

KETTLEERCISE[®]

Incinerate Fat FAST!

14 Day Diet Plan

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Comments:

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Welcome to the:



Dear Participant,

May I take this opportunity to welcome you to Kettlebell Seminars Ltd and our trademarked Body Transformation Program 'Kettlebell Exercise®.....and congratulations on taking the first step of your journey towards a complete Body Transformation!

This program has been designed and refined over many years of testing for optimal body composition changes in the shortest possible time.....believe me I KNOW what works!

As you already know I have been the personal trainer on ITV's Fat Families and the fitness expert featured in various media publications such as the Daily Mail, Heat, Closer and the Sunday Times to name a few. I've been the advisor to countless fitness gurus and the trainer of 1,000's of fitness professionals and everyday people in private practice.

The content of the '*Incinerate Fat Fast – 14 Day Diet Plan*' you'll find is part of a much bigger program that I have used successfully with clients over my years in the trenches as a body transformation expert. The program works best in conjunction with a well designed exercise program such as Kettlercise®, but having said that it'll also work as a great '*kick start*' with no exercise or a moderate exercise plan. I have seen many dramatic changes in just two weeks following the plan ranging from as little as 4lb's to as much as 20lb's of weight loss.

In my experience **the only time it doesn't produce the results is if the client doesn't stick to the program** as it is laid out or the client has a medical condition that restricts the weight loss.

Not all diet and exercise programs are suitable for everyone. Before you begin this program, you should have permission from your G.P. to participate.

The diet was designed after I was approached by a client for what I would call "*a 2 week quick fix*" program. This is exactly what it *is*, what it isn't is a long term plan.

You should run it for 14 days only and on your 15th day have what I call '*a cheat meal*'. That's basically a meal that consists of whatever you want (whatever you have missed) pizza, fish and chips, a bottle of wine or whatever takes your fancy.

Note of caution: Be aware that after the cheat meal you may feel unwell as there are only '*natural foods*' on the meal plan and no processed or pre-packaged ready meals or junk food.

By following the 14 day natural food plan your body goes through a type of detox. This can sometimes have a reaction on the body when after what I refer to as '*eating clean*' you then eat a '*non-food*' that doesn't really agree with you or that you have an intolerance to but that you weren't aware of before you commenced the 14 days. The other thing that might affect you is a stronger than normal reaction to alcohol. Meaning that you are far more likely to be a '*cheap night out*' after following the 14 day plan.....if you see what I mean!!

Getting Started

- 1. Most important:** Take the following measurements and record them so that you have a clear picture of where you started from (you may even want to take a photograph).

Before	Measurement	After	Measurement
Waist		Waist	
Hips		Hips	
Neck		Neck	
Thigh		Thigh	
Weight		Weight	

2. Firstly you need to look through the food choices and design yourself a 2 week plan using the template provided and by using the food groups and recipes that we have laid out to make it easier for you.
3. We have also given you a 7 day example plan. You do not have to follow this exactly, these are designed to give you ideas, as you may or may not like some of the foods on the list. You may want to switch some of the meals around for example having an omelette for your evening meal instead of for breakfast and vice versa.
4. **You need to look at your social diary to make sure that you have a two week window FREE of any social events** (to avoid temptation). If you are strong willed this may not present a huge problem to you as you CAN socialise just as long as you follow the nutritional plan AND the no alcohol rule! Take it from my experience, if you don't have strong will power then it's best to avoid the situation altogether. Or, what you could do is plan your 15th day cheat meal to coincide with your social event.
5. Once you have found and planned your allocated window to commence your 14 day program make sure that you have the appropriate foods well in advance AND for at least 3-5 days of the challenge as this stops you faltering early by being unprepared.

My Bonus **#9** Tips for **Maximum Weight Loss** on *your 14 Day Diet Plan*

Tip#1: If you are looking for MAXIMUM weight loss during the two weeks then try and stick to as many of the lighter meats as you can i.e. chicken, turkey and fish. You can still use the other meats but limit them to one meal per week. REMEMBER: It's ONLY 14 Days.

Tip#2: IMMEDIATELY after training take a low carb protein shake – like the [Liberate Lean Burn shake \(L-8\)](#). It's been specifically formulated to assist in fat burning with added ingredients like CLA, Green Tea and L-Cartinine all proven fat loss ingredients. YOUR BODY NEEDS HELP TO REPAIR ITSELF AFTER TRAINING AND EXERCISING AND IT'S REALLY IMPORTANT IF YOU WANT TO GET MAXIMUM RESULTS.

Tip#3: Nuts and seeds are another great food but can be very moorish. If you can't eat just six almonds and then don't even pick the bag up in the first place, put them down.....DON'T even start eating them or you'll be tempted to eat the whole bag! If you can manage to eat just six at a time then that's fine. I love nuts and so am a person that would have to eat the whole bag, once I start eating them I have to finish them so, for this reason I avoid them!!

Tip#4: I use the '**KISS**' principle which stands for:

KeeP
It
Simple
Stupid

Some people try and over complicate things too much like planning meals. I like to keep things much simpler than that....the simpler the better! So, here is an example:

Breakfast:	Meal1:	Protein Smoothie L-8 Lean Burn (vanilla flavour). Mix with blueberries as desired. 1 x's L-8 CLA Fat Burning Capsule
Mid Morning:	Meal2:	Green apple and six almonds, Cup of Herbal Green Tea with Lemon
Lunch:	Meal3:	Tuna salad with olive oil and apple cider vinegar dressing, Cup of Green Tea 1 x's L-8 CLA Fat Burning Capsule
Mid Afternoon:	Meal4:	2 sticks of celery and one hard boiled egg
Post Workout:	Meal5:	L-8 Lean Burn (Chocolate Flavour)
Dinner:	Meal 6:	Steamed (naturally smoked) haddock with herbs & steamed broccoli & spinach 1 x's L-8 CLA Fat Burning Capsule

Tip#5: Use a 5-6 meal strategy even if you are not hungry.

Eat a little of something 'even just a bite of an apple' OR, a low carb protein shake drink.

Tip#6: Drink plenty of water. Aim for the 8 glasses a day standard. If you are normally a coffee/tea drinker then substitute these for herbal teas (non fruity) such as green tea with lemon or even liquorice or chilli tea! I hate green tea on its own, I do drink it but I don't particularly think it's that great but I know plenty of people that swear by it.

Tip#7: CLA's are known to burn fat, but they are distinctive because CLA's can target the most obstinate fat that has been stored within the body over the years. Most weight loss supplements can effectively remove fats that have been recently consumed but they draw the line over fat that has been accumulated for a long period of time because of the chemical reactions that take place in them, making them more difficult to remove. CLA's have proven themselves to be highly effective eliminators of such obstinate fat.

Our Liberate '[L-8 CLA's](#)' have **3** combined actions to help you achieve your weight loss goals:

- 1.** Reduces the amount of fat you store
- 2.** Enhances the body's ability to breakdown fat from fat cells
- 3.** Reduces the total number of fat cells

Tip#8: Eggs are a fantastic food in general. However, for weight loss try and limit how many whole eggs you use. For example: if you are making an omelette use two egg whites (no yolks) and a whole egg (including yolk).

Tip#9: If you are exercising the ONLY time that coffee is allowed during the two weeks is about 30-40 minutes BEFORE you exercise. It must be black and caffeinated. The reason for this is caffeine is a stimulant - your workouts will be more intense and therefore burn more fat.

Frequently Asked Questions

Q: Adrian, this is like the Atkins Diet.

A: No!. It may have some similarities to the Atkins Diet with regards to protein, but with the Atkins Diet you can eat a lot of processed junk food and very little carbohydrate. On this plan you can eat fruit as in berries and green apples. It's a low carb diet. I'll repeat that again **'it's a low carb diet NOT a no carb diet'**.

Q: Will I feel unwell on this program?

A: During the first few days you may go through caffeine or sugar withdrawals and experience a feeling of light headedness (but believe me this is actually doing you good). This should soon quickly pass after 48-72 hrs. You should then pick up and you'll feel an energy like you've never felt before.

Q: Can I carry this program on for more than two weeks?

A: As I mentioned before it's not designed as a long term plan. However, after 14 days you can have your 'cheat' meal on the 15th day. You could then go back on to the plan but this time introduce a cheat meal after seven days. As long as you put the cheat meal in every seven days thereafter you could carry on on the plan for anything between 30-60 days.

So, all that remains for me to say now is good luck and I'll speak to you soon.



Adrian

p.s. Please remember that we always advise people to consult a medical professional before commencing any diet or exercise program, especially if they may have concerns over their health.

'Incinerate Fat *Fast*' - 14 Day Diet Plan

Food Groups plus, What's Allowed And What's Not

Food Groups	Foods ALLOWED on the diet	Foods EXCLUDED from the diet
1 Sugar	None	All sugars excluded
2 Artificial & herbal sweeteners	none	Aspartame, Saccharin
3 Fruit	Green Apples, berries, avocados, lemons & limes	All others, including fruit juices
4 Meat	Virtually all meats, including fish, poultry & beef	Breaded meats
5 Eggs	Yes, all types allowed	Avoid egg substitutes
6 Dairy	Yogurt organic live vanilla bio or plain Yogurt). Whey Protein	All others, including margarine and any of the butter substitutes
7 Vegetables	Most fresh, unblemished vegetable juice	Potatoes and legumes (peas & beans)
8 Beverages	Bottled/filtered water; non-fruity herb teas, Fresh lemonade or limeade	Coffee & tea including decaf & regular diet drinks
9 Grains	Zero grains allowed	Pasta, rice, corn, wheat, quinoa, amaranth, millet, buckwheat, oats & barley
10 Yeast products	No yeast allowed	All are excluded as are bread Mushrooms, pasties & alcohol
11 Vinegars	Unpasteurised, apple cider vinegar & black Olives NOT aged in vinegar	Pickles, salad dressings, green olives, soy sauce
12 Oils	Olive, grape seed, flax seed etc. (use cold Pressed when available	Partially-hydrogenated ('trans') oils, corn & peanut oil
13 Nuts	Raw Nuts, including , almonds, walnuts, pine nuts & pumpkin seeds, sun flower seeds, pecans	Peanuts (and all peanut products and pistachios are excluded

'Incinerate Fat Fast' - 14 Day Diet Plan

- Eat a meal every **3 to 3.5 hours aiming for 5 or 6 small meals a day**
- **Meals should be equal in size** to each other.
- **AVOID** – simple sugars, saturated fats and hydrogenated fats.
- Have a 'cheat' day on day 15, where **any** foods or drinks are available to eat.

<u>Lean Proteins</u>	<u>Carbohydrates</u>
Eggs	Courgette
Chicken Breast	Broccoli
Turkey Breast	Cauliflower
Lean Beef	Leeks
Fish e.g. Cod, tuna, salmon, lobster, halibut, sushi etc	Green, Red, Yellow Peppers
Low Fat Natural Yoghurt	
Almonds	Onions
Pine nuts	Asparagus
Walnuts	Spinach
	Tomatoes
	Cucumber
IMPORTANT:	Celery
<p>All meats are allowed and lean meats are a better choice – you can have any of the below for a change:</p> <ul style="list-style-type: none"> • Bacon • Ham • Pork • Steak • Lamb • Rabbit 	Artichoke
	Cabbage (all)
	Lettuce
	Sweet corn
	Aubergine
	Brussell Sprouts
	Celeriac (celery family)
	Bean Sprouts
	Fennel
	Butternut Squash
Water Cress	

P.T.O. for extras:

Extras

Important Note:

Accompany a small amount of carbohydrate with a protein. E.g.: strawberries with natural yoghurt.

<u>Fruits</u>	<u>Drinks</u>	<u>Fats & Oils</u>	<u>Herbs & Spices</u>	<u>Vinegars & Dressings</u>
Berries (All)	Herbal Teas e.g. Green, chili, liquorice tea.	Olive Oil	All	Apple Cider vinegar
Green Apples	Water	Flax Seed	Organic sea salt (in moderation)	*Tamari
Lemon	Fresh Lemonade			*Wheat & Gluten Free Soya Sauce
Lime	Fresh Limeade			

Both wheat and gluten free Tamari and Soya Sauce can be found in most supermarkets (Asda always have a good supply)

14 Day Diet Plan Meal Template

Monday – Day 1

Breakfast:	Meal1:	
Mid Morning:	Meal2:	
Lunch:	Meal3:	
Mid Afternoon:	Meal4:	
Post Workout:	Meal5:	
Dinner:	Meal 6:	

Tuesday – Day 2

Breakfast:	Meal1:	
Mid Morning:	Meal2:	
Lunch:	Meal3:	
Mid Afternoon:	Meal4:	
Post Workout:	Meal5:	
Dinner:	Meal 6:	

Wednesday – Day 3

Breakfast:	Meal1:	
Mid Morning:	Meal2:	
Lunch:	Meal3:	
Mid Afternoon:	Meal4:	
Post Workout:	Meal5:	
Dinner:	Meal 6:	

Thursday – Day 4

Breakfast:	Meal1:	
Snack:	Meal2:	
Lunch:	Meal3:	
Snack:	Meal4:	
Post Workout:	Meal5:	
Dinner:	Meal 6:	

Friday – Day 5

Breakfast:	Meal1:	
Mid Morning:	Meal2:	
Lunch:	Meal3:	
Mid Afternoon:	Meal4:	
Post Workout:	Meal5:	
Dinner:	Meal 6:	

Saturday – Day 6

Breakfast:	Meal1:	
Mid Morning:	Meal2:	
Lunch:	Meal3:	
Mid Afternoon:	Meal4:	
Post Workout:	Meal5:	
Dinner:	Meal 6:	

Sunday – Day 7

Breakfast:	Meal1:	
Mid Morning:	Meal2:	
Lunch:	Meal3:	
Mid Afternoon:	Meal4:	
Post Workout:	Meal5:	
Dinner:	Meal 6:	

Monday – Day 8

Breakfast:	Meal1:	
Mid Morning:	Meal2:	
Lunch:	Meal3:	
Mid Afternoon:	Meal4:	
Post Workout:	Meal5:	
Dinner:	Meal 6:	

Tuesday – Day 9

Breakfast:	Meal1:	
Mid Morning:	Meal2:	
Lunch:	Meal3:	
Mid Afternoon:	Meal4:	
Post Workout:	Meal5:	
Dinner:	Meal 6:	

Wednesday – Day 10

Breakfast:	Meal1:	
Mid Morning:	Meal2:	
Lunch:	Meal3:	
Mid Afternoon:	Meal4:	
Post Workout:	Meal5:	
Dinner:	Meal 6:	

Thursday – Day 11

Breakfast:	Meal1:	
Snack:	Meal2:	
Lunch:	Meal3:	
Snack:	Meal4:	
Post Workout:	Meal5:	
Dinner:	Meal 6:	

Friday – Day 12

Breakfast:	Meal1:	
Mid Morning:	Meal2:	
Lunch:	Meal3:	
Mid Afternoon:	Meal4:	
Post Workout:	Meal5:	
Dinner:	Meal 6:	

Saturday – Day 13

Breakfast:	Meal1:	
Mid Morning:	Meal2:	
Lunch:	Meal3:	
Mid Afternoon:	Meal4:	
Post Workout:	Meal5:	
Dinner:	Meal 6:	

Sunday – Day 14

Breakfast:	Meal1:	
Mid Morning:	Meal2:	
Lunch:	Meal3:	
Mid Afternoon:	Meal4:	
Post Workout:	Meal5:	
Dinner:	Meal 6:	

Monday – Day 15 YOUR Cheat Day!!

Breakfast:	Meal1:	
Mid Morning:	Meal2:	
Lunch:	Meal3:	
Mid Afternoon:	Meal4:	
Post Workout:	Meal5:	
Dinner:	Meal 6:	

7 Day Diet Plan Meal Example

Monday – Day 1

Breakfast:	Meal1:	Protein smoothie L-8 Lean Burn (Vanilla flavour) Mix with blueberries as desired. 1 x's L-8 CLA Capsule
Mid Morning:	Meal2:	Almonds, Green Apple, Lemon & Green Tea
Lunch:	Meal3:	Tuna with green salad. Herbal tea, 1 x's L-8 CLA Capsule
Mid Afternoon:	Meal4:	Pine nuts, water
Post Workout:	Meal5:	L-8 Lean Burn Protein shake(chocolate flavour)
Dinner:	Meal 6:	Steak, steamed veggies, sparkling lime water, 1 x's L-8 CLA Capsule

Tuesday – Day 2

Breakfast:	Meal1:	Omelette with onions, leeks, parsley & chopped bacon. 1 x's L-8 CLA Capsule
Mid Morning:	Meal2:	Green apple wedges, 6 almonds & herbal tea
Lunch:	Meal3:	Chicken salad with Phase 1 dressing *1 x's L-8 CLA Capsule
Mid Afternoon:	Meal4:	6 almonds & water
Post Workout:	Meal5:	L-8 Lean Burn Protein shake(chocolate flavour)
Dinner:	Meal 6:	Salmon fillets with lemon & avocado salad, 1 x's L-8 CLA Capsule

Wednesday – Day 3

Breakfast:	Meal1:	Poached kippers, freshly squeezed vegetable juice. 1 x's L-8 CLA Capsule
Mid Morning:	Meal2:	Walnuts & water
Lunch:	Meal3:	Steamed Broccoli & chicken, herbal tea, 1 x's L-8 CLA Capsule
Mid Afternoon:	Meal4:	Organic low fat natural yoghurt with strawberries
Post Workout:	Meal5:	L-8 Lean Burn Protein shake(chocolate flavour)
Dinner:	Meal 6:	Steak, spinach salad with lemon juice & olive oil dressing, 1 x's L-8 CLA Capsule

Thursday – Day 4

Breakfast:	Meal1:	Yogurt with berries/ground almond mixed with Strawberry L-8 Lean Burn. 1 x's L-8 CLA Capsule
Mid Morning:	Meal2:	Green Apple wedges, 6 almonds and herbal tea
Lunch:	Meal3:	Tuna salad, 1 x's L-8 CLA Capsule
Mid Afternoon:	Meal4:	Broccoli, cauliflower with Tamari & water
Post Workout:	Meal5:	L-8 Lean Burn Protein shake(chocolate flavour)
Dinner:	Meal 6:	Halibut with sautéed vegetables, 1 x's L-8 CLA Capsule

Friday – Day 5

Breakfast:	Meal1:	Vegetable juice and a hard boiled egg. 1 x's L-8 CLA Capsules
Mid Morning:	Meal2:	Celery sticks & Tuna
Lunch:	Meal3:	Lean Beef Patties, steamed asparagus *1 x's L-8 CLA Capsule
Mid Afternoon:	Meal4:	green apple & water
Post Workout:	Meal5:	L-8 Lean Burn Protein shake(chocolate flavour)
Dinner:	Meal 6:	Phase 1 favourite meal * 1 x's L-8 CLA Capsule

Saturday – Day 6

Breakfast:	Meal1:	Protein smoothie L-8 Lean Burn (Vanilla flavour) Mix with blueberries as desired. 1 x's L-8 CLA Capsules
Mid Morning:	Meal2:	6 almonds and one green apple
Lunch:	Meal3:	Chicken/turkey stir fry with olive oil, 1 x's L-8 CLA Capsule
Mid Afternoon:	Meal4:	Pecans, natural low fat yoghurt with blackberries & water
Post Workout:	Meal5:	L-8 Lean Burn Protein shake(chocolate flavour)
Dinner:	Meal 6:	chicken curry* on a bed of cabbage, 1 x's L-8 CLA Capsule

Sunday – Day 7

Breakfast:	Meal1:	Vegetable juice and poached eggs. 1 x's L-8 CLA Capsules
Mid Morning:	Meal2:	berries and low fat natural yoghurt, water
Lunch:	Meal3:	Salad with grilled tuna, herbal tea, 1 x's L-8 CLA Capsule
Mid Afternoon:	Meal4:	Celery sticks & water
Post Workout:	Meal5:	L-8 Lean Burn Protein shake(chocolate flavour)
Dinner:	Meal 6:	Stir-fried chicken, broccoli, 1 x's L-8 CLA Capsule

All spices to taste e.g. Garlic, Ginger, Curry Powder, Tamari & Soya sauce (wheat gluten free).

Remember# These are examples of meal plans only. Create your own using the recipes we have provided and record them onto your 14 day meal plan template.

14 Day Diet Plan - Suggested Recipes

* Salad Dressing & Vegetable Marinade

1 tsp dry mustard	¼ tsp freshly ground black pepper
1 tbsp fresh parsley chopped	pinch thyme
1 tsp dill weed	½ small cup virgin olive oil

Stir together all ingredients except olive oil until dry mustard is dissolved. Allow to sit for 10 mins. Blend in olive oil, beginning with 1/3 cup and adding additional oil to taste. Use to dress salad or serve with slices, chunks or cubes of any vegetable.

OR

½ small cup olive oil	1 tsp oregano
Juice of 2 lemons	1 tsp garlic powder

Mix together all ingredients in a pint jug. Fill jug the rest of the way with water. Shake well to mix, and then pour over whole, sliced, chunked or chopped vegetable. Vegetables can be left in the fridge to marinate for 2 hours. Other spices and herbs can be added to taste. Poor a little dressing over salad prior to serving (this one mix should last for several servings).

*Tuna Salad

½ plain yoghurt	1 12oz can tuna, crumbled
1 tbsp lemon juice	1 small onion sliced
¼ tsp of sea salt	1 jalapeno pepper chopped (optional)
1 stalk celery, coarsely chopped	

Lightly blend all ingredients. Chill & serve with slices, chunks or cubes of any vegetable.

* Lean Beef Patties

1 lb lean ground beef	¼ tsp black pepper
½ tsp sea salt	1/8 tsp garlic powder
1 cup onion finely chopped or 2 tsp dried onion	

Mix together all ingredients. Shape into 6 patties. Grill to desired taste. Ground chicken, turkey or lamb can also be used. If lamb is used also add a pinch of oregano to ingredients.

***Phase 1 Favourite Meal**

Dice: Tomatoes, onions, cucumbers, avocado and black olives.

Add: Hard boiled eggs and either smoked salmon or cubes of beef/chicken or turkey

Toss: Add 2 tsp of olive oil or grape seed oil and the juice of a freshly squeezed lemon as the dressing

Spinach Salad

1 bunch spinach, torn or sliced

½ to 1 cup cauliflowerettes

1-2 stalks celery chopped

1 cucumber sliced

6 radishes, sliced

2 hard boiled eggs sliced

Toss together all ingredients. Flavour as desired with herbs & spices. Serve with lemon & oil dressing.

Nine Vegetable Cocktail

1 pint fresh tomatoes

1 cucumber sliced

1 radish quartered

¼ onion sliced

1 slender carrot

1 green pepper sliced

1 lettuce leaf

A few sprigs of parsley

1 stalk celery

1 pint ice cubes to desired consistency

In an electric blender, blend together all ingredients, adding ice cubes a few at a time. If juice freezes, blend a little longer before adding remaining ice. Add salt & pepper or other herbs & spices to taste. Increase ice for colder or thinner juice.

Almost Tartar Sauce

½ cup green onions

1tsp sea salt

¼ tsp pepper

¼ cup parsley chopped

¼ cup cucumber finely chopped

Juice of ½ to 1 freshly squeezed lemon

1 tsp capers

1 pint plain yoghurt

Combine all ingredients except yoghurt in a bowl, tossing to blend. Use a blender on chop – stir results into yoghurt & chill. Serve with fish or with slices, chunks or cubes of any vegetable.

Basic Vege-Yoghurt Dip

½ plain yoghurt
Sea salt to taste

Spices & herbs (or mint) as desired
Juice ½ lemon

Spices & herbs might include garlic, chives or thyme. Mix together the herbs or mint and all ingredients. Chill & serve.

Herb Dressing

1 tsp dry mustard
1 tbsp chopped fresh parsley
1 tsp dill weed

¼ tsp freshly ground black pepper
pinch thyme
½ small cup virgin olive oil

Stir together all ingredients except olive oil until dry mustard is dissolved. Allow to sit for 10 mins. Blend in olive oil, beginning with adding ½ of the amount and then adding additional to taste. Use to dress green salads or serve with slices, chunks or cubes of any vegetable.

Mexican Relish

1 lb tomatoes peeled
2 pinches cumin
½ onion minced

1 clove garlic
2 serrano chillies
½ tbsp olive oil

Blend together all ingredients. Melt oil in pan. Sautee mixture until onions and tomatoes are clear. Serve with chicken, fish or other vegetables.

Curried Cauliflower

1-2 cups cauliflowerettes
1 onion thinly slice
½ cup fat skimmed chicken stock

½ tsp olive oil
1 tsp curry powder
½ tsp cumin

Combine ingredients in a small pan, cover & simmer until most of the liquid has evaporated. Other vegetables may be curried in this manner.

Devilled Eggs

6 hard boiled eggs, halved
2 tbsp plain yoghurt
Salt & pepper to taste

2 tsp dry mustard
paprika to taste

Separate yolks from whites & mash yolks together in a bowl. Add remaining ingredients & mix well. Refill egg whites with yolk mixture. Arrange and sprinkle with additional paprika.

Chicken Stroganoff

1 lb chicken chopped or ground	1 tsp sea salt
1 med onion chopped	¼ tsp pepper
1 clove garlic minced	½ tsp thyme
1 cup chicken broth	fresh parsley chopped
2 tsp olive oil	

Heat oil in a wide frying pan over medium to high heat. Lightly brown the chicken. As chicken begins to brown, add onion and garlic stirring until the onion becomes translucent. Add salt, pepper & thyme. Simmer stirring frequently until thickened. Garnish with fresh parsley.

Fish Fillet Almondine

2 lbs fish fillets (cod/sole)	1 tbsp lemon juice
¼ small cup olive oil	½ tsp garlic salt
3 tbsp slivered almonds	¼ tsp pepper

Heat 2 tbsp oil. Add almonds and sauté 2 to 3 mins stirring until golden brown. Remove almonds and set aside. In remaining oil cook fish 3-4 mins each side until flaky when pierced with a fork. Transfer to warm plate. Add lemon juice, salt, pepper & almonds to pan and spoon over fish.

Lemon Fried Chicken

1 chicken breast	¾ tsp sea salt
1/8 tsp pepper	¼ cup fresh lemon juice
½ tsp grated lemon rind	¼ tsp garlic salt
2 tsp olive oil	
¼ tsp thyme	

Cut chicken into pieces & place in large shallow pan. Mix together remaining ingredients, except oil. Pour mixture over chicken and marinate in fridge for at least 3 hours turning occasionally. Drain chicken on absorbent paper. Preheat pan & add oil. Add chicken & cook for 15 mins with lid partially on. Turn chicken and continue cooking for 10 mins with lid partially on. Place cover on tightly & cook for 15 mins more

Mexican Fish

1-2 lbs fish whole or fillets	1 clove garlic freshly chopped
2 pinches cumin	1 lime freshly juiced
1 clove garlic	pepper to taste
½ onion minced	1 small onion chopped
2 serano chillies	
1lb peeled tomatoes	

Pierce fish on each side with a fork. Rub garlic into fish; pour fresh lime juice on inside & outside of fish then sprinkle with pepper. Marinate for 2 hours. Place chopped onion in cold pan. Leave on medium heat for 8 mins, turn fish over and cook until done. Blend together remaining ingredients. Heat in separate pan until onion & tomatoes are clear. Pour onto warm platter & top with cooked fish.

Pot Roast

3 lb lean beef	1 large onion chopped
1 clove garlic minced	1 small bay leaf
½ tsp sea salt	½ tsp black pepper
Vegetables cut into pieces	

Pre-heat oven to 450f/230c/Gas mark 8. Rub meat with garlic and pepper, place in large ovenproof dish. Brown for 10 mins on each side. Slowly add 1 cup water and remaining ingredients. Reduce oven temperature to 300f/150c/Gas mark 2. Cover and bake for 3 hours until tender. Makes approx 10 servings.

Haddock with Almond & Garlic Sauce (Serves 8)

1.2kg/2.6 lbs/8 boneless and skinless thick fillets of fresh haddock (cod and salmon can also be used)
8 tsp olive oil
4 heaped tbsp of whole almonds
3 large handfuls of blanched parsley
4 plump cloves garlic, peeled & crushed
Salt & freshly ground black pepper

- Preheat oven to 200c/400f/Gas mark 6
- Place fillets in a large oven proof baking dish
- Put all remaining ingredients into blender or food processor and whiz to finely chopped sauce, which will coat the fish
- Spread the mixture over the top of the fish. Bake in the oven for about 20 mins or until fish is cooked through and the sauce has browned slightly
- Serve in a dish accompanied by a selection of salad or steamed vegetables

Smoked Mackerel Pate (serves 4-6)

Can be used as a lunchtime snack, can also be used with freshly cooked salmon as a starter.

8 small prepared and pre-packed smoked mackerel fillets, skins removed (weight needed around 455g/1lb)

Juice of 1 lemon

500g/1lb 1 oz/2 cups natural yoghurt

Salt and freshly ground black pepper

Chilli sauce to taste

- Remove the skin from each mackerel fillet, then cut into large pieces
- Put all ingredients into a blender or food processor and process until smooth. Adjust the seasoning to taste and whiz again
- Scrape the mixture into a dish. Keep covered and cool until needed

Adrian's Special serves 4

Gluten free & Milk free !!!

1 onion finely chopped

2 tablespoons olive oil

1 pound lean ground meat (turkey/beef/chicken)

1 bunch spinach, cleaned & chopped

1 teaspoon garlic (2 cloves, minced)

Salt & Pepper

6 eggs, beaten

- Sauté sliced onions in butter until lightly browned
- Add ground meat and cook until browned
- Stir in spinach, garlic, salt & pepper
- When spinach has cooked down, pour in eggs and stir, scrambled egg style until done & lightly set
- Turn over once with a spatula and cook a minute or two longer
- Serve very hot

Aubergine with Cherry Tomatoes

2 tsp olive oil
4 cups sliced aubergine
2-3 cloves garlic, minced
8 oz cherry tomatoes, halve
Salt & pepper to taste

- Heat oil in a heavy pan on medium heat
- Sauté aubergines, and garlic until aubergines are just tender
- Add cherry tomatoes & salt and pepper to taste
- Heat just until cherry tomatoes are warm & serve

Beef/Chicken/Turkey Curry with Spiced Spinach (Serves 8)

2 tsp olive oil
3 large onions peeled & chopped
2 tbsp tandoori masala powder or similar spice mixture
5 kaffir lime leaves
2.5 cm/1 in piece fresh root ginger, coarsely grated
1 heaped tsp cardamom pods, cracked open
Salt & pepper to taste
3 cloves garlic, peeled & crushed
2 x 400g/14oz cans chopped tomatoes in juice
800g/1 lb 12oz/4 cups cubed, fillet beef, chicken, turkey excess fat removed

For the minted yoghurt

500g/1 lb 1oz/2 cups natural yoghurt
2-3 tbsp chopped fresh mint leaves
2 cloves garlic peeled & crushed
Salt & freshly ground black pepper

For the Spiced Spinach

1 red onion peeled and finely chopped
1 tsp olive oil
1 tbsp of cumin seeds
310g/11oz/5-6 cups fresh baby spinach leaves, washed
Finely grated zest and juice of 1 lime

- Make the curry first: Heat the oil in a large heavy saucepan over a moderate heat and cook the onions until softened. Stir in the masala powder, the lime leaves and the ginger. Scrape the tiny seeds out of the cardamom pods and stir them into the onions with salt, pepper and garlic. Cook over a moderate heat for 2-3 mins, and then pour in the tomatoes and juice. Reduce the heat slightly, cover the saucepan with a lid and simmer for 10 mins.

- If preparing in advance, stir in the meat and cook for 50 mins. Cool then chill for up to 24 hours. To serve reheat for about 50 mins or until the meat is tender and the sauce has thickened and is very hot.
- If serving straight away, cook for about 1 ½ hours or until meat is tender and the sauce has thickened.
- While the sauce is cooking, make the minted yoghurt by combining all ingredients in a serving bowl. Cover & chill until needed.
- Heat the oil in a big saucepan and fry the onion over moderate heat until soft. Stir in the cumin seeds, and then add the spinach. The heat will wilt the spinach very quickly. As soon as it is cooked down to about half the original size, stir in the lime zest and juice and season to taste with salt & pepper. Transfer to a hot dish and serve immediately, with the curry, and the minted yoghurt.

Blender Shake L-8 Lean Burn Smoothie

This proves an instant energy fix in the morning or an afternoon snack if you have had a very light lunch. You can change the shake to suit you or the season by replacing the berries with other fruits such as peaches and pears or apples and apricots.

- 1 scoop (=40gms) L-8 Lean Burn Protein Powder, flavour of your choice either: Chocolate, strawberry, vanilla
- 170g/6oz/1 cup prepared fresh mixed berries (any soft red/black fruits) or about 200g/7oz/generous 1 cup of thawed frozen mixed berries
- 250ml/8fl oz/1 cup chilled natural (plain) live yoghurt (low fat)
- 200ml/7fl oz/generous ¾ cup chilled water

Place all ingredients into a blender or food processor and whiz briefly. Use a rubber spatula to scrape down the sides of the bowl, then whiz again. Serve immediately in a tall glass.

Mackerel with Ratatouille (Serves 2)

2 whole mackerel (gutted etc) washed in cold water and dried
 1 tbsp of olive oil
 1 small onion peeled and thinly sliced
 400g/14oz/2 cups fresh canned or thawed frozen ratatouille
 Salt and freshly ground black pepper
 A pinch of mixed herbs
 15g/ ½ oz/ ½ cup chopped fresh chives

- Heat the oil in a frying pan and cook the onions over gentle heat for about 8 mins until soft (not browned).
- Stir in the ratatouille, season with pepper and simmer for 10 mins.
- Meanwhile pre-heat the grill. Place the mackerel on the grill and sprinkle with salt & herbs
- Cook the mackerel for about 10 mins or until cooked through enough and the skin are crisp and blistered. Do not turn them over.
- Divide the ratatouille mixture between two warmed plates. Place the mackerel diagonally across each plate and sprinkle with chives. Serve immediately with a salad of green leaves and herbs