



HEALTHHAVEN

THE 'BRING ON THE BOOTY' ONE

A week's worth of meals, to be followed for one month

Tailored Carb Cycling - higher carb (active) days seeing 55-65%+ of calories coming from carbohydrate, and the lower carb (rest) days seeing 25-35%. Protein kept constant at around 15-25% of your calories to keep lean muscle repair high. Designed according to your body type, physiology and workout routine. Non-restrictive, with cheat days once weekly.

DAY 1 - HIGH CARB

09:00 : AVOCADO TOAST

Ingredients

2 x slices wholegrain bread
2 x boiled or scrambled eggs

1/2 x avocado

2 x cups spinach

+ coffee/tea (Black)

Total Calories: 678 kcal

CHO: 49

PRO: 33

SUGAR: 7

UNS-FAT: 34

SAT-FAT: 8

DAY 1 - HIGH CARB

13:00 : CHILI CON CARNE

Ingredients

- 1 x onion
- 160g x red peppers
- 15g x Tomato purée
- 100g x extra lean beef mince
- 75g x can red kidney beans
- 1 x tbsp chilli powder
- 125g x boiled brown rice

Total Calories: 611 kcal

CHO: 85
PRO: 47
SUGAR: 12
UNS-FAT: 6
SAT-FAT: 2

DAY 1 - HIGH CARB

18:30 - SWEET POTATO AND CHICKEN TRAYBAKE

Ingredients

- 1 x baked sweet potatoes
- 1 x table spoon coconut oil
- Salt and Pepper to taste
- 2 x tbsp yoghurt servings
- 85g x broccoli florets
- 1 x lemon, juiced
- 1 x red onion, chopped
- 2 x Skinless, boneless chicken thighs

Total Calories: 795 kcal

CHO: 36

PRO: 59

SUGAR: 14

UNS-FAT: 31

SAT FAT: 8

DAY 1 - HIGH CARB

DAILY SUMMARY

Total Calories: 2,084 kcal

CHO: 170
PRO: 139
SUGAR: 33
UNS-FAT: 71
SAT FAT: 18

DAY 2 - HIGH CARB

09:00 - AVOCADO TOAST

Ingredients

2 x slices wholegrain bread
2 x boiled or scrambled eggs
1/2 x avocado
2 x cups spinach

+ coffee/tea (Black)

Total Calories: 678 kcal

CHO: 49
PRO: 33
SUGAR: 7
UNS-FAT: 34
SAT-FAT: 8

DAY 2 - HIGH CARB

13:00 : CHICKN' AND RICE

Ingredients

1 cup / 195g x brown rice (boiled)
140g x chicken breast (stewed, fried or grilled)
1 tablespoon / 14 ml x cold pressed oil of choice
1 x cup steamed broccoli

Total Calories: 556 kcal

CHO: 45

PRO: 48

SUGAR: 1

UNS-FAT: 17

SAT-FAT: 3

DAY 2 - HIGH CARB

18:30 : TERIYAKI SALMON STIR FRY

Ingredients

- 1/8 x cup teriyaki sauce
- 1 x table spoon sesame oil
- 1/2 x clove garlic
- 1/4 x pound salmon fillet
- 4 x ounces mushrooms
- 1/2 x head broccoli
- 1/2 x tablespoon sesame seeds
- 100g x boiled whole wheat noodles

Add the salmon to the other ingredients in a large skillet, then let simmer for 10 mins.

Total Calories: 625 kcal

CHO: 93
PRO: 15
SUGAR: 8
UNS-FAT: 16
SAT FAT: 4

DAY 2 - HIGH CARB

DAILY SUMMARY

Total Calories: 1,859 kcal

CHO: 187

PRO: 96

SUGAR: 16

UNS-FAT: 67

SAT FAT: 15

DAY 3 - LOW CARB

09:00 : AVOCADO TOAST

Ingredients

2 x slices wholegrain bread
2 x boiled or scrambled eggs
1/2 x avocado
2 x cups spinach

+ coffee/tea (Black)

Total Calories: 678 kcal

CHO: 49
PRO: 33
SUGAR: 7
UNS-FAT: 34
SAT-FAT: 8

DAY 3 - LOW CARB

13:00 : CHOPPED TURKEY, SPINACH AND SUNDRIED TOMATO SALAD

Ingredients

- 2 x cups spinach
- 1 x tablespoon cold pressed oil (olive oil or pine nut oil)
- 100g x diced grilled/pan-fried turkey breast
- 1 x cup sun-dried tomatoes
- 1 x orange, slices added to the mix at the end

Total Calories: 344 kcal

CHO: 30
PRO: 18
SUGAR: 29
UNS-FAT: 2
SAT-FAT: 2

DAY 3 - LOW CARB

18:00 : STUFFED CHICKEN BREASTS

Ingredients

- 2 x Skinless, boneless chicken breasts
- 1 x teaspoon olive oil
- Salt and pepper to taste
- 28g x Deli ham (1 slice)
- 57g x salami (2 slices)
- 1 x slice provolone cheese
- Grated parmesan, to taste
- Olives to taste

Carefully slice the chicken breasts, then stuff with the ham, salami and cheese before adding to the oven preheated at 400C. Bake for 25 mins (until pink). Add salt, pepper, parmesan, olive oil and olives to taste at the end.

Total Calories: 832 kcal

CHO: 2
PRO: 81
SUGAR: 0
UNS-FAT: 51
SAT-FAT: 25

DAY 3 - LOW CARB

DAILY SUMMARY

Total Calories: 1,854 kcal

CHO: 81

PRO: 132

SUGAR: 36

UNS-FAT: 87

SAT-FAT: 35

DAY 4 - LOW CARB

09:00 : BANANA AND NUT BUTTER SMOOTHIE

Ingredients

100g x full fat Greek yoghurt
1 x banana
1 x tablespoon peanut/almond/cashew butter
(Optional) 1 x scoop protein powder
(Optional) ice

Blend it all together and hey presto - done in 30s

+ coffee/tea (Black)

Total Calories: 394 kcal

CHO: 18
PRO: 22 (42 with protein powder)
SUGAR: 18
UNS-FAT: 13
SAT-FAT: 5

DAY 4 - LOW CARB

13:00 : HEALTHY BLACK BEAN BURGER

Ingredients

- 1 x black bean Patty (pan fried / grilled)
- 1 x tablespoon cold pressed oil
- 1/2 x cup mixed diced peppers
- 2 x cups spinach
- 100g x boiled brown rice

Total Calories: 420 kcal

CHO: 41

PRO: 8

SUGAR: 5

UNS-FAT: 16

SAT-FAT: 7

DAY 4 - LOW CARB

18:00 : KETO LAMB KOFTAS

Ingredients

4 x oz ground lamb
Cilantro
Ground ginger
Mixed spices
1 x tablespoon olive oil
Salt and pepper to taste
Mixed salad / as much as you like

Total Calories: 483 kcal

CHO: 2
PRO: 19
SUGAR: 3
UNS-FAT: 30
SAT-FAT: 13

DAY 4 - LOW CARB

DAILY SUMMARY

Total Calories: 1,297 kcal

CHO: 61
PRO: 49
SUGAR: 26
UNS-FAT: 59
SAT-FAT: 25

DAY 5 - HIGH CARB

09:00 : BAGEL TIME

Ingredients

- 1 x wholemeal bagel
- 2 x tablespoons spreadable cream cheese (Philadelphia light?)
- 100g x slice smoked salmon
- Lemon juice to taste
- Parsley to taste
- Pepper to taste

- + coffee/tea (Black)

Total Calories: 380 kcal

CHO: 33
PRO: 28
SUGAR: 7
UNS-FAT: 8
SAT-FAT: 4

DAY 5 - HIGH CARB

13:00 : PENNE ARRABIATA

Ingredients

125g x wholegrain penne pasta, boiled
1 x tablespoon cold pressed oil
1 x cup steamed broccoli
0.5 x cup chopped tomatoes
Italian seasoning / salt + pepper to taste

Total Calories: 416 kcal

CHO: 53

PRO: 11

SUGAR: 8

UNS-FAT: 11

SAT-FAT: 2

DAY 5 - HIGH CARB

18:00 : TERIYAKI STIR FRY

Ingredients

- 1 x tablespoon veg oil/cold pressed oil
- 1 x cup broccoli florets
- 100g x diced chicken breast
- 2 x cloves garlic
- 3 x tablespoons cup soy sauce
- 1 x tablespoons honey
- salt and pepper to taste
- 1/8 x cup chicken stock
- 100g x brown rice, boiled

Total Calories: 488 kcal

CHO: 31
PRO: 33
SUGAR: 18
UNS-FAT: 15
SAT-FAT: 2

DAY 5 - HIGH CARB

DAILY SUMMARY

Total Calories: 1,284 kcal

CHO: 117

PRO: 72

SUGAR: 33

UNS-FAT: 34

SAT-FAT: 8

DAY 6 - LOW CARB

09:00 : SPICED SCRAMBLED EGGS



Ingredients

- 1 x chopped onion
- 1 x chopped chilli
- 4 x eggs
- 1 x tablespoon butter
- 1 x slice wholemeal bread
- Dash of milk
- Coriander to taste

Start with the chilli and onion simmering with the butter. Then stir in the beaten eggs and milk and you're good to go

+ coffee/tea (Black)

Total Calories: 305 kcal

CHO: 13
PRO: 19
SUGAR: 5
UNS-FAT: 12
SAT-FAT: 6

DAY 6 - LOW CARB

13:00 : CHOPPED TURKEY, SPINACH AND SUNDRIED TOMATO SALAD

Ingredients

- 2 x cups spinach
- 1 x tablespoon cold pressed oil (olive oil or pine nut oil)
- 100g x diced grilled/pan-fried turkey breast
- 1 x cup sun-dried tomatoes
- 1 x orange, slices added to the mix at the end

Total Calories: 344 kcal

CHO: 30
PRO: 18
SUGAR: 29
UNS-FAT: 2
SAT-FAT: 2

DAY 6 - LOW CARB

18:00 : STUFFED CHICKEN BREASTS

Ingredients

- 2 x Skinless, boneless chicken breasts
- 1 x teaspoon olive oil
- Salt and pepper to taste
- 28g x Deli ham (1 slice)
- 57g x salami (2 slices)
- 1 x slice provolone cheese
- Grated parmesan, to taste
- Olives to taste

Carefully slice the chicken breasts, then stuff with the ham, salami and cheese before adding to the oven preheated at 400C. Bake for 25 mins (until pink). Add salt, pepper, parmesan, olive oil and olives to taste at the end.

Total Calories: 832 kcal

CHO: 2
PRO: 81
SUGAR: 0
UNS-FAT: 51
SAT-FAT: 25

DAY 6 - LOW CARB

DAILY SUMMARY

Total Calories: 1,481 kcal

CHO: 45

PRO: 117

SUGAR: 34

UNS-FAT: 65

SAT-FAT: 33

DAY 7 - CHEAT DAY

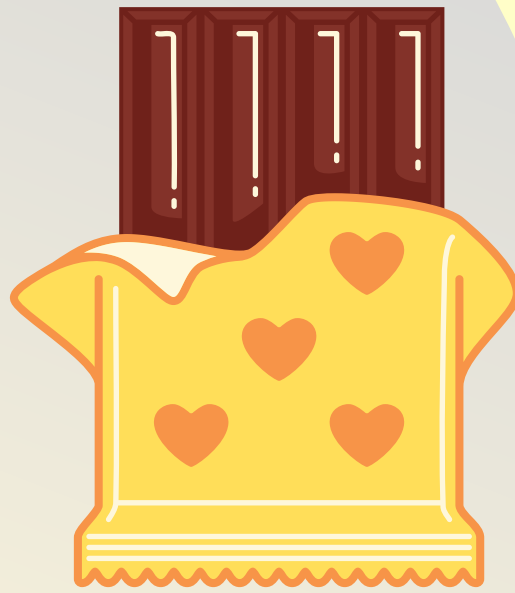
WHATEVER YOU WANT, WHENEVER YOU WANT IT



Total Calories: Dont want to know

CHO: OUCH
PRO: OUCH
SUGAR: OUCH
UNS-FAT: OUCH
SAT-FAT: OUCH

SWEET SNACK IDEAS



Dark Chocolate (70%+) - 40g

High in antioxidants and good fats



GRENADE Carb Killa Bar - 60g

High in protein, low in sugar



**Fage Full Fat Greek Yogurt (100g)
with Blueberries**

Filling, a great probiotic and high protein

SAVOURY SNACK IDEAS



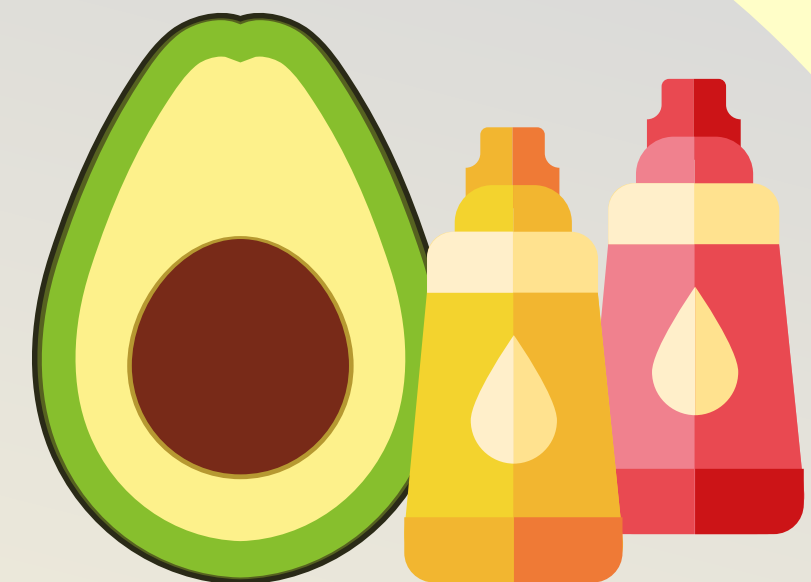
1/2 Slices Brown Bread with Hummus Dip

High fibre, low glycaemic index for slower glucose release



Your Favourite Nuts - 50g

High in monounsaturated fats and filling



Half an Avocado with Mayo

Love it or hate it - a great fat heavy snack for your low carb days