftovers in an airtight container and refrigerate for up to 24 hours or freeze on same day.