



HEALTH HAVEN

# THE 'INFLAMMATION BUSTER' ONE

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

Tailored plan ensuring you stick to your target micronutrient counts, hitting close to 60g of high quality protein daily, as well as maintaining a healthy target calorie level whilst sourcing crucial vitamins and minerals for improving your quality of life.

DAY 1 - SEPTEMBER 28

# 09:00 : EGG 'N' AVO

Ingredients (2 servings, calories per serving)

1 x chopped onion  
4 x eggs  
1 x chili  
1 x tablespoon butter  
Dash of no-dairy milk alternative  
1 x avocado  
Coriander to taste

Start with the chilli and onion simmering with the butter. Then stir in the beaten eggs and milk, then chop up the avocado and leave on top - you're good to go

+ coffee/tea (Black)

**Total Calories: 563 kcal**

CHO: 19.5  
PRO: 22  
SUGAR: 4  
UNS-FAT: 39  
SAT-FAT: 10

DAY 1 - SEPTEMBER 28

# 13:00 : CHILLI CON CARNE

Ingredients (4 servings, calories per serving)

400g x organic, grass-fed beef mince  
2 x mixed bell peppers  
1 x red onion, chopped  
1 x red chilli, chopped into small squares  
3 x cloves garlic, minced  
Coriander to taste  
1 x beef stock pot  
1 tin x red kidney beans, drained  
1 x tbsp Worcester sauce  
2.5 x tsp smoked paprika  
1.5 x tsp chilli powder  
1 x tsp cumin

Chop peppers and place into tray with sprinkle of cold-pressed oil, paprika and chilli. Bake altogether for 30-40mins @ 200C. Meanwhile, prepare onion, chilli and garlic in a tray and again drizzle with oil of choice and heat on medium heat. When hot, add cumin and paprika and cook for 20-30s.

Turn temp-up and add the beef - cook until no pink showing. Add tomatoes, Worcester sauce and coriander with 300ml of boiling water to the beef, along with the beef stock and mix thoroughly with the lid on for 20 mins. Add water as necessary.

When finished, add the kidney beans together with the roasted vegetables to the beef chilli and simmer for 15 minutes. Leave to stand for 20 mins with the lid off.

**Total Calories: 691 kcal**

CHO: 62

PRO: 39

SUGAR: 5

UNS-FAT: 11

SAT-FAT: 19

DAY 1 - SEPTEMBER 28

# 18:30 : 'SORT-OF CHEATING' BURGER

## Ingredients

1 x cabbage bun  
1 x black bean patty  
Salt and Pepper to taste  
(Optional) 1 x tbsp yoghurt servings  
1 x serving spinach  
1 x large russet potato

Boil potato, then cut and grill on stove with seasoning for best results

**Total Calories: 285 kcal**

CHO: 80  
PRO: 26  
SUGAR: 10  
UNS-FAT: 1  
SAT FAT: 0

DAY 1 - SEPTEMBER 28

# DAILY SUMMARY

**Total Calories: 1,539 kcal**

CHO: 161.5

PRO: 87

SUGAR: 19

UNS-FAT: 51

SAT FAT: 29

DAY 2 - SEPTEMBER 29

# 09:00 : AVOCADO TOAST

## Ingredients

2 x slices gluten-free bread  
1 x boiled or scrambled eggs  
1/4 x avocado  
2 x cups spinach

+ coffee/tea (Black)

**Total Calories: 320 kcal**

CHO: 25  
PRO: 13  
SUGAR: 2  
UNS-FAT: 22  
SAT-FAT: 4

DAY 2 - SEPTEMBER 29

# 13:00 : SALMON AND MUSHROOM DELICACY

## Ingredients

1 x cup mushrooms, sliced  
1/4 x pound salmon fillet  
1/4 x tbsp gluten free flour  
1 x tbsp butter  
1/4 x cup coconut milk  
1.5 x tbsp avocado oil  
3 x whole garlic cloves  
Salt and Pepper (to taste)  
Parsley (to taste)

Cook half the avocado oil with the salmon in a non-stick pan, flipping occasionally. In another pan, heat remaining avocado oil with cloves until golden brown (2-3mins). Then, add mushrooms and simmer for 3-4mins. Add butter, when melted, add coconut milk and mix until dissolved. Bring down to simmer. Finish creating the sauce by adding the salt and pepper with the parsley. Serve with the salmon.

**Total Calories: 614 kcal**

CHO: 8  
PRO: 23  
SUGAR: 1  
UNS-FAT: 38  
SAT FAT: 48.5

DAY 2 - SEPTEMBER 29

# 18:30 : FRUIT, NUT AND CITRUS CHOP'D SALAD

## Ingredients

- 2 x cups spinach
- 1 x tablespoon cold pressed oil (olive oil or pine nut oil)
- 100g x diced grilled/pan-fried chicken breast
- 1/2 x cup sun-dried tomatoes
- 1 x orange

Chop, dice and mix all the ingredients together, then toss with the cold pressed oil to mix. Add the orange slices to the mix at the end

**Total Calories: 344 kcal**

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



DAY 2 - SEPTEMBER 29

# DAILY SUMMARY

**Total Calories: 1,278 kcal**

CHO: 63

PRO: 54

SUGAR: 32

UNS-FAT: 62

SAT FAT: 54.5

DAY 3 - SEPTEMBER 30

# 09:00 : AVOCADO TOAST

## Ingredients

2 x slices gluten-free bread  
1 x boiled or scrambled eggs  
1/4 x avocado  
2 x cups spinach

+ coffee/tea (Black)

**Total Calories: 320 kcal**

CHO: 25  
PRO: 13  
SUGAR: 2  
UNS-FAT: 22  
SAT-FAT: 4

DAY 3 - SEPTEMBER 30

# 13:00 : CAVOLO NERO AND CHORIZO WANDER MIX

## Ingredients

1/2 x tablespoon cold pressed oil  
1/2 x chorizo sausage link, diced  
1 x garlic clove, sliced  
1/2 x cup sun-dried tomatoes  
150g x cavolo nero spinach  
1 x teaspoon lemon juice  
1 oz x whole cream

Add the oil to a sauté pan and fry for 3-4 mins, adding garlic for 1 min. Then, remove chorizo and add cavolo nero in parts. When added, add 1 tablespoon of water for 3 mins. Then remove the lid and fry for 5-6mins

**Total Calories: 422 kcal**

CHO: 14  
PRO: 16  
SUGAR: 3  
UNS-FAT: 23  
SAT-FAT: 11

DAY 3 - SEPTEMBER 30

# 18:00 : BEETROOT, FETA AND MIXED NUT SALAD

## Ingredients

1/2 x beets  
1 x tablespoon red wine vinegar  
1 x tablespoon extra virgin olive oil  
1/2 x cup walnuts  
1/2 x arugula  
1 x oz goats cheese

**Total Calories: 399 kcal**

CHO: 4  
PRO: 32  
SUGAR: 3  
UNS-FAT: 24  
SAT-FAT: 3

DAY 3 - SEPTEMBER 30

# DAILY SUMMARY

**Total Calories: 1,141 kcal**

CHO: 43

PRO: 61

SUGAR: 8

UNS-FAT: 71

SAT-FAT: 18

DAY 4 - OCTOBER 1

# 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 - OCTOBER 1

# 13:00 : GUILT (GLUTEN) FREE SPAG BOL

## Ingredients

82g x turkey mince  
1/2 x onion, diced  
1/2 x garlic clove, chopped  
1 x large carrot, diced  
50g x mushrooms, diced  
1 x tablespoon tomato purée  
100g x gluten-free spaghetti  
100g x chopped tomatoes  
(Optional) basil

1. Add turkey mince to pan with the olive oil and stir until brown. Set aside.
2. Cook onions on pan for 8-10 mins. Add garlic and carrots and cook for 5 mins until tender. Re-add the turkey mince and tomato purée. After, add the chopped tomatoes. Add 1 can of water, and lower heat when starts to boil.
3. Boil gluten-free spaghetti with remaining oil until al dente. Add basil + seasoning then add bolognese on top

**Total Calories: 633 kcal**

CHO: 80  
PRO: 28  
SUGAR: 10  
UNS-FAT: 8  
SAT-FAT: 2

DAY 4 - OCTOBER 1

# 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 - OCTOBER 1

# DAILY SUMMARY

**Total Calories: 1,512 kcal**

CHO: 100  
PRO: 69 (++) with protein powder  
SUGAR: 31  
UNS-FAT: 51  
SAT-FAT: 20

DAY 5 - OCTOBER 2

09:00 : BAGEL TIME

### Ingredients

- 1 x gluten-free 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: 401 kcal**

CHO: 46  
PRO: 26  
SUGAR: 1  
UNS-FAT: 12  
SAT-FAT: 4

DAY 5 - OCTOBER 2

# 13:00 : BAKED CHICKEN AND POTATO HOT-POT

## Ingredients

1 x chicken thigh. patted dry, skinless  
1/2 x tbsp cold-pressed oil  
1/2 x onion  
1 x garlic cloves  
1/2 x tbsp paprika  
1 x whole peeled tomato  
Chicken stock  
0.5 x pound golden potatoes  
1/8 x lemon  
1/4 x cup sour cream  
3 x radishes

**Total Calories: 440 kcal**

CHO: 43  
PRO: 18  
SUGAR: 8  
UNS-FAT: 12.5  
SAT-FAT: 8

DAY 5 - OCTOBER 2

# 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  
1/2 x tablespoons honey  
salt and pepper to taste  
1/8 x cup chicken stock

**Total Calories: 377 kcal**

CHO: 8  
PRO: 30  
SUGAR: 18  
UNS-FAT: 15  
SAT-FAT: 2

DAY 5 - OCTOBER 2

# DAILY SUMMARY

**Total Calories: 1,178 kcal**

CHO: 97

PRO: 72

SUGAR: 27

UNS-FAT: 39.5

SAT-FAT: 14

DAY 6 - OCTOBER 3

# 09:00 : SPICED SCRAMBLED EGGS

Ingredients (2 servings, calories per serving)

1 x chopped onion  
1 x chopped chilli  
4 x eggs  
1 x tablespoon butter  
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: 236 kcal**

CHO: 3  
PRO: 16  
SUGAR: 3  
UNS-FAT: 12  
SAT-FAT: 6

DAY 6 - OCTOBER 3

# 13:00 : BEETROOT, FETA AND MIXED NUT SALAD

## Ingredients

- 1/2 x beets
- 1 x tablespoon red wine vinegar
- 1 x tablespoon extra virgin olive oil
- 1/4 x cup walnuts
- 1/2 x arugula
- 1 x oz goats cheese

**Total Calories: 399 kcal**

CHO: 4  
PRO: 32  
SUGAR: 3  
UNS-FAT: 24  
SAT-FAT: 3

DAY 6 - OCTOBER 3

# 18:00 : HADDOCK KEDGEREE

## Ingredients

125ml x double cream  
Half-thumb x ginger piece  
1/4 x tsp turmeric  
1/2 x tsp cumin  
1/2 x tsp garam masala  
100g x smoked haddock fillets  
75g x cooked basmati rice  
1/2 x large egg, split into quarters  
1/4 x small pack coriander

Pour cream into saute pan, and stir with ginger and spices. Drop in the smoked haddock. Put lid on and bring to boil, then bring off and flake fish into pieces in a bowl. Put spiced cream on medium heat, adding cooked rice and peas and stirring.

Flake off salmon into the pot and cook for 2 minutes. Add egg pieces (boiled) on top, serve quickly.

**Total Calories: 885 kcal**

CHO: 36  
PRO: 11  
SUGAR: 8  
UNS-FAT: 11  
SAT-FAT: 2



DAY 6 - OCTOBER 3

# DAILY SUMMARY

**Total Calories: 1,520 kcal**

CHO: 34

PRO: 68

SUGAR: 11

UNS-FAT: 98

SAT-FAT: 52

DAY 7 - OCTOBER 3 - CHEAT DAY

WHATEVER YOU LIKE, WHENEVER YOU WANT IT

Total Calories: Dont want to know

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