



Personalised Nutrition Plan_1			
<b>Client:</b>	Taylor, Michael		<b>Start Date (DD/MM/YYYY):</b> 02/11/2016
<b>Client ID:</b>	TM0115140274		<b>Compliance Ratio:</b> 5:2
<b>Duration:</b>	4 Weeks		

Order	Time	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
<b>Meal 1</b>	7:30am-9:30am	<b>Pina Colada Smoothie:</b> 1x Avocado, 1x Banana, 1x Cup Canned Pineapple Chunks, 1x TSP Vanilla Extract, 1x TSP Honey, 3x Ice Cubes, 1x Cup Pure Coconut Milk	Homemade Roasted Nut Cereal with Fresh Seasonal Fruit <b>*See Recipe 1</b> 1x 250ml Cup of Water	<b>Detox Smoothie:</b> 1x Cup Spinach, 3x Slices Cucumber, 1x TSP Lemon Juice, 1x TSP Lime Juice, 1x Peeled Green Apple, 1x Cup Apple-Ginger Juice	<b>Pina Colada Smoothie:</b> 1x Avocado, 1x Banana, 1x Cup Canned Pineapple Chunks, 1x TSP Vanilla Extract, 1x TSP Honey, 3x Ice Cubes, 1x Cup Pure Coconut Milk	Homemade Roasted Nut Cereal with Fresh Seasonal Fruit <b>*See Recipe 1</b> 1x 250ml Cup of Water	Choice	Choice
<b>Drink Optional</b>	7:30am-9:30am	1x Cup Coffee or 1x Cup Tea Agave <b>*Nectar or Honey Substitute</b> <b>*Milk Acceptable</b>	1x Cup Coffee or 1x Cup Tea Agave <b>*Nectar or Honey Substitute</b> <b>*Milk Acceptable</b>	1x Cup Coffee or 1x Cup Tea Agave <b>*Nectar or Honey Substitute</b> <b>*Milk Acceptable</b>	1x Cup Coffee or 1x Cup Tea Agave <b>*Nectar or Honey Substitute</b> <b>*Milk Acceptable</b>	1x Cup Coffee or 1x Cup Tea Agave <b>*Nectar or Honey Substitute</b> <b>*Milk Acceptable</b>	Choice	Choice
<b>Snack Optional</b>	8:00am-9:30am	1x Honey-Nut Bar <b>*See Recipe 2</b> , 1x 250ml Glass of Water	1x Honey-Nut Bar <b>*See Recipe 2</b> , 1x 250ml Glass of Water	1x Honey-Nut Bar <b>*See Recipe 2</b> , 1x 250ml Glass of Water	1x Honey-Nut Bar <b>*See Recipe 2</b> , 1x 250ml Glass of Water	1x Honey-Nut Bar <b>*See Recipe 2</b> , 1x 250ml Glass of Water	Choice	Choice

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<b>Meal 2</b>	11:00am-2:00pm	3x Pieces Gluten Free Crispbread (Buckwheat) with 3x Pieces Scottish Smoked Salmon, 1x Peeled Green Apple, 1x 250ml Glass of Water	Grilled Chicken Wrap with Shirazi Salad & Avocado Filling, *See Recipe 2, 1x 250 ml Glass of Water	Pan Fried Herb Salmon Fillet with Lemon Dressing and Sautéed Spinach, *See Recipe 4, 1x 250ml Glass of Water	Balsamic and Thyme Steak with Coconut Mash and Cabbage *See Recipe 5, 1x 250ml Glass of Water	Organic Lamb Mince with Gluten Free Penne Pasta *See Recipe 6, 1x 250ml Glass of Water	Choice	Choice
<b>Meal 3 Optional Snack</b>	2:30pm-4:00pm	1x Green Pepper (Sliced and Remove Seeds) with 2x TBSP Humous with Sun-Dried Tomatoes & Green Olives, 1x 250ml Bottle of Water	1x Raspberry Flavour Chocolate Bar (50g), 1x Peeled Pear, 1x 250ml Glass of Water	1x Banana with 1x TBSP Almond Butter Spread, 1x 250ml Glass of Water	1x Green Pepper (Sliced and Remove Seeds) with 2x TBSP Humous with Sun-Dried Tomatoes & Green Olives, 1x 250ml Bottle of Water	1x Raspberry Flavour Chocolate Bar (50g), 1x Organic Orange, 1x 250ml Glass of Water	Choice	Choice
<b>Meal 4</b>	5:30pm-8:30pm	Grilled Chicken Wrap with Shirazi Salad & Avocado Filling, *See Recipe 3, 1x 250ml Glass of Water	Pan Fried Herb Salmon Fillet with Lemon Dressing and Sautéed Spinach, *See Recipe 4, 1x 250ml Glass of Water *Optional 250ml Glass of Red Wine	Balsamic & Thyme Steak with Coconut Mash and Cabbage *See Recipe 5, Dessert: 1x Raspberry Ripple Dairy Free Ice Cream (110ml), 1x 250ml Water	Organic Lamb Mince with Gluten Free Penne Pasta *See Recipe 6, 1x 250ml Glass of Water	Grilled Chicken Wrap with Shirazi Salad & Avocado Filling, *See Recipe 3, 1x 250 ml Glass of Water	Choice	Choice

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<b>Evening Optional Smoothie</b>	After 9:00pm	<b>Evening Smoothie:</b> ½ Cup Spinach, 1x Banana, 1x TBSP Almond Butter, 3x Ice Cubes, 250ml Almond Milk	<b>Evening Smoothie:</b> ½ Cup Spinach, 1x Banana, 1x TBSP Almond Butter, 3x Ice Cubes, 250ml Almond Milk	<b>Evening Smoothie:</b> ½ Cup Spinach, 1x Banana, 1x TBSP Almond Butter, 3x Ice Cubes, 250ml Almond Milk	<b>Evening Smoothie:</b> ½ Cup Spinach, 1x Banana, 1x TBSP Almond Butter, 3x Ice Cubes, 250ml Almond Milk	<b>Evening Smoothie:</b> ½ Cup Spinach, 1x Banana, 1x TBSP Almond Butter, 3x Ice Cubes, 250ml Almond Milk	Choice	Choice
<b>Prepared Ahead</b>								
<b>Groceries Needed</b>								



### Shopping List

Food	Quantity	Brand Recommendation	Stockists
<b>Fresh Vegetables:</b> Cucumber, Spinach, Green Peppers, White Onions, Tomatoes, Fresh Parsley, White Potatoes, Cabbage (White or Green)	Cucumber x1, Spinach (100g) x2, Green Pepper x2, White Onion x2, Tomatoes x2, Fresh Parsley (35g) x1, White Potatoes x4 (Medium Size), Cabbage x1 Head	Phantassie Farm, Tesco, Asda, Waitrose, Real Foods, Earthy's, Farmer's Market	Phantassie Farm, Whitmuir Farm, Tesco, Waitrose, Real Foods, Earthy's, Farmer's Market
<b>Fresh Fruit:</b> Avocado, Banana, Green Apples, Strawberries	Avocado x2, Bananas x7, Green Apples x2, Strawberries x1 Punnet	Earthy's, Tesco, Waitrose, Asda, Real Foods, Farmer's Market	Earthy's, Tesco, Waitrose, Real Foods, Farmer's Market
<b>Beef:</b> Minute Beef Steaks	Minute Beef Steaks x2 Packets (4 Steaks in Total)	Whitmuir Farm, Peelham Farm, Tesco, Waitrose, Crombies. Local Butcher, Farmer's Market	Whitmuir Farm, Peelham Farm, Tesco, Waitrose, Crombies. Local Butcher, Margiotta's, Earthy's
<b>Pork:</b> Bacon	Bacon x1 Packet (About 8 Strips)	Whitmuir Farm, Peelham Farm, Tesco, Waitrose, Crombies. Portobello's, Local Butcher, Farmer's Market	Whitmuir Farm, Peelham Farm, Tesco, Waitrose, Crombies. Portobello's, Local Butcher, Margiotta's, Earthy's
<b>Lamb:</b> Organic Lamb Mince	Lamb Mince x1 Packet (About 350g)	Whitmuir Farm, Peelham Farm, Tesco, Waitrose, Crombies. Local Butcher, Farmer's Market	Whitmuir Farm, Peelham Farm, Tesco, Waitrose, Crombies. Local Butcher
<b>Poultry:</b> Chicken Thighs	Chicken Thighs x3	Grierson Farm, Tesco, Waitrose, Crombies. Local Butcher, Farmer's Market	Grierson Farm, Tesco, Waitrose, Crombies. Local Butcher, Farmer's Market, Margiotta's, Earthy's
<b>Seafood:</b> Scottish Salmon	Scottish Salmon Fillets x2 (About 200g Each)	Local Fishmonger, Tesco, Asda, Waitrose, Farmer's Market	Local Fishmonger, Tesco, Asda, Sainsbury's, Waitrose, Farmer's Market
<b>Nuts (Unsalted or Roasted):</b> Almond Flakes, Mixed Nuts, Cashews, Almonds	Almond Flakes x1 (About 100g), Mixed Nuts x1 (About 400g), Cashews x1 (About 150g), Almonds x1 (About 150g),	Waitrose Essentials, Tesco, Real Foods Brand, Holland & Barrett	Waitrose, Tesco, Real Foods, Holland & Barrett, Earthy's, Sainsbury's

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<b>Nut Butters:</b> Almond Butter	Almond Butter x1 (170g)	Meridian, Maranatha	Tesco, Waitrose, Asda, Real Foods, Margiotta's, Holland & Barrett
<b>Dried Fruit:</b> Raisins	Packet or Bulk x1 (About 100g)	Sun-Maid, Tesco, Waitrose Essentials Real Foods Brand	Tesco, Waitrose, Asda, Real Foods, Margiotta's, Holland & Barrett, Sainsbury's
<b>Seeds:</b> Pumpkin Seeds, Sunflower Seeds	Packet or Bulk x1 (About 100g)	Tesco, Waitrose Essentials Real Foods Brand	Tesco, Waitrose, Asda, Real Foods, Margiotta's, Holland & Barrett
<b>Seasoning:</b> Cinnamon, Nutmeg, Black Pepper, Basil, Thyme	Cinnamon x1 (About 30g), Nutmeg x1 (About 30g), Black Pepper x1 (About 30g), Basil x1 (About 30g), Thyme x 1 (About 30g)	Bart, Waitrose, Tesco, Schwartz, Real Foods Brand	Tesco, Waitrose, Asda, Real Foods, Margiotta's, Earthy's, Sainsbury's
Honey	x1 (About 250g)	Tesco Organics, Rowe's, Hilltop, Waitrose	Tesco, Waitrose, Asda, Real Foods, Margiotta's, Earthy's
Canned Pineapple Chunks	x1 (About 400g)	Native Forest, Biona, Essentials	Tesco, Waitrose, Asda, Real Foods, Margiotta's, Earthy's
Vanilla Extract	x1 (About 100ml)	Taylor & Colledge, Littlepod, Langdale's	Tesco, Waitrose, Asda, Real Foods, Margiotta's, Earthy's
Pure Coconut Milk	x2 (1 Litre)	Koko, So Delicious	Tesco, Waitrose, Asda, Real Foods, Holland & Barrett
Lemon Juice (Bottled)	x1 (About 250ml)	Sunita, Real Lemon	Real Foods, Earthy's
Lime Juice (Bottled)	x1 (About 250ml)	Sunita, Real Lime	Real Foods, Earthy's
Apple-Ginger Juice (Non-Concentrate)	x1 (1 Litre)	Cawston Press	Margiotta's, Tesco, Waitrose, Real Foods, Asda
Tea (Choice of Any)	Choice	Clipper, Pukka, Clearsprings, Tetley, Twinings	Tesco, Waitrose, Asda, Real Foods, Margiotta's, Holland & Barrett, Earthy's, Sainsbury's

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Coffee (Choice of Any) *Starbucks, Costa, Other Acceptable Only Ground or Roast Black with Sugar Substitutes	Choice	Equal Exchange, Lavazza, Whole Earth, Grump Mule, Cafe Direct, Suma, Union, Eden Project, Nescafe	Tesco, Waitrose, Asda, Real Foods, Margiotta's, Holland & Barrett, Earthy's, Sainsbury's
Agave Nectar	x1 (About 250ml)	The Groovy Foods Company, Biona, Tate & Lyle	Tesco, Waitrose, Asda, Real Foods, Holland & Barrett, Earthy's
Gluten Free Crispbread (Buckwheat)	x1 (About 125g)	Les Pains des Fleurs, R.W. Garcia	Real Foods, Earthy's, Margiotta's
Scottish Smoked Salmon	x1 (About 100g)	Tesco's Finest, Ghillie & Glen, Deluxe, Waitrose, Heston, Essential	Earthy's, Tesco, Waitrose, Sainsbury's, Asda, Margiotta's, Farmer's Market, Local Fishmonger
Sun-dried Tomatoes & Green Olives	x1 (About 170g)	Tesco, Waitrose, San Amvrosia	Real Foods
Raspberry Flavour Chocolate Bar (50g)	x2 (50g)	Ombar, I.Q., Willies Cocoa	Real Foods
Desiccated Coconut Flakes	x1 (About 50g)	Real Foods Brand, Holland & Barrett	Tesco, Waitrose, Asda, Real Foods, Holland & Barrett
Almond Milk	x2 (1 Litre)	Alpro, Rude Health, Almond Breeze, Eco Mill	Tesco, Waitrose, Asda, Real Foods, Holland & Barrett, Margiotta's
Coconut Oil	x1 (About 250ml)	Groovy Food, Waitrose, Clearspirngs, Real Foods Brand, Tesco, Vita, Suma, Biona, Holland & Barrett, Essential	Tesco, Waitrose, Asda, Real Foods, Margiotta's, Earthy's, Sainsbury's
Sea Salt	x1 (About 150g)	Profusion, Danival, Geo Organics, Maldon, Waitrose, Sel Marin	Tesco, Waitrose, Asda, Sainsbury's, Real Foods, Margiotta's, Earthy's
Raspberry Ripple Dairy Free Ice Cream (110ml)	x1 (110ml)	Booja-Booja	Real Foods, Earthy's
Gluten Free Wrap (Turmeric or Coconut Flavour)	x1 Packet (7 Wraps x 14g)	Paleo Wraps	Real Foods

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Extra Virgin Olive Oil	x1 (500ml)	Filippo, Colonna, Clearsprings, Biona, Pacciano, Carbonnel, Hellenic, Suma, Waitrose, Bio Planete	Tesco, Waitrose, Asda, Real Foods, Margiotta's, Earthy's, Sainsbury's
Red Wine	x1 Bottle	Choice of Any	Tesco, Waitrose, Asda, Real Foods, Margiotta's, Earthy's, Vino
Balsamic Vinegar	x1 (500ml)	Filippo, Tesco Organic, Aspall, Jamie Oliver, Waitrose, Belazu, Biona, Suma, Clearsprings	Tesco, Waitrose, Asda, Real Foods, Margiotta's, Earthy's, Sainsbury's
Canned Coconut Milk	x1 (About 400ml)	Blue Dragon, Pride, Cocofresh, Thai Taste, Waitrose Essential	Asda, Waitrose, Real Foods, Tesco, Margiotta's, Earthy's
Gluten Free Multigrain Penne Pasta	x1 (500g)	Doves Farm, Biofair	Earthy's, Real Foods
Passata Tomato Sauce	x1 (680g)	Biona, Cook Italian, Tesco, Napolina	Earthy's, Real Foods, Tesco, Asda, Waitrose



Recipe List

Recipe Reference Number	Recipe Name	Ingredients	Instructions
1	<b>Homemade Roasted Nut Cereal with Fresh Seasonal Fruit</b>	-2 TBSP Desiccated Coconut Flakes -1 TBSP Almond Flakes -1/4 Cup Mixed Nuts (Hazelnuts, Almonds, Brazil Nuts) -1 TBSP Coconut Oil -1 TBSP Honey -1 TSP Vanilla Extract -1 TSP Cinnamon -1 TSP Nutmeg -1 Cup Almond Milk -6-8 Fresh Strawberries	-Pre-heat cooker to 200C -In a large bowl, place in mixed nuts and almond flakes -In a small pot, melt down coconut oil over low heat and pour over nuts -Pour honey, cinnamon, vanilla extract and nutmeg over nuts -Spread nuts on a baking tray and bake for about 5 minutes, until nuts begin to brown, being careful not to burn -Remove and place nuts in a large bowl to cool -Place nut contents into mixer and pulse 3-4 times until most nuts are broken up (not all need to be broken) (a spoon may be required to shift nut contents in mixer) -Remove pulsed contents from mixer and place into a bowl -Pour over desiccated coconut flakes -Remove stems, slice strawberries and place on cereal -Pour over almond milk and mix well
2	<b>Honey-Nut Bar</b>	-1/2 Cup Cashews -1 Cup Pumpkin Seeds -1 Cup Almonds -1/2 Cup Sunflower Seeds -1 Cup Raisins -1/2 TSP Sea Salt -1 TSP Cinnamon -1/2 Cup Honey -1/4 Cup Coconut Oil	-Pre-heat cooker to 180C -Place cashews, pumpkin seeds (.5 cup only, leave .5 cup pumpkin seeds) and almonds into Nutri-bullet and pulse 3-4 times until broken -In a bowl place sunflower seeds, pumpkin seeds (.5 cup), raisins, sea salt, cinnamon -In a small saucepan, melt coconut oil and honey together -Place all contents together in one bowl and pour over melted mixture of honey and coconut oil -Mix well together, then pour over baking tray, and pat down evenly -Cook for 18-20 minutes, remove and let cool before cutting into bar shape pieces



3	<p><b>Grilled Chicken Wrap with Shirazi Salad &amp; Avocado Filling</b></p>	<p><b>Chicken Thighs:</b></p> <ul style="list-style-type: none"> <li>-1x Chicken thighs</li> <li>-1/4 TSP Sea Salt</li> <li>-1/4 TSP Black Pepper</li> <li>-1x Gluten Free Turmeric Wrap</li> </ul> <p><b>Shirazi Salad Filling:</b></p> <ul style="list-style-type: none"> <li>-1x Ripe Avocado</li> <li>-1/4 Cucumber</li> <li>-1/2 Small White Onion</li> <li>-1/2 Tomato</li> <li>-1/2 Green Pepper</li> <li>-1x TSP Lime Juice</li> <li>-1x TSP Extra Virgin Olive Oil</li> <li>-1/4 TSP Sea Salt</li> <li>-1/4 TSP Black Pepper</li> </ul>	<p><b>Chicken:</b></p> <ul style="list-style-type: none"> <li>-Preheat cooker to 180C</li> <li>-Place chicken thighs on a baking tray and season with sea salt and black pepper</li> <li>-Cook for about 15-20 minutes then remove and with a fork, pull meat off bone and set aside</li> </ul> <p><b>Shirazi Salad Filling:</b></p> <ul style="list-style-type: none"> <li>-Slice cucumber, avocado, white onion tomato and green pepper into smaller pieces and place into a bowl</li> <li>-Pour over extra virgin olive oil and season with sea salt and pepper</li> <li>-Pack into wrap and serve</li> </ul> <p><b>Wrap:</b></p> <ul style="list-style-type: none"> <li>-Lay down roasted chicken meat and spoon in shirazi filling</li> <li>-Carefully roll wrap and serve</li> </ul>
4	<p><b>Pan Fried Herb Salmon Fillet with Lemon Dressing and Sautéed Spinach</b></p>	<p><b>Salmon Fillet:</b></p> <ul style="list-style-type: none"> <li>-1x Scottish Salmon Fillet</li> <li>-1x TBSP Fresh Parsley</li> <li>-1/2x TSP Basil (Dried)</li> <li>-1/2x TSP Sea Salt</li> <li>-1x TBSP Lemon Juice</li> <li>-1x TBSP Coconut Oil</li> </ul> <p><b>Sautéed Spinach:</b></p> <ul style="list-style-type: none"> <li>-3x Cups Spinach</li> <li>-1/2x TBSP Coconut Oil</li> <li>-1x TBSP Lemon Juice</li> <li>-1/4x TSP Sea Salt</li> <li>-1/4x TSP Black Pepper</li> </ul>	<p><b>Salmon:</b></p> <ul style="list-style-type: none"> <li>-Remove stem and fine chop parsley</li> <li>-Season salmon fillet with fresh parsley, basil, sea salt and lemon juice</li> <li>-Take a pan and heat coconut oil over medium heat, cover pan with lid and cook for about 12 minutes or until cooked through</li> </ul> <p><b>Sautéed Spinach:</b></p> <ul style="list-style-type: none"> <li>-Take a pan and heat coconut oil over low heat</li> <li>-Place in spinach and season with lemon juice, sea salt and black pepper</li> <li>-Sauté only until the spinach begins to soften then remove and serve with salmon</li> </ul>

5	<p><b>Balsamic &amp; Thyme Steak with Coconut Mash and Cabbage</b></p>	<p><b>Balsamic &amp; Thyme Steak:</b></p> <ul style="list-style-type: none"> <li>-2x Minute Beef Steaks</li> <li>-2x TBSP Balsamic Vinegar</li> <li>-2x Garlic Cloves</li> <li>-1x TBSP Fresh or Dried Thyme</li> <li>-1/2 TBSP Coconut Oil</li> </ul> <p><b>Cabbage:</b></p> <ul style="list-style-type: none"> <li>-2x Cups Cabbage (White or Green)</li> </ul> <p><b>Coconut Mash:</b></p> <ul style="list-style-type: none"> <li>-1/4 Cup Coconut Milk</li> <li>-2x Medium Size Potatoes</li> <li>-1/2 TSP Sea Salt</li> <li>-1/2 TSP Black Pepper</li> </ul>	<p><b>Steak:</b></p> <ul style="list-style-type: none"> <li>-Finely chop garlic cloves</li> <li>-In a bowl, place in balsamic vinegar, thyme and chopped garlic</li> <li>-Place steaks in bowl and coat well with contents and leave in bowl for 5 minutes</li> <li>-Take a pan and heat coconut oil over low-medium heat then fry steaks for about 1 minute on each side then remove and plate</li> </ul> <p><b>Cabbage:</b></p> <ul style="list-style-type: none"> <li>-Fill a pot 1/4 full with water and bring to boil</li> <li>-Roughly chop cabbage and place in boiling water</li> <li>-Bring water to simmer and boil for 5-6 minutes or until tender then drain water and set aside</li> </ul> <p><b>Mash:</b></p> <ul style="list-style-type: none"> <li>-Fill a separate pot 1/2 with water and bring to boil</li> <li>-Peel skin from potatoes, roughly chop and place into boring water to boil for 10 minutes or until soft</li> <li>-Drain water from potatoes and leave in pot to mash</li> <li>-Add 1/4 cup of coconut milk to potatoes, add sea salt and black pepper and mash until relatively smooth texture</li> <li>-Plate with steak and cabbage and serve</li> </ul>
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6	<b>Organic Lamb Mince with Gluten Free Penne Pasta</b>	<b>Lamb Mince:</b> -1/2x Packet (About 150g) Organic Lamb Mince -1/2x Cup Passata Tomato Sauce -4x Strips Bacon -1/4x TSP Sea Salt -1/4x TSP Black Pepper -1x TBSP Coconut Oil  <b>Gluten Free Pasta:</b> -1.5x Cups Gluten Free Pasta	<b>Lamb Mince:</b> -Take bacon and since into smaller pieces -In a pan, heat coconut oil over medium heat then cook bacon for about 3 minutes then add lamb mince and for another 6 minutes, stirring frequently until lamb mince and bacon are cooked  <b>Pasta:</b> -Take a pot and fill half full with water and bring to boil -Place in pasta, reduce to simmer and cook for about 6-7 minutes until soft, stirring frequently to avoid sticking together -Drain pasta from water and leave pasta in pot  <b>Dish:</b> -Place cooked lamb mince and bacon into bowl with pasta and pour over pasta sauce and mix well over low heat -Season with sea salt and black pepper, remove heat and serve
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