

ELLIE GOULDING

FITTER. CALMER. STRONGER.

A Mindful Approach to Exercise and Nutrition

A PDF COMPANION TO THE AUDIOBOOK

Fitter. Calmer. Stronger.

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Nourish Your Body

“ Every time you eat is an opportunity
to nourish your body.”

ANONYMOUS

What Fruit and Veg to Eat, Season by Season

SPRING (March to May)

Apples	Broccoli	Rhubarb
Apricots	Cauliflower	Salad leaves
Asparagus	Purple sprouting	Spinach
Baby carrots	broccoli	Spring onions

SUMMER (June to August)

Arugula	Melon	Strawberries
Beans	New potatoes	Sweet corn
Beetroot	Peas	Tomatoes
Blueberries	Plums	Watercress
Carrots	Shallots	Zucchini
Cherries	Snow peas	
Fennel	Spinach	

AUTUMN (September to November)

Apples	Cauliflower	Nectarines
Beetroot	Celery	Parsnips
Blackberries	Cranberries	Pears
Broad beans	Eggplant	Potatoes
Brussels sprouts	Kale	Squash
Cabbage	Leek	Wild mushrooms

WINTER (December to February)

Apples	Clementine	Shallots
Broccoli	Figs	Squash
Brussels sprouts	Kale	Turnip
Cauliflower	Pumpkin	
Celeriac	Rutabaga	

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How I Move

The Workouts



Matt Roberts's Home Workouts

"I've adapted the training I do with Ellie to create five workouts you can do at home, or in the park, or with no equipment. As I've said already, no two people are the same and we all have different moments of high or low energy, so think about what works with your routine and use the following as a framework for your training. You don't have to do the morning circuit first thing, for example, or the lunchtime circuit in the middle of the day. Life is busy; it's not always predictable. Do what works for you. And don't forget to warm up and cool down before and after each session."

10-Minute AMRAP* — Early-Morning Workout

"This a great routine for fitting fitness into a busy day. It gives the whole body a workout. It can be done anywhere without any equipment."

Complete as many rounds of the below exercises as possible in 10 minutes.

EXERCISE	SETS	REPS OR TIME	TARGET AREA
ROUND 1 (REPEAT)			
Squat	1	10	quads and glutes
Push-Up	1	10	triceps and chest
Plank to Shoulder Touch	1	10	abs, chest, and shoulders
Reverse Lunge	1	10	adductors, glutes, quads, and calves
Sprint on the Spot	1	10 seconds	cardio, calves, and hip flexors

See detailed instructions for how to do each exercise on the next page.

* AMRAP stands for "as many repetitions (or rounds) as possible."

ROUND 1

SQUAT / 10 reps

HOW TO DO IT:

- Stand with your feet shoulder-width apart or a little wider and point your toes slightly outward. Contract and engage your stomach muscles.
 - Keeping your heels on the floor and your weight back on your heels, lower yourself until your thighs are parallel to the floor.
 - Go as low as you can while maintaining a straight back and ears over shoulders.
 - Slowly return to a standing position by pushing up through your heels.
 - And repeat.
-

PUSH-UP / 10 reps

HOW TO DO IT:

- Place your hands on the floor just wider than shoulder-width apart. Keep your legs straight with your weight distributed evenly through your hands and toes. Keep your ears, shoulders, and hips in a straight line.
 - Contract and engage your stomach muscles, then, keeping alignment, lower yourself until your nose almost touches the ground.
 - Push through your arms to push back up to the starting position.
 - And repeat.
-

PLANK TO SHOULDER TOUCH / 10 reps

HOW TO DO IT:

- Start in a push-up position as above, with arms directly beneath your shoulders and your feet slightly apart and in line with your hips. Ensure your ears, shoulders, and hips are all in a straight line.
- Keeping your hips still, lift one hand to touch the opposite shoulder.
- Now repeat on the other side with the other hand. This counts as one rep.
- And repeat.

REVERSE LUNGE / 10 reps

HOW TO DO IT:

- Stand up straight with your feet facing forward. Your feet should be hip-width apart.
- Step backward one and a half stride lengths with your left foot, landing on the ball of your foot with your heel up. Maintain the position of your right foot. Both knees should now be bent at right angles and your back knee should not touch the floor.
- Push through the front foot to return to the standing position.
- Perform 10 reps, then repeat on the other foot.

SPRINT ON THE SPOT / For 10 seconds

HOW TO DO IT:

- Stand with your feet hip-width apart and your arms by your sides. Hold a strong posture with your back straight and your head up.
- Start to run on the spot and increase to a sprint. Engage your stomach muscles, raise your knees toward your chest, and pump your arms.
- Continue for 10 seconds.

Now repeat the whole routine again from the beginning, and complete as many rounds as you can in 10 minutes.





20-Minute Lunchtime Workout

“This is a brilliant workout to do in the middle of the day—ideal if you’re working from home as it will still leave you enough time to have some lunch and be back at work within an hour. If you’re working in an office, or you’re doing this on the weekend, just find a quiet room or some outside space to do it in. Like the routine on the previous pages, you don’t need any equipment.”

There are 12 different exercises, each with 3 sets. It’s split into 3 rounds with 30 seconds rest when indicated.

EXERCISE	SETS	REPS OR TIME	TARGET AREA
ROUND 1			
Push-Up	3	30 seconds	triceps and chest
Squat	3	30 seconds	quads and glutes
Butterfly Sit-Up	3	30 seconds	abs
Mountain Climber	3	30 seconds	core, abs, and hip flexors
30 Seconds Rest			
ROUND 2			
Walk Out	3	30 seconds	core, abs, chest, and shoulders
Glute Bridge	3	30 seconds	glutes
Hollow Hold	3	30 seconds	core and abs
High Knees	3	30 seconds	abs and hip flexors
30 Seconds Rest			
ROUND 3			
Plank to Shoulder Touch	3	30 seconds	abs, chest, and shoulders
Reverse Lunge	3	30 seconds	adductors, glutes, quads, and calves
Ab Bicycle	3	30 seconds	abs, core, and hip flexors
Jump Squat	3	30 seconds	quads, glutes, adductors, and calves

ROUND 1

PUSH-UP / 3 sets of 30 seconds

HOW TO DO IT:

- Place your hands on the floor just wider than shoulder-width apart. Keep your legs straight with your weight distributed evenly through your hands and toes. Keep your ears, shoulders, and hips in a straight line.
 - Contract and engage your stomach muscles, then, keeping alignment, lower yourself until your nose almost touches the ground.
 - Push through your arms to push back up to the starting position.
 - And repeat.
-

SQUAT / 3 sets of 30 seconds

HOW TO DO IT:

- Stand with your feet shoulder-width apart or a little wider and point your toes slightly outward. Contract and engage your stomach muscles.
 - Keeping your heels on the floor and your weight back on your heels, lower yourself until your thighs are parallel to the floor.
 - Go as low as you can while maintaining a straight back and ears over shoulders.
 - Slowly return to a standing position by pushing up through your heels.
 - And repeat.
-

BUTTERFLY SIT-UP / 3 sets of 30 seconds

HOW TO DO IT:

- Sit on the ground and bring the soles of your feet together. Let your knees fall open into a butterfly stretch. Pull your heels in toward your body.
- Maintaining this position, lie back onto the ground. Engage your core.
- Now sit back up with your hands loosely on the sides of your head. Roll your back up so that your lower back stays connected to the ground for as long as possible. Keep your feet on the ground at all times.
- Then roll back down to the ground again and repeat.

MOUNTAIN CLIMBER / 3 sets of 30 seconds

HOW TO DO IT:

- Start in a push-up position (see page 13) with your arms directly beneath your shoulders and your feet slightly apart (in line with your hips). Ensure your ears, shoulders, and hips are all in alignment.
- Engage your core and bring one knee toward your chest, then return it to the starting position.
- Repeat with the opposite leg and continue to alternate for 30 seconds.

30 SECONDS REST

ROUND 2

WALK OUT / 3 sets of 30 seconds

HOW TO DO IT:

- Stand up straight with your feet hip-width apart.
- Bend at your waist and bring your hands to the floor.
- Keeping your legs straight and feet planted, walk your hands forward until your body is parallel to the floor.
- Walk your body back in a bent-over position with your hands so that you are in the starting position.
- And repeat.

GLUTE BRIDGE / 3 sets of 30 seconds

HOW TO DO IT:

- Lie on your back with your arms by your sides, palms down on the ground, and knees bent with your feet flat on the ground.
- Slowly lift your hips off the ground until your knees, hips, and shoulders are in alignment. Engage your glutes and abs.
- Hold this position for a couple of seconds, then return to the floor in a controlled manner.
- And repeat.

HOLLOW HOLD / 3 sets of 30 seconds

HOW TO DO IT:

- Lie flat on your back and contract your abs as if to pull your belly button to the floor.
- Extend your arms and legs straight out with your hands and toes pointed.
- Slowly raise your shoulders and legs off the ground. Raise your arms and head in line with your shoulders. Keep your lower back in contact with the floor.
- Try to find the lowest position that you can hold without your arms and legs touching the floor.
- And repeat.

HIGH KNEES / 3 sets of 30 seconds

HOW TO DO IT:

- Stand up straight with your feet hip-width apart.
- Maintaining a straight back, with your head up, lift your right knee while raising your left arm, bent in a “running” position.
- Switch quickly so that your left knee begins to lift before your right foot returns to the floor.
- Continue to alternate knee raises for 30 seconds.

30 SECONDS REST

ROUND 3

PLANK TO SHOULDER TOUCH / 3 sets of 30 seconds

HOW TO DO IT:

- Start in a push-up position, with arms directly beneath your shoulders and your feet slightly apart and in line with your hips. Ensure your ears, shoulders, and hips are all in a straight line.
- Keeping your hips still, lift one hand to touch the opposite shoulder.
- Now repeat on the other side with the other hand. This counts as one rep.
- And repeat.

REVERSE LUNGE / 3 sets of 30 seconds

HOW TO DO IT:

- Stand up straight with your feet facing forward. Your feet should be hip-width apart.
- Step backward one and a half stride lengths with your left foot, landing on the ball of your feet with your heel up. Maintain the position of your right foot. Both knees should now be bent at right angles and your back knee should not touch the floor.
- Push through the front foot to return to the standing position.
- Perform reps for 15 seconds, then repeat on the other foot.

AB BICYCLE / 3 sets of 30 seconds

HOW TO DO IT:

- Lie on the ground with your lower back pressed into the floor and your head and shoulders raised slightly off the floor. Place your hands loosely on the sides of your head.
- Lift one leg slightly off the ground and extend it out.
- Then lift the other leg, bending the knee and bringing it toward your chest. As you do, twist through your core so that the opposite elbow comes to meet the raised knee. Don't move your elbow—all the movement should come from your core.
- Lower your leg and arm and, at the same time, begin to perform the same movement with the opposite limbs.
- Keep alternating for 30 seconds.

JUMP SQUAT / 3 sets of 30 seconds

HOW TO DO IT:

- Stand up with your feet hip-width apart.
- Start to perform a normal squat (see page 13). At the point when your hips sink just below your knees, spring up through your heels and jump as high as you can.
- Allow your knees to bend when you land, immediately dropping back into a squat.
- And repeat.



40-Minute After-Work Workout

“This is a really good all-round body workout for when you have a little bit more time on your hands. You’ll need a kettlebell or a pair of dumbbells (or household objects of similar weight, such as a can of food or bottle of water), a large exercise ball or incline bench, and a small box or step. There are 10 different exercises. It’s split into 5 rounds with 45 seconds rest when indicated.”

EXERCISE	SETS	REPS OR TIME	TARGET AREA
ROUND 1			
Split Squat	1	20	adductors and glutes
Eccentric Push-Up	1	20	triceps, pecs, and shoulders
45 Seconds Rest			
ROUND 2			
Single Leg Deadlift	1	20	hamstrings and glutes
Squat	1	20	quads and glutes
45 Seconds Rest			
ROUND 3			
Lateral Lunge	1	15	quads, adductors, and glutes
W Y Raise	1	15	shoulders
45 Seconds Rest			
ROUND 4			
Single Leg Step Up	1	20	quads and adductors
Hip Thrust	1	30	core and glutes
45 Seconds Rest			
ROUND 5			
Single Leg Glute Bridge	1	15	glutes
Triceps Dip	1	20	triceps and chest

ROUND 1

SPLIT SQUAT / 20 reps

HOW TO DO IT:

- Stand with your feet hip-width apart and your toes pointed forward. Step one foot forward, as if performing a lunge. The heel of your back foot should now be raised.
- Slowly lower your body until your back knee almost touches the floor. Engage your core and maintain a straight torso.
- Push back up and repeat on the same leg for one set. Then switch sides.

ECCENTRIC PUSH-UP / 20 reps

HOW TO DO IT:

- Place your hands on the floor just wider than shoulder-width apart. Keep your legs straight with your weight distributed evenly through your hands and toes. Keep your ears, shoulders, and hips in a straight line. Engage and contract your stomach muscles.
- Keeping alignment, lower yourself more slowly than with a usual push-up, until your nose almost touches the ground.
- Push back up to the starting position.
- And repeat.

45 SECONDS REST

ROUND 2

SINGLE LEG DEADLIFT / 20 reps

HOW TO DO IT:

- Stand up straight with your feet hip-width apart and your toes pointed forward. Hold a kettlebell, pair of dumbbells, or something of a similar weight in your hands in front of you.
- Lean forward from your hips, with your arms staying straight and moving toward the floor.
- Shift your weight onto one leg while extending the other leg straight behind you, until your body forms a T shape.

- Keeping a slight bend in your standing leg, slowly bring the extended leg back to the standing position.
 - Repeat on the opposite leg.
-

SQUAT / 20 reps

HOW TO DO IT:

- Stand with your feet shoulder-width apart or a little wider and point your toes slightly outward. Contract and engage your stomach muscles.
- Keeping your heels on the floor and your weight back on your heels, lower yourself until your thighs are parallel to the floor.
- Go as low as you can while maintaining a straight back and ears over shoulders.
- Slowly return to a standing position by pushing up through your heels.
- And repeat.

45 SECONDS REST

ROUND 3

LATERAL LUNGE / 15 reps

HOW TO DO IT:

- Stand with your feet together and your hands clasped in front of your chest.
 - Take a big step out to the left side. Lower into a lunge, pushing your hips back, keeping your right leg straight, and bending your left knee to 90 degrees.
 - Push back off the left foot and return to the starting position.
 - Repeat on the other side.
-

W Y RAISE / 20 reps

HOW TO DO IT:

- Lie chest-down on a large exercise ball or incline bench, looking down, with your feet on the floor. Allow your arms to hang down with your elbows bent to 90 degrees.
- Maintaining bent elbows, raise your arms to the side of your body as you squeeze your shoulder blades together.

- Continue to raise your arms until they are parallel to the ground and a *W* shape is formed.
- Slowly lower your arms back to the starting position.
- For the *Y* raise, stretch your arms straight out in front of your head forming a *Y* shape.
- Now repeat, alternating between the *W* raise and the *Y* raise.

45 SECONDS REST

ROUND 4

SINGLE LEG STEP UP / 20 reps

HOW TO DO IT:

- Place a small box or step in front of you. Then place your left foot on the step.
 - Keeping your left foot on the step, engage your glutes and push up to bring your right foot up onto the step. Do this in a fluid motion, maintaining a straight back and good posture throughout.
 - Return the right foot to the floor and repeat.
 - Perform 10 reps and then switch sides.
-

HIP THRUST / 30 reps

HOW TO DO IT:

- Sit on the floor with your back against an exercise bench or box (or a sofa of similar height) with your knees bent and feet flat on the floor, shoulder-width apart. Rest your shoulders and elbows on the bench.
- Push through your heels to raise your hips and bottom up from the floor. Continue to raise until your thighs are parallel to the floor.
- Squeeze your glutes at the top, then return to the starting position.
- And repeat.

45 SECONDS REST

ROUND 5

SINGLE LEG GLUTE BRIDGE / 15 reps

HOW TO DO IT:

- Lie on your back with your arms by your sides, palms down on the ground, and knees bent with your feet flat on the ground.
 - Slowly lift your hips off the ground until your knees, hips, and shoulders are in alignment. Engage your glutes and abs.
 - Keeping your right foot on the ground, extend your left leg below the knee and lift your foot. Your left leg should be straight and your thighs in line with each other.
 - Hold this position for a couple of seconds, then return your foot to the floor, followed by your hips to the floor, in a controlled manner.
 - Repeat, raising your opposite leg.
-

TRICEPS DIP / 20 reps

HOW TO DO IT:

- Sit on the edge of a chair or bench. Grip the edge next to your hips with your fingers pointing down.
- Press your palms down into the chair or bench and shift your bottom forward off the edge. Keep looking ahead and keep your back and head straight.
- Slowly lower yourself until your elbows are bent between 45 and 90 degrees.
- Push yourself back up to the starting position and repeat.





50-Minute Full-Body Weekend Workout

“This is an all-round, full-body workout—great for when you have a bit more time and are looking to really feel the burn. This one is intense! You can do this at home or outside and will need a skipping rope and kettlebell (or something of similar shape and weight).”

There are 10 different exercises and 6 skipping sessions. It's split into 5 rounds with 30 seconds rest when indicated.

EXERCISE	SETS	REPS OR TIME	TARGET AREA
Skip	1	2 minutes	cardio
ROUND 1			
Squat	4	10 (hold 5 seconds each time)	quads and glutes
Single Leg Deadlift	4	15 (on each leg)	hamstrings and glutes
30 seconds rest			
Skip	1	200 skips	cardio
ROUND 2			
Push-Up or Half Push-Up	4	Until failure (i.e., you can do no more)	triceps and chest
Reverse Fly	4	20 (maximum exertion)	upper back
30 Seconds Rest			
Skip	1	200 skips	cardio
ROUND 3			
Reverse Lunge with Arm Raise	4	20 (on each side)	quads, adductors, glutes, and shoulders
Dead Lift with Dumbbells	4	20	hamstrings and glutes
30 Seconds Rest			
Skip	1	150 skips	cardio
ROUND 4			
Shoulder Press	4	20	shoulders and triceps
Triceps Dip	4	Until failure (i.e., you can do no more)	triceps and chest

EXERCISE	SETS	REPS OR TIME	TARGET AREA
ROUND 4 (CONTINUED)			
Triceps Overhead Lift	4	20	triceps
30 Seconds Rest			
Skip	1	150 skips	cardio
ROUND 5			
Jump Squat into Walk Out	3	Until failure (i.e., you can do no more)	quads, adductors, glutes, core, and cardio
30 Seconds Rest			
Skip	1	150 skips	cardio

SKIP / 2 minutes

HOW TO DO IT:

- Hold the skipping rope with one end in each hand with your arms outstretched and feet close together.
- Swing the rope above your head and jump, lifting both feet a couple of inches off the ground, as the rope circles around to your feet. Focus on keeping your knees soft as you land and your core engaged throughout.
- Go as fast as is comfortable, aiming to increase your speed with time.

ROUND 1

SQUAT / 4 sets of 10 reps (holding for 5 seconds each time)

HOW TO DO IT:

- Stand with your feet shoulder-width apart or a little wider and point your toes slightly outward. Contract and engage your stomach muscles.
- Keeping your heels on the floor and your weight back on your heels, lower yourself until your thighs are parallel to the floor.
- Go as low as you can while maintaining a straight back and ears over shoulders.
- Hold for 5 seconds.
- Slowly return to a standing position by pushing up through your heels.
- And repeat.

SINGLE LEG DEADLIFT / 4 sets of 15 reps on each leg

HOW TO DO IT:

- Stand up straight with your feet hip-width apart and your toes pointed forward. Hold a kettlebell or something similar in your hands in front of you.
- Lean forward from your hips, with your arms staying straight and moving toward the floor.
- Shift your weight onto one leg while extending the other leg straight behind you, until your body forms a T shape.
- Keeping a slight bend in your standing leg, slowly bring the extended leg back to the standing position.
- Repeat on the opposite leg.

30 SECONDS REST

SKIP / 200 skips

ROUND 2

PUSH-UP OR HALF PUSH-UP / 4 sets, repeating until failure

HOW TO DO IT:

- Place your hands on the floor just wider than shoulder-width apart. Keep your legs straight with your weight distributed evenly through your hands and toes. Keep your ears, shoulders, and hips in a straight line.
- Contract and engage your stomach muscles, then, keeping alignment, lower yourself until your nose almost touches the ground.
- Push through your arms to push back up to the starting position.
- And repeat.
- For a half push-up start in the same position, but only lower yourself halfway to the ground, contracting and engaging your stomach muscles and keeping alignment as above.

REVERSE FLY / 4 sets of 20 reps (maximum exertion)

HOW TO DO IT:

- Stand with your feet shoulder-width apart holding a dumbbell (or a household object of similar weight) in each hand at your sides.
- Press your hips back in a hinge motion, bringing your chest forward almost parallel to the floor. Allow the weights to hang straight down, with your palms facing each other. Maintain a tight core, a straight back, and a slight bend in your knees.
- Exhale and raise both arms out to your side, squeezing your shoulder blades together. Keep a soft bend in your elbows as you pull your shoulder blades toward the spine.
- Then inhale as you lower the weights back to the starting position.
- From start to finish, focus on proper breathing and the feeling of your shoulder blades coming together.

30 SECONDS REST

SKIP / 200 skips

ROUND 3

REVERSE LUNGE WITH ARM RAISE / 4 sets of 20 reps on each side

HOW TO DO IT:

- Hold a pair of dumbbells (or a household object of a similar weight) at arm's length at your sides. Keep your chest tall and shoulders back.
- Step one foot back and bend both knees into a lunge position while raising the weights in front of you to shoulder height, keeping your arms straight.
- Press through your front heel to return to the starting position.
- Then repeat on the other side. That's one rep.

DEAD LIFT WITH DUMBBELLS / 4 sets of 20 reps

HOW TO DO IT:

- Stand with your knees slightly bent and your feet placed shoulder-width apart. Hold a dumbbell (or a household object of similar weight) in each hand with

an overhand grip, so your palms are facing your body. Hold them in front of your legs.

- Bend at the hips and knees, lowering your torso until it's almost parallel with the floor. Let your arms hang down in front of your knees and shins. Make sure you keep your back in a neutral position, taking care not to round it.
- From this position, stand up straight without changing the shape of your back. Keep the weight in your heels.
- And repeat.

30 SECONDS REST

SKIP / 150 skips

ROUND 4

SHOULDER PRESS / 4 sets of 20 reps

HOW TO DO IT:

- Hold a dumbbell (or a household object of similar weight) in each hand, with your hands by your shoulders, your palms facing forward, and your elbows out to the sides, bent at a 90-degree angle.
 - Without leaning back, extend through your elbows to press the weights above your head.
 - Then slowly return to the starting position.
 - And repeat.
-

TRICEPS DIP / 4 sets, repeating to failure

HOW TO DO IT:

- Sit on the edge of a chair or bench. Grip the edge next to your hips with your fingers pointing down.
- Press your palms into the chair or bench and shift your bottom forward off the edge. Keep looking ahead and keep your back and head straight.
- Slowly lower yourself until your elbows are bent between 45 and 90 degrees.
- Push yourself back up to the starting position and repeat.

TRICEPS OVERHEAD LIFT / 4 sets of 20 reps

HOW TO DO IT:

- Keeping your feet shoulder-width apart and your core tight, hold one dumbbell (or household object of similar weight) with both hands.
- Lift the dumbbell up over your head until your arms are fully extended with your palms facing the ceiling and your elbows pointing forward.
- Bending the elbows and squeezing your triceps, slowly lower the dumbbell behind your head.
- And repeat.

30 SECONDS REST

SKIP / 150 skips

ROUND 5

JUMP SQUAT INTO WALK OUT / 3 sets, repeating to failure

HOW TO DO IT:

- Stand with your feet shoulder-width apart and your knees slightly bent.
- Bend your knees and lower into a full squat position.
- Engage your core, propel your body up and off the floor, extending through your legs into a jump. With your legs fully extended, your feet will be a few inches off the floor.
- Land and control your landing by going through your foot (toes, ball, arches, heel).
- Stand up straight, then place your hands on the floor in front of you, just in front of your feet, and walk your hands forward on the floor, away from your body, until your body is parallel to the floor.
- Then walk your hands back in, keeping your feet on the floor.
- Stand up straight, then jump into another squat and repeat.

30 SECONDS REST

SKIP / 150 skips

Stretch Routine

“This is brilliant at the end of a long day, or first thing in the morning, to stretch out your whole body. It’s also great if you’ve been hunched over your laptop, sat down too long at your desk or slumped on the sofa, and will help to counteract the effects of sitting for a long time. For this routine you will need an exercise mat and may also want to use a foam roller or pillow for comfort.”

There are 10 different exercises, 3 sets of each. It’s split into 5 rounds with 30 seconds rest when indicated.

EXERCISE	SETS	REPS OR TIME	TARGET AREA
ROUND 1			
Side-Lying Windmill	3	10 (on each side)	lower back, obliques, and QL (abs)
Bird Dog	3	12 (on each side)	lower back
30 Seconds Rest			
ROUND 2			
Cat-Cow	3	12	full spine
McGill Sit-Up	3	10	abs and obliques
30 Seconds Rest			
ROUND 3			
Thread the Needle	3	10 (on each side)	full spine and core
Side Plank	3	30 seconds (on each side)	obliques
30 Seconds Rest			
ROUND 4			
90/90 Hip Stretch	3	10 (on each side)	glutes
Glute Bridge	3	10 (on each side)	glutes
30 Seconds Rest			
ROUND 5			
Spiderman	3	10 (on each side)	core
Wall Sit	3	40 seconds	quads

ROUND 1

SIDE-LYING WINDMILL / 3 sets of 10 on each side

HOW TO DO IT:

- Lie on your left side with your left leg extended and your right leg bent across your body at a 90-degree angle. If you prefer, place a foam roller or pillow under your right knee.
 - Keeping your left shoulder and hip on the ground, bring both of your arms straight out to your left side, placed on top of each other.
 - Rotate your right arm up and over your head while trying to touch your fingers to the ground.
 - Rotate fully around to the starting position.
 - Pause briefly and then start again.
-

BIRD DOG / 3 sets of 12 on each side

HOW TO DO IT:

- Begin on all fours with your knees hip-width apart and hands about shoulder-width apart. Draw in your abdominals.
 - Lift one hand and the opposite knee an inch or two off the floor, while balancing on the other hand and knee, keeping your weight centered.
 - Point your elevated arm out straight in front of you and extend the opposite leg out behind you. Your body will form a straight line from your hand to your foot. Keep your hips squared to the ground.
 - Hold for a few seconds, keeping your back straight and your abs engaged throughout.
 - Then return your hand and knee to the ground, and repeat on the other side.
-

30 SECONDS REST

ROUND 2

CAT-COW / 3 sets of 12

HOW TO DO IT:

- Begin on all fours with your knees hip-width apart and hands about shoulder-width apart. Draw in your abdominals.

- Slowly lower your head, while you raise your back up, in the style of a cat arching its back.
 - Then move into the opposite position, slowly raising your head and dropping your back into a downward arch.
 - Then repeat, returning to the cat pose, with your head lowered and back arched.
 - And then again into the cow pose.
-

MCGILL SIT-UP / 3 sets of 10

HOW TO DO IT:

- Lie on your back on the floor, bending one leg while the other remains flat on the floor. Place your palms underneath the arch of your lower back.
- Slowly raise your chest, shoulders, and head (together) off the floor, without bending your lower back. Imagine that your abdominal muscles are shortening and they are pulling your shoulders off the floor.
- Keep the position (you don't need to lift too far off the floor) for a few seconds, breathing deeply throughout.
- Then slowly return to the starting position before repeating.

30 SECONDS REST

ROUND 3

THREAD THE NEEDLE / 3 sets of 10 each side

HOW TO DO IT:

- Begin on all fours with your hands under your shoulders and your knees and shins hip-width apart. Keep your head in a neutral position and gaze down to the ground slightly.
- Breathe out and slide your right arm underneath your left arm, with your palm facing upward. Let your right shoulder come all the way down to the mat, resting your right ear and cheek on the mat and looking toward your left. Keep your left elbow lifted and your hips raised.
- Relax your lower back, breathe, and hold for a few seconds.
- To release, press through your left hand and gently slide your right hand out.
- Repeat on the other side.

SIDE PLANK / 3 sets of 30 seconds each side

HOW TO DO IT:

- Lie on your right side, with your legs extended out, propped up on the elbow of your right arm, which should be directly under your shoulder. Ensure your head is in line with your spine.
- Engage your abdominal muscles, drawing your navel in toward your spine, and lift your hips and knees off the floor while exhaling. Your body should be in a straight line with no sagging or drooping.
- Hold the position and keep breathing.
- Then as you inhale, return to the starting position.
- Change sides and repeat.

30 SECONDS REST

ROUND 4

90/90 HIP STRETCH / 3 sets of 10 on each side

HOW TO DO IT:

- Sit on the floor on your sitting bones, with your feet on the floor in front of you, slightly wider than hip-width apart, and your knees at a 90-degree angle. Your arms should both be raised straight out in front of you.
- Twist your whole body to the left, keeping your hips and shoulders aligned, until your left knee and leg lie flat on the floor.
- Then twist in the opposite direction, keeping your hips and shoulders aligned, until your right knee and leg lie flat on the floor. It's like a windshield wiper motion of your knees. Keep your arms raised up in front of you throughout.
- And then repeat.

GLUTE BRIDGE / 3 sets of 10 on each side

HOW TO DO IT:

- Lie on your back with your arms by your sides, palms down on the ground, and knees bent with your feet flat on the ground.
- Slowly lift your hips off the ground until your knees, hips, and shoulders are in alignment. Engage your glutes and abs.

- Hold this position for a couple of seconds, then return to the floor in a controlled manner.
- And repeat.

30 SECONDS REST

ROUND 5

SPIDERMAN / 3 sets of 10 each side

HOW TO DO IT:

- Begin in a standard push-up position: hands on the floor just wider than shoulder-width apart. Legs straight with your weight distributed evenly through hands and toes. Keep your ears, shoulders, and hips in a straight line.
 - Drive your right knee up to your right shoulder and place your right foot outside of your right hand. Make sure your foot is flat on the ground.
 - Slowly push your hips forward. Your left knee should touch the ground. Maintain this stretch for 10 seconds.
 - Slowly pull your right leg back to return to the starting position and repeat on the other side.
-

WALL SIT / 3 sets of 40 seconds

HOW TO DO IT:

- Lean back against a flat wall, with your feet shoulder-width apart.
- Pressing your back into the wall, slide down until your thighs are parallel with the ground in a sitting position. Your knees should be above your ankles and bent at right angles.
- Keep your head, shoulders, and upper back against the wall and hold the position for 40 seconds.
- Push through your heels to return to the starting position, take a short break, and then repeat.



Darren's Boxing Workout

"This is my dad's training regimen from the 1980s and I still follow it to this day when I'm coaching.

"You should do 3 sets of the following 10 exercises. Start with reps of 6 of each exercise, then 8 of each, then finally for the last round do 10 of each. If you're new to exercise, then you can cut these numbers in half and build up slowly over time."

EXERCISE	SETS	REPS OR TIME	TARGET AREA
ROUND 1		6 OF ALL EXERCISES	
Burpee	1		arms, chest, core, glutes, and legs
Push-Up	1		chest, shoulders, triceps, abs, and serratus anterior
Trunk Curl	1		abs
Burpee Jump	1		arms, chest, core, glutes, legs, and calves
Dorsal Raise	1		lower back, glutes, and abs
Tuck Jump	1		quads, glutes, hamstrings, hip flexors, calves, abs, biceps, and shoulders
Bounce Press	1		chest, shoulders, triceps, abs, and serratus anterior
Squat Jump	1		quads, glutes, hamstrings, hip flexors, calves, abs, biceps, and shoulders
Sit-Up	1		abs
Pike Jump	1		quads, glutes, hamstrings, hip flexors, calves, abs, biceps, and shoulders
ROUND 2		8 OF ALL EXERCISES	
ROUND 3		10 OF ALL EXERCISES	

BURPEE

HOW TO DO IT:

- Stand with your feet shoulder-width apart, keeping the weight in your heels and your arms at your sides.
- Push your hips back, bend your knees, and lower your body into a squat position.
- Place your hands on the floor directly in front of you, palms-down, just inside your feet.
- Shift your weight onto your hands, then jump your feet back so you softly land on the balls of your feet, in a plank position. Your body should form a straight line from your head to your heels. Don't let your back bend at the hips or your bottom stick up in the air.

(It's better to do this slowly and well, rather than quickly and with poor form, because then you won't work your core effectively. If you're a beginner, you can walk your feet back into the plank position, rather than jumping, until you get better.)

- Next, jump your feet back so they land just outside of your hands.
- Lift your arms overhead and jump up into the air. When you land, immediately lower into a squat for your next rep.

PUSH-UP

"This exercise can make a huge difference to your upper-body and core strength and works several muscle groups, including your shoulders, arms, and core. If you're new to exercise, push-ups can be hard, but they're worth persevering with. The key is to learn how to do one properly, so they work all the right muscles without putting strain on your lower back.

"If you can't do a full push-up, drop to your knees, improve your form, and then try to do them without your knees on the floor."

HOW TO DO IT:

- Start in a plank position, with your palms face-down on the floor, shoulder-width apart, and keeping your feet together. Look at the floor, but don't lower your head down. Engage your core as if you're trying to draw your belly button into your lower back.
- Bend your elbows to a 45-degree angle and lower your body toward the floor, stopping when your chest is about elbow height.

- Breathe out and push into your palms to push your body away from the floor, returning to the starting position.
 - Your entire body, from head to feet, should stay in a straight line throughout the entire move. Try not to let your hips drop toward the floor or rise up to the sky. Keep your neck neutral.
-

TRUNK CURL

HOW TO DO IT:

- Lie on your back with your knees bent, feet flat on the floor, and place your hands on the tops of your thighs.
 - Slowly lift your shoulders and upper back off the ground so your fingers slide up to touch your knees. Keep looking straight ahead the whole time.
 - Slowly return to the starting position and repeat for the next rep.
-

BURPEE JUMP

“This is a harder version of a regular burpee and you’ll need something to jump on that’s low enough for you to feel comfortable. You could use a step (from the gym), a bench, or a plyo box (you’ll find these in most gyms and you can buy them on Amazon). It needs to be stable and able to support your weight.”

HOW TO DO IT:

- Stand in front of the box (or bench) in a squat position. Instead of dropping down to the floor to do a push-up, as you would with a regular burpee, place your hands on the box and do a push-up off it.
 - Instead of jumping into the air, jump onto the box, keeping your feet hip-width apart and the weight in your heels.
 - Land gently back on the floor, with your knees bent and your back straight, before repeating the exercise.
-

DORSAL RAISE

HOW TO DO IT:

- Lie facedown on the floor and place your hands next to your head so your fingertips are touching your ears (as you would during a standard sit-up).
- Slowly raise your chest off the floor about 4 inches and hold for 2–3 seconds.
- Slowly lower your chest back down to the floor to the starting position.

- Keep your feet on the floor during this exercise to avoid putting pressure on the lower back. Keep looking down at the floor, but don't tuck your chin under or move your head down.
-

TUCK JUMP

HOW TO DO IT:

- Stand with your feet shoulder-width apart, lower yourself down into a squat position, and then jump up into the air. Keep your back straight and tuck your knees up toward your chest as much as is comfortable.
 - Land softly. You may need to pause before going into another tuck jump.
 - Swinging your arms will help your momentum. As you get better at this move, you'll be able to jump higher and bring your knees closer to your chest. But if you're new to exercise, just spend time getting the move right to begin with.
-

BOUNCE PRESS

HOW TO DO IT:

- Do a push-up (see pages 38–39), but on your way up, spring up and take your hands off the floor and do a quick clap, before landing on the floor again for the next rep.
-

SQUAT JUMP

HOW TO DO IT:

- Stand with your feet hip-width apart and lower yourself down into a squat position.
 - Keeping your back straight, eyes forward, press your feet down and jump off the floor as high as feels comfortable.
 - Allow your knees to bend 45 degrees when you land, landing softly and keeping the weight in your heels, before lowering yourself back down into a squat again.
-

SIT-UP

HOW TO DO IT:

- Lie down on your back, with your legs bent and feet firmly on the ground.
- Cross your hands to opposite shoulders or place them to the sides of your head. Don't pull on your neck or head. Your core should be lifting you up.

- Curl your upper body up toward your knees. Exhale as you lift up.
- Slowly lower yourself back down to the starting position, inhaling as you lower your body back down.

PIKE JUMP

“The perfect pike jump is a jump where you bring your legs up in front of your body to form an *L* shape, as you stretch out your arms to try and touch your toes. This is a cheer-leading move originally, and it’s a tough one, but a great all-over workout.”

HOW TO DO IT:

- Start by practicing with a simple jump up and down. If you have kids and a trampoline in your garden, it’s a good place to practice.
- Swing your arms up and down again as you jump. As you jump, raise your legs upward, so they’re at a 90-degree angle to your body, trying to touch your toes as you do it.
- Keep your toes pointed during a pike jump. And keep your back straight as you land, with your knees softly bent, and land gently. (Regularly practicing touching your toes helps with this move.)





Catie Miller's Barre Workout

“This is a home-based workout that you can do in your living room with very little equipment. When you start out I would suggest using a steady surface, such as a chair, a wall, or a breakfast bar, to help keep you balanced. When you're ready, all these exercises can also be performed freestanding, although this will require more core strength and good balance.”

First position: In the first position, your heels are together with your toes in a natural turn out with even weight distribution across all four corners of your feet. Never force the turn out. Bring your arms in front of your chest, palms facing in, arms gently bent at the elbow, as though you are holding a beach ball.

Second position: From first position, step your feet apart wider than your hips and shoulders with your toes in a natural turn out. Reach your arms out to the side, slightly in front of your shoulders. Maintain a soft bend of your elbows, keeping them rounded and lifted with your fingertips extended in an unbroken line to the top of your arm.

Plié: This is French for “bent” and is used in ballet to describe the bend and stretch of your knees. Pliés may be shallow, so your heels remain in the first position (demi-plié), or deep, where your heels raise off the ground (grand plié). Remember in a plié you want your knees to wrap out over your 2nd and 3rd toes to ensure correct alignment.

Passé: This is French for “past” and is used to describe the movement when your working foot passes your supporting leg, bringing your toe to your knee.

Challenge zone: Your challenge zone or position is a place where you are able to dig a little deeper into your range, tempo, or advanced options because you have grasped the technique effectively enough and can progress through the workout.

EXERCISE	SETS	REPS OR TIME	TARGET AREA
High Knees	Up to 2	8	hamstrings, quads, and lower abs
Plié-to-Curtsey Lunge	1	8–16 (on each side)	hamstrings, quads, and core
Second Position Plié	2	8 (on each side)	quads
First to Second Position Plié	1	8–16	quads and adductors
Passé with Lunge-Back	2	8 (on each side)	quads and hamstrings
Triceps Kick-Backs	1	8–16	triceps with lower-body stabilization
Kneeling Side Leg Lift	1	8–16	abductors

EXERCISE	SETS	REPS OR TIME	TARGET AREA
Plank	1	Hold for 8–16 counts	core and hip extensors
C Curve with Oblique Twist	1	8–16	core

HIGH KNEES / Up to 2 sets of 8 reps

Stand with feet hip-width apart and arms reached out in front of your shoulders in first position. Brush your right leg out in front of you, bringing your thigh and knee toward your chest. Keeping your back straight and arms strong, continue this movement, alternating leg lifts with a steady rhythm and pace.

Advancement: Work through the same exercise series with added weights (1- to 2-pound weights are great).

Cardio challenge! Add a light jog, bringing your knees up toward the chest as you run on the spot. Swing your arms in opposition, ensuring they are placed with purpose.

PLIÉ-TO-CURTSEY LUNGE / 8-16 reps on each side

Stand with your legs open to a wide second position. Make sure your feet are naturally turned out and your arms are stretched out to the side from your shoulders. Cross your foot behind, keeping it in turn-out, bend both knees in each position, and bring your arms to first. The working leg is moving as the supporting leg is anchored into the floor. Ensure your arms are moving from second to first as you transition into the movements.

Advancement: Continue for another 8-16 reps. Deepening your curtsy, hinge forward, reaching one arm long toward the floor as the other arm reaches in opposition above your head.

Cardio challenge! To finish, take your curtsy straight to a passé (toe to knee), adding a hop at the top before you place it back down into curtsy. Feel and embrace the hamstring and quadriceps burn!

TIP: Keep a proud chest, square shoulders and hips, and even weight on front and back foot.

SECOND POSITION PLIÉ / 2 sets of 8 on each side

Standing center or side-on to your chair, open your feet wider than your hips to second position with your arms stretched out to the side from your shoulders. Plié all the way down into second position, pressing through your feet and ensuring your knees are

laterally rotated out from the hip. During the plié, focus on lifting your abdominals in and up. As you stretch your legs, press through your feet squeezing the backs of your legs (glutes and hamstrings) as you return to your starting position.

Advancement: Add a relevé (this is a classical ballet term that means “raised”: it describes the action when a dancer rises up and stands on his or her toes) at the top of the move to create instability and test your core.

Cardio challenge! Continue with the plié to relevé series, adding a jump at the top and softly landing through your feet into a deep plié.

Extra challenge: Try all 3 levels back to back to increase your heart rate. Try slowing it down or picking up the tempo!

FIRST TO SECOND POSITION PLIÉ / 8-16 reps

Carrying on from the second position plié, alternating legs, step your outside foot back in to join your heels together in first position. Continue this action 8-16 times, working on stepping out to a wide second position with your toes turned out, your knees wrapping back, and your heels pressing into the floor.

Advancement: Once your rhythm and technique is set, you can advance by taking large jumps from first to second position. Focus on landing softly through your feet and keeping your chest proud. This will have your legs burning in no time!

PASSÉ WITH LUNGE-BACK / 2 sets of 8 reps each side

Begin at an angle turned slightly in to your chair. Starting with your feet in first position, bring your outside leg to passé (toe to knee). Plié deep into your supporting leg, reaching your leg behind you toward the floor into a lunge as you hinge forward and reach your arm overhead. Straighten the supporting leg as you draw the working leg into passé and your arm back to first position.

Advancement: Add a relevé on your supporting leg as you bring the working leg into passé. Repeat for 2 sets of 8 on each side.

Cardio challenge! Continue the advancement series and add a hop at the top, landing softly through your working leg. Try all 3 levels back to back to increase your heart rate and work up that sweat!

TIP: Focus on maintaining a neutral spine, especially as you extend both arm and leg.

TRICEPS KICK-BACKS / 8-16 reps

Standing center of the floor with your feet together, hinge forward from your hips and extend one leg behind you to a lunge. Ensure your weight is forward into your front leg and the back leg is straight with little weight placed on it. Square off your hips and shoulders. Reaching both arms behind, above your hips, with your palms facing each other or upward, bend and extend the arms, keeping your elbows lifted. The bend is small. Concentrate on extending your arms to engage the triceps fully.

Advancement: Add a full-range lunge driving your back knee toward the floor when you bend your arms, and straighten your legs when you extend your arms.

Cardio challenge! Continue with the lunge/triceps kick-backs and add a lift of the back leg off the floor. Think about extending the leg longer, not higher, to activate your core and glutes for an added burn! Hold your leg and arms off the floor for your final balance!

Extra challenge: Try all 3 levels back to back to increase your heart rate. Try slowing it down or picking up the tempo!

KNEELING SIDE LEG LIFT / 8-16 reps

Begin in a side kneeling position with your hand placed directly under your shoulder and the opposite leg stretched out in line with your body to the side. Ensure your hips and shoulders are stacked and your knee is pointing forward. Lift and lower your leg 8-16 times and then hold it up for a pulse. Keep the focus on your core, engaging it the entire time. Holding the leg in its challenge zone, slide it forward and back, working the lower abdominals and glutes as it moves.

Advancement: Holding your leg to the side, flex the foot and continue to pulse your leg upward. Reach the arm out in line with your working leg, and press it down as you pulse your leg upward. This encourages the obliques to clench for an extra treat!

PLANK / Hold for 8-16 counts

Begin with your legs together in a plank position with your hands directly under your shoulders. Hold your plank for 8-16 counts.

Advancement: Continue holding your plank and add a passé, bringing the toe to your knee and your knee toward your chest to focus on core strength and lower abdominal connection. Alternate leg passés for 8-16 reps.

Cardio challenge! Continue alternating leg passés and pick up the tempo to a mountain-climbing run. Do 8-16 reps.

TIP: Remember to focus on your core strength. Lower down to your forearms if you have any wrist injuries. Keep abdominals in, chest proud, and shoulders down. Think long neutral spine from the crown of your head to your heels.

C CURVE WITH OBLIQUE TWIST / 8-16 reps

Begin seated, with hands placed behind your thighs. Tuck your tail under as you roll down into a C-curve position, ensuring both feet stay flat on the floor. Holding your challenge position, take small down-an-inch and up-an-inch movements—each time ensuring your tailbone tucks under, bringing your bottom ribs down to meet your hip bones.

Advancement: Continue this action while bringing your hands to first position. Hold your challenge zone and twist your upper body, alternating sides while creating a figure-eight movement with your arms. Be sure to keep your knees and legs still. To advance further, you can take the figure-eight action over your head, challenging your upper abdominals.


8

How I Eat *The Recipes*

 Vegetarian

 Vegan

 Gluten-Free

 Dairy-Free

BREAKFAST & BRUNCH

Smoothies

MAKES 1 large or 2 small glasses

Elsewhere in this book, I've mentioned my devotion to smoothies. This includes setting up a "smoothie table" on tour to compete with crisps and snacks favored by other members of the team. But now that I'm alert to my glucose levels, I have a much more balanced approach to what I put in them.

But I do love whizzing up berries, greens, and nuts for a quick and filling hit of energy to start my day. They are so easy to make. Simply blitz your choice of ingredients together in a blender until smooth. (Some blenders can't cope with too many nuts and seeds, but smoothies can always be poured through a sieve to make them extra smooth if preferred.)

Select your ingredients from the list on pages 50–51. I love to include blueberries in mine, but try to choose a mixture of fruit if you can. When it comes to greens, I never use kale in smoothies as I find it too harsh, but make sure you pick something from this category as these are packed with nutrients. And I would only use herbs in a green juice, but that's a personal choice, so feel free to add some to any combination if you enjoy their flavor.

Some of my favorite combinations:

Energizing Blueberry Boost

221 cals | 5.5 g fat | 0.5 g saturated fat | 6 g protein | 9 g fiber | 32 g carbs | 24 g sugars | trace salt

5 ounces (150 ml) water	$\frac{3}{4}$ cup (25 g) watercress	$\frac{1}{4}$ teaspoon ground cardamom
$\frac{1}{4}$ cup (50 g) blueberries	$\frac{3}{4}$ cup (25 g) mint	1 teaspoon honey
$\frac{1}{4}$ cup (50 g) cherries	1 tablespoon chia seeds	Ice cubes
1 orange	1 teaspoon spirulina	

Revitalizing Mango and Pineapple Blast

111 cals | 1 g fat | 0.5 g saturated fat | 2 g protein | 4 g fiber | 22 g carbs | 21.5 g sugars | 0.5 g salt

5 ounces (150 ml) coconut water	$\frac{3}{4}$ cup (25 g) spinach	$\frac{1}{4}$ teaspoon ground cinnamon
$\frac{1}{4}$ cup (50 g) each mango, pineapple, carrot	1 teaspoon maca powder or lacuma powder	1 teaspoon grated fresh ginger
	1 tablespoon lime juice	Ice cubes

Make Your Own Smoothie

Choose Your Base

1 x 5 ounces (150 ml)
(or combination)

water
coconut water
plant-based milk
herbal tea



Choose Your Fruit and Vegetables

3 x ¼ cup (50 g)
(or a total of ¾ cup [150 g])

any berries
plums
peaches
nectarines
melon
mango
pitted cherries
pears
kiwi fruit
seedless grapes
pineapple
papaya flesh

1 small peeled and deseeded orange/
satsuma/mandarin/clementine

½ banana
beetroot
pomegranate
cucumber
avocado
carrots



Pick Your Greens

1 x ¾ cup (25 g)

spinach
lettuce
arugula
watercress
celery
wheatgrass



Next, the Herbs

to taste
mint
basil
parsley

lemon verbena

rosemary

fennel

1 lemongrass stalk

2 lime leaves



Then the Powders

1 teaspoon

maca

cacao

baobab

lucuma

bee pollen

spirulina



Add Seeds/Nuts/ Dried Fruits

1 tablespoon

chia seeds

flaxseeds

hemp seeds

sunflower seeds

pumpkin seeds

dates

goji berries

nuts

nut butters



Finally, Choose Your Extras

Flavors

¼ teaspoon

ground cinnamon

ground ginger

ground cardamom

ground turmeric

vanilla extract

grated citrus zest

1 teaspoon grated ginger/finely
chopped chili

1 tablespoon citrus juice
(lime, lemon, grapefruit)

Sweeteners

1 teaspoon

honey

date syrup

maple syrup

coconut sugar

Grain-Free Granola

MAKES about 8 portions

483 cals | 35 g fat | 12 g saturated fat | 13 g protein | 6.5 g fiber | 25 g carbs | 19 g sugars | 0.2 g salt

¾ cup (75 g) coconut flakes,
roughly chopped

¼ cup (50 g) dried bananas,
roughly chopped (optional)

¾ cup (100 g) nuts—a mixture
of any of the following: finely
chopped brazil nuts or
macadamia nuts, flaked
almonds

2 cups (225 g) seeds—a
mixture of any of the
following: pumpkin seeds,
sunflower seeds, flaxseeds,
chia seeds

¼ cup (25 g) cacao nibs
(optional)

½ teaspoon ground cinnamon

2 tablespoons maple syrup

1½ ounces (50 ml) coconut
oil, melted

1 egg white, beaten (optional)

1¾ cups (150 g) dried fruit—a
mixture of any of the
following: raisins, golden
raisins, dates, finely chopped
figs, apricots or mango,
pineapple, gooseberries,
mulberries, cranberries,
cherries, goji berries

This recipe will keep for a couple of weeks in an airtight container, so I often make a big batch of this and then have it on those days when I'm rushing out of the house early. There are no hard and fast rules about what to put in, so I've included some options below. I love the fact that you can get the crunchy, filling taste of granola without the grains, which can often leave me feeling bloated or uncomfortable.

Preheat the oven to 325°F and line a large baking tray with baking parchment.

In a large bowl, combine the coconut flakes, bananas (if using), nuts, seeds, cacao nibs (if using), and cinnamon. In a medium bowl, combine the maple syrup and the melted coconut oil and pour this over the granola mixture. Mix thoroughly. If using the egg white, whisk this until frothy and add to the contents of the bowl. Mix thoroughly again.

Spread the mixture over the lined baking tray, forming little clumps as you go. Bake for 20 to 25 minutes, turning halfway through and checking regularly to make sure it isn't sticking.

Leave to cool, then stir in the dried fruit. Store in an airtight jar.

TIP: I've included egg white here because it really helps the granola stick together and crisp, but it isn't essential. The addition of flaxseed helps, too, as it binds with the coconut oil and maple syrup.





Masala Omelet & Lassi



SERVES 2

313 cals | 21 g fat | 4.5 g saturated fat | 23.5 g protein | 4 g fiber | 6 g carbs | 5.5 g sugars | 1.3 g salt

For the omelet:

3½ cups (100 g) spinach,
fresh or frozen

1 tablespoon olive oil

4 spring onions, finely sliced

1 garlic clove, finely chopped

1 tablespoon (15 g) finely
chopped ginger

1 medium-hot chili, finely
chopped, plus extra for
garnish, or 1 teaspoon hot
sauce

2 tablespoons cilantro stems,
reserving the leaves for
garnish

¼ teaspoon ground turmeric

¼ teaspoon ground cinnamon

½ teaspoon ground cumin

4 eggs, beaten

Salt and black pepper

Cilantro and mint leaves for
garnish

For the salted lassi:

1½ cups (300 ml)
unsweetened plant-based
yogurt

½ cup (100 ml) water

2 ice cubes

Large pinch of salt

Large pinch of cumin seeds

This omelet is so easy to make and a great way to get some greens into your first meal of the day. I love spicy flavors, and this is one of my favorite weekend breakfasts—packed full of taste and goodness. The salty taste of the lassi is a great accompaniment.

For the omelet: If using fresh spinach, wash thoroughly and, while still wet, put into a small saucepan. Wilt over medium heat until it has completely collapsed, then drain thoroughly. If using frozen spinach, defrost and drain, squeezing out any excess water.

Heat the olive oil in an omelet pan. Add the spring onions, garlic, ginger, chili, and cilantro stems and cook for a few minutes until lightly colored and aromatic. Stir in the turmeric, cinnamon, and cumin and season with salt and black pepper. Add the spinach to the pan, making sure it is evenly spread.

Season the eggs with salt and pepper. Pour into the pan and stir, pulling the egg in from the sides to the middle a few times and swirling to continually cover the base of the pan. Leave to cook on a gentle heat until just set—you want it still very soft in the middle—then sprinkle with cilantro leaves. Fold over and cut in half. Garnish with the cilantro, mint leaves, and chili.

For the salted lassi: Put the yogurt, water, ice cubes, salt, and cumin seeds in a blender and blend until smooth and aerated. Pour into two large glasses.

LIGHT MEALS & SNACKS

Socca—Gram Flour Pancakes VN GF DF

MAKES 2 large pancakes (SERVES 2 hungry people, 4 for a very light snack)

465 cals | 22 g fat | 3 g saturated fat | 19 g protein | 11 g fiber | 43 g carbs | 3.5 g sugars | 2.2 g salt

For the pancake:

1 cup (150 g) chickpea (gram) flour

Salt and black pepper

½ teaspoon dried mint

Pinch of ground turmeric

Pinch of ground cinnamon

1 cup (250 ml) water

2 tablespoons olive oil, divided

2 tablespoons flat-leaf parsley, finely chopped

Flat-leaf parsley leaves for garnish

For the dip:

¼ cup (25 g) capers

¼ cup (50 g) strongly flavored olives, pitted and chopped

1 tablespoon Dijon mustard

1 tablespoon tomato purée

1 teaspoon red wine vinegar

Zest of ½ lemon

½ teaspoon chili flakes

1 small bunch of flat-leaf parsley, finely chopped

When cooking these pancakes, the aim is to get them crisp and very slightly charred. You can either serve them on the table whole, to be broken off, with a dip on the side or cut into wedges a bit like tortilla chips. I love Mediterranean flavors, so I have also included a recipe here for a delicious tapenade that I think goes perfectly alongside. These are a real weekend winner for me—they taste even better after a Sunday-morning run.

For the pancake: In a large bowl, add the flour and season with salt and black pepper. Add the dried mint, turmeric, and cinnamon and whisk until the flour is lump free and everything is well combined. Gradually add the water, whisking constantly, until you have a smooth batter.

Whisk in 1 tablespoon of the olive oil and the parsley and let stand for at least an hour. You can also prepare in advance and let rest overnight if necessary.

When you are ready to fry the socca, preheat the broiler to its highest setting. Heat a frying pan until it is too hot to hold your hand over for more than a few seconds. Brush half the remaining olive oil over the frying pan. Measure out half the batter and pour into the frying pan, swirling it to make sure it covers the entire base. When the underside of the batter has set and any liquid batter on top has thickened, transfer the pan to under the broiler. When the top side of the pancake looks crisp and charred in places, it is done.

Keep the pancake warm while you repeat the process with the remaining batter.

For the dip: Put the capers, olives, Dijon mustard, tomato purée, vinegar, lemon zest, chili flakes, and parsley in a food processor or blender and pulse until you have an herb-flecked paste. Taste and adjust for seasoning, adding more salt, black pepper, and vinegar as needed.

Sprinkle the pancakes with salt, more herbs, the dip, and some whole capers.



Tempura



SERVES 2 (generously as a light meal, 4 as a starter)

431 cals | 16 g fat | 2 g saturated fat | 8 g protein | 4 g fiber | 61.5 g carbs | 14 g sugars | 4 g salt

For the tempura:

Selection of vegetables
(1½ cups [400 g]): sliced
zucchini, carrots, squash,
eggplant, sweet potato,
whole or halved mushrooms,
halved young artichokes,
trimmed asparagus, trimmed
spring onions, slim wedges of
endives, small kale leaves,
sliced sprouting broccoli,
slices of avocado, padrón
peppers

A good combination would
be: ¾ cup (100 g) asparagus
tips; 1 small zucchini or
equivalent in other squash,
sliced thinly; 6 trimmed
spring onions; 2 Little Gem
lettuces, cut into wedges

If you prefer a fish or seafood
option: use prawns; calamari
slices; or white fish, cut into
strips (2 cups [500 g])

For the dipping sauce:

3 tablespoons soy sauce or
tamari

2 tablespoons mirin or similar
rice wine

1 tablespoon yuzu juice

1 tablespoon clementine juice

1 teaspoon grated ginger

Pinch of chili flakes

For the batter:

½ cup (50 g) brown rice flour

½ cup (50 g) cornstarch

½ teaspoon baking powder

Large pinch of salt

1 egg yolk

3 ounces (80 ml) chilled
sparkling water

To fry:

4 cups (1 liter) oil (use light
olive, canola, or rice-bran oil)

To serve:

Sprinkling of sesame seeds
(optional)

Just about anything goes when it comes to what to tempura—the trick is to think about how dense things are and how long they are likely to take to cook when deciding how to cut them up. Hard vegetables like carrots are best sliced thinly, whereas asparagus can be left whole. It's a great way to use up leftover vegetables you have in the fridge. This is a really light batter—even lighter than a regular tempura as it is gluten free. It works really nicely with fish and seafood as well, especially prawns and calamari. For me, this is the perfect grab-and-chat food for when friends come round.

For the tempura: Prep all the vegetables and make sure they are dry.

For the dipping sauce: Mix together the soy sauce, mirin, yuzu juice, clementine juice, ginger, and chili flakes. Taste and adjust to suit you.

For the batter: In a medium bowl, combine rice flour, cornstarch, baking powder, and a large pinch of salt. Whisk in the egg yolk. Have the water ready to add just before frying.

To fry: Heat the oil in a saucepan, wok, or deep-fat fryer, making sure it isn't more than half-filled. When it is hot (it should be around 350°F), finish making the batter by whisking the water into the flour, keeping the mixing to a minimum. A couple of figure-eight motions with your whisk should be enough. You want the batter slightly lumpy.

Dip the vegetables and fish or seafood a few at a time into the batter, gently shaking off any excess. Drop into the oil, being careful not to overcrowd the pan as this will make the temperature of the oil drop and could lead to soggy tempura. The tempura should immediately float. Cook until the underside is a golden brown, then flip. When they are lightly but evenly colored, remove with a slotted spoon and drain on paper towels.

To serve: Serve sprinkled with sesame seeds (if you like) and the dipping sauce alongside.



Harissa Grilled Sardines

SERVES 2

431 cals | 25 g fat | 5 g saturated fat | 43 g protein | 4 g fiber | 8 g carbs | 7 g sugars | 1.4 g salt

For the harissa paste:

1 red pepper, whole
4 red chilies, whole
4 garlic cloves, whole and unpeeled
1 teaspoon cumin seeds
½ teaspoon coriander seeds
½ teaspoon caraway seeds
¼ teaspoon ground cinnamon
1 tablespoon olive oil
Zest and juice of ½ lemon
Salt and black pepper to taste
Chili flakes to taste

For the sardines:

8 small sardines, filleted
1 tablespoon harissa paste
1 tablespoon olive oil

For the tabbouleh:

Small bunches of flat-leaf parsley and dill
1 small cooked beetroot, very finely diced
½ zucchini, finely diced
½ red onion, finely diced
¼ cucumber, deseeded and finely diced
Zest and juice of 1 lemon
½ teaspoon fresh or dried mint
Salt and black pepper, to taste
1 tablespoon olive oil
Sprinkling of sumac

This is a great lunch or light dinner. The saltiness of the sardines works beautifully with the mix of flavors in the grain-free tabbouleh. It would also be delicious with some seasoned, wilted greens. You can never have too many greens! This recipe also works really nicely with mackerel fillets. Use four fillets of mackerel for two people (rather than the eight sardines)—the cooking time will be around a minute longer.

I've included a recipe for the harissa paste, as I think this is the perfect accompaniment, but a shop-bought one can be substituted. You can also make a simpler version by just blending together some ready-roasted peppers, chilies, and garlic.

For the harissa paste: Heat a frying pan until it is too hot to hold your hand over. Add the red pepper, chilies, and garlic—all left whole. Grill, turning regularly, until the skins of the chilies and pepper are blistering and blackening. Remove from the pan and put in a bowl. Cover with a plate and leave to steam and cool. Once cool enough to handle, remove most of the skin and seeds from the peppers and chilies and squeeze the flesh from the garlic.

Lightly toast the cumin seeds, coriander seeds, caraway seeds, and cinnamon in a dry frying pan, then grind to a powder with a pestle and mortar or small food processor. Put the pepper, chilies, garlic, toasted powder, olive oil, lemon zest, and lemon juice into a food processor or blender and pulse until you have a thick red paste. Season with salt and black pepper. Taste and add chili flakes if you want it hotter.

For the sardines: Slash the skin sides of the fillets. Mix 1 tablespoon of the harissa paste with the olive oil and rub into the sardine fillets. Leave to marinate, covered, for at least 30 minutes.

Heat a flat griddle pan or frying pan until it is too hot to hold your hand over. Wipe off any marinade from the sardines and brush with olive oil. Fry for 3 to 4 minutes until you can see that the skin is crisp and the flesh has just about cooked through, then flip over and cook for 30 to 60 seconds on the flesh side.

Serve with the tabbouleh and a squeeze of lemon juice.

For the tabbouleh: Chop the parsley and dill as finely as you can, then mix with the beetroot, zucchini, onion, cucumber, lemon zest, and mint. Season with salt and pepper. Whisk the olive oil and lemon juice together and drizzle over the vegetables just before serving. Sprinkle with the sumac.





Poke Bowl

MAKES 2 bowls

489 cals | 27 g fat | 5.5 g saturated fat | 27 g protein | 11 g fiber | 28 g carbs | 9 g sugars | 2.7 g salt

For the dressing:

2 tablespoons soy sauce or tamari
1 tablespoon rice vinegar
1 tablespoon mirin
1 tablespoon yuzu or grapefruit juice
1 teaspoon sesame oil
1 teaspoon wasabi paste
3 to 4 pieces of sushi ginger, finely sliced
Salt to taste

For the bowl:

1½ cups (100 g) kale, shredded and blanched until tender, then well drained
Salt and black pepper
5½ ounces (150 g) sushi-grade fresh fish fillet, very well chilled
½ cup (100 g) cooked brown rice
2¾ cups (200 g) sprouting broccoli, blanched and thinly sliced
6 radishes, finely sliced
1 avocado, sliced

Garnish:

Small piece of nori, shredded (or 2 tablespoons seaweed salad)
2 spring onions, finely chopped
Few snips of cress or other micro leaves
Sprinkling of black sesame seeds
Dash of hot sauce (optional)

This delicious bowl is packed full of goodness and flavor—it's one of my favorite light meals. The protein from the fish is perfect if you're training and the fiber from the vegetables will keep you full for hours. Any fish can be used for this as long as it is sushi/sashimi grade and has been flash frozen. Oily fish tend to work best, but it's also good with a white fish such as sea bass or red fish. Or a vegan version can be made with diced silken tofu.

For the dressing: Whisk together the soy sauce, vinegar, mirin, yuzu juice, sesame oil, wasabi paste, and ginger. Season with salt.

To assemble the bowls: Divide the kale between two bowls, season well with salt and black pepper, then drizzle over a little of the dressing. Arrange the fish, brown rice, broccoli, radishes, and avocado on top in separate piles and add more of the dressing. Garnish with the nori, spring onions, micro leaves, and sesame seeds. Serve with a few dashes of hot sauce if you would like extra heat.

SALADS & SOUPS

Shrimp, Avocado & Quinoa Salad

SERVES 2

457 cals | 30 g fat | 5.5 g saturated fat | 17 g protein | 7 g fiber | 26 g carbs | 10 g sugars | 1.1 g salt

For the shrimp:

1 jalapeño, roughly chopped
1 garlic clove
Zest of 2 limes
1 tablespoon olive oil
Salt and black pepper
1½ cups (150 g) raw peeled shrimp or prawns

For the salad:

½ cup (100 g) cooked quinoa (see Tip)—a mixture of black, red, and white is good
2½ cups (75 g) baby spinach leaves
2½ cups (75 g) watercress sprigs
Juice of 1 lime
Pinch of salt
1 avocado, peeled and sliced
½ small mango, peeled and diced (optional)

For the dressing:

1 tablespoon olive oil
Juice of 1 lime
1 teaspoon chipotle paste
¼ teaspoon honey
Salt and black pepper

Garnish:

4 spring onions, shredded
Handful of cilantro or mint leaves (or both)

This is a lovely summer salad—lots of great colors, flavors, and textures. The mango in this is optional (as I know fruit in salad is a bit Marmite), but it works really well with the heat and pepper of the chili and watercress. You need to marinate the shrimp for at least an hour to get the best flavor, but it's totally worth it—and then it's really quick to pull it all together. It's fine to use ready-cooked quinoa if you prefer, but it's cheaper and tastier to cook your own!

For the shrimp: Combine the jalapeño, garlic, lime zest, oil, and plenty of salt and black pepper in a small food processor or blender. Pulse to a fine paste. Put the shrimp in a small bowl and cover with the paste. Cover the bowl and leave for at least an hour.

To cook the shrimp, heat a griddle pan until hot. Brush off any excess paste and grill the shrimp until pink, opaque, and very lightly charred.

To assemble the salad: Arrange the quinoa over two plates and top with the spinach and watercress. Put the lime juice in a bowl with a generous pinch of salt and drop in the avocado slices. Toss to coat with the lime juice, then add these to the salad, along with the diced mango, if using.

For the dressing: Whisk together the oil, lime juice, chipotle paste, and honey and season with salt and black pepper. Thin with a little water if too thick, then drizzle over the salad. Top with the shrimp, the spring onions, and the cilantro or mint.



TIP: To cook the quinoa, put it in a sieve and run it under cold water for at least 30 seconds to remove the bitter outer coating. Transfer to a bowl of cold water and leave to soak for 5 minutes. Drain and put in a saucepan with 1 teaspoon coconut or olive oil. Fry until it is quite dry and smells nutty, then add 5 ounces (150 ml) water or vegetable stock. Season with salt and bring to a boil. Turn down the heat and cover. Cook for 12 minutes, then remove from the heat and leave covered for at least another 5 minutes—it will continue to steam in the residual heat. Fluff with a fork.

NOTE: Around 3 tablespoons (30 g) of uncooked quinoa will yield $\frac{1}{2}$ cup (100 g) cooked, but it seems odd to cook that amount as it's so small. However, it does keep well in the fridge for a week and can also be frozen.

Roast Red Cabbage Salad

SERVES 2

779 cals | 49 g fat | 8 g saturated fat | 36 g protein | 16 g fiber | 40 g carbs | 16 g sugars | 1.6 g salt

½ small red cabbage, cut into slim wedges

2 small heads endive, cut into wedges

1 tablespoon olive oil

Salt and black pepper

⅓ cup (75 g) greens—beetroot and mustard are good

½ cup (100 g) Puy lentils, cooked

1 pear, sliced into wedges

2 small smoked mackerel fillets, skinned and roughly torn (optional)

Garnish:

1 tablespoon pumpkin seeds, or 2 tablespoon walnuts, hazelnuts, or pecans

Thyme leaves

Handful of flat-leaf parsley leaves

For the dressing:

2 tablespoons olive oil or nut oil (walnut or hazelnut)

2 teaspoons whole grain mustard

½ teaspoon honey (optional)

1 tablespoon sherry or red wine vinegar

1 tablespoon orange juice

Salt and black pepper

Red cabbage isn't just for roast dinners! I think it's a great vegetable—it's packed full of vitamin C, making it a brilliant immune booster. It's also low in calories and fat, but high in fiber. You can eat it raw, sautéed, pickled, but I love the sweetness you get when it's roasted like this. The flavor combinations in this salad work so well with one another and it's easy to throw together too.

Preheat the oven to 400°F. Arrange the cabbage and endive on a roasting pan, making sure they have plenty of space around them. Drizzle with the olive oil and season with salt and black pepper. Roast for 30 to 35 minutes, turning over once, until tender at the core and slightly crisp and brown around the edges. Leave to cool to room temperature.

Arrange the roasted cabbage and endive on two salad plates with the greens, lentils, sliced pear, and mackerel fillets, if using. Drizzle with the dressing and garnish with the pumpkin seeds or nuts, thyme, and parsley.

For the dressing: Whisk together the oil, mustard, honey, vinegar, and juice and season with salt and black pepper.





Glass Noodle Salad

SERVES 2

328 cals | 11 g fat | 2 g saturated fat | 12 g protein | 8 g fiber | 42 g carbs | 14 g sugars | 2.2 g salt

1½ cups (75 g) dried glass noodles

1 carrot, julienned

½ red pepper, very finely sliced

½ cup (100 g) runner or flat beans, trimmed and finely shredded

2 Little Gem lettuces, shredded

6 radishes, finely sliced

4 spring onions, finely sliced on the diagonal

Small bunch of mint

Small bunch of Thai basil

2 pitted dates, very finely chopped

1 tablespoon pumpkin seeds for garnish

1 teaspoon black sesame seeds for garnish

For the dressing:

1 tablespoon nut butter (any sort: peanut butter is traditional, or cashew nut would be good)

½ teaspoon honey or palm sugar

1 tablespoon (15 g) grated ginger

1 garlic clove, crushed or grated

1 tablespoon fish sauce or soy sauce

Juice and zest of 1 lime

½ teaspoon hot sauce

½ teaspoon sesame oil

Salt and black pepper

This is another big favorite for me—I like to make it with glass noodles (either sweet potato or mung bean), but it works with any vermicelli or fine noodles. Cut the vegetables into long, thin strips, so they mirror and work alongside the noodles. It's a great dish to do when you have people over as you can just put a big bowl in the middle of the table and let everyone help themselves.

Cook the glass noodles according to the package instructions. This will normally be a case of soaking them until pliable, then plunging them into boiling water for 2 to 3 minutes. The texture shouldn't be too soft—they should be slightly chewy. Run under cold water until cool, then drain thoroughly.

Put the noodles in a bowl with the carrot, pepper, beans, lettuce, radishes, and onions. Reserve a few small mint and basil leaves for garnish and shred the rest. Add these to the salad and stir in the dates. Drizzle with the dressing and mix thoroughly. Divide between two bowls and sprinkle with the pumpkin seeds, sesame seeds, and reserved mint and basil.

For the dressing: Whisk together the nut butter, sugar, ginger, garlic, fish sauce, lime juice, lime zest, hot sauce, and sesame oil until smooth. Season with salt and black pepper.

Lentil & Greens Soup



SERVES 4

315 cals | 8 g fat | 1.5 g saturated fat | 19 g protein | 12 g fiber | 37 g carbs | 7.5 g sugars | 0.7 g salt

2 tablespoons olive oil
1 large onion, finely chopped
1 stick celery, finely chopped
1 carrot, finely chopped (optional)
3 garlic cloves, crushed or grated
1 teaspoon dried thyme or 1 large sprig of thyme
1 tablespoon tomato purée
1¼ cups (250 g) brown lentils
4 to 6 cups (1 to 1.5 liters) vegetable stock
Salt and black pepper
10 cups (300 g) spinach (fresh or frozen), Swiss chard, or any type of kale, shredded
Juice of ½ to 1 lemon, according to taste

Garnish:

3 to 4 parsley or mint leaves, shredded

TIP: Herb garnish—flat-leaf parsley will enhance the savoriness of the soup; the mint lifts it and gives it a fresher edge. Use either or both.

Nothing beats a delicious, warming soup when you need a bit of a boost. This is a great rich savory one and an all-round good blueprint recipe—if you want a bit more flavor, add some ginger and spices along with the garlic; if you fancy it more like a dal, just add a bit less water. It freezes well, too, so I tend to cook a big batch at a time.

Heat the olive oil in a large saucepan. Add the onion, celery, and carrot and sauté gently until soft and translucent. Add the garlic and thyme and cook for a further couple of minutes. Add the tomato purée and stir until it starts to separate and has a rich aroma.

Add the lentils and stir to coat, then pour in 4 cups (1 liter) of the stock. Season generously with salt and black pepper (lentils like a lot of salt), then bring to a boil. Turn down the heat and partially cover, then leave to simmer until the lentils are tender—this will take up to 45 minutes.

Add the greens, pushing them into the liquid with a wooden spoon until they are all immersed, then cook until completely tender—this will take no time at all for the spinach, slightly longer for the chard or kale. Check liquid levels—add more stock at this stage if you think it needs it.

Taste and adjust the seasoning, then add plenty of lemon juice. Remove the thyme sprig if used, then leave it chunky if you like, or—and this is easier to eat—blend very briefly with a stick blender so that the greens are broken up but the soup still has plenty of texture.

Serve with a sprinkling of parsley and/or mint.



SPEED IT UP: Use red lentils instead, which will cook in 20 minutes. These will break down more than the brown so will give the soup a smoother texture.

SPICE IT UP: Add 1 tablespoon (15 g) grated ginger and 2 tablespoons cilantro stems with the garlic, along with your favorite spice/curry mix OR 1 teaspoon ground turmeric, 1 teaspoon cayenne, 1 teaspoon ground cumin, 1 teaspoon ground coriander, ½ teaspoon ground cinnamon, ½ teaspoon ground cardamom. Garnish with cilantro or mint in place of the parsley.

Fish Chowder

SERVES 2 generously

583 cals | 19 g fat | 3 g saturated fat | 70 g protein | 15 g fiber | 28 g carbs | 15 g sugars | 2.9 g salt

2 tablespoons olive oil
1 onion, diced
2 leeks, whites only, sliced
 $\frac{3}{4}$ cup (150 g) cauliflower, cut into small pieces
 $\frac{3}{4}$ cup (150 g) celeriac, peeled and diced
2 garlic cloves, finely chopped
Bouquet garni of 2 bay leaves and 2 sprigs of flat-leaf parsley
Salt and black pepper
 $1\frac{3}{4}$ cups (400 ml) fish or vegetable stock
 $\frac{3}{4}$ cup plus $1\frac{1}{2}$ tablespoons (200 ml) plant-based milk (e.g., soy)
 $\frac{3}{4}$ cup (200 g) sweet corn (frozen is best)
8 ounces (250 g) white fish fillets (e.g., cod or haddock), cut into chunks
8 ounces (250 g) smoked haddock, preferably undyed, cut into chunks
1 cup (100 g) North Atlantic peeled prawns
Small bunch of dill or chervil, fronds torn
Dash of hot sauce for garnish (optional)

This super simple fish chowder is the perfect comfort food. For this healthy twist on a classic dish you can use pretty much any firm white fish you have. To make it really luxurious, replace $3\frac{1}{2}$ tablespoons (50 ml) of the plant-based milk with plant-based double cream—but add this at the end, at the same time as the prawns.

Heat the olive oil in a large saucepan. Add the onion, leeks, cauliflower, celeriac, garlic, and the bouquet garni. Stir to coat with the oil and sauté very gently for 5 minutes, then add a splash of water, cover, and leave to braise until the vegetables are completely tender. Mash very lightly once or twice with the back of a wooden spoon, just to break up some of the cauliflower and celeriac.

Season with salt and black pepper, then pour in the stock and milk. Add the sweet corn. Bring almost to a boil, then, keeping the heat on low, add the white fish and smoked haddock. Allow it to poach very gently (if you do this on too high heat, the fish will become tough) until it has turned opaque and just cooked through, then stir in the prawns and most of the herbs.

Remove the bouquet garni, then ladle into soup bowls. Serve with a garnish of dill or chervil and a dash of hot sauce for a little extra heat, if you like.





Cabbage & Kimchi Soup GF DF

SERVES 2

(easily doubled and leaves plenty of kimchi left over, but the kimchi will keep indefinitely in the fridge)

238 cals | 7 g fat | 0 g saturated fat | 6.5 g protein | 8.5 g fiber | 33 g carbs | 25 g sugars | 5.8 g salt

1 tablespoon olive or canola oil

1 small onion, finely chopped

1¼ tablespoons dried shiitake mushrooms, soaked in warm water

¾ cup (150 g) cabbage—savoy/green pointed/napoli, finely shredded into 1-inch lengths

2 tablespoons miso paste

2½ cups (600 ml) freshly boiled water

Salt and black pepper

1 tablespoon soy sauce

¾ cup (150 g) kimchi, finely chopped (include some of the liquid)

Gochugang paste (Korean chili paste), to taste

Few drops of sesame oil

Few sprigs of cilantro, finely chopped (optional)

2 eggs, poached (optional)

Block of silken tofu, diced (optional)

This is a really wholesome cabbage soup. So good for you and so tasty too. The fermented kimchi vegetables give the broth a deep, rich flavor. You can use shop-bought kimchi, but it's easy to make so I've included a quick recipe for this as well (see page 76).

Heat the oil in a saucepan and add the onion. Fry on quite a high heat—you want it to lightly caramelize rather than soften. Drain the mushrooms, reserving the soaking liquid, then add them to the onion along with the cabbage. Sauté for another 3 to 4 minutes.

Whisk the miso paste into the boiled water and pour over the cabbage. Season with salt and black pepper and the soy sauce. Bring to a boil, then turn down, cover, and simmer until the cabbage is very tender, around 10 minutes. Add the kimchi and continue to simmer for another 5 minutes.

Taste again for seasoning, heat, and sweetness. Add the gochugang paste to taste and stir to dissolve.

Serve ladled into bowls with a few drops of sesame oil and some finely chopped cilantro, if you like.

To make this more substantial, add protein in the form of a poached egg or tofu. For the egg, you can either break it straight into the soup and leave to simmer until the whites are just cooked through, or cook it separately. To do this, bring a saucepan of water to a boil and add 1 tablespoon white vinegar. Stir the water to make a whirlpool and crack an egg into the center—the whites will form round the yolk. Leave to simmer until you can see the whites are just cooked through, then remove with a slotted spoon and drain before dropping into the soup.

If using tofu, simply add to the soup when serving, allowing it to heat through in the broth.

A Simple Kimchi

1 head Chinese cabbage
1 tablespoon sea salt
Spring or filtered water, for rinsing

For the paste:

4 garlic cloves, crushed
1 tablespoon (15 g) ginger, grated
2 tablespoons fish sauce
1 teaspoon palm sugar
1 to 3 teaspoons Kashmiri chili powder or chili flakes, to taste

Optional extras:

Bunch of spring onions, sliced
1 large carrot, shredded
1 mooli or a few radishes, shredded
Cilantro sprigs
Micro herbs

The kimchi can be used immediately, but it's better left overnight or (even better) for two days before refrigerating and using. You don't have to use Chinese cabbage—you can use the equivalent volume in savoy cabbage, kale, spring greens, or sprouts. Spring/filtered water is best for rinsing because the chlorine in tap water can inhibit fermentation.

Prepare the cabbage by cutting it into quarters lengthwise and cutting into thick strips. Put in a bowl and sprinkle with the salt. Massage the salt into the cabbage until the leaves start to look wilted. Cover with a plate and weigh down with a couple of cans and let stand for an hour or so, until you can see that the cabbage is sitting in a pool of water. Drain off the water, then rinse thoroughly with spring or filtered water. Taste and, if it is still very salty, rinse once more and drain thoroughly.

For the paste, mix together the garlic, ginger, fish sauce, sugar, and chili powder. Add any of the optional vegetables to the cabbage, add the paste, and mix thoroughly. Pack into a sterilized jar, making sure there are no air bubbles to be seen, then seal and leave overnight. The next day, unseal to release any gases and leave for another 24 hours. At this point the kimchi should be fermenting and can be transferred to the fridge. It will continue to ferment slowly in the fridge and will keep indefinitely.



Thai Vegetable Soup

SERVES 2 generously

316 cals | 19 g fat | 15 g saturated fat | 1 g protein | 10 g fiber | 20 g carbs | 14 g sugars | 3.6 g salt

For the paste:

2 shallots or 1 small onion,
peeled and finely chopped
2 to 4 bird's-eye red chilies
(depending on how hot you
like it), chopped
4 garlic cloves, roughly
chopped
1¾ tablespoons (25 g) ginger,
roughly chopped
2 teaspoons (10 g) turmeric,
roughly chopped, or
½ teaspoon ground turmeric
2 lemongrass stalks, roughly
chopped
Zest of 1 lime
6 lime leaves

For the broth:

2 cups (500 ml) vegetable
stock
¾ cup plus 1½ tablespoons
(200 ml) coconut milk
1 to 2 tablespoons fish sauce
Juice of 1 lime
½ teaspoon palm or coconut
sugar (optional)

For the vegetables:

1 carrot, cut into thin slices
½ red pepper, sliced
lengthwise
6 baby corn, cut into chunks
1 zucchini, cut into ribbons
6 sprouting broccoli spears or
8 asparagus tips, halved
lengthwise
Handful of bean sprouts
4 spring onions, cut in half
lengthwise and finely
shredded

Optional extras:

1 (8-ounce) (200 to 250 g)
block of silken tofu, drained
and diced
¾ cup (150 g) prawns, cooked
½ cup (100 g) brown or wild
rice, cooked

Garnish:

Small bunches of Thai basil
and/or cilantro and mint
Chili oil
Lime wedges

I'm a big fan of spice—especially these delicious Thai flavors. I love this at the end of the day when I've had a busy week with work. It's similar in style to a light and lean Tom Yum soup. The recipe below makes more paste than you need for two portions of soup, but it will store in the fridge for a week, or freezes well, too, so is worth doing. Alternatively, a shop-bought Thai red-curry paste can be used. As for vegetables, anything goes, especially whatever is in season—you could use cabbage, kale, bok choy, squash or pumpkin, mooli, or pea eggplant.

For the paste, combine shallots, chilies, garlic, ginger, turmeric, lemongrass, lime zest, and lime leaves in a small food processor or blender and pulse, pushing down the sides regularly until it forms a paste. The texture won't be completely smooth, but you don't want it very coarse either—try to make sure everything is finely chopped. You might find adding a tablespoon or two of water will help.

To make the broth, in a saucepan, combine the vegetable stock and coconut milk. Add half the paste and bring to

a boil. Turn down to a simmer and add 1 tablespoon of the fish sauce and the lime juice and sugar, if using. Stir to combine and add the carrot, red pepper, and baby corn. Bring to a boil, then turn down and simmer for 5 minutes. Add the zucchini and broccoli spears or asparagus tips. Simmer until all the vegetables are tender, then add the bean sprouts and spring onions.

Taste for seasoning and add more of the paste, fish sauce, or salt if necessary. Add any of the optional extras—tofu, prawns, or rice—then garnish with the basil, cilantro, or mint. Serve with chili oil on the side and lime wedges for squeezing.



MAINS

Stir-Fries



Serves 2

Carb element:

Noodles or rice (my suggestions can be found on the following pages)

Sauce:

2 tablespoons soy sauce, tamari, or fish sauce, as a base

Plus any sauces from the selection overleaf

Choose at least one from each of these categories (if you're stuck for ideas, you'll find a delicious selection overleaf):

Protein (optional)

Aromatics—all finely chopped or grated

Vegetables—all sliced uniformly

Tender greens—all shredded/thinly sliced

Additional low/no-cook vegetables that just need heating through

Oil:

2 tablespoons vegetable or peanut oil

Garnishes:

Any of the garnishes listed on the overleaf

Stir-fries are my go-to midweek dinners—easy, quick, and delicious. I try to use lots of fresh vegetables, aromatics, and spices rather than processed sauces, as they tend to have a long list of ingredients and additives, including tons of sugar. Use as many components as you like from the lists that follow—there are so many tasty variations. Turn the page for some of my favorite options.

My top tip is to make sure everything is prepped and ready to go before you start cooking.

First, cook any carbohydrates you might want to add—cook noodles or rice according to the package instructions and leave to cool. Toss noodles in a little sesame oil to stop them from sticking.

Make a sauce. Soy, fish sauce, or tamari are good bases, then add in any of the other flavors from the list on the following pages and set aside.

Make sure any vegetables and garnishes are prepped and ready to add when you need them.

If adding protein, add seasoning and lightly dust in cornstarch before cooking. Heat 1 tablespoon oil in a wok. When the air is shimmering above the oil, add the protein and stir-fry until crisp and lightly browned, then remove. If using egg, use just 1 teaspoon oil, add the egg, and let it coat the base of the wok. When it is just set, break it up into strips and remove.

Wipe out the wok and add the remaining oil. Add any aromatics—garlic, ginger, etc.—and stir-fry for 1 minute, followed by at least three of the firmer vegetables. Stir-fry these for another couple of minutes, then add at least one green. Continue stir-frying for 2 to 3 minutes, then pour

in the sauce. Simmer for another 2 to 3 minutes, then add at least one from the final group of vegetables. Return any protein to the wok and add any carbohydrates.

Add any garnishes and divide between two bowls.

Low-Carb Stir-Fry: Cook prawns or extra-firm tofu as above. Add ginger, garlic, lemon-grass, and lime leaves, then shallots, baby corn, asparagus, sprouting broccoli, and bean sprouts. Make a sauce using fish sauce, lime juice, and hot sauce. Add back the prawns or tofu and garnish with spring onions, pumpkin seeds, cilantro, mint, or Thai basil.

Brown Rice Stir-Fry: Cook 1 egg as above. Fry ginger and garlic, then carrot, red pepper, hispi cabbage, and peas. Make a sauce from soy sauce, rice vinegar, rice wine, and Chinese five spice. Add ½ cup (100 g) cooked brown rice, garnish with cilantro, sesame oil, and seeds.

Make Your Own Stir-Fry

Choose Your Carb

1 cup (75 g) uncooked glass noodles
or soba (buckwheat) noodles

½ cup (100 g) cooked brown rice



Choose Your Sauce Flavorings

Add any of:

1 tablespoon rice wine, mirin,
or Shaoxing wine

1 tablespoon rice wine vinegar
or citrus juice (yuzu, lime,
lemon, mandarin)

1 teaspoon hot sauce or
gochugang paste

1 teaspoon curry powder
or ½ teaspoon
Chinese five spice powder

½ teaspoon palm or coconut sugar



Pick Your Protein

Lightly coated in
cornstarch or rice flour:

¾ cup (150 g) prawns, fish strips,
squid, extra-firm tofu, or tempeh

Or

2 tablespoons nuts (cashew or
peanuts) or 1 egg, beaten



The Aromatics

All finely chopped or grated:

1 tablespoon (15 g) ginger

2 garlic cloves

1 lemongrass stalk

2 lime leaves

1 teaspoon (5 g) turmeric

2 tablespoon kimchi
(see page 76)

1 tablespoon fermented black beans

The Vegetables

Firmer veg—
at least three of the following,
all sliced uniformly:

2 shallots or
1 small red/white onion

1 pepper

½ cup (100 g) baby corn

1 large carrot

6 radishes

½ cup (100 g) mushrooms

2 cups (150 g) cauliflower florets,
broccoli florets, Romanesco or
sprouting broccoli

½ cup (100 g) green beans,
asparagus,
snow peas, or sugar snap peas

2 cups (150 g) any type of
cabbage, Brussels sprouts, or
spring greens

Tender greens—
at least one of the following,
all shredded/thinly sliced:

½ cup (100 g) spinach

2¾ cups (200 g) kale
or chard leaves

2¾ cups (200 g) bok choy
or similar, or zucchini

Low- or no-cook vegetables
that just need heating through—
choose at least one:

¼ cup (50 g) peas, sweet corn,
bean sprouts, or bamboo shoots

¼ cup (50 g) water chestnuts,
sliced



Finally, Choose Your Garnish

Any of the below:

2 spring onions,
either cut into rounds or halved
lengthwise and shredded

Handfuls of cilantro, mint, Thai basil

Sesame oil and/or
1 teaspoon sesame seeds

1 tablespoon pumpkin seeds

Fish Tacos

SERVES 2

781 cals | 28 g fat | 5 g saturated fat | 42 g protein | 14 g fiber | 83 g carbs | 12 g sugars | 2 g salt

For the spice mix:

1 teaspoon ground cumin
½ teaspoon dried oregano
½ teaspoon garlic powder
¼ teaspoon ground cinnamon
¼ teaspoon allspice
Salt to taste

For the fish:

All but ½ teaspoon of the
spice mix
1 tablespoon olive oil
1 teaspoon chipotle paste
Zest of 1 lime
2 skinned fillets of fish, cut
into cubes

For the black bean and orange salsa:

1 orange
½ red onion, finely sliced
Salt
Juice of 1 lime
1½ cups (100 g) black beans,
rinsed
1 garlic clove, finely chopped
1 jalapeño, finely chopped
½ teaspoon of the spice mix
1 teaspoon red wine vinegar
Small bunch of cilantro

For the avocado:

Juice of 1 lime
Large pinch of salt
1 avocado, diced

To serve:

6 to 8 small corn tortillas,
depending on how hungry
you are

2 spring onions, halved and
shredded lengthwise
1 Little Gem lettuce or similar,
shredded
Few sprigs of cilantro
Lime wedges

There are lots of components to this recipe, but it is quick and easy to assemble—and it never fails to impress my friends. I love the zestiness of the lime with the fish. The key to success with the salsa is to chop everything as finely as you can.

For the spice mix: In a small bowl, combine cumin, oregano, garlic powder, cinnamon, allspice, and salt. Reserve ½ teaspoon.

For the fish: To the bowl containing the spice mix, add the olive oil, chipotle paste, and lime zest, and add a little water. Add the fish and toss very gently (you don't want it to break up) until completely coated. Cover and leave to marinate in the fridge for at least an hour.

For the salsa: Prepare the orange by topping and tailing it, cutting away the pith, and dicing the flesh (see tip). Place the orange into a bowl and squeeze any juice from the discarded orange peel over it. In a separate bowl, add the red onion and sprinkle with salt. Add the lime juice and let stand for 30 minutes. To the orange, add the beans, garlic, jalapeño, ½ teaspoon of the spice mix, vinegar, and cilantro. Add the onion mixture just before serving. It should be a bright pink.

For the avocado: Put the lime juice in a small bowl with a large pinch of salt and add the avocado. Mash until smooth.

When you are ready to assemble, heat up the tortillas. Do this by warming a dry frying pan over a medium heat. Heat the tortillas one by one—they should just need around 15 seconds on each side. Keep them warm by wrapping in a tea towel.

To fry the fish, heat 1 tablespoon olive oil in a frying pan. Fry the pieces of fish until cooked through and browned on all sides.

To serve, arrange everything on the table for self-assembly.

TIP: *How to segment an orange.* Top and tail, then, following along the curve of the orange, cut away the skin and outer membrane. Trim off any remaining pith. Holding the orange in your hand over a bowl to catch any juice, cut the segments out as close to the membrane as you can. Squeeze juice from the membrane before discarding. You can use the juice in a salad dressing.



Roast Vegetable & Fish Traybake GF DF

SERVES 2

655 cal | 32 g fat | 5.5 g saturated fat | 40 g protein | 16.5 g fiber | 36 g carbs | 12 g sugars | 1.4 g salt

1 red onion, cut into wedges
1 red or green pepper,
deseeded and cut into thick
strips
1 zucchini, cut into ½-inch (1
cm) slices on the diagonal
1 fennel bulb, trimmed and
cut into wedges (optional)
2 tablespoons olive oil
1 teaspoon dried thyme or
oregano
Salt and black pepper
½ cup (100 ml) white wine or
water
1 (15-ounce) can (400 g)
cannellini beans, drained
(optional)
8 cherry tomatoes

For the fish:

2 skinned fish fillets (sea bass,
bream, or thicker fillets of
cod/similar)
Salt and black pepper
¼ cup (25 g) pitted olives
¼ cup (25 g) capers
Zest of 1 lemon
Handful of basil leaves
3 tablespoons (15 g) nibbed
pistachios or flaked almonds
3 slices of lemon

Garnish:

Basil leaves or parsley
Lemon wedges

This is my take on a Sunday roast, although it's so easy to make you can also have it midweek when you get home from work—it all cooks in one roasting pan, too, so it leaves you with a lot less washing up! I make this with all sorts of different vegetables, so it's a great dish for using up leftovers as well. Don't scrimp on the herbs—these make all the difference.

Preheat the oven to 400°F. Put the onion, pepper, zucchini, and fennel in a large roasting pan and drizzle with the olive oil. Sprinkle with the thyme or oregano and season with salt and black pepper. Roast in the oven for 35 to 40 minutes, stirring halfway through, until the vegetables are tender and slightly browned around the edges.

While the vegetables are roasting, prepare the fish. Season the fillets with salt and black pepper. Put the olives, capers, lemon zest, basil leaves, and pistachios or almonds into a food processor or blender and pulse until you have a coarse paste. Spread the paste over one side of the fish fillets. Top each with a slice of lemon.

Remove the roasting pan from the oven. Pour the wine or water around the vegetables and add the cannellini beans, if using, and cherry tomatoes.

Arrange the fish fillets over the vegetables and roast for another 10 to 15 minutes, depending on how thick the fish is.

Remove from the oven and divide between two warmed plates. Sprinkle with some roughly torn basil leaves and serve with lemon wedges.



Eggplant Balls with Tomato Sauce VN GF DF

SERVES 2

420 cals | 23 g fat | 3 g saturated fat | 9 g protein | 10.5 g fiber | 30 g carbs | 15 g sugars | 0.6 g salt

For the eggplant balls:

2 tablespoons olive oil, plus extra for brushing

1 small onion, finely chopped

1 large eggplant (about 1¼ cups [300 g]), finely diced

2 garlic cloves, finely chopped

1 teaspoon dried oregano

Small bunch of flat-leaf parsley, finely chopped

Zest of 1 lemon

½ cup (100 g) well-cooked brown rice, roughly puréed

¼ cup (25 g) milled flaxseeds

Salt and black pepper

For the tomato sauce:

1 tablespoon olive oil

1 small onion, finely chopped

2 garlic cloves, finely chopped

1 teaspoon dried oregano

Pinch of ground cinnamon

½ cup (100 ml) red wine

1 (14.5-ounce) (400 g) can chopped tomatoes

Salt and black pepper

3 to 4 basil leaves

If you like meatballs but want to go easy on meat, you'll love these. I've used flaxseed to bind these instead of egg, in order to make the recipe vegan, but you can adapt this if you want. They work great with gluten-free pasta, a pile of greens, or a fresh green salad.

Heat the olive oil in a frying pan and add the onion and eggplant. Fry on a low heat to start with, until the onion is starting to look translucent and the eggplant is softening, then turn up the heat and continue to cook, stirring regularly, until they are lightly caramelized. Make sure the eggplant is completely cooked through, then add the garlic and cook for another 2 minutes.

Preheat the oven to 400°F.

Transfer to a bowl to cool, then stir in the oregano, parsley, lemon zest, brown rice, and flaxseeds. Season with salt and black pepper. Mix thoroughly—it should clump together easily—then form into 8 balls.

Arrange on a baking tray and brush with olive oil. Bake in the oven for 20 minutes, turning over once.

To make the sauce, heat the olive oil in a saucepan and add the onion. Sauté until the onion is soft and translucent, then add the garlic and cook for another 2 minutes. Add the oregano and cinnamon, then pour in the red wine. Bring to a boil and keep boiling until the wine has reduced by half. Add the tomatoes and season with salt and black pepper.

Return to a boil, then turn down the heat, cover, and simmer for 20 minutes.

When the eggplant balls are baked, remove them from the oven. Transfer the tomato sauce to a shallow pan and stir in a few basil leaves. Add the eggplant balls and simmer for a few minutes to let the eggplant take on some flavor from the sauce. Serve with plenty of greens.



Shepherd's Pie



SERVES 4

514 cals | 12 g fat | 2 g saturated fat | 16 g protein | 21 g fiber | 66 g carbs | 15.5 g sugars | 0.6 g salt

1 tablespoon olive oil
1 onion, finely chopped
1 stick celery, finely chopped
1 large carrot, finely diced
2 garlic cloves, finely chopped
1 sprig of rosemary, finely chopped
2 bay leaves
2¾ cups (200 g) cooked lentils (Puy or brown)
½ cup (100 ml) red wine
1 teaspoon Dijon mustard
1 tablespoon tomato purée
Dash of Worcestershire sauce or mushroom ketchup
Salt and black pepper
½ cup (100 g) broad beans (frozen work well)
2 cups (300 g) peas
½ cup (100 g) kale, chopped
1¾ cups (400 ml) vegetable stock or water

For the mash:

2¾ cups (400 g) sweet potatoes, peeled and diced
2¾ cups (400 g) celeriac, peeled and diced
Salt
½ cup (75 ml) plant-based milk
2 tablespoons olive oil, divided

This is the ultimate comfort meal—perfect for those nights when you just want to stay home and hibernate. With the veggie filling and sweet potato and celeriac topping, this is a healthy twist on a classic shepherd's pie, but just as delicious and warming.

This recipe will be enough for a round ovenproof dish of around 9 inches (24 cm) in diameter.

Heat the olive oil in a lidded frying pan and add the onion, celery, and carrot. Sauté on a medium heat until the vegetables are starting to soften and are lightly caramelized around the edges. Add the garlic, rosemary, and bay leaves and cook for another 2 minutes.

Stir in the lentils, then pour in the red wine. Bring to a boil and simmer for 5 minutes. Stir in the mustard and tomato purée until they have completely dissolved into the wine, then add the Worcestershire sauce or mushroom ketchup. Season with salt and black pepper.

Add the beans, peas, and kale and pour in the stock. Bring to a boil, then turn down the heat, cover, and simmer for 20 minutes or until the vegetables are completely tender. The peas should be very soft and sweet and will have lost their bright green—this is how they are supposed to look! Simmer for a few more minutes until the sauce has reduced.

While the filling is simmering, make the mash. Bring a large pan of water to a boil and add the sweet potatoes, celeriac, and plenty of salt. Simmer until they are knife tender, then drain thoroughly. Return to the saucepan and leave to steam in their own heat, covered, for another 5 minutes—this helps dry them out. Add the milk and half the olive oil and mash thoroughly. Taste for seasoning and add more salt and some pepper if necessary.

Preheat the oven to 400°F.

Pour the filling into an ovenproof dish and cover with the mash, spreading evenly with a spatula. Rough up the surface with a fork and drizzle over the remaining oil. Bake in the oven for 30 minutes or until the top has lightly browned.



Vegetable Curry VN GF DF

SERVES 2 generously

503 cals | 27 g fat | 20 g saturated fat | 18 g protein | 18 g fiber | 38 g carbs | 22 g sugars | 0.3 g salt

1 tablespoon coconut oil
1 onion, finely chopped
1 teaspoon mustard seeds
1 teaspoon cumin seeds
3 garlic cloves, finely chopped
1 tablespoon (25 g) ginger, finely chopped
2 tablespoons cilantro stems, finely chopped
½ teaspoon each of: ground cinnamon, ground turmeric, ground cardamom, ground coriander, ground fenugreek, cayenne pepper
2 bay leaves
½ cup (100 g) squash or pumpkin, diced
½ red pepper, deseeded and diced
Salt and black pepper
5 ounces (150 ml) water
1 (15.5-ounce) (400 g) can chickpeas
¾ cup plus 1 ½ tablespoons (200 ml) coconut milk
1 (8-ounce) (200 g) can tomato purée
1 zucchini, sliced
2 cups (200 g) green beans, sprouting broccoli, or okra, trimmed
3 cups (100 g) spinach

For the cauliflower rice:

½ cauliflower, broken up into florets
1 teaspoon nigella seeds (optional)
3 tablespoons (50 ml) water
Salt and black pepper

Garnish:

Cilantro leaves or micro herbs
Lemon wedges

I love curries. A lot of people think you need to have meat in a curry, but this veggie one hits the spot and is filling and tasty. The vegetables listed below are intended as a guide and can be varied according to what is on hand or in season—wedges of cabbage, Brussels sprouts, sweet potato, and other root vegetables all work nicely. Use the quantities here as a guide.

Heat the coconut oil in a saucepan and add the onion. Sauté on medium heat until the onion is lightly golden, then add the mustard and cumin seeds, garlic, ginger, cilantro stems, cinnamon, turmeric, cardamom, ground coriander, fenugreek, cayenne, and bay leaves. Cook for a couple of minutes until the onion looks well coated, then add the squash and red pepper.

Season with salt and pepper, then pour in 5 ounces (150 ml) water. Bring to a boil, then cover and simmer for 5 minutes. Add the chickpeas, coconut milk, and tomato purée and bring to a boil again. Simmer for another 5 minutes, then add the zucchini and beans, sprouting broccoli, or okra, leaving them on top so they'll steam. Cover and simmer until the vegetables are tender—around another 20 minutes—checking regularly and adding a splash of water if necessary. Stir in the spinach and wait for it to wilt down.

In a food processor or blender, pulse the cauliflower until it resembles coarse breadcrumbs. Add the nigella seeds,

if using, to a dry frying pan and toast for a few minutes until they have a strong aroma. Add water and cauliflower to the pan. Season with salt and black pepper and cook on medium heat for around 5 minutes, stirring regularly, until all the water has evaporated and the cauliflower is dry and more translucent in appearance.

Serve the curry with the cauliflower rice, garnished with cilantro and lemon wedges on the side.



SWEET STUFF

Blueberry & Peach Crumble

SERVES 2 to 3

693 cals | 44 g fat | 12 g saturated fat | 16 g protein | 4 g fiber | 57 g carbs | 34 g sugars | 0.1 g salt

For the base:

1 ripe peach or nectarine,
pitted and cut into wedges
½ cup (100 g) blueberries
1 tablespoon maple syrup,
honey, or coconut sugar
Juice of ½ lemon
1 tablespoon cornstarch or
arrowroot

For the topping:

½ cup (60 g) ground almonds
¼ cup (40 g) flaked almonds
1 tablespoon flaxseeds
1 tablespoon coconut sugar
2 tablespoons coconut oil

For the custard:

1 cup (250 ml) plant-based
milk (I used almond to
complement the pudding),
divided
½ teaspoon vanilla extract
1 tablespoon maple syrup or
coconut sugar (or your choice
of sweetener)
2 tablespoons cornstarch or
custard powder (preferably
custard powder)

This is a healthy twist on one of my favorite childhood desserts. The fruit used in it is pretty interchangeable: it just needs to be ripe. Generally, I go for whatever is in season, but I also keep bags of frozen fruit in the freezer. Any fresh or frozen berries will work here, mixed with any orchard fruit—apples, pears, plums, peaches, or nectarines. Almond milk works really well in the custard. For the distinctive yellow color, it is best to use custard powder—it's vegan.

Preheat the oven to 350°F.

In a small bowl, combine the peach or nectarine, berries, maple syrup, lemon juice, and cornstarch. Stir until the cornstarch has completely dissolved, then transfer to a 5 x 7-inch baking dish.

In a small bowl, mix together the ground almonds, flaked almonds, flaxseeds, coconut sugar, and coconut oil until they start clumping together, then sprinkle evenly over the fruit. Place the dish on a baking tray and bake in the oven for 30 to 35 minutes until golden brown and the fruit is bubbling up.

While the crumble is baking, make the custard. In a small saucepan, gently heat ¾ cup plus 1½ tablespoons (200 ml) of the milk with the vanilla extract and maple syrup. Mix the remaining milk with the cornstarch or custard powder until you have a smooth paste. Pour this into the saucepan and continue to cook on a slightly higher heat, stirring constantly. The mixture should thicken to a custard consistency as it comes up to a boil. Make sure you stir constantly as this can happen very quickly and form a thick layer on the base of the saucepan.

Serve the crumble with custard poured over.





Orange & Almond Cake

MAKES 8 slices

593 cal | 46 g fat | 9 g saturated fat | 11 g protein | 2 g fiber | 34 g carbs | 26 g sugars | 0.6 g salt

1 small orange
3 large eggs
Pinch of salt
½ cup (100 g) coconut sugar
1¼ cups (125 g) ground almonds
1 teaspoon baking powder

To top:

1 teaspoon honey
1 tablespoon orange juice
1 tablespoon flaked almonds, toasted (optional)
1 teaspoon dried rose petals (optional)

Garnish (optional):

⅓ cup plus 1 tablespoon (100 ml) plant-based double cream
1 teaspoon honey

I don't believe in depriving yourself of the foods you love, so it was really important to me to include some healthier sweet treats. This delicious cake is so sweet and full of flavor, but it doesn't use any white refined sugar. The orange, almond, and honey work together perfectly.

Put the whole orange in a saucepan of water and bring to a boil. Simmer until the orange is very soft—the best way to tell is to push the handle of a wooden spoon through the skin—if it pierces it easily, the orange will be done. This will take at least an hour but can be done in advance.

When the orange is cool enough to handle, break it open and remove any seeds and the central core of white pith. Put the pulp into a food processor or blender and purée.

Preheat the oven to 325°F and line a 7-inch round cake pan with baking parchment.

In a large bowl, whisk the eggs with a pinch of salt until they are very aerated and frothy—they will still be very liquid. Whisk in the coconut sugar, followed by the ground almonds and the baking powder, then fold in the orange. Pour into the prepared tin and bake for 35 to 40 minutes until lightly browned, springy to touch, and shrinking away from the sides.

Melt the honey and orange juice together, then use to brush the top of the warm cake. Sprinkle with the toasted almonds and rose petals, if using.

For the cream, in a small bowl, combine the cream and honey and whisk until soft peaks form. The cake will keep for up to a week in an airtight tin.

Chocolate Mousse



MAKES 2 generous portions, or 4 small

228 cals | 11 g fat | 6 g saturated fat | 2 g protein | 1 g fiber | 31 g carbs | 29 g sugars | 0.6 g salt

⅓ cup (75 ml) aquafaba
(liquid from a can of unsalted chickpeas)

¼ cup (75 g) raw chocolate
(I used an 85 percent cocoa-solids bar made with coconut sugar)

1 tablespoon (15 ml) maple syrup

1½ tablespoons (25 ml) almond milk

½ teaspoon vanilla extract

Generous pinch each of chili powder, ground cinnamon, and ground ginger

Pinch of salt

Garnish:

Cacao nibs

Pistachios

Goji berries

This is my ultimate comfort pudding. I have made it as nutritious as possible using raw chocolate and coconut sugar, but it tastes as delicious as any mousse I've tried. The whisked aquafaba keeps this recipe so light and airy (just make sure you definitely use liquid from an unsalted tin of chickpeas). I love mine with cacao nibs sprinkled on top, which add a nice crunchy texture and also give you a great burst of energy.

In a stand mixer, whisk the aquafaba until it reaches the stiff-peak stage—it should look dry and glossy.

Place a heatproof bowl over a saucepan of simmering water and melt the chocolate. When it has melted, remove from the heat and add the maple syrup, almond milk, vanilla, chili powder, cinnamon, ginger, and salt. Whisk thoroughly until you have a smooth dark liquid.

Mix a heaped tablespoon of the aquafaba into the chocolate mix to make the mix a little more liquid in consistency, then add the rest, stirring lightly but thoroughly to keep the volume but making sure there are no streaks. Divide between two large or four small glasses or ramekins and transfer to the fridge. Leave for a couple of hours to chill and firm up.

Serve with your choice of garnishes.





Energy Balls

MAKES 16

96 cal | 6 g fat | 2 g saturated fat | 3 g protein | 3 g fiber | 6 g carbs | 5 g sugars | 0.1 g salt

2 cups (150 g) dried fruit—
pitted dates, figs, pitted
prunes, apricots

¼ cup (75 g) nut butter (any
sort)

1 tablespoon honey

2 tablespoons cacao powder
(optional)

¼ cup (25 g) desiccated
coconut or coconut flour

¼ cup (25 g) finely chopped
nuts (Brazil nuts are good)

¼ cup (25 g) flaxseeds

¼ cup (25 g) chia seeds

Large pinch of salt

To coat (optional):

1 tablespoon cacao powder or
similar, OR 2 tablespoons
desiccated coconut or
sesame seeds

These little energy balls are a great pick-me-up. I make them in big batches and often grab one or two when I'm on the go or when a hectic schedule means I have to wait a bit longer between meals. They can be made with any of the large dried fruits—dates, figs, prunes, apricots. The only thing to remember is that if you aren't using the very soft, ready-to-eat sort, they will need soaking first.

If using dried as opposed to the ready-to-eat, softened dried fruits, soak them in warm water for 30 minutes. Drain and chop as finely as you can—roughly chopping and putting in a food processor or blender will also work. In a large bowl, combine the fruit, nut butter, honey, cacao powder, coconut, chopped nuts, flaxseeds, chia seeds, and salt. Mix thoroughly with your hands. The mixture will feel dry and crumbly to start with but will eventually come together into one sticky mass. Divide into sixteen small balls.

If you want to roll the balls in a coating, put them in the fridge to chill first.

These will keep for several weeks in the fridge.

VARIATIONS: Matching fruit with nuts works well—e.g., apricots with pistachios. Spices can be added in—ground cinnamon, ground ginger, chili powder—in addition to or in place of the cacao. The cacao can be replaced with other powders—e.g., maca, baobab, lacuma—but in smaller quantities (a teaspoon each).

Customized Raw Chocolate Bars VN GF DF

MAKES 19 x 7-inch bar

(Alternatively, individual bars can be made in silicone molds or cupcake liners.)

129 cals | 9.5 g fat | 5 g saturated fat | 2 g protein | 1 g fiber | 8 g carbs | 7 g sugars | 0 g salt

½ cup (100 g) cacao butter or coconut oil or butter, melted

½ cup (60 g) cacao powder

⅓ cup (80 ml) liquid sweetener (e.g., maple syrup)

Few drops of vanilla extract

Add any of the following:

Spices (cardamom, cinnamon, nutmeg, ginger, chili, black pepper)

Citrus zest (orange, lime, lemon)

For sprinkling:

2 tablespoons finely chopped or nibbed nuts

2 tablespoons finely chopped dried fruit

2 tablespoons goji berries

2 tablespoons finely chopped crystallized ginger or citrus peel

I love chocolate as much as the next person, but these customized raw chocolate bars are so much better than anything you can buy in the shops. This recipe sets really well and the texture is very smooth. I like to add goji berries, which are delicious and so good for you. You could also add nibbed pistachios and a bit of crystallized ginger on top and include pinches of ground cardamom, cinnamon, and black pepper in the base. There are so many possibilities once you start experimenting.

A few things to remember: if you make them with coconut oil they will need to be stored in the fridge. Cacao butter/coconut butter gives a better set for storing at room temperature.

In a small saucepan, melt the cacao butter, coconut oil, or coconut butter, then pour into a small bowl. Add the cacao powder, sweetener, vanilla, and any spices you might want to use (a generous pinch to start with and taste; you can always add more).

Line a small baking dish with baking parchment and pour the chocolaty mixture onto it in an even layer. Sprinkle with your choice of fruits and nuts.

Leave in the fridge until set solid. Leave whole and break off as you want it, or cut into shards with a sharp knife.

Store in an airtight container (in the fridge if using coconut oil; in the fridge or at room temperature if using the cacao butter or coconut butter).

